



Camping Day 1 Dinner

Deli Sandwiches, Bagged Salad,
Classic S'mores

Camping Day 2 Morning

Loaded Omelette Breakfast Sandwiches

English Muffin with Omelettes made in a freezer bag

Topped with cheese & sliced avocado

Fresh fruit, Juice & Coffee

Camping Day 2 Lunch

Chicken and Vegetable Soup (store bought dry mix or pre-made soup)

Use your camp stove & 3Qt pot to make a soup.

Add diced chicken to a soup base or pre-made soup.

Fresh fruit

Camping Day 2 Dinner

Low Country Boil (shrimp, sausage, corn, & potatoes)

Green salad

Chocolate Chip Cookie S'mores

Camping Day 3 Breakfast

Pancakes (store bought mix)

Bacon

Fresh fruit, Juice & Coffee

Camping Day 3 Lunch

Assorted Cheese plate with Salami, Olives, Crackers, & grapes

Camping Snacks

Snacks

Hummus with crackers and carrot sticks

Fresh fruit



LOW COUNTRY BOIL RECIPE

Yields 5-6

PERFECT FOR LARGE COOKOUTS OR A FAMILY CAMPOUT

A super simple recipe that can be great for large gatherings, your family, or outdoors.

Cook Time 20 min

Total Time 20 min

Ingredients

- 6 small red skinned potatoes
- 4 Tablespoons Cajun seafood seasoning, like Old Bay
- 3 ear of corn, cut in half
- 1 pound smoked sausage, cut into 1" pieces
- 1 pound large shrimp, peeled

Instructions

In a large stock pot, add potatoes and seasoning. Add enough water to cover potatoes and remaining ingredients. Cover pot and bring to a boil. Cook potatoes for 5 minutes. Add corn and sausage to the pot. Cover and return to a boil. Cook for an additional 10 minutes or until potatoes are tender. Add shrimp to pot and cook 3-4 minutes or until shrimp are pink. Drain and place everything on a platter or paper lined table. Serve with melted butter and additional Cajun seasoning if desired.

Note: Don't have a strainer when camping? Use pantyhose. Bring a few knee highs to use as cooking bags. Place potatoes, corn, sausage, and shrimp into separate pieces of pantyhose and tie a knot into the ends. Insert each when it's time to cook that ingredient. When you are done you just pull out the pantyhose, cut the bottom, and place the food on your table or platter. It strains off the water for you without making a HUGE mess.

Cooking times will vary a little bit depending on the temperature of your fire.