

Tasty Tales

recipes from campers for campers



Your guide to cooking is for people who love to live the best of two worlds.

Welcome to our recipe book! Filled with delicious recipes, this collection will inspire culinary adventures during RV camping. Whether you're a seasoned camper or just starting out, these tried-and-true recipes have been shared by a few of your fellow enthusiasts who understand the joy of cooking and eating while living in a camper.

Inside this book, you'll find various recipes that cater to different tastes, dietary preferences, and cooking methods commonly used while RV camping.

We want to extend a big thank you to the campers who generously shared their favorite recipes. Their creativity in adapting family favorites, creating new camping-specific dishes, and highlighting local flavors adds a personal touch to this cookbook.

We hope these recipes make your camping experience even more enjoyable. Whether relaxing by the fire, hosting a potluck with fellow campers, or simply enjoying a meal with loved ones, good food brings people together and creates lasting memories.

So, grab your apron, fire up the oven, crockpot, or grill, and let's get cooking! Happy camping and bon appétit!

Remember, every recipe can be adapted with ingredients or cooking methods.

**Note: most recipes are written for 2 – 4 people.*

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Soups & Bread



Egg Drop Soup

4 cups prepared chicken stock (take out 2 - 3 tablespoons to mix with cornstarch or arrowroot)

½ teaspoon grated fresh ginger or 1/8 teaspoon ground ginger

1 tablespoon soy sauce

1 - 2 tablespoons cornstarch or arrowroot, depending on how thick you want the soup

2 - 4 eggs beaten, depending on how much egg you want in your soup

2 green onions, chopped, including ends

Salt & pepper to taste

Preparation

Bring the soup stock, ginger, onions, and soy sauce to a boil. Combine the cornstarch/arrowroot in a small dish with the 2 tablespoons of saved broth. Stir until dissolved.

Slowly pour the thickening cornstarch into the stock while stirring. Cook until thickened.

Reduce heat to simmer.

Slowly pour in the eggs while gently stirring in the same direction. The eggs will spread and feather. Turn off the heat and season with salt and pepper.

Serve immediately with a side of your choice: tossed salad, egg rolls, cornbread, fried rice, grilled cheese, or whatever you choose.

Taco Soup

1 lb ground beef, chicken or lamb

1 - 2 tablespoons taco seasoning to taste

½ teaspoon garlic powder

1 medium onion, chopped finely

1 green bell pepper, chopped

1 red bell pepper, chopped

3 cans of tri-bean mix (black, kidney & pinto or white beans) drained & rinsed

15 ounces corn - fresh, frozen or canned

15 ounces tomato sauce or diced tomatoes

10 ounces can of tomatoes with green chilies (Rotel)

15 ounces diced tomatoes

¼ - ½ cup salsa, fresh, homemade or jarred

¼ cup chopped cilantro or parsley

Salt & pepper to taste

Optional toppings: sour cream, shredded cheese, avocado, lime, tortilla chips

Preparation

In a large pot, cook ground beef on medium heat. Add onions and bell peppers and cook until softened. Drain any excess grease. Stir in taco seasoning, garlic powder, salt, and pepper.

Add beans, corn, tomato sauce, all tomatoes, and salsa until combined.

Simmer, stirring occasionally, for 20 - 40 minutes or longer. If it becomes too thick, add ½ to 1 cup of warm water. Stir in cilantro or parsley, and taste to see if it needs more salt and pepper.

Serve with toppings, if desired.



Focaccia Bread with Herb & Olive Oil Toppings

- 1 ½ cups warm water (105-115° F)
- 1 teaspoon brown sugar or honey
- 1 packet or 2 ¼ teaspoons instant or rapid-rise yeast
- 3 ¾ cups all-purpose flour (468 grams or 16.5 ounces)
- 1 ½ teaspoons salt of your choice
- 1 tablespoon olive oil for dough
- ¼ cup olive oil for the pan

Toppings

- 2 tablespoons olive oil
- 2 tablespoons water
- 2 cloves garlic, minced
- ½ teaspoon salt
- 1 ½ teaspoons fresh rosemary, basil, thyme, finely chopped or dried to taste
- 1 teaspoon kosher, flakey or sea salt to sprinkle on top

Preparation

Pour warm water into a cup and add honey or sugar. Stir in yeast and allow to sit until foamy – 5 to 7 minutes.

In a large mixing bowl, combine flour and salt. Pour in the yeast mixture until no dry flour remains. It will be a sticky mass. Add 1 tablespoon olive oil and use your hands to work the oil into the dough until absorbed. Cover the bowl with plastic wrap or a towel and

let it rest at room temperature for 30 minutes until visibly puffed up.

Topping: In a separate small bowl combine 2 tablespoons of oil, water, garlic, rosemary, and ½ teaspoon salt. Whisk until combined. Set aside.

Once the dough has risen, use the stretch-and-fold method. Dip your hands in water and do four stretches and folds—pull up one corner of dough gently without tearing it, then fold it over itself. Rotate the bowl and do these three more times. Cover again and let set for 30 minutes after each stretch and fold. Do this process three more times. After the last stretch and fold, transfer the dough to an oiled baking pan.

Pour ¼ cups of olive oil into a non-stick 9 x 13 pan to coat the bottom. Transfer the dough to the oiled pan and turn to paint it. Gently stretch to the edges. If you're having problems stretching it, cover and let it set for 15 minutes, and work to the edges again. Cover and let rise for 45 – 60 minutes.

Dip hands into cold water using fingertips to make dimples in the dough, going almost through to the pan. Use quick motions to do this. Go over the dough a couple of times so you have a lot of dimples. Release any air bubbles that are trapped under the dough.

Re-whisk your toppings if they've separated and then drizzle evenly over the top. Sprinkle on salt and bake at 450° for 22 – 25 minutes until golden brown. (25 minutes for crisp edges)

Transfer to a wire rack to cool and let rest for at least 10 minutes before slicing. Cut into squares or lengthwise for sandwiches.

Bread is the staff of life!



Herb Pizza Dough

2 – 2 $\frac{1}{3}$ cups all-purpose or bread flour
(250 – 295 grams)

2 $\frac{1}{4}$ teaspoons instant yeast (1 packet)

1 $\frac{1}{2}$ teaspoons sugar

$\frac{3}{4}$ teaspoon salt

$\frac{1}{8}$ - $\frac{1}{4}$ teaspoon garlic powder and/or
onion powder, dried basil, oregano,
thyme (optional)

2 tablespoons olive oil + additional

$\frac{3}{4}$ cup warm water (175ml)

Preparation

Stir 1 cup (125g) flour, yeast, sugar, and salt in a large bowl. At this point, you can also add the desired herb seasonings.

Add olive oil and warm water and combine entirely with a wooden spoon or Danish dough hook.

Gradually add the last cup of flour. If needed, add up to an additional $\frac{1}{3}$ cup. Stir dough until it forms an, elastic ball and pulls away from the sides of the bowl. It will be a little sticky but manageable.

Generously coat another clean bowl with oil.

Dust hands with flour and form the dough into a ball. Place the ball in an oiled bowl, flip it, cover it, and let it rise for 30 minutes or until it is doubled.

Preheat oven to 425° F.

Deflate dough, place on a lightly floured surface, and knead until smooth – 3 to 5 times.

Spread out the dough to the desired thickness and shape. Place on either parchment paper or a pan coated with a light dusting of cornmeal.

Drizzle with olive oil. Poke holes with a fork in the center to keep the dough from bubbling.

Top with sauce, cheese, meat, or vegetables to your liking.

Bake for 13 – 15 minutes or until the toppings and crust are thoroughly done. The dough should be at least 190°.

Simple, Quick Tomato Pizza Sauce

3 tablespoons tomato paste

14 ounces crushed or diced tomatoes – regular or fire-roasted

1 tablespoon olive oil

3 cloves garlic, minced

1 teaspoon balsamic vinegar

$\frac{1}{2}$ teaspoon dried oregano

$\frac{1}{2}$ teaspoon salt

If needed, up to 1 teaspoon white or brown sugar for acidity

Preparation

Combine tomato paste and some tomatoes and whisk until the paste is fully incorporated.

Add the remaining tomatoes, olive oil, garlic, vinegar, oregano, and salt. Whisk to blend thoroughly.

Taste and add sugar, salt, or pepper, if desired.

1 clove garlic = $\frac{1}{8}$ teaspoon garlic powder or $\frac{1}{2}$ teaspoon minced garlic

1 cinnamon stick = $\frac{1}{2}$ to 1 teaspoon ground cinnamon

Breakfast



Caramelized Bacon Upside-Down Cake

2 cups all-purpose flour (290g | 10 oz)

¼ cup sugar or sweetener (60g | 2 oz)

4 teaspoons baking powder

¼ teaspoon salt

1 ¾ cups milk (440ml)

¼ cup butter (60g | 2 oz)

2 teaspoons pure vanilla extract

1 large egg

*Note: if you don't want to make your pancake batter from scratch, use a pancake mix prepared from the directions on the box.

6 ounces bacon

3 tablespoons melted butter

1/3 cup brown sugar

Preparation:

Cook bacon to crispy. Chop.

Spray an 8" or 9" cake pan with non-stick spray. Pour in melted butter, evenly distribute brown sugar, and sprinkle in cooked bacon. Set it aside.

Combine pancake batter ingredients. Pour batter into a cake pan. Bake at 350° for 30 to 35 minutes until golden brown.

When you remove the cake from the oven, invert it onto a plate and cut it evenly into the desired sizes. Serve with your favorite syrup and/or fruit. Yum!!!

Quick, Easy Salsa & Eggs

½ jar of your favorite salsa

2 – 4 large eggs

Mozzarella, cheddar, parmesan or your favorite cheese

Preparation

Pour salsa in a skillet & heat. Create wells in the salsa. Break eggs into the wells. Cover & cook for approximately 3 minutes until the eggs are cooked to your liking. Turn off the heat. Add shredded or grated cheese and cover to melt. Serve warm with toast, bagel, or your favorite bread.



Spanish Tortilla (aka Spanish Potato Omelette)

½ - 1 cup olive oil

2-3 medium potatoes, sliced into ¼" slices

½ - 1 large onion, chopped or sliced

4 eggs

Salt & pepper to taste

Parsley for garnish (optional)

Preparation:

Heat oil in a skillet. Fry the potatoes until crispy, golden, and tender. Add the onion and fry until transparent. Drain all the oil using a metal colander or mesh screen.

Return potatoes & onions to the pan, arranging in a single layer. Turn heat to low.

Beat eggs with salt and pepper. Pour the egg mixture into the pan, covering the potatoes and onions entirely. Occasionally, move the eggs around while they cook to ensure they cook on the bottom.

Place a plate on top of the skillet, flip the tortilla onto the plate, and slide the tortilla back into the pan.

Keep cooking, gently shaking the pan every so often until fully cooked.

To serve, place a clean plate on top of the tortilla and flip it onto the plate. Garnish with parsley and cheese. Serve with a side of tomatoes or a tossed salad with oil & vinegar dressing.



Shepherd's Breakfast

- ½ lb bacon, finely chopped
- ½ medium onion, chopped
- ½ -15 oz package of thawed frozen hash browns
- 4 large eggs
- ¼ teaspoon salt
- Pepper to taste
- ½ cup shredded cheddar cheese

Preparation

In a skillet, cook bacon and onion over medium heat until crisp. Drain, reserving some of the drippings.

Stir in hash browns. Cook uncovered until the bottom is golden brown. Turn the potatoes. With the back of a spoon, make 4 wells evenly spaced in the potatoes. Break 1 egg into each well. Sprinkle with salt and pepper.

Cook covered, on low, until eggs are done to your liking. Sprinkle with cheese. Let set until cheese is melted.



Savory Breakfast Bowl

- 2 eggs, cooked to your liking
- 4 ounces button mushrooms, halved
- Extra virgin olive oil
- Salt
- 1 cup cherry tomatoes or grape tomatoes
- 1 cup baby spinach, packed
- ½ – 1 garlic clove, minced
- ¾ cup hummus – homemade or good quality store-bought
- Seasoning of your choice, examples: Za'atar, Aleppo pepper
- Olives of your choice

Preparation

Cook eggs to your liking.

Heat 1 tablespoon of olive oil in a skillet. Add mushrooms, season with salt, and cook until browned.

Add cherry or grape tomatoes, spinach, and garlic—season with a pinch of salt. Cook until the spinach is wilted.

Assemble the bowls. Divide the mushroom, spinach, and tomato mixture among 2 bowls. Add eggs and hummus. *Optional:* Drizzle olive oil over the hummus. Add seasoning of your choice.

*Feel free to add vegetables, meats, cheeses, or legumes.



Breakfast Nachos

Tortillas, cut into wedges. Enough for 2 – 4 people. All ingredients to taste.

Olive oil

Chicken or your favorite cooked meat or not.

Artichoke hearts, chopped

Feta, crumbled to taste

Mozzarella

Garlic Powder

Oregano

Homemade or prepared Nacho toppings – peppers, onions, tomatoes, olive oil, salt & pepper

Preparations

Put tortilla wedges in a single layer on a cookie sheet. Drizzle olive oil. Bake till crisp. 350°

Combine the meat and cheese, salt, pepper, garlic powder, and oregano. Place the mixture on tortilla wedges

and bake until heated through and the cheese is melted.

Sprinkle with nacho topping. Enjoy!



Breakfast Beans & Fried Eggs

- 1 tablespoon butter
- ½ medium onion, finely chopped
- 1 clove garlic, finely chopped
- 1 (15 oz) can cannellini beans, drained & rinsed
- ¼ cup ketchup
- 1 tablespoon brown sugar
- 1 teaspoon Worcestershire sauce
- ¼ cup water
- Salt & pepper to taste
- 4 slices bread, toasted
- ½ tablespoons olive oil
- 2 eggs

Preparation

Melt butter in a skillet over medium heat. Add onions and garlic and cook until soft. Add beans, ketchup, brown sugar, Worcestershire sauce, and water. Stir to combine. Simmer and cook until the liquid is reduced. Season to taste with salt and pepper. Remove from heat and keep warm.

In another skillet, heat olive oil. Add eggs and season with salt and pepper. Cook to your favorite doneness, but best with runny yolks—toast bread.

Divide toast between plates. Top with beans and top the beans with eggs.

Have a hearty, healthy breakfast!

Sides & Appetizers

Creamed Corn

- 1 tablespoons butter
- ½ tablespoon flour
- 1 cup half-n-half or heavy cream or a mixture of both
- Pinch - ¼ teaspoon garlic powder
- Pinch cayenne pepper
- 2 ½ cups frozen corn
- Salt & pepper to taste

Preparation

Melt the butter, add the flour, stirring constantly for about a minute.

Whisk in half-n-half (or cream or mixture), add approximately ½ to 1 teaspoons salt & pepper (to taste) stirring constantly till no lumps then add corn stirring until the sauce begins to bubble. Turn down the heat.

Cook for approximately 15 – 20 minutes stirring occasionally until the sauce reduces to the thickness you like. Check for the salt & pepper. Add more, if desired.

Roasted Orange Root Vegetables

- 1 ½ cups sweet potatoes, peeled & diced into 1" cubes
- 1 ½ large carrots, peeled & sliced
- ½ - 1 tablespoon olive oil
- Pinch each cinnamon & ground ginger
- ½ tablespoon brown sugar
- 1 ½ teaspoons butter

Preparation

Toss all but butter in a air fryer basket.

Preheat Air fryer 400°. Cook 10 minutes. Shake basket. Cook for an additional 4 – 7 min till done & golden brown. Melt butter over top.



Easy, Peasy Coleslaw

- 3 cups shredded cabbage, green & red (optional)
- 1 ½ medium carrots, shredded
- ½ cup mayonnaise
- 2 ½ tablespoons sugar

2 tablespoons apple cider vinegar or wine vinegar

Preparation

Peel and shred cabbage & carrots. Combine.

Whisk together mayonnaise, sugar & vinegar.

Pour dressing over cabbage and toss to coat.

Let sit for a few hours for a better flavor.

Dilly Cucumbers

1 cucumber – English or Garden, 1/8” slices

1 ½ teaspoons salt

¼ cup white vinegar, distilled or wine

2 teaspoons dried dill or 2 tablespoons fresh dill

1 ½ teaspoons sugar

¼ teaspoon pepper

Preparation

Place cucumber slices in colander, sprinkle salt over and let drain for 15 minutes. Rinse well.

Combine vinegar, dill, sugar & pepper. Add cucumbers and toss. Cover & refrigerate for at least 15 minutes.



Pea Salad with Bacon

2 cups frozen peas, thawed

¼ cup shredded sharp cheese

¼ cup ranch salad dressing, commercial or homemade

5 ½ tablespoons red onion, finely diced

Salt & pepper to taste

2 bacon strips, cooked & crumbled

Preparation

Combine the first six ingredients and toss to coat. Refrigerate. Stir in bacon just before serving.



Mediterranean Cowboy Caviar

14 oz tri-bean blend (black, pinto & kidney beans), drained & rinsed

½ red bell pepper, fine chop

½ yellow bell pepper, fine chop

½ orange bell pepper, fine chop

½ green bell pepper, fine chop

1 jalapeño, fine chop (optional)

¼ red onion, fine chop

1 cup frozen corn, thawed

½ cup black, green or mixed medley of olives, chopped

3 oz feta cheese, crumbled (or cheese of your choice, shredded)

1 avocado, fine chop (optional)

Corn Tortilla Chips for scooping

Dressing

¼ cup olive oil

1/ ½ small lime, juiced

1 ½ tablespoons white wine vinegar

1 tablespoon honey

½ tablespoons taco seasoning

Salt & pepper to taste

Preparation

Assemble all but the avocado. Whisk together the dressing ingredients. Taste and adjust the tanginess or sweetness to your liking. Pour over the mixture, stirring to mix well. Refrigerate.

Capt. Tom's 3-Bean Salad

(Tom Johnston)

14 oz black beans
14 oz red kidney beans
14 oz chickpeas (garbanzo)
½ medium red onion, diced
1 – 2 jalapeños, seeded and diced
½ bunch cilantro or parsley, rough chop
3 tablespoons olive oil
1 – 2 tablespoons cider or red wine vinegar
Salt & pepper to taste

Preparation

Drain and rinse beans, then place them in a large bowl. Add onions and jalapeños. Mix well, add salt and pepper to taste, and stir gently to combine the ingredients. Refrigerate overnight. Before serving, stir in cilantro (parsley).

Note: You can use any 3 beans you like. Make sure to use good beans, not cheap ones. It does make a difference.

Everything is to taste, so add or subtract from ingredients.

Variations: add corn, mushrooms, olives or croutons.

Bacon & Spinach

3 – 4 slices bacon
1 bag of fresh spinach, washed & drained
¼ onion, sliced
2 ounces mushrooms, sliced, optional
1 tablespoon red wine vinegar
1 – 2 tablespoons butter
Salt & pepper to taste

Preparation

Cut bacon into small bits. Cook until crispy. Remove from pan. Leave bacon grease. Add onions and mushrooms.

Cook until browned. Add spinach and wilt. Add vinegar (to taste) and butter. Stir thoroughly. Serve hot.

Great with fried or scrambled eggs, Spanish omelet, pork chops or chicken.



Tuna Deviled Eggs

3 – 4 slices bacon
1 bag of fresh spinach, washed & drained
¼ onion, sliced
2 ounces mushrooms, sliced, optional
1 tablespoon red wine vinegar
1 – 2 tablespoons butter
Salt & pepper to taste

Preparation

Cut up bacon into small bits. Cook till crispy. Remove from pan. Leave bacon grease. Add onions and mushrooms. Cook till browned. Add spinach and wilt. Add vinegar (to taste) and butter. Stir thoroughly. Serve hot.

Great with fried or scrambled eggs, Spanish omelet, pork chops or chicken.

Start the day with protein!

Lunch & Dinner



Chicken with Maple, Rosemary and Butternut Squash

Marinade

2 Tablespoons fresh rosemary or 2 teaspoons dried, minced

5 cloves garlic, peeled & minced

½ cup lemon juice

¼ cup maple syrup

2 tablespoons honey

2 tablespoons salt

2 teaspoons black pepper

3 tablespoons olive oil or avocado oil

Ingredients

1 whole or equal chicken

2 medium butternut squash, peeled, diced into ½-inch pieces, seeds removed

Preparation

Make the marinade by mixing all the ingredients.

Coat the chicken with half the marinade in a dish with high walls or a large resealable plastic bag. Marinate in the fridge for at least 30 minutes or up to 8 hours.

After refrigeration, allow the chicken to sit at room temperature for 1 hour before cooking.

Toss squash with the remaining marinade.

Preheat oven or grill to 350°.

Place chicken and squash in a high-walled baking dish and bake for approximately 55 minutes.

Alternatively, place chicken and squash on a grill with indirect heat for added flavor. Be sure to check the chicken's temperature to 165° to ensure it is thoroughly cooked.



Tender Baked Parmesan Chicken *(LeeAnn Sutphin)*

½ cup mayonnaise

1/3 cup grated parmesan cheese

½ teaspoon garlic powder

4 boneless chicken breast halves (approx. 1 ½ pounds)

½ cup Italian seasoned breadcrumbs

Preparation

Preheat oven to 425°.

Combine mayonnaise, cheese, and garlic powder.

Spread chicken with the mayo mixture, then coat it with breadcrumbs and arrange it on a baking sheet. Arrange chicken on a baking sheet. Bake for 15 – 20 min or 165°

Greek-Style Shepherd's Pie

2 pounds russet potatoes, peeled and cut into 2" cubes

3 tablespoons butter

1 cup crumbled feta cheese – 4 oz

1/3 cup milk, warmed

2 teaspoons lemon zest

¼ teaspoon salt

1 pound ground beef or lamb

1 cup carrots, peeled and sliced

½ cup onion, chopped

3 cloves garlic, minced

1-ounce fresh baby spinach, chopped

1 cup frozen peas

3 tablespoons all-purpose flour

1 – 2 cups beef broth, to desired gravy

3 tablespoons fresh parsley or 1 tablespoon dried

1 tablespoon fresh oregano chopped or 1 teaspoon dried

Preparation

Preheat oven to 450°.

Cook potatoes in boiling, slightly salted water until tender; drain. Return potatoes to a hot saucepan. Add butter and let it set for 2 – 3 min. Mash until fluffy. Stir in ½ cups of cheese, milk, lemon zest, and ¼ tsp. salt. Cover and keep warm.

In a 12' cast-iron skillet, cook ground beef (lamb), carrots, onions, and garlic over medium-high heat until brown.

Add spinach, peas, and the remaining ½ tsp salt; cook until spinach is wilted.

Sprinkle with flour and cook for 1 minute. Add broth, parsley, and oregano. Cook and stir until thickened and bubbly. Remove from heat.

Spoon potatoes onto meat mixture; sprinkle with remaining ½ cup cheese. Bake for 15 to 20 minutes or until bubbly and golden. If desired, sprinkle with 1 tablespoon parsley and any additional cheese. Let stand for 10 to 20 minutes before serving.

Easy Sloppy Joes

1-pound lean ground beef

½ onion, diced

2 cloves garlic, minced

1 green pepper, diced

½ cup water

¾ cup ketchup

Dash Worcestershire sauce

1 – 2 tablespoons brown sugar, to taste

1 teaspoon Dijon or yellow mustard

1 – 1 ½ teaspoon salt or to taste

½ teaspoon black pepper

Cayenne pepper, to taste (optional)

Preparation

Cook ground beef and onion in a large skillet over medium heat, stirring constantly, until crumbly and brown, about 10 minutes.

Add in garlic and bell pepper; cook until softened. Add water, stir scraping up any brown bits.

Stir in ketchup, Worcestershire sauce, brown sugar, mustard, salt,

and pepper. Add 1 more cup of water and return to heat to a simmer. Let simmer until liquid is evaporated and mixture is thick, about 30 – 40 minutes. Season with salt & pepper or cayenne to taste. Serve on hamburger bun or bread with or without cheese.



Creamy Tomato Pasta

- 8 oz uncooked pasta
- 2 tablespoon butter
- 2-3 clove minced garlic or 1 tsp jarred garlic
- 2 tablespoons tomato paste
- 1 can (14 oz) diced tomatoes or tomato sauce
- $\frac{3}{4}$ cup heavy/whipping cream
- $\frac{1}{4}$ teaspoon Italian seasoning
- Salt & pepper to taste
- Grated parmesan cheese

Preparation

Bring a large pot of water to a boil and add salt. Cook the pasta until al dente, according to the package instructions.

While pasta is cooking, add butter to a skillet over medium-high heat, add garlic, and sauté for approximately 1 minute, stirring constantly.

Add tomato paste, tomatoes/sauce, cream, and seasonings. Stir to a smooth consistency (if using diced tomatoes, you'll have chunks of tomato). Let the sauce cook on medium-low/low heat for approximately 5 minutes—it should be gently bubbling and not scorching.

Taste and season with salt and pepper, if necessary. If the sauce is too acidic or tangy, add a pinch of sugar.

Drain the pasta and toss with the sauce, retaining a little pasta water to add to the sauce. Serve immediately with cheese over top with a side salad.



Spaghetti Puttanesca

$\frac{1}{2}$ pound dried spaghetti or pasta of your choice (less if you're cooking for one)

Salt

6 tablespoons extra-virgin olive oil

4 medium cloves of garlic, sliced or chopped or 2 teaspoons minced jarred garlic

4 – 6 anchovy fillets, finely chopped (optional)

Red pepper flakes to taste

$\frac{1}{4}$ cup capers, drained

$\frac{1}{4}$ cup chopped pitted black, green or Mediterranean salad mix olives

15 oz of tomatoes, whole, diced (if whole, roughly broken up)

Small handful of minced fresh parsley leaves or dried parsley (1 teaspoon dried to 1 tablespoon fresh)

1 ounce finely grated Pecorino Romano or Parmesan cheese

Black pepper

5-ounce oil-packed tuna (optional)

Preparation

Sauté garlic, anchovies, and red pepper flakes in olive oil. Add capers and olives and stir to combine.

Add tomatoes and bring to a simmer. If using tuna, flake and stir in. Remove from heat.

In another saucepan, bring water to a boil and lightly salt; cook pasta until al dente. Transfer pasta to sauce—reserve 1 cup of pasta water.

Add 1 – 2 tablespoons pasta water to the sauce and bring it to a vigorous simmer. Cook, stir, and shake the pan. Add more water if necessary. Remove from heat, add olive oil, parsley, and cheese. Season with salt and pepper. Taste, as the sauce will be salty from the ingredients. Serve immediately with more grated cheese.

Hamburger Casserole

½ lb ground beef

1 can (15 oz) can tomato sauce

½ teaspoon sugar or to taste

½ teaspoon garlic salt to taste (or garlic powder)

½ teaspoon salt and pepper, to taste

4 oz of egg noodles

½ cup sour cream

1½ oz cream cheese, softened

½ large white onion, finely diced

½ to 1 bag of frozen mixed vegetables

4 oz of mushrooms, sliced (optional)

¼ cup shredded Cheddar cheese or more to taste.

Preparation

Heat a large skillet over medium-high heat. Cook ground beef until browned and crumbly, draining and discarding the grease.

Add the tomato sauce, sugar, garlic, mixed vegetables, salt, and pepper to the beef; simmer until the flavors blend, approximately 20 minutes.

Remove from heat & cover skillet.

While the sauce cooks, bring a large pot of water to boil. Cook noodles until cooked but firm to bite, for 7 – 9 minutes. Drain.

While noodles are cooking, preheat oven to 350° F (175° C). Grease a 9” x 13” casserole dish.

Mix sour cream, cream cheese, and onion in a bowl.

Layer ½ egg noodles into a casserole dish. Top with ½ sour cream mixture, then ½ ground beef mixture—repeat layers. Sprinkle with Cheddar cheese.

Bake until cheese is melted, approximately 25 – 30 minutes.

Conversions

180° C = 350°F

190° C = 375°F

200° C = 400°F

220° C = 425°F

230° C = 450°F

1 cup = 16 tablespoons

¾ cup = 12 tablespoons

½ cup = 8 tablespoons

1/3 cup = 5½ tab

¼ cup = 4 tablespoons

Greek Pork Chops

Marinade

2 pork chops (bone-in, approx. 1" thick)

6 tablespoons olive oil

½ tablespoon red wine vinegar

1 clove garlic, sliced

½ red onion, roughly chopped

½ tablespoon dried oregano

½ tablespoon mustard (optional)

Salt & pepper to taste

Preparation

Mix everything except the pork chops. Place the chops in a bowl and cover with marinade, turning to ensure both sides are coated. Cover with plastic wrap or a bowl cover and chill for 1 – 2 hours.

Heat a skillet over high heat and sear chops for about 1 minute on each side.

If your cast-iron skillet is oven-safe, place it in a preheated 350° oven. Cover the pan with parchment paper or a pan lid and cook for 10-15 minutes, depending on thickness.

Remove the pork chops, place them on a plate, cover them with aluminum foil, and let them rest for 10 minutes to relax the meat. Serve with roasted potatoes & vegetables.

Cheryl's Greek-Style Mac & Cheese

1½-2 cups uncooked pasta (orecchiette or small pasta of your choice)

¼ cup butter

¼ cup all-purpose flour

8 oz of goat & sheep feta cheese block (Grecco), broken apart

2 oz of Havarti cheese, grated

2 oz of Seriously Sharp cheddar cheese, grated

½ white onion, finely diced

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon ground mustard or approximately ½ tablespoon spicy brown mustard

½ tablespoon Worcestershire sauce

2 cups milk

1-2 dry slices of bread, fine crumbs

1-3 tablespoons butter, your choice

1/8 teaspoon garlic powder

Preparation

Heat oven 350°. Cook pasta according to directions. Save pasta water in case it is needed.

In a saucepan, melt butter over low heat. Stir in onions and sauté until translucent. Add flour, salt, pepper, mustard, and Worcestershire sauce. Cook over low heat, stirring constantly until smooth and bubbly. Slowly add milk. Heat until boiling, stirring constantly until thick and bubbling for 1 minute. Remove from heat and stir in cheese. Gently stir in macaroni. If it is too thick, add a little pasta water. Salt and pepper to taste. Set it aside.

Chop dry bread into very fine crumbs. Melt butter in a pan, add breadcrumbs and garlic, and saute until the bread has absorbed the butter and is slightly browned. Cover the casserole with crumbs. You could also add crumbled bacon to the top. Bake uncovered for 20-25 minutes or until bubbling.

Sweet Treats



Chocolate Chip Oatmeal Cookies

- ½ cup rolled oats
- 2¼ cups all-purpose flour
- 1½ teaspoons baking soda
- 1 teaspoon salt
- 1¼ teaspoon cinnamon
- 1 cup (2 sticks) butter, softened
- ¾ cup packed brown sugar
- ¾ cup white sugar
- 1½ teaspoons vanilla
- 2 eggs
- 2 - 3 cups chocolate chips (can be a mix of semisweet & milk chocolate)
- 1½ cup chopped walnuts
- 1 – 1½ cup dates, diced (optional)

Preparation

Preheat oven to 350° F. In a food processor or blender, pulse oats until fine.

Combine flour, oats, baking soda, salt, and cinnamon in a large bowl.

Use an electric mixer to cream butter, sugars, and vanilla in another bowl. Add eggs and mix until smooth. Stir the oat mixture, making sure you don't overmix. Some flour may remain. Stir

in chocolate chips, walnuts, and dates (optional) into the dough, making sure everything is incorporated.

Spoon rounded ¼ cup portions on an ungreased baking sheet, 2 inches apart.

Bake for 13 – 15 minutes or until cookies are light brown and soft in the middle.

When cool, store in a sealed container.



Texas Sheet Cake w Fudge Icing

- 1 cup water
- 1 cup butter
- 3 tablespoons unsweetened cocoa
- 2 cups all-purpose flour
- 1 cup white sugar
- 1 cup firmly packed light brown sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup sour cream or plain Greek yogurt
- 2 large eggs
- 1 teaspoon vanilla extract

For the Frosting

- 6 tablespoons milk
- 3 tablespoons unsweetened cocoa
- ½ cup butter
- 3¾ cups powdered icing sugar

Preparation

Preheat oven to 350° F. Grease a 9 x 13-inch pan.

Combine flour, oats, baking soda, salt, and cinnamon in a large bowl.

Add water, butter, and cocoa powder to a medium saucepan over medium heat. Bring mixture to a boil.

Meanwhile, in another bowl, mix flour, sugar, baking soda and salt.

In a small bowl, mix sour cream, eggs & vanilla.

Add sour cream mixture to flour mixture and mix until combined.

Once the chocolate mixture reaches boiling, remove from heat and pour into batter. Mix until no lumps remain.

Pour batter into the prepared pan and smooth with a spatula for an even layer. You may need enough pans to use up the entire batter if you have a small oven.

Bake in preheated oven for 15-20 minutes or until set.

When the cake is about halfway through baking, make the frosting.

Add milk, cocoa, and butter to a saucepan and bring to a boil.

Once boiling, remove from heat and stir in powdered sugar. You can beat with an electric hand mixer for a smoother texture with fewer lumps.

Pour over the hot cake. Spread evenly. Allow to set for about 10 minutes before eating.

Substitution Notes:



Orange Cake

4 cups self-rising flour

Pinch of salt

4 eggs

1 2/3 cup Greek yogurt

¼ cup olive oil

½ cup butter

1 ½ cup brown sugar

1 cup orange juice

Orange zest from 4 oranges

Preparation

Preheat the oven to 375° F. Butter a 9 x 13-inch pan.

Cream butter and sugar. Mix thoroughly with eggs, yogurt, olive oil, salt, and orange zest. Alternatively, add flour and orange juice, ending with flour.

Pour the batter into the prepared pan. Before baking, sprinkle on sugar and make a simple syrup of 1 cup water and 1 cup sugar over medium-high heat until sugar is dissolved. When the cake is done, pour the syrup over it.

Bake for 35 minutes. Pour simple syrup over the cake (you can poke a few holes throughout the cake so the cake absorbs syrup).



Rice Pudding

- ½ cup Arborio rice
- 6 tablespoons sugar
- ½ cinnamon stick
- ¼ lemon peel
- 4 – 4½ cups milk
- 1 egg
- ½ teaspoon vanilla extract
- cinnamon

Preparation

Add rice, sugar, cinnamon stick, lemon peel, and 3½ cups of milk to a saucepan.

Bring to boil, reduce heat, and simmer for 60 minutes or until rice is soft, stirring frequently.

During simmering, if the rice becomes too sticky or thick, add ¼ cup of milk at a time to regain the pudding texture.

Once the consistency is good, whisk the egg in a separate dish and temper it with hot pudding. Once tempered, add to rice pan along with vanilla. Mix well.

When thoroughly mixed, remove from heat, place in bowls, and refrigerate. Allow to cool. To serve, sprinkle some cinnamon on top.

Cake Flour Substitution:

- 2 Tbsp cornstarch
- 14 Tbsp all-purpose flour, sift together

Lucious Lemon Squares

- 1 cup all-purpose flour
- ½ cup butter
- softened
- ¼ cup powdered sugar
- 2 eggs
- 1 cup sugar
- 2 teaspoons grated lemon zest
- 2 tablespoons lemon juice
- ½ teaspoon baking powder
- ¼ teaspoon salt
- Powdered sugar

Preparation

Preheat the oven to 350° F. Mix flour, butter, and ¼ cup powdered sugar in a bowl with a spoon until well combined. Press into an ungreased 8—or 9-inch pan, building up the edges.

Bake crust for 20 minutes; remove from oven. In a medium bowl, beat the remaining ingredients except for additional powdered sugar on high speed with an electric mixer for about 3 minutes until light and fluffy. Pour over hot crust.

Bake for 25 to 30 minutes or until no indentation remains when lightly touched in the center. Cool completely in the pan on a cooling rack for about 1 hour. Sprinkle with powdered sugar. Cut into squares.



Easy Cobbler *(LeeAnn Sutphin)*

- 1 stick butter (½ cup)
- 1 cup self-rising flour
- 1 cup sugar
- 2/3 cup milk
- 2½ cups canned or fresh fruit

Preparation

Preheat oven to 325°.

Melt the butter in an 8” x 8” baking dish.

Mix the flour, sugar, and milk and pour over the melted butter.

Spoon in 2½ cups of fruit. DO NOT MIX. Bake for one hour or until a toothpick comes out clean.



Chocolate Peanut Butter Fudge Bars

- Baking spray with flour
- 1 (18 ¾ oz) pkg brownie mix
- 1 (10 oz) pkg peanut butter chips (about 1¾ cups)
- 1 (14 oz) can sweetened condensed milk
- ½ cup creamy peanut butter

- 1 teaspoon vanilla extract
- Pinch of salt
- 1½ cups semi-sweet chocolate chips
- ¾ cup heavy cream
- ½ cup roasted, salted peanuts, chopped

Preparation

Preheat oven to 350°F. Spray a 9” x 13” baking pan with the baking spray with flour. Prepare brownie mix according to the package directions and pour into prepared pan, baking until a wooden pick comes out clean, approximately 25 minutes. Cool completely, about 1 hour.

Place peanut butter chips, sweetened condensed milk, peanut butter, vanilla, and salt in a microwave bowl or small saucepan. You can microwave for 1 minute on high or melt in sauce pace on med-low heat, stirring to prevent burning. Spoon over cooled brownies, spreading into an even layer.

Place chocolate chips and cream in a microwave-safe bowl or small saucepan. Microwave high until the chocolate is melted and the mixture is smooth, stirring every 30 seconds. If melting in a saucepan, melt on low heat, stirring until smooth. Pour the peanut butter mixture over the brownies, spreading it into an even layer.

Refrigerate brownies until the top chocolate layer is firm, about 1 hour. Sprinkle with peanuts. Slice into bars.

*You can substitute different kinds of butter (pistachio, almond, etc.) and use white chocolate instead of peanut butter chips or the Dubai candy bar recipe by adding that to the layers and eliminating the peanut butter layer.

4 ounces macaroni (1-1¼ cups) = 2 ¼ cups cooked.

Let's Get Hydrated



Cheryl's Healthy Tea Blend

- 1 tea bag of green tea*
- 1 tea bag of your favorite black tea
- 1 bag of Dandelion Wolfberry Tea*
- ¼ teaspoon dried lemon or lime powder*
- Honey or sugar to taste (*optional*)

Preparation

Boil at least 2 cups of water.

Place all ingredients in a 1 – 2 cup glass container. Add boiling water and let steep for at least 2 hours.

Pour steeped tea into a 2-quart container, preferably a glass, and add water to fill. Refrigerate. Drink one cup daily for health.

*Dandelion Wolfberry Tea by Zen Vitality (otcamper.com store) helps improve eyesight, liver, and kidneys.

*I suggest using organic teas to eliminate unwanted chemicals.

*Real lemon or lime original powder by Orgfun

*Glass 2-quart mason jar with a pour top.

Cucumber Cooler

- 1½ oz ginger beer or gin (3 Tbsps)
- 4-6 slices cucumber
- ¼ lime, sliced
- 4 oz tonic water, club soda, lemon-lime soda
- 6 mint leaves
- 1 Tbsp sugar (*optional-leave out if using lemon-lime soda*)

Preparation

Muddle the mint, lime, ginger beer and sugar if using.

Add the cucumber slices to the shaker and shake vigorously.

Pour over a glass of ice and then fill to the top with the tonic, club, or lemon-lime soda.

Stir and let the ingredients set for a few minutes until the ingredients come together for a cool, refreshing beverage.



Pineapple Passion Fruit

4 teaspoons green tea
2 oz sugar
4 oz passion fruit juice
1 teaspoon pineapple juice
3½ oz pineapple
Ice cubes

Preparation

Pour fresh pineapple and sugar into a mixing cup and muddle/mash lightly.
Add pineapple juice, green tea and ice. Shake well.
After pouring into a cup, add the passion fruit juice and mix well.

Strawberry Smoothie

3 cups frozen strawberries
½ cup milk, any variety
¼ cup strawberry jam

Preparation

Place frozen strawberries, jam, and milk in a blender. Puree until smooth. Enjoy!

Raspberry Refresher

5 raspberries
2 spoons raspberry jam
Lemon juice to taste
14 oz of sparkling water
Ice cubes

Preparation

Mix raspberries, jam and ice cubes in a glass. Stir. Add sparkling water and then add raspberries to the top. Refreshing.

Caramel Macchiato

Ice to fill a glass
½ cup milk
2 shots espresso or strong black coffee
1 pump vanilla coffee syrup
1 tablespoon caramel sauce

Preparation

Fill the glass with ice & top it off with milk.
Add espresso and vanilla. Mix well.
Top with caramel sauce. Yum!

Tea for Diabetic Health

1 tablespoon rosemary, fresh or dried (balances glucose and insulin)
1 piece of turmeric or ½ - 1 teaspoon ground (helps circulation and reduces blood pressure)
2 sticks cinnamon or 1-2 teaspoons ground (improves blood sugar regulation)
2 cups boiled water

Preparation

Place everything in a saucepan and boil for 10 minutes. Consume several times a day.



Best Taco Seasoning

- 4 tablespoons chili powder
- 1 tablespoon salt
- 1 tablespoon sweet paprika
- 2 tablespoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon dried minced onion (can use onion powder)
- 1 teaspoon black pepper

Preparation

Mix all the ingredients. Store in an airtight container. Use $1\frac{3}{4}$ - 2 tablespoons with 1 pound

of ground beef and $\frac{1}{2}$ cup of tomato sauce or 1 can of diced tomatoes.

Chili Seasoning

- 4 teaspoons chili powder
- 1 tablespoon crushed red pepper
- 1 tablespoon dried minced onion
- 1 tablespoon dried minced garlic
- 2 teaspoons white sugar
- 2 teaspoons ground cumin
- 2 teaspoons dried parsley
- 2 teaspoons salt
- 1 teaspoon dried basil
- $\frac{1}{4}$ teaspoon black pepper

Preparation

Mix all ingredients together and store in an airtight container. Adjust the amount to taste. Start with 2 – 3 tablespoons.

Fall Seasoning Blend

- 3 tablespoons dried thyme
- 3 tablespoons ground sage
- 2 tablespoons garlic powder
- 1 tablespoon onion powder

Preparation

Mix all ingredients and store in an airtight container.

Use amount to taste.

Smokey Barbecue Seasoning

- 8 tablespoons smoked paprika
- 6 tablespoons brown sugar
- 2 tablespoons garlic powder
- 1 tablespoons dry mustard
- 1 tablespoon ground cumin
- 1 tablespoon ground ginger
- $\frac{1}{2}$ tablespoon black pepper

Preparation

Mix all ingredients and store in an airtight container.

Use amount to taste.

Fry Seasoning

- 1 tablespoon garlic powder
- 1 tablespoon onion powder

1 tablespoon paprika

Preparation

Mix all ingredients and store in an airtight container. To taste.

Mexican Spice Blend

2 tablespoon chili powder

1 tablespoon ground cumin

½ tablespoon salt

½ tablespoon black pepper

1 teaspoon sweet paprika

½ teaspoon red pepper flakes

½ teaspoon dried oregano

½ teaspoon garlic powder

½ teaspoon onion powder

¼ teaspoon cayenne pepper

Preparation

Mix all ingredients together and store in airtight container. Use to taste.

Mexican Spice Mix

2 tablespoons chili powder

1 tablespoon dried oregano

1 tablespoon smoked paprika

1 tablespoon ground cumin

Preparation

Mix all ingredients together and store in airtight container. Use to taste.

Blackening Spice Blend

3 tablespoons smoked paprika

1½ tablespoons sweet paprika

1½ tablespoons onion powder

1 tablespoon garlic powder

1½ teaspoons white pepper

1½ teaspoons black pepper

¾ teaspoons dried thyme

¾ teaspoons dried oregano

Dash cayenne pepper to taste

Preparation

Mix all ingredients together and store in airtight container. Use to taste.

Tuscan Heat Spice Blend

4 tablespoons dried basil

2 tablespoons dried rosemary

2 tablespoon garlic powder

1 tablespoon cayenne pepper

1 tablespoon ground fennel

Preparation

Mix all ingredients together and store in airtight container. Use to taste.

Cajun Spice Blend

2 tablespoons sweet paprika

2 tablespoons onion powder

1 tablespoons garlic powder

1 tablespoon dried oregano

1 tablespoon dried thyme

1 ½ teaspoons dried basil

1 ½ teaspoons cayenne pepper

Preparation

Mix all ingredients together and store in airtight container. Use to taste.

Sausage Spice Blend

- 1 ½ teaspoon salt
- 3 ½ teaspoon sweet paprika
- 2/3 teaspoon garlic granules or powder
- 1/3 teaspoon fennel seed
- 1 teaspoon black pepper
- ¼ teaspoon crushed red pepper flakes (for heat & optional)

Preparation

Mix all ingredients together and store in airtight container.

To use, mix with 1 pound of ground unseasoned sausage. Chill for 3 hours before using. You can use this seasoning in any recipe that calls for a sausage seasoning.

Italian Seasoning Blend

- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme
- 1 tablespoon dried marjoram
- 2 teaspoons dried sage
- 1 tablespoon dried rosemary

Preparation

Mix all ingredients lightly, crushing the larger piece of rosemary with your hands before adding it to the mix. Place all ingredients in an airtight container and shake to combine. Use to taste.

Lemon Pepper Seasoning Blend

- 1 – 2 tablespoons lemon zest (about 3 lemons)
- 2 tablespoons black pepper (freshly ground is best)
- 1 tablespoons salt

Preparation

Place all ingredients in an airtight container and shake to combine. Use to taste.

Poultry Seasoning Blend

- 3 tablespoons dried basil
- 3 tablespoons dried thyme
- 2 tablespoons dried oregano
- 2 tablespoons dried marjoram
- 1 tablespoon dried rosemary
- 2 tablespoons sweet paprika
- 2 teaspoons onion powder
- 1 teaspoon garlic powder

Preparation

Place all ingredients in an airtight container and shake well to combine. Store in a cool, dry place for up to 6 months. Use to taste.

- 1 pound cheese shredded = 4 cups
- 2 tablespoons butter = 1 ounce
- 14 squares graham crackers = 1 cup

Substitutions

Homemade Heavy Cream

Melt five tablespoons of butter in a small saucepan. Add one tablespoon of melted butter to $\frac{2}{3}$ cup milk to temper. Mix well. Add the rest of the butter to the milk and heat slightly in the saucepan. Remove from heat. Whip the butter & milk mixture until it reaches the consistency of heavy cream. Cool and use heavy cream as you would in a recipe. You can use it without whipping.

Baking Powder

Combine $\frac{1}{4}$ teaspoon baking soda and $\frac{1}{2}$ teaspoon cream of tartar. Mix well.

Baking Soda

$\frac{1}{4}$ teaspoon baking soda equals one teaspoon baking powder.

Butter

Use Greek yogurt, applesauce, or oil in a 1:1 ratio.

Buttermilk

Combine 1 cup whole milk, low-fat, or skim milk with 1 tablespoon lemon juice or white wine vinegar. Let it set for about 10 minutes.

You can also substitute 1 cup of yogurt (not Greek) for every cup of buttermilk.

Brown Sugar

You can use turbinado or muscovado sugar in a 1:1 ratio. OR, you can mix 1-

2 tablespoons molasses with 1 cup granulated sugar (200 grams) to get light or dark brown sugar. Use a mixer to mix it thoroughly. Maple syrup, agave, honey, fruit, or stevia can also be used as substitutes, but amounts will need to be adjusted.

White Sugar

For every cup of white sugar, use 1 cup brown sugar, $1\frac{1}{4}$ cups confectioner's sugar, $\frac{3}{4}$ cup honey, or $\frac{3}{4}$ cup corn syrup. Maple syrup, agave, honey, fruit or stevia can also be used as substitutes but amounts will need to be adjusted.

Wine

You can use 1 cup of chicken or beef broth, 1 cup of fruit juice mixed with 2 teaspoons of vinegar, or 1 cup of water.

Cake Flour

1 cup – 2 tablespoons all-purpose flour + 2 tablespoons cornstarch for every cup of all-purpose flour.

Self-Rising Flour

1 cup self-rising flour = 1 cup all-purpose flour + $1\frac{1}{2}$ teaspoons baking powder + $\frac{1}{4}$ teaspoon salt.

Chocolate Square

1 square or 1-ounce unsweetened chocolate = 3 tablespoons dry cocoa + 1 tablespoons butter.

Fresh Herbs

1 tablespoon snipped fresh herbs = 1 teaspoon dried herbs

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