

# OUTDOOR COOKING GUIDE

*25+ Easy Meal Ideas & Recipes for Your Next Camping Trip*

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Cooking outdoors doesn't have to be complicated or stressful.

The key is keeping it simple, doing most of your prep at home, and focusing on meals that taste great without a ton of work.

This guide is full of real meal ideas you can use on your next trip. Each one includes ingredients, simple instructions, and tips for making camp cooking as easy as possible.

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## ***A NOTE ABOUT DIETARY NEEDS***

Use these meal ideas as a starting point and adapt them to fit your needs. Swap out ingredients. Skip things you can't eat. Add what you love.

We all have different dietary preferences and restrictions. Some of us are vegetarians, have intolerances, are kosher, or keto. Then you also have to deal with allergies (like me with onions, garlic, and gluten).

***The goal is to give you inspiration and ideas, not rigid rules.***

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### **BREAKFAST IDEAS**

#### Scrambled Eggs & Toast

**Ingredients:** Eggs, butter, bread, salt, pepper

**Instructions:**

- Crack eggs into a bottle or jar at home for easy transport
- Melt butter in a pan, pour in eggs, and scramble until cooked
- Toast bread on the skillet

**Prep Tip:** Pre-crack eggs at home and store in a sealed container

#### Breakfast Burritos

**Ingredients:** Tortillas, scrambled eggs, cheese, pre-cooked sausage or bacon, salsa

**Instructions:**

- Scramble eggs in a pan
- Warm tortillas, add eggs, meat, cheese, and salsa
- Roll up and enjoy

**Prep Tip:** Pre-cook meat at home and reheat at camp

## Instant Oatmeal

**Ingredients:** Instant oatmeal packets, dried fruit, nuts, brown sugar

**Instructions:**

- Boil water
- Pour over oats in a bowl
- Add toppings

**Prep Tip:** Portion oats and toppings into individual bags at home

## Pancakes

**Ingredients:** Pancake mix (just add water kind), syrup, butter

**Instructions:**

- Mix pancake batter in a bottle or jar
- Pour onto a greased hot skillet
- Flip when bubbles form
- Serve with syrup and butter

**Prep Tip:** Pre-mix batter at home and store in a squeeze bottle for easy pouring

## Bagels with Peanut Butter or Cream Cheese

**Ingredients:** Bagels, peanut butter or cream cheese, banana slices (optional)

**Instructions:**

- Slice a bagel and spread with peanut butter or cream cheese
- Add banana slices if desired

**Prep Tip:** No cooking required. Perfect for lazy mornings.

## Yogurt Parfait (No Cook)

**Ingredients:** Greek yogurt, granola, fresh or dried fruit

**Instructions:**

- Layer yogurt, granola, and fruit in a cup

**Prep Tip:** Keep yogurt in the cooler. Pack granola separately to stay crunchy.

## Breakfast Sandwich

**Ingredients:** English muffins or bagels, fried egg, cheese, bacon or sausage

**Instructions:**

- Fry the egg and meat in the skillet
- Toast muffin
- Assemble sandwich

**Prep Tip:** Pre-cook bacon at home and reheat at camp

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# LUNCH IDEAS

## Deli Sandwiches

**Ingredients:** Bread or wraps, deli meat, cheese, lettuce, tomato, mustard, or mayo

**Instructions:**

- Assemble and eat

**Prep Tip:** Pack ingredients in a cooler. No cooking needed.

## Quesadillas

**Ingredients:** Tortillas, cheese, pre-cooked chicken or beans, salsa

**Instructions:**

- Place cheese and fillings between two tortillas
- Cook in a skillet until the cheese melts and the tortillas are crispy
- Cut into wedges

**Prep Tip:** Pre-cook chicken at home

## Hot Dogs

**Ingredients:** Hot dogs, buns, ketchup, mustard, relish

**Instructions:**

- Cook hot dogs on a skillet or over the fire
- Serve in buns with toppings

**Prep Tip:** Easy, fast, and kids love them

## Tuna or Chicken Salad

**Ingredients:** Canned tuna or chicken, mayo, relish, bread or crackers

**Instructions:**

- Mix tuna or chicken with mayo and relish

- Serve on bread or with crackers

**Prep Tip:** Use pouches instead of cans for easier packing

### Veggie Hummus Wraps (No Cook)

**Ingredients:** Tortillas, hummus, lettuce, tomato, cucumber, bell pepper, shredded carrots

**Instructions:**

- Spread hummus on a tortilla
- Add veggies and roll up

**Prep Tip:** Chop veggies at home and store in ziplock bags

### PB&J Variations

**Ingredients:** Bread or tortillas, peanut butter, jelly or honey, banana

**Instructions:**

- Spread peanut butter and jelly on bread
- Add banana slices for extra flavor

**Prep Tip:** Classic, simple, no refrigeration needed

### Grilled Cheese

**Ingredients:** Bread, cheese, butter

**Instructions:**

- Butter outside of bread slices
- Place cheese between the bread
- Grill on a skillet until golden and melted

**Prep Tip:** Pair with canned soup for a full meal

## DINNER IDEAS

### One Pot Pasta

**Ingredients:** Pasta, jarred marinara sauce, pre-cooked sausage or ground beef, parmesan cheese

**Instructions:**

- Boil pasta in a pot
- Drain and add the sauce and meat
- Heat through and top with cheese

**Prep Tip:** Pre-cook meat at home and store it in a cooler

### Tacos or Burritos

**Ingredients:** Ground beef or chicken, taco seasoning, tortillas, cheese, lettuce, salsa, sour cream

**Instructions:**

- Cook the meat with taco seasoning
- Serve in tortillas with toppings

**Prep Tip:** Cook meat at home, freeze it, and reheat it at camp

### Foil Packet Meals

**Ingredients:** Chicken, sausage, or fish + chopped potatoes, bell peppers, onions, seasoning, olive oil

**Instructions:**

- Place protein and veggies on a large piece of foil
- Drizzle with oil and season
- Fold foil into a sealed packet

- Cook on the fire or grill for 20 to 25 minutes

**Prep Tip:** Chop veggies at home. Assemble packets at camp.

## Chili

**Ingredients:** Canned chili or homemade chili, shredded cheese, crackers, or cornbread

### **Instructions:**

- Heat chili in a pot
- Serve with cheese and crackers

**Prep Tip:** Make chili at home, freeze it, and reheat it at camp

## Rice and Beans

**Ingredients:** Instant rice, canned black beans, cheese, salsa, hot sauce

### **Instructions:**

- Cook rice according to the package
- Heat beans
- Mix together and add toppings

**Prep Tip:** Use instant rice for faster cooking

## Campfire Hot Dogs with Peppers & Onions

**Ingredients:** Hot dogs or sausages, bell peppers, onions, buns

### **Instructions:**

- Slice peppers and onions
- Cook on a skillet until soft
- Grill hot dogs
- Serve in buns with peppers and onions

**Prep Tip:** Pre-slice veggies at home

## Grilled Burgers

**Ingredients:** Burger patties, buns, cheese, lettuce, tomato, ketchup, mustard

**Instructions:**

- Grill burgers on a skillet or over the fire
- Toast buns
- Assemble burgers with toppings

**Prep Tip:** Form patties at home and store in a cooler with parchment between each one

## Chicken & Veggie Skewers

**Ingredients:** Chicken chunks, bell peppers, zucchini, cherry tomatoes, marinade or seasoning

**Instructions:**

- Thread chicken and veggies onto skewers
- Grill over fire or on the stove
- Rotate frequently until cooked through

**Prep Tip:** Marinate chicken at home. Assemble skewers at camp.

## Campfire Pizza (Step It Up)

**Ingredients:** Pre-made pizza dough or flatbread, pizza sauce, cheese, and toppings

**Instructions:**

- Spread sauce on the dough
- Add cheese and toppings
- Cook in a cast-iron skillet over the fire with a lid
- Check the bottom frequently to avoid burning

**Prep Tip:** Bring pre-made dough in a cooler

## NO COOK MEALS (For Lazy Days or Bad Weather)

### Charcuterie Board

**Ingredients:** Deli meat, cheese cubes, crackers, nuts, dried fruit, pickles, olives

**Instructions:**

- Arrange on a plate or cutting board
- Snack away

**Prep Tip:** Pre-portion at home or buy pre-made trays

### Pre-Made Salads

**Ingredients:** Bagged salad kits, pre-cooked chicken (optional)

**Instructions:**

- Open the bag and add dressing

**Prep Tip:** Keep in cooler. Easy and fresh.

### Cold Pasta Salad

**Ingredients:** Cooked pasta, Italian dressing, cherry tomatoes, mozzarella, veggies

**Instructions:**

- Make at home and store in a cooler
- Eat cold

**Prep Tip:** This actually tastes better after sitting in the fridge overnight

## SNACKS & TREATS

### Trail Mix

**Ingredients:** Nuts, dried fruit, chocolate chips, pretzels, granola

**Instructions:**

- Mix together at home and portion into bags

**Prep Tip:** Make a big batch and use it for multiple trips

### S'mores

**Ingredients:** Graham crackers, chocolate bars, marshmallows

**Instructions:**

- Roast marshmallows over the fire
- Sandwich between graham crackers with chocolate

**Prep Tip:** The classic camping dessert. Don't skip it.

### Fresh Fruit

**Ingredients:** Apples, oranges, bananas, grapes

**Instructions:**

- Wash and pack in a cooler or bin
- Eat as is

**Prep Tip:** Choose sturdy fruits that won't bruise easily

### Granola Bars or Protein Bars

**Ingredients:** Your favorite bars

**Instructions:**

- Open and eat

**Prep Tip:** Great for hikes or quick energy boosts

## Chips & Salsa

**Ingredients:** Tortilla chips, salsa, or guacamole

**Instructions:**

- Open and enjoy

**Prep Tip:** Pack chips in a hard container to avoid crushing

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# CAMP COOKING TIPS

## Before You Leave Home

### 1. Prep as Much as Possible

- Chop vegetables and store in ziplock bags
- Pre-cook meat and freeze (acts as ice in your cooler)
- Portion out spices and sauces into small containers
- Crack eggs into a jar or bottle

### 2. Make a Meal Plan

- Write down what you'll eat for each meal
- Create a shopping list from your meal plan
- Pack food in the order you'll use it (perishables first)

### 3. Keep It Simple

- Choose meals with 5 ingredients or less
- Focus on one-pot or one-pan meals
- Bring backup no-cook options in case plans change

## At Camp

### 1. Stove Cooking Tips

- Set up on a flat, stable surface away from your tent
- Use a windbreak to improve efficiency
- Keep the lid on while boiling water to save fuel
- Bring extra fuel (you'll use more than you think)

### 2. Food Storage

- Keep your cooler in the shade and covered with a blanket
- Open it as little as possible
- Pack items you need first on top
- Store all food and scented items in your car at night

### **3. Cleanup**

- Scrape food scraps into the trash before washing
- Use biodegradable soap
- Heat water to make dishwashing easier
- Dispose of grey water at least 200 feet from water sources

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Camp cooking doesn't have to be fancy or complicated. Some of the best meals are the simplest ones.

Focus on food that's easy to make, tastes good, and doesn't stress you out. The point is to fuel your adventure and enjoy the process, not to be a gourmet chef.

Pick a few meals from this guide, prep what you can at home, and keep it simple. You've got this.