

16 ONE POT CAMPING MEALS

EASY TO COOK, EVEN EASIER TO CLEAN UP!



RECIPES AND PHOTOGRAPHY BY
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One Pot Cooking 101

Here on [Fresh Off the Grid](#), we love one pot meals! This style of cooking allows us to prepare fresh, delicious meals at the campsite without piling up a ton of dishes or spending a lot of time doing so. We hope you enjoy the recipes in this ebook as much as we do!

Why Cook One Pot Meals?

They're easy to make, easy to clean, and perfect for camping!

Less Mess – One of the biggest advantages of one pot cooking is having fewer dishes to clean up. At home, this is nice. But when you're cooking at a campsite, without a dishwasher or sink, not having to scrub multiple pots and pans is huge. Less time cleaning means more time hanging out in front of your campfire.

Synchronized Timing – Every home cook knows how difficult it can be to get each part of a recipe ready at exactly the right time. This problem can be even worse at a campsite where you can't just pop something in the oven to keep it warm. By cooking a meal in one pot, everything is ready at once.

Scalability – Whether you're cooking for two or an entire trail crew, one pot meals can be easily scaled depending on the size of your group. Although, you might need a bigger pot!

*Disclosure: Some of the links in this ebook are affiliate links (marked with an * for clarity), which simply means that if you click the product link and then make a purchase, we'll earn a small commission - at no added cost to you! This is one of the ways we are able to continue publishing free camp cooking content for everyone!*



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Makes: 6 Pancakes
Prep Time: 5 minutes
Cook Time: 25 minutes

Blueberry & Banana Pancakes

AT HOME

Combine the flour, baking powder, and salt in a resealable bag or container.

1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
1 cup milk
1 egg
1 banana, sliced
½ cup blueberries
Butter or ghee

AT CAMP

Add the milk and egg to the dry ingredients. Using a fork, whisk the ingredients to combine, making sure to not over mix (some small lumps in the batter are OK).

TO SERVE

Maple syrup, jam, butter, or honey

EQUIPMENT NEEDED

Small mixing bowl
[Skillet](#) or [griddle](#)*
Fork or whisk
Spatula
Knife + cutting board
Plates + utensils for serving
[Camp stove](#)*

Heat a skillet over medium low heat. Add a teaspoon of butter or ghee to the skillet and swirl to coat the pan. Pour ⅓ cup of the pancake batter into the center of the skillet and scatter some of the banana slices and blueberries on top.

Cook for a 2-3 minutes until the top begins to bubble and the sides are set. Using a spatula, flip the pancake and cook the other side until golden.

Repeat with the rest of the batter, adding 1 teaspoon ghee into the pan for each pancake as needed.

To serve, stack the pancakes and top with maple syrup, jam, butter, or honey. Enjoy!

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Makes: 2 servings
Prep Time: 5 minutes
Cook Time: 15 minutes

Chickpea Hash with Summer Veggies

Heat the oil in a skillet over your campfire or camp stove on medium-high heat until hot and shimmering. Add the onions, peppers, and zucchini and saute until beginning to soften, about 5 minutes.

Add the drained chickpeas and spices and cook until the veggies and chickpeas are cooked through and browned in spots, about 10 minutes.

Move the veggies & chickpeas to the sides of the skillet to create a well in the middle of the pan. Add a little oil if the bottom of the pan is looking dry. Crack two eggs into the well and cook to your liking.

Pull the skillet off the heat and serve.

- 1 tablespoon oil**
- 1 summer squash or zucchini** *sliced into 1/2-inch half moons*
- 1 small red onion** *sliced into 1/4-inch half moons*
- 1 bell pepper** *cut into 1/4-inch slices*
- 1 (15 oz) can chickpeas,** *drained*
- 1/2 teaspoon cumin**
- 1/4 teaspoon coriander**
- 1/8 teaspoon cinnamon**
- 1/2 teaspoon salt** *plus more to taste*
- 2 eggs**

EQUIPMENT NEEDED

- [Camp stove](#)*
- [Skillet](#)* (10" or 12")
- Can opener
- Spatula
- Knife + cutting board
- Plates + utensils for serving

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Makes: 2 servings
Prep Time: 5 minutes
Cook Time: 20 minutes

1 tablespoon oil
1 medium potato *peeled if desired, cut into 1/4 inch dice*
1 bunch asparagus *cut into 1 inch pieces*
4 oz pancetta *diced (we use the pre-diced pancetta from Trader Joe's)*
1 clove garlic *minced*
1/4 teaspoon sea salt *plus more to taste*
2 eggs

EQUIPMENT NEEDED

[Camp stove](#)*
[Skillet](#)* (10" or 12")
Spatula
Knife + cutting board
Plates + utensils for serving

Potato, Asparagus + Pancetta Hash

Heat the oil in a cast iron skillet over medium heat on your stove top or on a grate over your campfire. Once the oil is hot, add the potatoes in an even layer. Cook for about 8 minutes, turning occasionally so that all sides have a chance to brown, until the potatoes are beginning to turn golden.

Add the asparagus, pancetta, garlic, and the sea salt to the skillet. Continue cooking an additional 8-10 minutes, until the pancetta is crispy and the asparagus is cooked through and tender.

Push the hash to the side to create a well in the middle of the skillet. Crack the eggs into the well and cook them to your desired doneness (we cover the skillet and cook for 3 minutes to achieve a firm white and a runny yolk).

Serve immediately, either in the skillet to share, or divided between two plates.

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Makes: 2 servings
Prep Time: 5 minutes
Cook Time: 20 minutes

1/3 cup vegetable oil
6 corn tortillas *cut into wedges*
1/2 red onion *diced*
2 cloves garlic *minced*
1 (7oz) can el Pato sauce
(or 1 cup tomato sauce and a chopped jalapeño)
1/2 teaspoon salt
2 - 4 eggs
1 avocado

TO SERVE

Lime wedges, cilantro, red onion

EQUIPMENT NEEDED

[Camp stove](#)*

Skillet (10" or 12")

Spatula

Knife + cutting board

Plates + utensils for serving

Chilaquiles with Avocado + Eggs

Heat the oil in a skillet over high heat. Once the oil is hot, add the tortilla triangles in a single layer and fry for a few minutes until golden brown, flipping once. Remove and set aside on a paper towel to drain. Repeat with the rest of the tortillas.

Lower the heat to medium. Add the red onions to the remaining oil and saute for a few minutes until they begin to soften. Add the garlic and saute for about 30 seconds and then add the tomato sauce, salt, and a splash of water to the skillet. Bring to a simmer, then add the fried tortillas. Stir to coat.

To cook the eggs, move the tortillas to the outside edges of the skillet to create a well in the center. Drop the eggs into the sauce and cook to your liking—you can scramble them, or cover the skillet and allow them to simply poach in the sauce.

Serve with the toppings of your choice. Enjoy!

SHORTCUTS: *If you don't want to deal with frying the tortillas in camp, you can do this step at home and pack them with you, OR you can use store bought tortilla chips*

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Makes: 4 servings (*appetizer*)
Prep Time: 5 minutes
Cook Time: 10 minutes

**1 tablespoon neutral
flavored oil**
1/2 lb tortilla chips
**1 (7.75 oz) can El Pato hot
tomato sauce or equivalent**
**1 cup shredded Mexican
cheese blend**
1 can black beans *drained*
1 large avocado *cubed*
4-5 green onions *sliced*
handful cilantro *chopped*
1 small lime *cut into wedges*

EQUIPMENT NEEDED

[Dutch oven with lid*](#)

[Lid lifter*](#)

Can opener

Knife + cutting board

Dutch Oven Nachos

Lightly oil the bottom of a large dutch oven, to prevent the nachos from sticking.

For the first layer, evenly spread 1/3 of the chips into the dutch oven, topped with 1/4 can El Pato, 1/4 can black beans, 1/4 cup cheese, and a handful of avocado, green onions, and cilantro. Repeat for the second layer.

For the third and final layer, use the remaining 1/3 portion of chips, 1/2 can El Pato, 1/2 can black beans, 1/2 cup cheese, and the remaining avocado, onion, and cilantro.

Cover the dutch oven and place on a metal grill over your campfire for about 10 minutes, until the cheese has melted. Serve with the lime wedges.

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Makes: 2 sandwiches
Prep Time: 5 minutes
Cook Time: 25 minutes

½ tablespoon oil
1 small onion *diced*
1 Anaheim pepper *diced*
3 cloves garlic *minced*
½ cup red lentils
1 ½ cup water *or broth*
2 tablespoons tomato paste
1 tablespoon mustard
1 tablespoon maple syrup
2 teaspoons apple cider vinegar
1 teaspoon vegan Worcestershire
1 teaspoon chili powder
½ teaspoon salt
2 buns

EQUIPMENT NEEDED

Knife + cutting board
Medium pot
[Camp stove](#)*
Stirring spoon
Plates + utensils for serving

One Pot Red Lentil Sloppy Joes

In a medium pot, heat the oil over medium heat and add the chopped onions and Anaheim pepper. Saute until soft and the onions just begin to turn golden, 3-4 minutes. Add the garlic and cook 1 minute.

Add the red lentils and 1 ½ cup water to the pot. Bring to a boil, then reduce to a simmer. Cook about 10 minutes, stirring occasionally, until the lentils are pretty tender but not falling apart.

Add the tomato paste, mustard, maple syrup, apple cider vinegar, Worcestershire, chili powder, and salt. Stir to combine. Simmer until the sauce thickens a bit, 3-5 minutes more.

Serve on toasted buns with whatever toppings and sides you love!

MAKE IT AHEAD

This recipe can be made at home ahead of your trip. Pack the cooked lentils in Tupperware and reheat in a pot over your camp stove. Toast the buns and you're ready to go!

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Makes: 2, 10" pizzas
Prep Time: 5 minutes
Cook Time: 15 minutes

4 strips bacon *chopped*
1 lb pizza dough *divided*
([homemade](#) or store bought)
1 cup pizza sauce
2-3 medjool dates *pitted*
and chopped
½ cup gorgonzola cheese
½ cup arugula

EQUIPMENT NEEDED

[10" cast iron skillet](#)* *with a lid, or pack a sheet of foil as well*
Knife + cutting board
Wooden spoon or spatula
Plates + utensils for serving

Bacon + Date Skillet Pizza with Gorgonzola + Arugula

Over your campfire grill or your camp stove, fry the bacon in a 10" cast iron skillet until the fat renders out and it's beginning to crisp up, 3-4 minutes. Remove the bacon pieces and set aside.

Stretch the first portion of dough into a roughly 10" circle and then carefully press it into the skillet (*it will still be hot!*). Place over the fire and cook for a few minutes, until the underside is starting to turn golden brown.

Remove the skillet from the heat and flip the dough over with a spatula. Add half the sauce, cheese, bacon and dates to the top of the pizza. Return to the heat and cook for another couple of minutes, until the dough is cooked through and the cheese is starting to melt. It helps if you're able to cover the skillet with a lid, large plate, or tin foil.

Remove and top with a handful of arugula.

Repeat for the second pizza.

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Makes: 4 servings
Prep Time: 5 minutes
Cook Time: 20 minutes

FOR THE KALE

1 tablespoon olive oil
Pinch of red pepper flakes *optional*
1 bunch kale *de-stemmed and chopped*
2 cloves garlic *sliced*
½ teaspoon salt

FOR THE PASTA

1 (23 oz) jar tomato sauce
2 cups water
10 oz lentil pasta
¼ cup cheese *we used parmesan (omit to make this recipe vegan)*

EQUIPMENT NEEDED

[Camp stove](#)*
[High-sided skillet](#)*
Knife + cutting board
Spoon or spatula
Plates + utensils for serving

One Pot Protein Pasta with Garlicky Kale

COOK THE KALE

Heat 1 tablespoon olive oil, and the red pepper flakes over in a high-sided skillet over medium heat. Once the oil is hot, add the kale, garlic, and salt and saute until the kale is tender. Remove the kale from the skillet and set aside.

COOK THE PASTA

Add the tomato sauce and water to the skillet and bring to a simmer. Add the pasta and cook for the time recommended on the package, or until the pasta is al dente, stirring frequently to ensure the pasta cooks evenly. Stir the cooked kale into the sauce to warm and take the skillet off the heat.

Sprinkle cheese over the top, if using, and serve.

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Makes: 4 servings
Prep Time: 5 minutes
Cook Time: 25 minutes

Skillet Beef Stroganoff with Mushrooms

Quarter the mushrooms and dice the onion.

1 pound strip steak
sliced into bite sized pieces
1 teaspoon salt
2 tablespoons oil
8 oz mushrooms *quartered*
1 small brown onion *diced*
2 cups broth
1 cup water
1 tablespoon soy sauce
1 tablespoon thyme
½ lb wide egg noodles
½ cup full fat sour cream

Heat the oil in a heavy bottomed 10" skillet until smoking hot. Salt the strip steak. Add the steak to the skillet and cook, until browned on both sides and cooked through. Remove from the skillet and allow it to rest while preparing the vegetables and noodles.

Reduce heat to medium. Add the mushrooms and saute 5 minutes, stirring infrequently. Add the onions and continue to saute an additional 5 minutes.

Add the broth, water, soy sauce, and thyme. Use a wooden spoon or a spatula to scrape up any brown bits on the bottom of the skillet. Bring the liquid to a boil over high heat. Add the noodles and cook according to package instructions (*this will depend on the noodles you buy - ours took 8 minutes*), stirring occasionally to ensure the noodles cook evenly.

Once the noodles are tender, remove skillet from heat. Slice the cooked steak into bite-sized pieces, add to skillet, and then stir in the sour cream.

EQUIPMENT NEEDED

[Camp stove](#)*
[High-sided skillet](#)*
Knife + cutting board
Wooden spoon or spatula
Tongs
Plates + utensils for serving

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Makes: 4 servings
Prep Time: 5 minutes
Cook Time: 30 minutes

Sweet Potato and Peanut Stew

Heat the oil in a pot or Dutch oven over medium heat. Add the onion and saute about 5 minutes, until translucent and just starting to brown in spots. Add the garlic and saute until fragrant, about 1 minute.

1 tablespoon oil
1 small onion *diced*
2 cloves garlic *minced*
1 medium sweet potato
chopped into 1/4 inch cubes
(to yield 2 cups)

2 cups broth
14 oz can diced tomatoes
1/4 cup peanut butter
2 teaspoons New Mexico chili powder

1 teaspoon salt
14oz can chickpeas *drained*
2 cups kale *destemmed and chopped*

Add the sweet potato, broth, tomatoes & their juices, peanut butter, chili powder, and salt. Stir well to ensure the peanut butter is thoroughly mixed in and no clumps remain. Simmer, uncovered, for about 15-20 minutes, or until the sweet potatoes are tender.

Once the sweet potatoes are tender, add the chickpeas and the kale to the dutch oven. Stir to combine and heat until the chickpeas have warmed through and the kale has wilted.

EQUIPMENT NEEDED

[Camp stove](#)* or campfire
Large pot or [Dutch oven](#)*
Knife + cutting board
Wooden spoon
Can opener
Plates + utensils for serving

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Makes: 2 servings
Prep Time: 5 minutes
Cook Time: 10 minutes

Cheesy Asparagus One Pot Orzo

Cut off and discard the tough ends of the asparagus, and then chop asparagus into 1" pieces.

1/2 lb asparagus
2 cups water
1 cup orzo
1/2 tablespoon olive oil
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon red pepper flakes
1/2 cup shredded cheese
(we used Trader Joe's 4 Cheese Blend but you could use parmesan, asiago, or any blend)
1/4 cup sun dried tomatoes
chopped
2 tablespoons pine nuts

Add the asparagus, water, orzo, oil, and all the spices into a pot. Bring to a low boil (this took us 4 1/2 minutes) and cook for an additional 5 minutes, until the orzo is tender.

Reduce heat and add the cheese, sun dried tomatoes, and pine nuts. Stir until the cheese has melted.

Remove from heat, season to taste with salt and pepper, and enjoy!

EQUIPMENT NEEDED

[Camp stove*](#)

Large pot

Knife + cutting board

Wooden spoon

Plates + utensils for serving

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Makes: 6 servings
Prep Time: 5 minutes
Cook Time: 35 minutes

FOR THE CHILI

1 medium onion *diced*
1 tablespoon oil
4 cloves garlic *minced*
2 teaspoons salt
1-2 teaspoons chili powder
1 teaspoon ground cumin
14.5 oz can black beans
14.5 oz can kidney beans
14.5 oz can diced tomatoes
4 oz can diced green chiles
2 tablespoons tomato paste

FOR THE CORNBREAD

1 cup cornmeal
½ cup flour
1 tablespoon baking powder
1 ½ teaspoon salt
1 cup milk
1 egg *lightly beaten*
2 tablespoons honey

EQUIPMENT NEEDED

[4 qt Dutch oven with lid*](#)
[Lid lifter*](#)

Knife + cutting board
Wooden spoon
Plates + utensils for serving

Dutch Oven Chili + Cornbread

In a 10³/₄ qt Dutch oven over medium heat, saute the onion in oil until soft and just beginning to turn golden, about 5 minutes. Add the garlic and spices and saute for 1 minute. Add the beans, tomatoes, chiles, and tomato paste, stir to combine. Simmer for 10 minutes until thickened.

In the meantime, prepare the cornbread batter. Mix all the dry ingredients in a medium bowl and stir to combine. Add the milk, egg, and honey and mix until a batter forms.

Move Dutch oven over indirect heat to reduce bubbling. Pour the batter over the chili as evenly as possible, then cover the Dutch oven with a lid and shovel embers or coals onto the top. You're going for a temperature of approx. 400-425F.

Bake until the cornbread has cooked through and is no longer wet in the center, about 20 minutes.

Serve with your favorite chili toppings & enjoy!

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Makes: 2 servings
Prep Time: 5 minutes
Cook Time: 35 minutes

Cast Iron Paella with Artichokes + Peppers

2 tablespoons oil
2-4 sausages (*we used Tofurky Italian style*)
2 poblano peppers or *bell peppers for milder heat*
3 green onions
1 large shallot *diced*
3 cloves garlic *minced*
1/2 cup rice
1/4 cup tempranillo or *other medium bodied red wine*
14 oz can broth
1/2 teaspoon salt
pinch of saffron
14 oz can artichoke hearts *drained and halved*

EQUIPMENT NEEDED

[Skillet](#)*
Knife + cutting board
Spatula
Tongs
Wine bottle opener
Can opener
Plates + utensils for serving

Place the peppers, green onions, and sausage directly on the grill grate over the fire, turning occasionally, until the peppers and onions are soft and the sausage is cooked through. Remove from the grill. Slice the sausage into 1/4 inch rounds. Allow the peppers to cool, then peel off the skin, remove the seeds, and chop. Chop green onions into bite-sized pieces. Set aside.

Place cast iron skillet on the grill directly over the fire. Pour enough oil to coat the bottom of the skillet, then add the shallots. Saute until soft, 3-5 minutes. Add in the sliced sausage & garlic and saute until the garlic is fragrant, about 30 seconds. Add the rice and cook 2-3 minutes, stirring occasionally, until it just begins to become translucent at the ends. Pour wine into the pan, allow to evaporate, and then add the broth. Season with salt and a pinch of saffron. Stir well to evenly distribute all the ingredients. Simmer, undisturbed, until all of the liquid is absorbed, 20-30 minutes.

Add the poblanos, green onions, and artichoke hearts to the pan to reheat. At this point, the paella will begin to develop the socarrat on the bottom. After a few minutes you will begin to hear the rice begin crackling – this is your indicator that the dish is nearly done. Cook for a few more minutes to ensure the socarrat has developed (you can use a spoon to check a small portion of the pan). Serve & enjoy!

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Makes: 4 slices
Prep Time: 10 minutes
Cook Time: 30 minutes

Dutch Oven Campfire Lasagna

If cooking over a campfire, get your coals ready. You'll need 25 total to reach 400F.

1 tablespoon olive oil
2 1/2 cups pasta sauce
(a 24 or 25 ounce jar is perfect)
12 oz fresh lasagna noodles *divided into 4 sets (thawed if frozen)*
3 cups baby spinach
1 1/2 cup shredded cheese
mozzarella or a blend or Italian-style cheeses works best
1 tablespoon dried oregano or basil *or a blend of the two*

EQUIPMENT NEEDED

[4 qt Dutch oven with lid*](#)
[Lid lifter*](#)
Charcoal
[Chimney starter*](#)
Knife + cutting board
Spatula
Plates + utensils for serving

Start by coating the bottom of a 10" Dutch oven with the olive oil to help prevent the bottom layer from sticking. Add 1/2 cup pasta sauce and spread evenly over the bottom of the Dutch oven. Use the first set of noodles to create the base of the lasagna. Layer 1/2 cup sauce, 1 cup baby spinach, and 1/3 cup cheese. Repeat (one set noodles, 1/2 cup sauce, 1 cup spinach, 1/3 cup cheese) two more times. For the final layer, use the last set of noodles, 1/2 cup sauce, and 1/2 cup cheese. Sprinkle the oregano over the top.

Use 8 coals to create a bed to set your Dutch oven on. Place the Dutch oven on top of the coals. Cover the oven with the lid, and place the remaining 17 coals on top of the lid. If cooking at home, simply cover your Dutch oven and stick it in your preheated (400F) oven. Bake for 30 minutes, until the noodles are tender and cooked through and the cheese has melted.

Take the Dutch oven off the heat. Carefully remove the lid and set aside. Cut the lasagna into 4 wedges, plate, and enjoy!

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Makes: 4 pieces
Prep Time: 5 minutes
Cook Time: 45 minutes

Dutch Oven Chicken Marbella

AT HOME

Place all ingredients except for the oil and brown sugar in a freezer bag to marinate. Place in your ice chest for at least 6 hours and up to 48 hours. Pack the oil and brown sugar separately.

AT CAMP

Prepare 27 coals. Once all the coals are ready, knock them into a flat pile and place Dutch oven on top.

Heat oil in the Dutch oven. The oil is hot and ready when a drop of water instantly sizzles when it hits the pan. Remove the chicken from the marinade, and dust 1 teaspoon brown sugar over the skin side of each thigh. Brown the thighs skin side down over high heat until the skin is crispy and deep golden brown, about 6-8 minutes. Flip to brown the other side, 2 minutes.

- 1 cup chopped prunes**
- 1 cup olives** *pitted & halved*
- 1/2 cup dry white wine**
- 1/4 cup capers**
- 1/4 cup red wine vinegar**
- 6 cloves garlic** *roughly chopped*
- 2 tablespoons dried oregano**
- 2 bay leaves**
- 1 teaspoon salt**
- 4 chicken thighs** *skin on*
- 1 tablespoon olive oil**
- 4 teaspoons brown sugar**

EQUIPMENT NEEDED

- Charcoal
- [Chimney starter](#)*
- [Dutch oven with lid](#)*
- [Lid lifter](#)*
- Metal tongs
- [Instant read thermometer](#)*
- Knife + cutting board

Remove Dutch oven from heat. Add the marinade (liquid, prunes, olive, capers and all!) to the Dutch oven and cover. Evenly distribute 18 coals on the lid and set the Dutch oven on a bed of 9 coals. Bake for 30 min, until the thighs are cooked through to 165F.

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Makes: 2 servings
Prep Time: 5 minutes
Cook Time: 15 minutes

2-3 apples *sliced ¼" thin*
1 tablespoon butter *or oil*
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cloves
2 tablespoons bourbon
1/4 cup brown sugar
1 cup granola

EQUIPMENT NEEDED

[Small skillet](#)*

Knife + cutting board
Wooden spoon or spatula
Plates + utensils for serving

Quick & Easy Campfire Apple Crisp

In an 8" or 10" skillet, over medium heat, saute the sliced apples in a bit of butter or oil until beginning to soften, about 5 minutes.

Add the spices, bourbon, and sugar, and stir to combine. Continue cooking until the sauce thickens and the apples are tender, 5-10 minutes.

Remove from the heat and sprinkle the granola evenly across the top. Enjoy straight from the skillet or serve in individual bowls with an optional scoop of ice cream!

If you enjoyed this recipe, [click here](#) to rate it on our site!

We hope you enjoy these recipes on your next camping trip!

To find our entire collection of one pot camping meals, check out our recipe index by clicking [here](#).

If wilderness backpacking is more your style, we also have a collection of lightweight, easy to prepare in one pot on the trail meals [here](#).



ABOUT THE AUTHORS

We're Megan & Michael, the couple behind *Fresh Off the Grid*, a website celebrating good food in the great outdoors. We share recipes, cooking tips, and gear finds to help you create easy, healthier meals at your campsite.