

VANLIFE



COOKBOOK

Thank you for downloading the Vanlife Cookbook; we hope the recipes that follow provide some inspiration for new meals, wherever you are!

Experimenting in the kitchen when living in a van, boat, tent, bachelor pad, or just an NYC apartment can be difficult, being limited by cooking and storage space, tight schedules, minimal kitchen equipment and little desire or ability to clean dishes. That's why we have curated this cookbook to help find new inspiration while maintaining the spirit of 'vanlife' cooking. These recipes require only a 2-burner stove, limited ingredients that are widely available, and 30 minutes or less to prepare. Also, they involve little cleanup!

In this book you'll find some of the van and boatlife community's favorite simple recipes. While many of them call for specific ingredients, you'll notice that the authors encourage you to vary ingredients or quantities based on your preferences - and we do encourage you to experiment! Also, while many people don't have measuring tools for cooking available, take the recommended measurements with a grain of salt 😊. We hope this book will help you explore new meals using what you have available in your kitchen that day, so that you are not stuck with the same go-to's.

Most importantly, a huge thank you to everyone that took the time to contribute to this cookbook. This sort of involvement is what makes the vanlife community what it is: awesome. We hope it provides inspiration to keep things fresh in your kitchen! Travel and eat up!

Hungry? Good.

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Desserts



By @eggtravels



By @campbycamp



By @sprintervandiaries

Breakfast

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Vegetarian Breakfast Burritos

Recipe By: Lindsay Rust &
Ryan Hofman

 @lindsayeliza22
@endlessbicycle

PREP TIME:

15 min.

TOTAL COOK TIME:

20 min.

SERVINGS:

4

2 Potatoes
8 eggs
2 tbsp milk
1/3 cup diced onions
1/3 cup mushrooms
1/3 cup diced bell peppers
2 garlic cloves
1 tbsp Extra Virgin Olive Oil
Any seasonings you might have (we use
a dash of Cumin and a dash of Red
Pepper/Paprika, pepper, salt)
Favorite cheese and salsa
Tortillas

Optional Burrito Fillers/Garnishes:
-veggie proteins (we use soy chorizo or
crumbled meatless protein)
-sour cream
-black beans/veg. pinto beans

Heat olive oil over medium/low heat, add garlic and chopped potatoes. Make sure all potatoes are coated in olive oil, and add desired seasonings. Stir fry diced potatoes until tender (or browned if you prefer crunchier potatoes). Add veggies to potatoes and stir fry for an additional 5 min., until veggies are cooked. Once cooked, set the mix aside. In a bowl, whisk together 8 eggs with 2 tbsp milk until combined. Using the same frying pan, cook the eggs. Mix eggs and potatoes together in Tupperware.

TIP: Burritos can stay in the cooler wrapped in foil for about 3 days. Remove burrito from foil and warm on a medium skillet for about 10 minutes!

Tofu Scramble B-fast Burritos

Recipe By: Luke Winslow

 @lukexv

PREP TIME:

10 min.

TOTAL COOK TIME:

5 min.

SERVINGS:

2

1 block firm tofu
1 sweet onion
1 bell pepper (any color)
Tomato (1 beef, or handful grapes)
Handful of spinach
Tortillas
Olive oil
Turmeric powder
Nutritional yeast powder
Salt/pepper

Optional: jalapeño, mushrooms, curry powder

DIY tofu press: Cut tofu in two slim halves, place side by side on a folded paper towel on top of cutting board, cover with another folded paper towel, a board, and something heavy (i.e.. a few books). Sit for 5 minutes to press out tofu water.

Meanwhile: dice onion, bell pepper, tomato, additional veggies. Sauté veggies until browned.

Once paper towels have soaked, dice tofu into cubes and add to skillet. Add 1-3 tbsp of turmeric right after tofu is on top of veggies (to be mixed into tofu, not veggies)

Mash tofu into smaller crumbles to mix in turmeric, add 1-2 tbsp of nutritional yeast, additional turmeric and/or curry powder for taste (tofu should turn deep golden yellow when mixed)


Stir tofu in with veggies for 3-5 minutes. Add salt/pepper to taste, then handful of spinach (cut).

When properly "scrambled," dump contents into bowl, serve with tortillas for amazing nutritional breakfast burritos

TIP: I love this easy vegan version of the traditional egg-based breakfast burrito, and much more nutritious. It's fun to dice and sauté a sweet potato to add with some barbecue sauce for the extra nutrition. Can easily be adjusted for "Mexican style" with beans, guac, and salsa or "Indian style" with rice and extra curry flavors!

Chorizo Breakfast Burrito

Recipe By: Lisa D

 @findme_inthegarden

PREP TIME:
5 min.

TOTAL COOK TIME:
10 min.

SERVINGS:
4

1 lb. chorizo
6 eggs
4 large flour tortillas

Optional:
Milk (optional for scrambling eggs)
Avocado
Hot sauce or salsa of choice

Cook chorizo in skillet until done (similar to ground hamburger meat). Cover with plate to keep warm.


Whisk eggs (include a dash of milk for fluffiness if preferred). Scramble in separate frying pan.

Layer chorizo, scrambled eggs and any toppings you prefer. Fold each end of tortilla inward then fold one side over the other to wrap.

TIP: Wrap tortilla tightly if eating by hand to prevent spillage. Chorizo can be substituted with bacon. Eggs can be scrambled in same pan with cooked chorizo, but be mindful of grease. Some chorizo is very greasy.

Best Breakfast Burritos

Recipe By: Lindsay Rust &
Ryan Hofman

 @lindsayeliza22
@endlessbicycle

PREP TIME:
11 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
4

8 eggs
Protein of choice (meat or tofu)
1/2 cup cheese
1/2 bell pepper
1/2 onion
1 potato
tortillas
2 tbsp extra virgin olive oil
Salt and Pepper

Optional:
Salsa, black beans, guacamole,
whatever you have on hand to toss in
is great!

Coat your pan with olive oil and heat over medium heat. Dice up potatoes to desired size and add to warm pan. Season potatoes to taste and sauté for about 10 min. Dice up veggies and add to potatoes, sauté for an additional 10 min., until potatoes are crisp and tender. Set mixture aside. Using the same pan, cook eggs and desired protein, seasoned with salt and pepper. Combine the potato mixture with eggs/protein. Lay out 2-4 tortillas and garnish with your choice of toppings. We like to layer salsa, followed by guacamole, egg and potato mixture. Cheese goes on last to ensure that melty goodness! Wrap up and enjoy this protein packed breakfast!

TIP: This recipe makes 4 good sized burritos. Often times we will make all 4 at once and wrap up 2 to keep in the cooler. These burritos are great fuel for our mountain bike and hiking trips and taste great as an on trail snack, lunch or dinner!

Smoky Beans & Bacon

Recipe By: Noodle

PREP TIME:
5 min.

TOTAL COOK TIME:
20 min.


SERVINGS:
4

- 4 rashers bacon
- 2 tins beans (any type you like)
- 1 tsp smoked paprika
- 2 tbsp tomato paste
- 1 tin tomato passata/purée
- 1 tsp English mustard powder
- Dash of your favorite chili sauce
- Dash of HP/Worcestershire sauce
- 3 tbsp maple syrup or treacle sugar

Trim ribs off bacon and cut into 2cm pieces. Fry in pot until brown and crisp. Remove and set aside, leave fat in pot. Add everything else, except the sugar. Simmer for 15 min on a low heat until thick and yummy. Dilute with extra water/ passata if too thick. Add the bacon back, sugar and stir. Season to taste... TIP: Serve over crusty bread or a baked potato for a hearty dinner...

Granola Bars

Recipe By: Nomadizens

 @nomadizens

nomadizens.blogspot.com

PREP TIME:
10 min.

TOTAL COOK TIME:
25 min.

SERVINGS:
6

- 1/2 cup brown sugar
- 1/2 cup vegetable oil
- 1 egg
- 1 cup quick or regular oats
- 3/4 cup flour (wheat or white)
- 1/2 cup raisins
- 1/2 cup chopped walnuts (optional)
- 1/2 cup flaked coconut (optional)
- 1 tsp cinnamon
- 1/2 tsp ground cloves (optional)
- 1/2 tsp baking soda
- Pinch of salt

Heat cast iron fry pan on camp stove over medium-low heat (or preheat oven to 350F, if available). Mix sugar, oil & eggs in large bowl with spoon until smooth. Add all other ingredients, fold to mix. Spread with spatula into pan. If cooking over camp stove, cover pan with lid. Bake just until center is set but not firm, about 17-22 minutes. If cooking over camp stove, flip the granola over about half way through to prevent burning.

Remove from heat. Spread butter over granola while still hot and drizzle with honey. Let cool, then cut into bars and store in sealed container.

- 1/4 cup honey
- 2 tbsp butter

10 Ingredient Oats

Recipe By: Silas the Sprinter

 @silasthesprinter

silasthesprinter.blogspot.com

PREP TIME:
3 min

TOTAL COOK TIME:
10 min.

SERVINGS:
2

- Quick-cooking steel cut oats
Water
Optional Additions:
Bananas
Chia seeds
Hemp hearts
Honey
Coconut
Cinnamon
Apples
Berries
Nutella
Chocolate
Nuts
Peanut butter

I can't believe how many people I've met who say they don't like oats! It is such a cheap meal, filling, and tasty. We eat oats every day in the van except for pancake days. The trick is to switch it up every day with new and creative ingredients. Seriously, just try anything. Add different combinations and you will never be bored with this simple meal. Simply cook oats and add some fun things!

TIP: If you cook quinoa as part of a dinner meal, set some aside for breakfast the next day. Add it to your oats for an extra kick of protein.

Farro w/ Mango & Coconut

Recipe By: Kelly

 @mcmahonkelly

PREP TIME:
5 min.

TOTAL COOK TIME:
30 min.

SERVINGS:
6

- 26 ounces coconut milk (2 cans)
1.5 cups farro
1 cup water
1/4 cup brown sugar (or 1/8 cup maple syrup)
2 mangos diced

For the point in the trip when you can't even look at oatmeal without getting twitchy:
Mix coconut milk, farro, water, sugar in saucepan and heat until simmering, reduce heat to low and cook 30 minutes, stirring occasionally until all the liquid is absorbed and dish resembles a porridge. Remove from heat and add mango-enjoy!

TIP: Trader Joes has a quick cooking farro that makes this even easier-just replace water with coconut milk and follow their cook time instructions. I always load up on grains (*cough and boxed wine*) there when passing through a bigger city

Buckwheat Griddle Cakes

Recipe By: Rachel Goldfarb

 @idletheorybus

idletheorybus.com

PREP TIME:

12 min.

TOTAL COOK TIME:

20 min.

SERVINGS:

4

3 cups Organic Buckwheat Flour
2 cups Grass-fed buttermilk or
yoghurt
1 tsp Apple Cider Vinegar (optional)
3 tbsp honey, blackstrap molasses, or
sorghum syrup
3 tbsp pastured butter
1 pastured egg
1/2 tsp salt
1 tsp baking soda

12-24 hours before cooking, mix Buckwheat Flour with Buttermilk in large bowl. For cakes high in acidity (which I love!), add in the Apple Cider Vinegar. Let sit, covered with bandana, overnight. When you revisit your batter, it should be bubbling just a little. This is a good thing- you've caught natural yeasts from the air that are predigesting the flour for you!

Separate egg yolk from whites. Whisk egg whites until very stiff, but mix yolk gently. Add egg, butter, and honey to flour mixture. Add salt and baking soda and mix, but not too much. It needs to be a little lumpy. Your batter will seem very alive, and will double in size---again, normal!

Heat griddle until a pat of butter sizzles at the touch. Lubricate pan liberally with butter or coconut oil. Pour on batter in four inch circles. Wait for bubbles to appear on top, then flip. Time to chow down! Enjoy with plenty of butter and jam, syrup, or molasses, depending on what you can get locally.

TIP: When flipping griddle cakes, wait until you see bubbles popping in the uncooked side before making the flip. Try to let as many bubbles as possible appear. Then, just before the majority of them pop, flip the cake.

You don't NEED the egg, but it really makes the batter hold together better.

Buckwheat Bowl

Recipe By: Greta Righter

 @greta_bishop

PREP TIME:

4 min.

TOTAL COOK TIME:

15 min.

SERVINGS:

4

1 cup buckwheat groats
2 cups water
2 bananas (or any other fruit on hand)
2 tbsp butter or coconut oil
1/2 cup walnuts (or any other
nut/seed on hand)
Honey
Salt

Begin by toasting buckwheat groats in a skillet (or in the saucepan you will use later) over medium heat, stirring frequently to avoid burning. Toast until they begin to brown and smell nutty. Transfer into a saucepan and add water, pinch of salt, and butter/coconut oil. Cover and bring to a boil, then reduce heat to a simmer for 15 minutes, until all water is absorbed. (If you want a creamier porridge, add a little more than 2 cups of water). Serve portions and top with fruit, chopped nuts, a drizzle of honey or butter.

TIP: If you want a heartier and creamier porridge, substitute 1 cup of water with milk or coconut milk.

French Toast

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
2

2 or 3 eggs
1/2 cup milk (you can use thin yogurt as well)
Butter
Cinnamon
6 slices of 1" thick bread

Mix eggs, milk and cinnamon in a bowl/pot. Dip the bread into the mix, allowing each side to soak in the egg mix.

Melt butter in the pan. Place soaked bread onto pan, leaving it for 3-4 minutes on each side.

Top with fruit, butter, syrup, sugar...you get it!

Breakfast Sandwich

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
3 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
1

Bread (We like rolls or a bagels)
Butter
Eggs

Optional:
Onions
Mushrooms
Red peppers
Avocado
Ham/Bacon/sausage
Tomatoes
Cheese
Cream cheese

Slice up and fry the onions, mushrooms and peppers. After they are sautéed to your liking set aside and fry the ham. (If you are using a meat that takes a little bit longer, you should fry that up first and then fry the veggies). Once the meat is cooked to your liking, set it aside also.

Meanwhile, we like to toast our bread by setting the 2nd stove top to as low a flame as possible, placing the bread on the grate over the low flame.

In the same pan used for the veggies and meat, cook the eggs – we like them over-easy. About a minute before the eggs are done, place the cheese on top and cover the pan with a lid.

Once the eggs are done, cheese melted and bread toasted, put some ketchup/butter/cream cheese (don't knock it until you try it) on the bread, then the egg and top it off with the sautéed veggies and meat, adding avocado/salt/pepper and anything else that comes to mind!

TIP: This is one of our favorite breakfast foods. It's quick and very flexible – you can be as creative or simple as you like, it's filling and delicious.

Huevos Rancheros

Recipe By: Nikki

 @sprintervandiaries

sprintervandiaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
10 min.

SERVINGS:
1

Tortillas
Eggs
Sour Cream
Onions
Cheese
Avocado
Tomatoes
Refried Beans
Hot sauce
Cilantro

Sauté onions in a pan. Once they are done to your liking, add the refried beans and mix with onions until all is warm. Set aside.

In the same pan as you made the onions and refried beans, make eggs to your liking – we like them over easy.

In another pan, melt butter and fry up tortillas, about 1 minute each side.

Once the eggs are done and the tortillas are toasted, put the refried beans with onions on the tortilla, put the egg on top and top off with slices of avocado, tomato, sour cream, cream cheese, hot sauce and cilantro!

TIP: You can substitute refried beans with black beans. Or add rice. Get creative – you won't be sorry (hopefully.)

Avocado Spread

Recipe By: Nikki

 @sprintervandiaries

sprintervandiaries.com

PREP TIME:
10 min.

TOTAL COOK TIME:
0

SERVINGS:
2

2 ripe avocados
2 tsp olive oil
1 garlic clove
1/2 Lemon
Salt and Pepper
Bread

Scoop out ripe avocados into a bowl. You want them to be very ripe and soft in order to easily mash them up. Add the olive oil to the avocado. We like it more on the creamy side but you can mash it up as much as you like. Finely chop the garlic clove and add it in, mix well. Add lemon juice, salt and pepper to taste. Spread on bread and enjoy!

Colombian Eggs

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
4 min.

TOTAL COOK TIME:
7 min.

SERVINGS:
2

4 eggs
1 small tomato
1 garlic clove
Salt and Pepper
Olive oil
Bread

Slice tomatoes in 1/4" slices and the garlic into thin slices. We like medium sized tomatoes (Roma size) with lots of flavor.

Heat up olive oil in pan and put tomatoes in, about 2 minutes on each side until tomatoes are soft. Add the garlic, allowing some pieces of garlic to lay on the tomatoes and others to lay directly on the pan. After another 2 minutes, before the garlic starts to burn, break the eggs into the pan, one egg in each 1/4 of the pan. Cover with lid and let cook on low heat for 5 minutes.

Serve with bread.

Fried Zucchini

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
2 min.

TOTAL COOK TIME:
8 min.

SERVINGS:
2

1 large zucchini
1 cup Shredded cheese or Cottage Cheese
Butter

Slice zucchini into 1/4" thick pieces. Melt butter in pan and add zucchini, allowing about 4 minutes each side of the zucchini over medium high heat. If you're using cheese, sprinkle cheese over the zucchini, letting it melt a little. If using cottage cheese, remove zucchini from pan, put on plate and place cottage cheese over the zucchini. Add salt and pepper to taste.

Breakfast Potatoes

Recipe By: Nikki

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sprintervandiaries.com

PREP TIME:
4 min.

TOTAL COOK TIME:
10 min.

SERVINGS:
2

2 potatoes
Butter
Salt, Pepper and ketchup

Slice potato in half length wise. Then again cut each half into thin, half moon shapes – maybe 1/8"-1/4" thick slices. Melt butter in pan. Add potatoes, mixing frequently so they don't burn. Depending on your pan size and how much contact with the pan each potato has, cook until the potatoes are golden brown and cooked through, about 10 minutes.
Add salt, pepper ketchup.

TIP: You can also break eggs onto the potatoes and scramble the eggs directly with the fried potatoes.

Pancakes

Recipe By: Nikki

 @sprintervandiaries

sprintervandiaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
2

1 ½ cups flour
1 ¼ cup milk or thin yogurt
2 tsp baking powder
2 tsp oil (olive oil is fine)
1 egg
Sugar

In a large bowl, mix together the flour, baking powder, salt and sugar. Pour in the milk or yogurt, egg and oil; mix until smooth.

Heat a lightly oiled pan over medium high heat. Pour or scoop the batter onto the pan, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot with syrup, butter, sugar, fruit – really anything!

Rice Omelet

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
10 min.

SERVINGS:
2

Rice from the night before
Eggs
Olive oil
Salt and Pepper
Zucchini/Ham/Red Peppers
(Optional)

If we have left over rice from dinner the night before, we love to make this omelet with rice.

In a pan, warm up some oil, adding a generous amount of rice. It's best if you are able to cover the entire bottom of the pan with rice. Fry up the rice for about 2-4 minutes until warm and a little crispy. Once done, break eggs over the rice, mixing in the eggs and cook until desired runny-ness.

Salt and pepper to taste.

TIP: Can add some sautéed veggies in the beginning. Also, substitute rice with last nights left over pasta.

Eggy Quesadilla

Recipe By: Mali Mish Airstream

 @malimish_airstream

malimish.com

PREP TIME:
2 min.

TOTAL COOK TIME:
2 min.

SERVINGS:
1

Egg
Tortilla
Cheese
Avocado
Salsa
Leftover meat

Crack an egg in the pan. Immediately throw a tortilla on top. Squish the egg with the tortilla so the yolk breaks. As it cooks, the egg and tortilla will adhere together. When egg is cooked, flip it over. Add cheese, avocado, leftover meat from dinner, salsa, etc. Fold your tortilla in half. Eat it. No mess in pan!!


Lunch and Dinner

Bean, Kale and Kielbasa Stew
Tortilla Pizza
Peanut Stir Fry
Sausage, Quinoa & Veggies
Vanchiladas
Quesarito
Almond Milk Pasta
Swiss Chard with Garlic Chips
Fusilli Puttanesca
Easy Mexican Rice
Beach Tacos
World Famous French Fries
Chickpea Parsley Pasta
Quick Fire Chili
Coconut Stir Fry
Jon's Burgers
Coconut Ramen Veggie Soup
Spinach and Artichoke Fondue
Ricotta with Sage & Tomatoes
One Pot Wonder
Campout Carbonara
Ginger Cashew Chicken
Creamy Coconut Rice & Beans
Gingery Coconut Soup
Poached Salmon
Bacon Truffle Brussels Sprouts

Portabella Burgers
Curried Chickpeas
Quinoa, Veggie and Pesto
Fall Pear Salad
Hummus
Platano & Cheese Omelet
Tzatziki Sauce
Devine Orzo Pasta Salad
Shaved Fennel & Apple Salad
Mexican Three Bean Salad
Quesadilla
Meatballs
Garlic Mac and Cheese
Cranberry Kale Turkey Burger
Beer Batter Chile Rellenos
Pasta Salad
Coconut Chicken / Veggie Curry
Stir Fry, Baby
Coconut Rice
Guacamole
Grilled PBBJ
Sautéed Mushrooms
Sautéed Green Beans
Sautéed Brussels Sprouts
Simple Quinoa Salad
Corn and Cilantro Salad
Tuna Pasta

Bean, Kale, & Kielbasa Stew

Recipe By: Kelly

 @mcmahonkelly

PREP TIME:
5 min.

TOTAL COOK TIME:
30 min.

SERVINGS:
4


Kielbasa
White onion
Garlic
Kale (or spinach)
large can of diced tomatoes
Olive oil
Can of white beans (cannellini are my favs, make sure to rinse)
Salt and Pepper
1 tsp paprika
1 tsp red chili flakes
Fresh rosemary or thyme (Optional)

Chop onion, mince garlic, and slice kielbasa (into quarter inch rounds or however you fancy). Sauté onion in medium sized sauce pan until translucent, add garlic and cook for two minutes. Add kielbasa and spices and sauté until brown, about 3 minutes, toss in the drained and rinsed white beans and the can of tomatoes and simmer with salt and pepper to taste for about 15 minutes. Throw about two cups chopped kale or spinach on top of stew and simmer two more minutes-they'll come out lightly steamed like this. And enjoy!

TIP: Spice wise get creative, this does well with any blend so don't be put off if you're missing something.

Tortilla Pizza

Recipe By: Silas the Sprinter

 @silasthesprinter

silasthesprinter.blogspot.com

PREP TIME:
10 min.

TOTAL COOK TIME:
10 min.

SERVINGS:
1

Tortillas
Pasta sauce
Cheese


Optional:
Whatever you like on your pizza! We usually have:
Mushrooms
Onion
Garlic
Bell pepper
Spinach
Goat cheese

Start by prepping all your ingredients. You'll want to chop up small amounts of everything you want on your pizza. Put your tortilla in a pan. Add sauce. Add cheese. Add toppings. Now, create a pizza oven by inverting a pot on top of your pan. Turn your stove on very low heat. Now be patient! Your tortilla will start to crisp up and your oven will fill with steam, which will melt your cheese and cook your toppings. (If you are using raw meat, you will want to precook that). You will know your pizza is done when the cheese is melted and the tortilla is crisped to a point where you can pick it up and eat it like a traditional pizza.

TIP: You really have to keep the heat low and be patient in order to have optimal pizza cooking conditions. Don't burn the bottom of your tortilla by turning the heat too high! If you have two pots and two pans you can cook two pizzas at once. We only have one pot big enough to create the oven, so we split the first pizza and eat it while the second pizza is cooking, then split the second pizza. You can also use regular pizza dough - you will first want to sort of fry one side, then flip it over. Add the toppings to the pre-cooked side and then cook as you would the tortilla pizza. If your toppings aren't getting enough steam, through a bit of water in the side of the pan, then cover it back up. This will add extra steam and help melt your cheese and cook your toppings.

Peanut Stir Fry

Recipe By: Silas the Sprinter

 @silasthesprinter

silasthesprinter.blogspot.com

PREP TIME:
10 min.

TOTAL COOK TIME:
10 min.


SERVINGS:
2

1 package of Ramen noodles
3 Tbsp peanut butter
2 Tbsp soy sauce
1 Tbsp brown sugar
Veggies and meats. We always use broccoli, onion, and bell pepper to get started. Add what you want from there!

Sauté your veggies in a pan using your preferred oil (coconut/vegetable/olive/almond..). In a separate pot, cook the Ramen noodles according to their directions (i.e. boil water, throw in the brick, and wait three minutes). You can throw away the little flavor packet that comes with it. (Or save it for another time – i.e. add to some rice or season chicken.). Next, add your peanut butter, soy sauce, and brown sugar to your vegetables (The amounts are rough estimate – depends on your taste, play around with the quantities!). Cook on low heat until the peanut butter is all melted into a nice peanut sauce. Serve in a bowl over the noodles.

Sausage, Quinoa & Veggies

Recipe By: Gale Straub

 @she_explores

she-explores.com

PREP TIME:
10 min.

TOTAL COOK TIME:
30 min.

SERVINGS:
4

1 Cup Quinoa (optional - soaked to remove bitterness)
1.5 cups water or low-sodium chicken broth
1 package Chicken Sausage (typically 4 links per package)
15 medium sized Brussels sprouts (quartered)
1 yellow onion, finely sliced
1 clove minced garlic
2 handfuls fresh spinach
Balsamic vinegar
Olive oil
Salt/pepper to taste

Add 1 tbsp of oil to the saucepan over medium heat. Add quinoa and lightly toss in oil until browned. The quinoa should smell nutty. Add 1 ½ cups of water (or low sodium chicken broth) and turn heat to high. Once it's boiled, turn down the heat to a simmer and cover. It should take about 20 min. to absorb all the water. You'll know when it's done when you can fluff with a fork easily.

While the quinoa is cooking, slice the chicken sausage (about 9 pieces per sausage minimum, though I often half the 9 pieces). Heat about 1-2 tbsp of olive oil in a cast iron pan over medium heat. Once the pan is heated, add chicken sausage and cook until golden brown. Remove from the pan.

Using the same pan, add quartered Brussels sprouts. Also add a quarter cup of water and about the same amount of balsamic vinegar. Cover with a lid and keep cooking over medium heat. Check the Brussels sprouts intermittently. When they are bright green and softened, add sliced onion and toss. Add more balsamic if dry. Cover.

When the onions are half-cooked, uncover the Brussels sprouts and raise heat. Continue to toss the Brussels sprouts and add minced garlic. When the Brussels sprouts are cooked through and browned to your liking, add cooked chicken sausages and spinach. Sauté until the spinach is cooked down. It shouldn't take long with the heat.


Serve the protein and roasted veggies over the quinoa. Add optional ripe sliced avocado and cherry tomatoes over the top.

Optional: Sliced ripe avocado, halved cherry tomatoes

TIP: I typically cook by "feel" and don't usually use recipes, so take measurements with a grain of salt :)

Vanchiladas

Recipe By: Silas the Sprinter

 @silasthesprinter

silasthesprinter.blogspot.com

PREP TIME:

10 min.

TOTAL COOK TIME:

15 min.

SERVINGS:

2

Tortillas
Enchilada sauce
Cheese

Whatever else you want in your enchilada! Sometimes we make these more like wet burritos and will put in rice, beans, and veggies. Sometimes we just do veggies and cheese. These would also be delicious with meat, but we don't have meat in the van.

You will need to prepare the insides of your enchilada first. Cook up your rice, beans, veggies, or meat. Roll up your enchilada. We usually make two enchiladas per person. Make sure to put some cheese on the inside! Open up your enchilada sauce and pour some into a large pan. Put all your enchiladas into the pan. Cover the enchiladas with the rest of the sauce. Cover with cheese. Add more cheese for good measure. We really like cheese. Create an oven for your enchiladas by inverting a large pot on top of your pan. Turn the heat on medium low. You may hear the enchilada sauce in the bottom of the pan start to bubble and boil. This is a good sign! Every so often, rotate the pan around so all the enchiladas have a chance to be over the flame. Once all the cheese on top of your enchiladas has melted, you're ready to eat!

TIP: This is a delicious meal, but it is also very messy! Be prepared to have several very dirty and saucy dishes when you're through.

Quesarito

Recipe By: Silas the Sprinter

 @silasthesprinter

silasthesprinter.blogspot.com

PREP TIME:

10 min.

TOTAL COOK TIME:

20 min.

SERVINGS:

2

2 large (burrito sized) tortillas
Rice
Beans
Cheese

Burrito insides to your liking. We use lots of veggies, typically onion, bell pepper, garlic, spinach, avocado, mushrooms, hot sauce etc.

This is like a standard burrito, but with an exciting twist. First, you will want to prepare your burrito ingredients. Cook your rice and stir in your beans. Cook your veggies, and meat if you plan on including them. Put your burrito ingredients aside, or keep them warm on the stove. Get your tortillas and cheese and make a standard quesadilla (cheese inside tortilla, fold in half, cook on either side until lightly browned). Now, peel open your quesadilla and fill it with your burrito ingredients. Roll it up like a burrito and enjoy this savory delight!

Almond Milk Pasta

Recipe By: Duwan

 @makelikeanapeman

makelikeanapeman.com

PREP TIME:
10 min.

TOTAL COOK TIME:
50 min.

SERVINGS:
4

4 cup almond milk
1 tsp onion powder
1/2 tsp garlic powder
1 veggie bouillon cube
1/2 tsp salt
1/4 tsp pepper
1/2 cup parmesan cheese or
nutritional yeast
8 oz. pasta

Bring the milk to a boil with bullion and spices, add pasta and cheese. Boil for two minutes. Remove from stove and place in a fireless cooker for 45 minutes.

Top with chopped olives, tomatoes or whatever suits you.

TIP: This is a recipe I make when traveling on my boat. I have never tried it with regular milk, but I am sure it can be substituted. I use the fireless cooker to conserve propane. You can make you own fireless cooker by wrapping your pot in towels and putting it in a cooler or other insulated or sturdy container packed with more towels.

Swiss Chard with Garlic Chips

Recipe By: Victoria

 @adventurousneli

nelisbigadventure.com

PREP TIME:
10 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
4

1/3 cup olive oil
1 head garlic, cloves peeled and
thinly sliced lengthwise
1 medium onion, finely chopped
1/2 cup dried currants (optional)
2 pounds green Swiss chard, stems
and center ribs finely chopped and
leaves coarsely chopped separately
1/2 cup water
1 pound spaghetti
1/2 cup Kalamata olives, cut into
slivers
6 ounces feta, crumbled (1 1/2 cups)

Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook garlic, stirring, until golden, about 3 minutes. Transfer garlic with a slotted spoon to paper towels to drain.

Cook onion in oil remaining in skillet over medium heat, stirring occasionally, until softened, 3 to 5 minutes. Add currants and cook, stirring, until plumped, about 1 minute.

Stir chard stems into onion mixture with water and add 3/4 teaspoon each of salt and pepper. Cook, covered, over medium-high heat until almost tender, about 5 minutes. Stir in chard leaves and cook, covered, until stems and leaves are tender, about 5 minutes.

Meanwhile, cook spaghetti in a pasta pot of boiling salted water (2 tablespoons salt for 5 quarts water) until al dente. Reserve 1 cup pasta-cooking water and drain spaghetti.

Toss spaghetti with chard, olives, and 1/2 cup cooking water, adding more cooking water if necessary. Season with salt and pepper. Serve sprinkled with feta and garlic chips.

TIP: ANY leafy green can be used. While chard is best, you can do it with mustard greens, a dark lettuce, spinach, etc, you just have to adjust your cooking times so the greens are wilted.

Fusilli Puttanesca

Recipe By: Hermione Gayton

 @hgayton

PREP TIME:
0 min.

TOTAL COOK TIME:
25 min.

SERVINGS:
2


Pasta (of your choice, we like it with fusilli)
2 cloves garlic
2 x small tins of Anchovy fillets
2 tins chopped tomatoes
Half jar of sliced black olives (drained)
2 dessert spoons of capers

Empty Anchovies with their oil, and the olives into a frying pan. Add garlic. Fry on a medium heat for 5 mins. Then add tinned tomatoes and capers. Simmer on a medium heat until reduced.

Meanwhile boil pasta. When ready, mix into the sauce. Serve with a little Parmesan on top if you're feeling extravagant.

Easy Mexican Rice

Recipe By: Nomadizens

 @nomadizens

nomadizens.blogspot.com

PREP TIME:
5 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
2


Rice
Water
Salsa (or tomatoes/onion/peppers)
Cheese
Chicken Bouillon

Combine water & rice, per package instructions. For every one cup of uncooked rice, also add approximately 1/2 c of salsa (or diced tomatoes/onion/peppers), 1/4 c of shredded or diced cheese, and one chicken bouillon cube. Add jalapenos for additional kick. Cook rice according to instructions.

TIP: We make this in our pressure cooker and it is easy and quick! (Details in Pressure cooker section of this book)

Beach Tacos

Recipe By: Tim

 @on.the.panamericana

PREP TIME:
10 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
2

200g Chicken and 200g Beef
300g tomatoes
1 paprika
1 onion
1 red pepper
Half can of corn
Half can of beans
Chili sauce/salsa
Tacos


Marinate meat as you like (for me a little paprika, pepper and salt does the trick) and throw on the grill (or frying pan) Meanwhile, cut all other ingredients that you'll use for toppings.

If using a stove top, use a pot or pan to sauté onions and pepper and heat up the corn and beans. If you're using a grill, you can do the same as with a pan or you can first grill the pepper and onion and then cut them. You can also warm up the taco over the range or on the grill.

Assemble your taco and enjoy!

World Famous French Fries

Recipe By: Nomadizens

 @nomadizens

nomadizens.blogspot.com

PREP TIME:
10 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
2

Potatoes
Oil
Seasoning (recommendation:
Famous Dave's Steak & Burger or
Rib Rub Seasoning)

Optional dipping sauce:
Mayo & Sriracha (Seriously amazing)

Pour oil into sauce pan and place over high heat. You need at least an inch of oil (or ideally 3 inches) in your sauce pan –deep enough for the potatoes to be entirely submerged. While oil is heating, wash potatoes and cut into French fry wedges –about 1/8" thick and 1/2" wide.

To test if oil is hot enough, drop one potato wedge into the oil. This should cause strong bubbling in the oil and the potato should float. Once the oil is hot enough, add potato wedges, working in batches depending on how much oil you are using and how many potatoes you chopped. Don't over crowd the pot.


Cook potatoes until desired crispiness, about 10-15 minutes, until the wedges are turning golden brown.

Remove wedges from oil with slotted spoon and place in paper towel lined bowl. Soak off excess oil, then toss in the seasoning.

To make a stellar dipping sauce, combine 5 parts mayo to 1 part Sriracha hot sauce (adjust to your desired spiciness).

Chickpea Parsley Pasta

Recipe By: Kelly

 @mcmahonkelly

PREP TIME:
5 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
4

1/2 chopped white onion
1 cup chopped flat leaf Italian parsley
1 can rinsed and drained chickpeas,
As much orecchiette or small shell
pasta as it takes to feed your crew
Parmesan (optional)
1 whole lemon
Salt and pepper

Get pasta cooking first then chop up the parsley and onion.


Lightly sauté onion (just for a minute or two, you want it to still be crunchy) mix in chickpeas and cook for 1-2 more minutes.

Strain pasta and stir in chickpea and onion mix, add parsleys and juice from one whole lemon. Add salt, pepper, and parmesan to taste.

TIP: Add canned tuna or grilled salmon to bulk up

Quick Fire Chili

Recipe By: Gideon McClure

 @thegreenyeti

PREP TIME:
5 min.

TOTAL COOK TIME:
35 min.

SERVINGS:
4

1 tbsp olive oil
2 to 3 veggie burgers
Thawed
2 tablespoons of chili powder
One 16 oz. jar of salsa
One 14.5 oz. can of diced tomatoes
Two 15 oz. cans of beans (pintos,
black, or red) drained and rinsed
1/2 cup or more of water
Salt and Pepper

Heat oil. Add veggie burgers. Stir in all other ingredients. Bring to a boil and then simmer for about 30 min. If too thick add a little more water to achieve desired consistency.

TIP: I like to err on the side of more oil, especially as my camp pots are not as high quality. Stir frequently while sipping a good beer.

Coconut Stir Fry

Recipe By: Susan Darby

 @suzyt86

svlaurel.com

PREP TIME:
8 min.

TOTAL COOK TIME:
8 min.

SERVINGS:
4

2 cans of coconut milk
Vegetables (we like broccoli, peas, garbanzo beans, cauliflower, spinach...)
Rice
Curry powder
Red Pepper flakes
Salt and Pepper


Cook rice according to directions. Meanwhile chop veggies to desired size. In a pan or skillet sauté the veggies for a 3-5 minutes until warm. Add coconut milk and spices and simmer for 10 minutes until veggies are soft.

Once the veggies are done and rice finished - pour the veggies over rice. Voila!

TIP: Great way to use up veggies. Delicious. Fresh. Healthy.

Jon's Burgers

Recipe By: Jon Gaffney

 @thevanman

saplins.com

PREP TIME:
2 min.

TOTAL COOK TIME:
5 min.

SERVINGS:
4

1lb 85/15 Grass Fed Ground Beef
Cheese (Of your choice, but American Land o'Lakes just tastes right)
Sesame seed Bun
3 tbsp of vegetable oil
Salt and Pepper

This is my burger recipe - my go to meal for any meat eater. The burgers are incredibly simple to make, toppings like bacon and caramelized onions can add some time so plan accordingly. This can be a little messy (flying grease) and cause some smoke, but they're well worth it.

Take your 1lb of ground beef and form it into four equal sized balls. Pack them like you would a snow ball, tight enough so they don't crumble.

Put your vegetable oil into your cast iron pan and start heating it up. You want the burner at Med/High to High. Let it heat until it begins to smoke just a little and then back off the heat a tad. You want the pan hot enough to fry these burgers.

Place your balls of ground beef into the pan, there should be a satisfying sizzle and crackle if the pan is hot enough. Grab your salt and pepper and use both on the top of the ground beef. Usually 3 twists or shakes will do. Wait 1 minute.

After the first minute flip the ground beef balls over and then squash them flat. You'll want them to be a little over 1/2" thick. Again salt and pepper them and wait 1 minute.

After the second minute flip them again. If you're going to use cheese, now's the time to add it. Let them cook 1 more minute then pull them out of the pan. If done right you'll have a Medium to Medium Rare burger ready to go. Place it on your bun of choice and add your favorite toppings.

TIP: After much testing my favorite burger is topped with Muenster cheese, bacon, and mashed avocado with a toasted English Muffin as the bun. Give it a shot

Pretty much any toppings of your choosing, but recommend trying these:
Avocado
Peppers
Mushrooms
Caramelized Onions
Ketchup
Bacon

Coconut Ramen Veggie Soup

Recipe By: Andrew Sullivan

 @alpinweiss

PREP TIME:
15 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
2

Shin Ramen Spicy Instant Noodles
Powdered (or canned) coconut milk
Red Pepper
Broccoli
Zucchini or Eggplant

Chop all veggies to desired size, bite-size is recommended.
In a pan or skillet, sauté veggies using olive oil.

Meanwhile, split the required liquid for the Ramen between water and coconut milk. Add spice pack once done if desired.

Combine into a delicious, easy soup

Spinach and Artichoke Fondue

Recipe By: Andrew N.

 @euro_kid

4one2photography

PREP TIME:
5 min.

TOTAL COOK TIME:
10-15 min.

SERVINGS:
10

White wine (any kind work. About 3.5oz per 2 people)
Fresh spinach (chopped or shredded as much as desired)
Artichokes (chopped as much as desired)
Swiss cheese of any blend (shredded. 5 ½ oz. per 2 people)
Parmesan cheese (add as much as desired)
Fresh black pepper and Tabasco (add as much as desired)

Take one large pot and fill bottom with water. Inside this pot, place tightly packed balls of aluminum foil or a grate that another, smaller, pot will be able to rest on. The key is to not allow the smaller pot to have direct contact with the heat source. Place all the cheese, spinach and artichokes into the smaller pot and set inside larger one. Turn on medium heat and use the steam from the larger pot with water to melt the cheese. Keep larger pot covered. Allow to melt for 10 minutes until cheese is melted. Add pepper and Tabasco sauce to cheese once melted and mix well.

TIP: Awesome to dip with bread vegetables and fruit. Personal favorite apples, The combination of Swiss cheese and fruit will blow your mind.

Ricotta w/ Sage and Tomatoes

Recipe By: Bri dwight

 @bri_sunshine108

webeginwithin.com

PREP TIME:
10 min.

TOTAL COOK TIME:
12 min.

SERVINGS:
2

1 cup Polenta
1 cup Ricotta cheese
Onion
Garlic
Tomato
Ghee (type of butter)
Sage

Mix polenta with ricotta cheese. Once mixed, divide polenta into 4 patties about an inch thick.

Place a bit of ghee on the pan and pan fry the polenta for 6 min. on each side.

While polenta is cooking, place chopped onion and garlic in the other pan and sauté with ghee. After about 30 seconds add the cherry tomatoes (sliced in half or just puncture the tomato and leave it whole) and continue to sauté with ghee. Add 1tsp of sage when tomatoes are finished.

Top with sliced avocado
TIP: Option to add whatever additional veggies you desire.
Spinach and/or Swiss chard are wonderful

One Pot Wonder

Recipe By: Natalie Russell

 @stellaontherun

PREP TIME:
10 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
2

Whole grain pasta
Basil
Tomato
Olive oil
Any veggies hanging around looking for a good time

Chop up all the veggies you plan to include. Combine all veggies and pasta in a pot and add just enough water to cover the mix. Simmer away till pasta is cooked and sauce is thickened. No draining needed!

Campout Carbonara

Recipe By: Jamie Burke

 @pie_bird

PREP TIME:
15 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
4

1 pound of bacon-diced
3 garlic cloves-smashed
1 lb. of your favorite dried pasta
6 eggs (2 whole and 4 yolks)
Freshly grated parmigiano reggiano
Salt Pepper
Olive oil

Heat a couple glugs of olive oil (2-3 tsp) in a frying pan over medium-low heat. While that's heating, set a pot of salted water to boil for pasta on the 2nd burner. When the oil is hot, toss in your smashed garlic and diced bacon. Cook until fat renders and bacon is slightly crisp around the edges. Turn off heat, remove garlic cloves and discard. Remove bacon chunks from the grease and set aside.


In a medium sized bowl whisk together whole eggs, egg yolks. Add salt, pepper, and parm to taste (lots of parm and pepper is recommended). When the bacon has cooled slightly, whisk that into the egg mixture.

Cook your pasta according to instructions. Strain, put back into hot pot and immediately pour egg-bacon mix onto pasta while stirring vigorously. The egg mixture will cook in the hot pasta and make a creamy sauce. Once the pasta is coated and the sauce has thickened, pour into bowls, top with more parm and pepper. Serve right away.

TIP: If the egg mixture is not thickening into a sauce, place coated pasta back on burner over very low heat. Continue to stir until sauce is thick.

Ginger Cashew Chicken

Recipe By: Robert Erickson

 @droberterickson

PREP TIME:
15 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
2

2/3 cup raw cashews
1 1/4 cups freeze-dried corn
3 tbsp chopped dehydrated onion
1 1/2 cups instant brown rice
6 thinly sliced dried mushrooms
1 oz. Coconut Ginger soup mix
5 oz. can chicken in water or any
cooked chicken (great use of left-over
chicken)

Spread nuts on a skillet or Dutch oven and toast for 10 minutes. Remove from heat, let cool if to be stored or set aside if to be eaten right away. The nuts can be toasted in parallel to cooking of other ingredients.

Combine corn, onion, rice, and mushrooms, chicken plus seasoning packet (from soup mix), in enough water to cover and mix well; simmer for 5-10 minutes, adding water if needed and cooking until rice is done. Garnish with nuts.

Creamy Coconut Rice and Beans

Recipe By: Greta Righter

 @greta_bishop

PREP TIME:
10 min.

TOTAL COOK TIME:
25 min.

SERVINGS:
4

- 1 cup Jasmine/Basmati Rice
- 1 cup water
- 1 cup coconut milk (the thicker the better)
- 1/2 yellow onion, chopped finely
- 2 cloves garlic, minced
- 1/2 cup shredded coconut
- 1 can black beans, rinsed well
- Chopped cilantro
- Salt and Pepper
- Crushed red chilies (optional)

Combine rice, water, coconut milk, onion, and garlic in a pot. Season with salt, pepper, and some crushed red chilies (or any other spices that sound good to you!). Bring to a boil, then reduce heat to a simmer until rice has finished cooking, and all liquid has been absorbed, about 15-20 minutes. To finish, add in shredded coconut and black beans (optional). Garnish with fresh chopped cilantro (or any fresh herbs on hand like chives or parsley).

TIP: You can change up the ratio of coconut milk to water if you want it more/less coconutty. I've also used other types of beans (cannellini beans are my second favorite). You could even try using another type of grain!

Gingery Coconut Soup

Recipe By: Greta Righter

 @greta_bishop

PREP TIME:
15 min.

TOTAL COOK TIME:
*1 Hr. **

SERVINGS:
4

- 4-5 cloves garlic, finely minced or grated
- 3-4" chunk of fresh ginger, peeled and grated
- 1 whole yellow/white onion, roughly chopped
- 3 carrots, roughly chopped in rounds
- 1 sweet potato, chopped into cubes
- Any root vegetables you can get your hands on: turnips, rutabaga, kohlrabi, celeriac are all great.
- 2 tbsp coconut oil (substitute butter or olive oil if unavailable)
- 1 can Coconut milk


Heat coconut oil in a large stock pot over medium-high heat and allow it to melt. Add ginger, garlic, and onion and stir frequently over medium heat, watching to make sure those little bits don't get burned. Once the onion is soft, add the chopped root vegetables and 6 cups of water. Bring the soup to a boil, and then reduce to a simmer. Keep the soup simmering until all root veggies are soft. Remove the soup from the heat, and stir in 1/2 - 3/4 of a can of coconut milk. Salt and pepper to taste.

TIP: Serve with a cooked grain for a heartier meal, or just make the broth (ginger garlic and onion) if you are getting sick and need a boost for your immune system.

**Yes, this recipe is an hour, but it's very simple and hands off.*

Poached Salmon

Recipe By: Greta Righter

 @greta_bishop

PREP TIME:
5 min.

TOTAL COOK TIME:
10 min.


SERVINGS:
4

Filet of the best Salmon you can find
2 cloves garlic
1/2 white onion
Olive oil
1 lemon
Bunch of dill

Heat 1 tbsp olive oil in a frying pan and add onion and garlic, slowly sautéing on low heat. Before the onion is completely soft, place the salmon filet (you might need to cut it into 2 pieces to fit in the pan) right on top of the onions (skin side up). Season the salmon with salt and pepper, then cover the filets with slices of lemon and sprigs of dill. Add water to the pan, so that the tops of the filets are still exposed. (This would also be a good time to add a splash of white wine if you have it on hand). Cover the pan and allow the salmon to cook for about 10-12 minutes, depending on the thickness of the filet, and how you like your salmon cooked.

Bacon Truffle Brussels Sprouts

Recipe By: Angela Ceccarelli

 @tahoe_runaway

passports-and-champagne.com

PREP TIME:
10 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
2

3 slices of bacon (we like peppered bacon)
1/2 pound of Brussels sprouts
3 tablespoons water
Truffle oil or Balsamic Vinegar
Salt and Pepper

Cut bacon into small pieces. With a little olive oil, start sautéing bacon in pan. When cooked to desired crispiness set aside on plate, but leave some bacon grease in pan.

While bacon is cooking cut Brussels sprouts into halves or quarters depending on size.


Add Brussels sprouts into bacon grease in pan. Add some water to the pan to help steam and cook the Brussels sprouts until tender, about 5 minutes.

Once soft and water is cooked off caramelize outside for some nice char flavor. Add bacon back into pan.

Top with salt and pepper and drizzle with truffle oil or balsamic vinegar.

Portobello Burger

Recipe By: Eric Levi

 @sonofaboat

PREP TIME:
10 min.

TOTAL COOK TIME:
10 min.

SERVINGS:
4

4 Portobello mushrooms
1 cup of grated cheese (smoked gouda or sharp cheddar is best)
2 tbsp balsamic vinegar
2 tbsp soy sauce
Cajun spices (garlic powder, paprika, cayenne, oregano, thyme, salt, black pepper)

Your choice of bread, bun, roll
Sliced tomato
Sliced onion
Lettuce
Dill pickles


Place portobellos gills down in a skillet over medium heat. Splash each cap with balsamic and soy sauce and Cajun spices. Add just a splash of water so that there is enough liquid to steam the mushrooms. Cover the pan and let steam for 5 minutes, or until the caps are soft.

Flip mushrooms gill side up and cook for another 3 minutes with the lid off so that some liquid cooks out. Turn off heat and sprinkle cheese on the gills and cover until melted.

Assemble burgers to your liking with lettuce tomatoes pickles, or anything else that you want.

Curried Chickpeas

Recipe By: Greta Righter

 @greta_bishop

PREP TIME:
10 min.

TOTAL COOK TIME:
30 min.

SERVINGS:
6

3 tbsp coconut oil or butter
2-3" piece of ginger
3 cloves garlic
2 large yellow onions
3 large carrots
3 sweet potatoes
2 cans chickpeas
2 cans crushed tomatoes
1/2 can coconut milk
Salt and Pepper
1 tbsp turmeric
3 tbsp curry powder
1 tsp garam masala (optional)
1 tsp cayenne
Water

Cilantro and green onions (optional)

Melt coconut oil/butter in large soup pot. Add finely minced garlic, ginger, and onion. Stirring frequently, cook over medium heat until onion is beginning to soften. Then add carrots, sweet potatoes, and chickpeas. Cook over medium heat 5 more minutes. Add in crushed tomatoes and a splash of water, until the mixture resembles a soup. Some people like a thinner curry, so the amount of water you add will vary. Add all spices (adjusting to taste) and bring to a slow boil, then reduce the heat to a simmer for 20-30 minutes until vegetables are soft. Add half a can of coconut milk at the very end. Garnish with cilantro and green onion if you have them.

TIP: Serve with coconut rice (see our other delicious recipe).

Quinoa, Veggie and Pesto

PREP TIME:
5 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
2

1 cup of Quinoa
100 grams of pesto (red or green)
Fresh spinach leaves (as many as you like)
1 tomato
1/4 cup Feta cheese (but you can add as much/little as you like!)


Wash 1 cup of quinoa and then put in a pot with 2 cups of water, add some salt. Cook according to instructions.

Meanwhile, chop spinach leaves into desired size, I suggest to at least halve them once. Dice the tomato and feta cheese.

When quinoa is finished, serve into two bowls and add spinach leaves, tomato, feta, and the pesto on top! Mix and eat!

Fall Pear Salad

Recipe By: Kelly

 @mcmahonkelly

PREP TIME:
10 min.

TOTAL COOK TIME:
0

SERVINGS:
4

Bag of spinach
1/4 of a chopped red onion
1/4 cup chopped walnuts (or sunflower seeds or whatever nuts you have hanging around)
2 pears (any kind will do, green apples work too in a pinch)
Blue cheese (as much as desired!)
Balsamic vinegar
Olive oil
Salt and pepper

Mix all ingredients together and toss with balsamic, olive oil and add salt and pepper to taste. Top with grilled chicken or pork chops if you're looking to bulk it up-enjoy!

Hummus

Recipe By: Christine

PREP TIME:
5 min.

TOTAL COOK TIME:
0

SERVINGS:
2

- 1 tin chickpeas, drained
- 1-2 cloves garlic, finely chopped
- 2-3 tablespoons tahini (sesame paste)
- 2 tablespoons olive oil
- Lime juice to taste
- Salt
- Parsley and/or coriander, optional
- Water to loosen the mix

Mash all the ingredients together until you achieve your desired consistency. Play around with the quantities a little to achieve the consistency and taste you're looking for.

Dip carrot/celery/cucumber sticks or use as a sandwich filler.

Plátano & Cheese Omelet

Recipe By: Irene Serrat

lasupervanita.wordpress.com

PREP TIME:
10 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
2

- 2-3 plantains
- 5 Eggs
- 1 Small onion
- 100gr Cheese
- Salt
- Pepper
- Panela or brown sugar
- Oil

Cut onion into little squares and fry it with a bit of oil in a non-sticking pan until golden. You can also caramelize the onion with the panela or brown sugar if you like.

Cut the 2-3 plantains* into little squares and add them to the pan. Add a bit of salt and pepper. (*The quantity depends on the size of the pan. The onion plus the plantain squares should take around ¾ of the pan.)

When it has soften up and it is almost cooked, add the cheese* into little squares so it melts (*I recommend any kind of soft taste cheese will do.)

In a cup/bowl/sauce pan beat all the eggs together and add the mixture to the pan. Let it cook for around 3 minutes and with a wooden fork or any other cutlery go around the border to unstuck it.

Put a flat plate on top of the pan so that it covers it and flip it over quickly. Add the omelet back in the pan with a bit more oil and cook the other side for a couple of minutes. Put the plate on top of it and flip it over again. It's ready!!

TIP: If you have the space, time or energy for washing up I would beat the eggs in a sauce pan or big bowl so that you can pour in it the onion, cheese and plantain before cooking the omelet as it would mix better with the egg.

Tzatziki Sauce

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
10 min.

TOTAL COOK TIME:
0

SERVINGS:
2

3 cups Greek yogurt (or any unsweetened yogurt)
1 lemon (about 3 tbsp lemon juice)
1 garlic clove
1 large cucumber
Fresh Dill
Salt
Optional: Replace cucumber with a carrot.

Peel and either shred or dice the cucumber. Mix together with yogurt and minced garlic. Add lemon, salt and dill to taste. Mix well and ready to serve!

TIP: Another variation is to replace the cucumber with a carrot. Peel and shred the carrot. In a pan, sauté the shredded carrot until soft and aromatic. Mix with yogurt and follow same directions as above.

Devine Orzo Pasta Salad

Recipe By: Lindsay Rust & Ryan Hofman

 @lindsayeliza22
@endlessbicycle

PREP TIME:
15 min.

TOTAL COOK TIME:
10 min.

SERVINGS:
6

1 box Orzo pasta
1 medium onion (yellow, red or green)
1 bell pepper (any color you prefer)
1 container of grape tomatoes
1 jar of olives (green or black)
1 tub of feta cheese
2 tbsp extra virgin olive oil
2-4 tbsp of distilled white vinegar
Salt and Pepper

In a pot, boil water and cook orzo according to directions on the package. While water is boiling, dice up onion, peppers, tomatoes and olives and set aside. Drain orzo when done cooking and allow to cool for 5 minutes. Mix orzo with chopped veggies, feta cheese, olive oil and vinegar. Mix well, and season to taste with salt and pepper. Enjoy!

TIP: This dish packs a punch of flavor and is super simple to make and store in a cooler. It makes a great main dish when paired with protein, or is always tasty as a side.

Shaved Fennel and Apple Salad

Recipe By: Greta Righter

 @greta_bishop

PREP TIME:
15 min.

TOTAL COOK TIME:
0

SERVINGS:
4

- 2 bulbs of fennel
- 2 apples (Gala or Fuji are good, the crispier the better)
- 1 lemon
- olive oil
- Salt and Pepper
- 1/2 cup sunflower seeds

Slice the fennel as thin as possible, using the whole bulb, as well as the stalks and some of the greens. Slice the apple to the same thickness, thin strips, and combine in a bowl with the fennel. Squeeze the juice of an entire lemon into the bowl, and drizzle with a few tablespoons of olive oil.

Season with salt and ground pepper, and add in the sunflower seeds. Mix all ingredients well and then allow the salad to chill for at least a 1/2 hour. Serve with a cooked grain, or over greens.

Mexican Three Bean Salad

Recipe By: Greta Righter

 @greta_bishop

PREP TIME:
20 min.

TOTAL COOK TIME:
5 min.

SERVINGS:
4

- 1 can black beans
- 1 can cannellini beans
- 1 can kidney beans
- 1 can corn
- 2 jalapenos
- 1 red onion, finely diced
- 1 clove garlic, crushed
- 1 red pepper, finely diced
- 2 large carrots, finely diced
- 3 green onions (scallions or chives work too)
- 1 lime, or 3 tbsp lime juice
- 1 large bunch cilantro, chopped
- Salt and Pepper
- 1 tsp cumin
- Crushed red pepper

Drain and rinse corn, and add to hot skillet (med-high heat) with chopped jalapenos and a drizzle of olive oil. Cook until the jalapeno is soft, then allow the mixture to char slightly before removing from heat. Transfer to large bowl. Add all 3 cans of beans, rinsed and drained well. Then add chopped onion, carrot, pepper, scallion, cilantro, garlic, lime juice. Stir mixture well, and season with salt, pepper, cumin, and crushed red peppers (for extra heat).

TIP: Grab extra large spoon and shovel into mouth faster than your camping partner.

Quesadilla

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
2

Tortillas
Cheese (Any cheese!
Cheddar/Havarti ...)
Chicken
Butter
Onion, pepper, jalapenos
Avocado
Cilantro
Hot sauce

Classic recipe – very easy and you can basically put anything you want in it! Super easy to clean up, and you can make it as filling as you want.
Fry up chicken and veggies to your liking. Set aside.
Melt butter in the pan and put tortilla on. About 1 minute each side and then add fried veggies and chicken, place cheese on top and cover for 1 minute to allow cheese to melt. Remove from pan, add avocado, tomatoes, cilantro and/or hot sauce if desired.

Meatballs

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
2

1/2 lb. ground lamb, veal, pork or beef
1 large onion
1/4 cup fine, breadcrumbs (or
crushed stale bread)
1/4 cup grated parmesan cheese (or
more!)
1 egg
2 tbsp heavy cream (optional)
1/8 tsp nutmeg
1/2 tsp garlic (optional)
2 tbsp chopped parsley
salt and pepper
2 tbsp corn, peanut or olive oil

Finely chop the onion and garlic. Combine all ingredients except oil in a mixing bowl and mix well (I just use my hand). Shape mixture into small meatballs (about 1-1 1/2" in diameter). Heat oil in skillet and brown meatballs on all sides about 15-20 minutes in total in the skillet.

TIP: No such thing as too much onion or parmesan cheese! Also, don't over crowd the skillet when cooking them. Goes great with rice, lentils, pilaf...

Garlic Mac and Cheese

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
10 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
4

- 10 ounces macaroni noodles
- 4 tbsp olive oil
- 5 cloves garlic, minced
- 4-5 tbsp flour
- 2 - 2 1/4 cups milk
- 1/2 cup parmesan cheese (at least!)
- 1/4 cup bread crumbs (optional)

Prepare pasta. Once done, drain and cover with a towel to keep moist and set aside.

To prepare sauce, heat a large skillet over medium heat. Once hot add oil and minced garlic. Stir and cook for 1-2 minutes, or until light golden brown.

Immediately add flour and mix, cooking for 1 minute. (If the sauce is not thick enough, add an extra 1 tbsp later on during the process).

Add milk 1/2 cup at a time, mixing constantly to prevent clumps, until 2 cups have been added. Cook for 2 minutes, stirring frequently.

Add salt, pepper, parmesan cheese and mix until smooth. Taste and adjust seasonings as needed.

Add cooked, drained pasta and toss to coat. Then mix in bread crumbs and serve immediately. Add extra parmesan cheese and a little red pepper flake.

Cranberry Kale Turkey Burger

Recipe By: Courtney

 @wanderingwesty

PREP TIME:
3 min.

TOTAL COOK TIME:
16 min.

SERVINGS:
4

- 1 shallot
- 1 1/2 pound ground turkey breast
- 1/2 cup packed chopped kale
- 1/4 cup dried cranberries
- 1/4 cup crumbled blue cheese
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon paprika
- 1/2 teaspoon cumin
- Salt and pepper

In a bowl, mix all ingredients together until well combined.

Form burgers into 6 uniform patties. Grill burgers over medium high heat, cooking 8 minutes on each side until firm and cooked through.

Beer Batter Chile Rellenos

Recipe By: Tessa

 @thebusandus

thebusandus.com

PREP TIME:
5 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
2

- 4 Poblano chiles
- 1 heaping cup of flour
- 1 can of beer
- 1 egg
- 1 block of Monterey Jack cheese
- 1 tsp salt
- 1 tbsp pepper
- 1 tsp cumin (if available)
- 1 bottle of vegetable oil (for frying)
- 1 can of red chili sauce (salsa de chile colorado)

On a gas range roast all poblano peppers in the flame until completely charred so no green of the chile is left visible. Place them in a sealed plastic bag for 5-10 min. to 'sweat' the charred skin from the pepper. Pull the chiles out and scrape off all of the flakey back charred outside using a butter knife.

Cut the block of Monterey cheese into matchstick size pieces. Cut a small hole on the side of the chile near the top, just below where the seeds hang inside. Stuff the chile full of the cheese sticks.

In a bowl combine the flour, salt pepper and cumin. Then mix in the egg and beer. Add more flour to get the desired thickness of batter (thick pancake consistency).

Heat a deep skillet (cast iron is ideal) of oil on the stove filled deep enough to submerge the chiles. If you only have a smaller pan available you can submerge the chiles halfway then flip them.

When the oil is hot enough (test for this by putting a drop of the batter in and if it sizzles you are ready to go), dip the chiles in the batter, coating them fully, then drop them in the oil long enough for the cheese inside to melt and the outside to crisp up, about 5 minutes.

In a separate pot heat the can of red chile sauce (salsa de chile colorado) to pour over the chiles.

Pasta Salad

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
10 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
2

- Fusilli (personal favorite but can use any type!)
- Ham (cubed)
- Cheese (cubed)
- Artichokes
- Zucchini
- Red Pepper
- Tomatoes
- Black Olives
- Italian Dressing or olive oil
- Salt and Pepper

Cook pasta, drain and set aside to cool. While chilling, cut up any vegetables that you plan to add, as well as the ham and cheese. Personally, I like all the ingredients to be cut into roughly dime-size pieces.

Once pasta is cooled, add veggies, meat and cheese. Season with desired amount of Italian dressing, or olive oil and enjoy!

Coconut Chicken / Veggie Curry

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
10 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
2

- 1 lb. chicken breast
- 1 onion
- 2 garlic cloves
- 2 potatoes
- 2 carrots
- 1/2 a head of Broccoli or cauliflower
- 1/2 Zucchini
- 1 cup green beans
- 3 tbsp curry powder
- 1 can coconut milk
- 1 cup water
- 3/4 cup breadcrumbs/flour

There are tons of curry recipes out there – but this is the simplest and yummiest that we've made. You can take out the meat and add more veggies or the other way around. Play around with the veggies you add. I listed some of our favorites – we don't use all of those at the same time.

Slice chicken into 1/2" thick slices and sauté the chicken for 5 minutes. Add the onions and garlic and cook until the chicken is fully cooked through and onions are tender. Add the remaining veggies as well as the salt and curry powder and mix thoroughly.

Pour in the can of coconut milk and water to just cover the meat and veggies and bring to a boil. Cover and simmer over low heat until veggies are cooked, about 15 -20 minutes depending on how much stuff you have relative to the size of your pot.

Add the flour and allow the sauce to thicken. Add more curry, and salt and pepper to taste. Best with rice.

Stir Fry, Baby

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
10 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
2

- Any veggies you want! Broccoli, carrots, green beans, peppers, mushrooms, zucchini...)
- Chicken, beef or any other meat
- Garlic
- Ginger
- Soy Sauce
- Red chili pepper

There are so many ways to do a stir-fry right! It's all up to you and what you like, which is why I omitted the quantities. Use what you want and figure out the balance that you like most. Again, you can take out the meat and add more veggies or the other way around. The key, for us, is the ginger.

Slice meat into 1/2" thick slices (or thinner) and sauté the meat for 8-10 minutes, or until done. In the meantime, cut up the vegetables. Once the meat is done, set it aside and sauté the veggies in the same skillet. I find it's actually easier to do the vegetables all separately, as different types require a different amounts of time. Once all the veggies are cooked, mix all the veggies and the meat together and let it cook for a 3-4 minutes covered, stirring occasionally over medium heat.

Finally chop the ginger and garlic and add that to the mix. Cook for another 2 more minutes and add the soy sauce. Based on your taste, add more soy sauce, ginger, garlic, red chili pepper, or pepper to taste. Best served with rice.

Coconut Rice

Recipe By: Nikki

 @sprintervandaries

sprintervandiaires.com

PREP TIME:
0

TOTAL COOK TIME:
20 min.

SERVINGS:
2


2 cups rice
1 can coconut milk
Water
Olive Oil

Depending on how sweet/coconut tasting you want your rice, adjust the amount of coconut milk, while keeping the rice to liquid ratio at 2x1.

We like to warm up some oil in a pot, add the rice and mix it constantly for 2 minutes not allowing the rice to burn but to absorb the oil. Add the coconut milk and water and let it simmer until rice is done

Guacamole

Recipe By: Nomadizens

 @nomadizens

nomadizens.blogspot.com

PREP TIME:
10 min.

TOTAL COOK TIME:
0


SERVINGS:
2

Avocado
Lemon or Lime
Onion
Tomato
Cilantro (if available)
Garlic Powder
Black Pepper

Mash avocado. Chop ½ of an onion, 1 tomato, and cilantro (to taste). Juice a lemon or lime. Combine all ingredients together. Enjoy with chips, spread on a sandwich, in your burrito, etc.!

Grilled PBBJ

Recipe By: Greta Righter

 @greta_bishop

PREP TIME:
5 min.

TOTAL COOK TIME:
5 min.

SERVINGS:
1

- 2 slices of bread
- Peanut butter
- 1 banana
- Jelly or jam of choice
- 1 tbsp butter

Assemble peanut butter and jelly sandwich like a boss (aka: don't skimp). Slice up a banana inside. Slather outside of sandwich with butter and grill in a skillet until golden brown and the inside is soft and gooey.

TIP: Eat with a towel for a napkin. Make sure you have some baby wipes on hand for facial cleanup.

Sautéed Mushrooms

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
2 min.

TOTAL COOK TIME:
7 min.

SERVINGS:
2

- 1/2 lb. mushrooms
- Salt, Pepper, Red chili
- Balsamic vinegar (optional)
- Oil

Either slice the mushrooms or cut them into quarters. Heat oil in a pan, sauté the mushrooms until soft and cooked through, about 5 minutes. Once cooked through, add balsamic vinegar and season with salt, pepper and red chili to taste.

Sautéed Green Beans

Recipe By: Nikki

 @sprintervandiaries

sprintervandiaries.com

PREP TIME:
2 min.

TOTAL COOK TIME:
13 min.

SERVINGS:
2

- 1 lb. green beans
- 2 garlic cloves
- 1/2 small onion
- Butter
- 1/2 cup almond slices
- Salt and Pepper

Bring a pot of water to a boil over high heat. Add the green beans and let cook until barely tender, about 3 to 5 minutes. Meanwhile, melt butter in a pan over medium-high heat and add the onions and sauté for 3 minutes.

Drain the green beans and add to the skillet. Add salt and pepper to taste and cook 4 to 6 minutes, until the beans are almost done. Then add garlic and sauté for 2 minutes without letting garlic burn. At this point the green beans should have cooked through. If you are making it with almonds, simply replace the garlic with almonds.

Sautéed Brussels Sprouts

Recipe By: Nikki

 @sprintervandiaries

sprintervandiaries.com

PREP TIME:
10 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
3

- 1/2 lb. Brussels sprouts
- 3 tbsp olive oil
- 2 garlic cloves
- Salt and Pepper

Heat up skillet over medium high heat.


Cut Brussels sprouts into halves of quarters and in a bowl toss with a generous amount of oil, salt and pepper.

Once the pan is hot, add some oil to the pan and put as many sprouts as you can without overcrowding the bottom (so all sprouts have full contact with the pan). Cover and cook for about 1 minute, then turn over the sprouts to cook both sides evenly. Cover once more and cook for another 1-2 minutes. Toss the pan once more to shake up the sprouts and then cover for another minute..

Remove from heat and top with minced garlic and some more salt and pepper. Continue cooking other batches until all of the sprouts are sautéed.

Simple Quinoa Salad

Recipe By: Jessica

 @jezykahmanchego

PREP TIME:
20 min.

TOTAL COOK TIME:
12 min.

SERVINGS:
2

- Cooked quinoa
- Black beans
- Bell pepper
- Red onion
- Cucumber
- Tomato
- Any other raw veggies!
- A sprinkle of flax seeds
- Olive oil
- Balsamic vinegar
- Salt

Cook quinoa according to directions. Meanwhile chop the veggies that you'll be including. Once the quinoa is finished, allow to cool for 5 minutes and add veggies.

Add olive oil, vinegar and salt to taste

Corn and Cilantro Salad

Recipe By: Nikki

 @sprintervandaries

sprintervandaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
10 min.

SERVINGS:
3-4

- 5 ears fresh corn
- 1 lb. plum tomatoes (depending on your taste and availability)
- 1/4 cup finely chopped red onion
- 1/4 cup chopped cilantro
- Red wine vinegar

Place corn into a pot of salt water and bring to a boil. Cook until tender, about 5 minutes. Remove and let cool. If possible, I like to dip the corn into cold water but not necessary. Using a knife, roughly cut the corn kernels off the cob into a large bowl. Add tomatoes, onions and cilantro. Mix well. Add olive oil (about 1/4 cup), Red wine vinegar (about 1/2 table spoon), salt and pepper to taste! Done.

TIP: Can certainly add jalapeños, lemon, red pepper to the mix!

Tuna Pasta

Recipe By: Garret

PREP TIME:
5 min.

TOTAL COOK TIME:
20 min.

SERVINGS:
4

Pasta of choice
Tins of tuna
Tomato based pasta sauce jar
Salt and Pepper
Fresh tomatoes
Onion

Put pasta on to cook
Meanwhile dice onion and brown
Dice tomatoes and leave to side
Heat sauce with tuna and onion, salt and pepper to taste
Combine with pasta when cooked and heat gently
Toss fresh tomato through when serving.

TIP: Very cheap and easy meal, normally do a full packet of pasta to about 4 tins of tuna, 1 onion and 2 tomatoes.

Get a premade jar sauce that has garlic and basil or something along those lines

Pressure Cooker

Mexican Rice

Wild Mushroom Risotto

Lentil Veggie Mix

Tex-Mex Chili

Spanish Rice

Pressure Cooker Banana Bread

Indian Veggie Stew

Mexican Rice

Recipe By: Nikki

 @sprintervandiaries

sprintervandiaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
10 min.

SERVINGS:
4

1/2 cup finely chopped sweet onion (Vidalia)
2 Chile peppers, finely chopped
1 tsp ground cumin
1 tsp dried oregano
2 cups long-grain white rice
One 14.-ounce can fire-roasted chopped tomatoes with juice
1½ cups chicken broth
Salt and pepper

Heat 2 tbsp of olive or canola oil in the pressure cooker over medium-high heat.

Add the onion, chiles, cumin, oregano, and rice, stirring constantly. Cook for 2 minutes, or until the onion begins to soften. Add the tomatoes and stock and stir to combine.

Lock the lid in place and cook at high pressure for 4 minutes. Release the pressure and add salt and pepper if necessary.

Wild Mushroom Risotto

Recipe By: Nikki

 @sprintervandiaries

sprintervandiaries.com

PREP TIME:
10 min.

TOTAL COOK TIME:
25 min.

SERVINGS:
6

4 tbsp olive oil
1 medium shallot
1 lb. of mushrooms
2 tsp sage
1½ cup rice
1 cup white wine
3 cups chicken broth or water
1/2 cup freshly grated Parmigiano-Reggiano cheese
Salt and Pepper

Heat the olive oil in the pressure cooker over medium-high heat. Finely chop the shallot and add it to the oil, cook for 2 minutes. Chop the mushrooms and sage and add them to the pot and cook for 10 to 12 minutes, or until the liquid from the mushrooms has evaporated. Add the rice and wine, bring to a boil, and add the stocks. Lock the lid in place and cook at high pressure for 7 minutes.

Once the rice is cooked, release the pressure and remove the lid. Stir in the cheese and olive oil, salt and pepper to taste and enjoy!

Lentil Veggie Mix

Recipe By: Nikki

 @sprintervandiaries

sprintervandiaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
2

- 1½ cups dry lentils
- 1 tbsp olive oil
- 1 medium onion
- 1 stalk zucchini
- 1 medium red or green pepper
- 1½ cups chopped tomatoes
- Salt and Pepper
- Curry powder

Chop up veggies. Heat up some olive oil in the pressure cooker over medium high heat and add the veggies, for about 5 minutes. When the whole mix is softened, add the chopped tomatoes and mix well. Sprinkle the salt, pepper and curry (about 1 tsp but you can add more later).

Add lentils and water according to instructions and mix well. Close and lock the lid of the pressure cooker and turn the heat up to high for about 5 minutes. After 5 minutes, lower the heat to the minimum required by the cooker to maintain pressure. Cook for another 10-15 minutes. Release pressure and season to taste with salt, pepper and curry.

Tex-Mex Chili

Recipe By: Nikki

 @sprintervandiaries

sprintervandiaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
30 min.

SERVINGS:
4

- 4 tbsp olive oil
- 2 lbs. 85/15 ground beef
- 1 tsp chili powder
- 2 cups sweet onion
- One 28-oz tomato puree
- 1½ cups beans
- 7 cups of beef broth or water
- Salt and Pepper

Heat 2 tbsp of oil in the pressure cooker over medium-high heat. Add the beef and sauté until it is cooked through and then add salt, chile powder, and chopped onion and sauté for 2 more minutes. Next, add the tomato puree, beans, and stock and 2 more tbsp of oil.

Lock the lid in place and cook at high pressure for 20 minutes. Once you release the pressure taste and add chili powder, salt and pepper according to taste.

Spanish Rice

Recipe By: Nikki

 @sprintervandaries

Sprintervandaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
10 min.

SERVINGS:
4

4 bacon strips, cut crosswise into 1/2" wide pieces
1/2 cup finely chopped sweet onion (Vidalia)
1 medium green bell pepper, seeded, finely chopped
2 tsp Spanish smoked paprika
2 cups long-grain white rice
One 14.-ounce can chopped tomatoes with juice
1 1/2 cup chicken broth
Salt and Pepper

Heat 2 tbsp olive oil in the pressure cooker over medium-high heat. Add the bacon and sauté until crispy or desired texture. Add the onion, bell pepper, and paprika and cook for 3 minutes, or until the onion is softened. Add the rice and stir. Add the tomatoes and stock. Lock the lid in place and cook at high pressure for 4 minutes. Release the pressure and remove the lid. Fluff the rice, taste for seasoning, and add salt and pepper if necessary.

Pressure Cooker Banana Bread

Recipe By: Emily and Tim

subagonsouth.com

PREP TIME:
10 min.

TOTAL COOK TIME:
40 min.

SERVINGS:
6

3-4 ripe bananas, smashed
1 1/2 cups all-purpose flour
1/3 cup melted butter
1/2 cup sugar (or less as desired)
1 egg, beaten
1 tsp vanilla extract
1 tsp baking soda
Salt
1/2 cup walnuts or pecans, crushed (optional)

Mix melted butter into mashed bananas in a pressure-cooker safe mixing bowl or container. (We use a round metal bowl.)
- Mix in sugar, egg, and vanilla.
- Sprinkle in baking soda and a pinch of salt, mix.
- Add the flour and stir until well mixed, then add the nuts and stir in.
- Scrape down sides of bowl and cover with foil, then place bowl in pressure cooker with a small amount of water in the bottom. (We use the steam tray so that the bowl sits above about 3/4-inch of water.)
- Cook on high pressure for approximately 40 minutes. Release pressure and check the consistency. The bread will be moist, but shouldn't be gooey, if it is then bring back up to pressure for a few more minutes.
- Remove the bowl from the pressure cooker and let cool for a few minutes, then the loaf should easily come out of the bowl when tipped over.

TIP: This recipe makes a delicious, moist loaf of banana bread without the need for an oven. We've experimented with adding mango and other fruit and that works well too, just exchange it for some of the banana.

Indian Veggie Stew

Recipe By: Christine

PREP TIME:
15 min.

TOTAL COOK TIME:
3 min.

SERVINGS:
2

Vegetables cut to bite size pieces
(Any you might like!)
2 cloves of garlic
1 or 2 chopped onion
Handful of rice and/or lentils
Vegetable stock
Olive oil
Water to cover
1/2 can of coconut milk
Fresh coriander (Optional)
Indian ground spices: (turmeric,
cumin, coriander, chilies or shop
bought mix)

Soften the onions in olive oil, add the spices (on a very gentle heat or they will burn) for a minute. Add all other ingredients, just cover with water. Cook time is 3 minutes in the pressure cooker. Leave to rest for 10-15 minutes. Then open the lid. Add half a tin of coconut milk (the other half goes in the muesli mix for breakfast) and fresh coriander. In a conventional pan, cook time is 20-30minutes or so, depending on rice/lentil type.

TIP: Mixture and spices to be played with. Turn the recipe Moroccan by omitting coconut milk/rice and lentils and adding instead a tin of chickpeas, a handful of raisins and Moroccan spices (ground coriander/cinnamon/cumin) and serve with no-cook couscous semolina (boiling water to just cover the couscous, cover and wait 15 minutes)

Dessert

Nutella Hot Chocolate


Orange Cake'd

Chocolate Banana Sandwich

Grilled Nutella Banana Sandwich

Nutella Hot Chocolate

Recipe By: Silas the Sprinter

 @silasthesprinter

silasthesprinter.blogspot.com

PREP TIME:

1 min.

TOTAL COOK TIME:

5 min.

SERVINGS:

1

Water
Hot chocolate mix
Nutella

Boil water. Stir in hot chocolate powder as your normally would. Get a heaping spoonful of Nutella and stir it in to your hot chocolate, make sure you do this while the water is still nice and hot so it melts in.

TIP: This is ridiculously simple, but I promise it is the richest, tastiest hot chocolate ever and it will lift your spirits on a rainy day in the van!

Orange Cake'd

Recipe By: Shilpa Reddy

 @shilpamreddy

PREP TIME:

4 min.

TOTAL COOK TIME:

8 min.

SERVINGS:

2

Oranges (one per person)
Cake mix
Water

Cut top off orange
Scoop out orange innards with spoon or other tool
In a bowl, mix cake mix + water
Scoop cake batter into empty orange skin until 3/4 full of batter
Fill pot with 1/2 - 1" of water
Place oranges full of cake mix in pot
Place pot on stove, turn stove on to medium. Cover and let steam 8ish minutes
Check on them, when cake batter is cooked, remove and eat - the orange flavor will infuse through the cake and you get to eat it right out of the orange.

Chocolate Banana Sandwich

Recipe By: Nikki

 sprintervandiaries

sprintervandiaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
15 min.

SERVINGS:
1

Banana
Chocolate or Candy Bar
(Snickers/Reeses...)

Cut each banana in half lengthwise, only cutting through the peel on one side.

Into the cut you just made, stuff as much candy/chocolate as you can/want.

Wrap the bananas in aluminum foil and place over medium coals and grill on each side for 7 minutes.

Once they are done, carefully unwrap the banana and use the peel as a bowl, scooping the banana and chocolate with a spoon.

Grilled Nutella Banana Sando

Recipe By: Nikki

 @sprintervandiaries

sprintervandiaries.com

PREP TIME:
5 min.

TOTAL COOK TIME:
8 min.

SERVINGS:
1

2 slices of bread (we recommend
Rustic wheat)

Nutella

Banana

Butter but Coconut oil is even better!

Heat a skillet over medium heat. In the meantime, spread a generous amount of coconut oil or butter on one side of each of the pieces of bread. On the other side of each slice, spread Nutella and lay sliced bananas on one of the two pieces. Fold the bread together to get your sandwich.

Once the skillet is hot, press the sandwich down and toast for about 2-4 min. Flip and repeat. Repeat until desired crispiness is achieved.

TIP: Feel free to add strawberries or peanut butter.