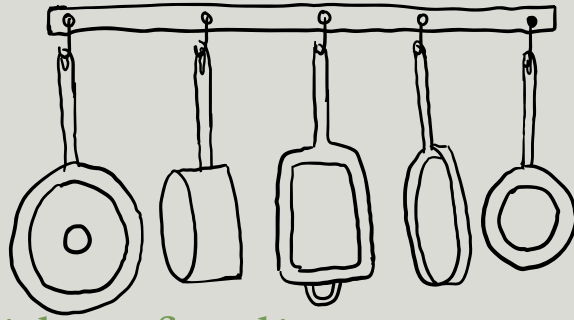


# CAMP NORTHERN LIGHTS COOKBOOK

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*Easy, Delicious Recipes  
to Make Ahead and  
Bring to Camp!*

## Meals to Make Ahead

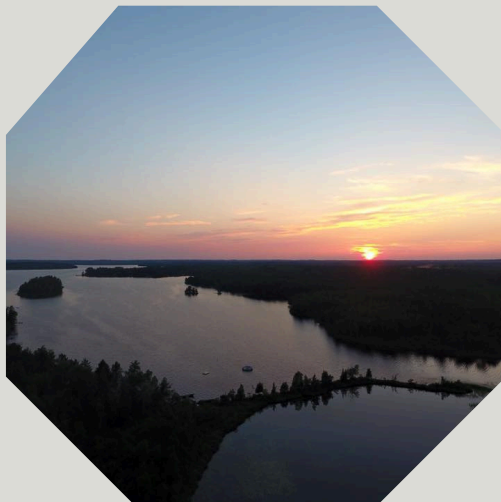


Below are a few ideas for dinners you can make ahead, freeze, and bring to camp. Use them as inspiration—maybe you've got an even better recipe or version of these recipes you can freeze and bring up to camp with you!

Feel free to substitute ingredients as needed to accommodate for any dietary needs!

Please Note that any recipes with an asterisk (\*) require a crockpot. Crockpots are not provided by Camp Northern Lights.

## Happy Cooking!



# ***FREEZER STIRFRY***

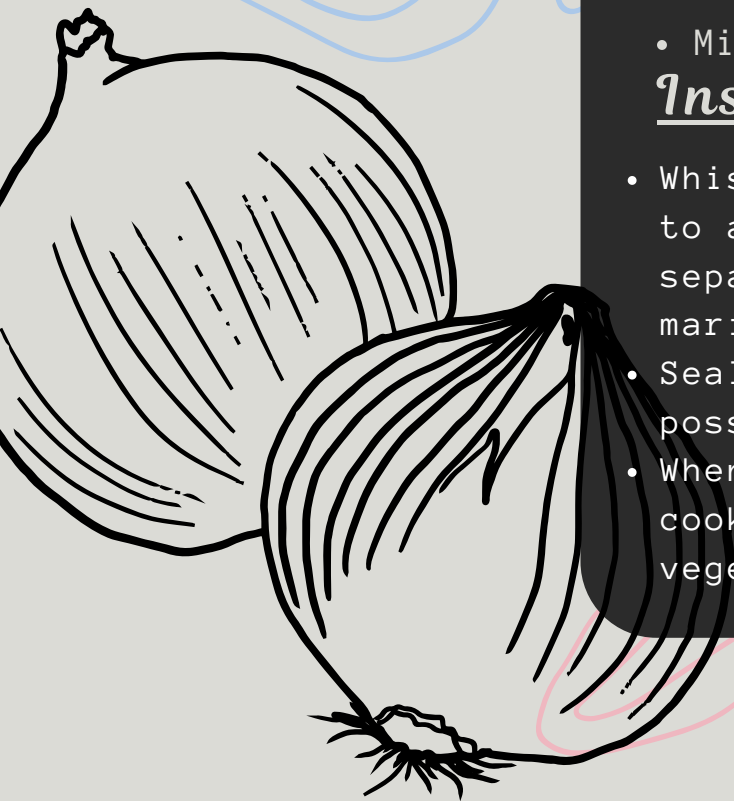


## ***Ingredients:***

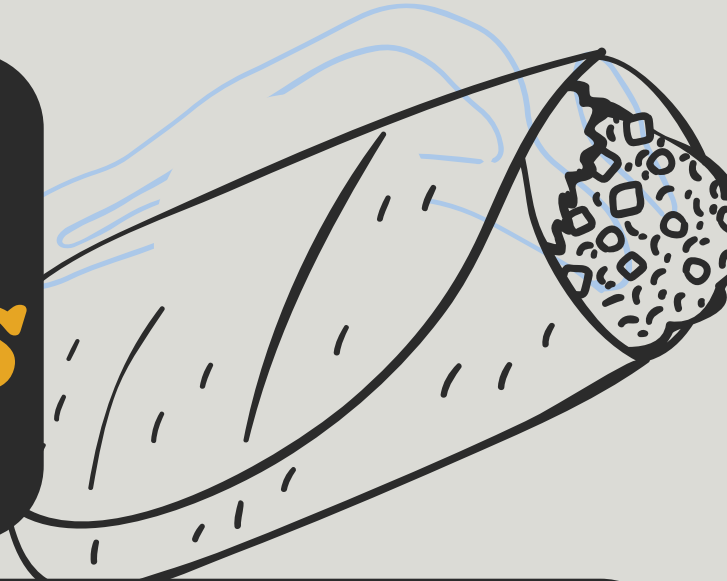
- 1 package frozen Vegetables
- 3/4 cup chicken broth
- 1 boneless chicken breast (or other protein)
- 3 tbsp soy sauce
- 2 ½ tbsp brown sugar
- 1 tbsp sesame oil
- 1 tbsp sesame seeds
- 1 tbsp cornstarch
- 2 tbsp ginger
- 3 cloves garlic
- 1 pinch red pepper flakes
- Microwave rice packs.

## ***Instructions:***

- Whisk ingredients together and transfer to a ziploc bag, marinate chicken in a separate ziploc bag with about 4 tbsp of marinade for about 15 min.
- Seal bags removing as much air as possible and freeze.
- When it's time to cook, thaw chicken and cook in a large skillet, then add vegetables. Serve over rice.



# ***FREEZER BURRITOS***



## ***Ingredients:***

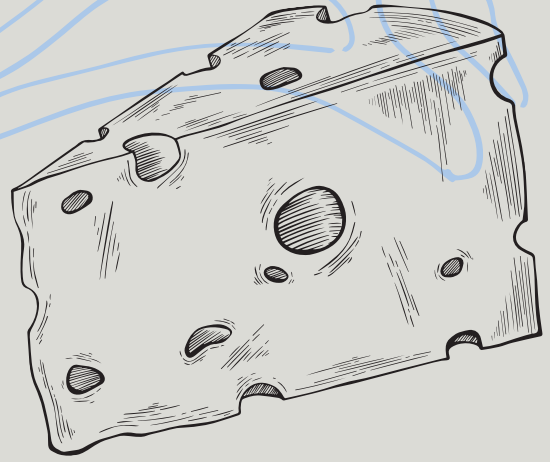
- Oil for cooking
- 2 tbsp garlic
- 2 tsp chili powder
- 1 can chopped green chilies
- 2 cans beans
- Flour tortillas
- 2 cups white rice
- 2 cups grated cheese
- 2 cups protein (shredded chicken, beef, pork, or tofu)

## ***Instructions:***

- Heat skillet over medium, add garlic, cook until fragrant. Add chili powder, add chilies, add beans and liquid. Cook until beans start to get mushy and liquid is reduced.
- Layer each tortilla with 1/3 cup bean mixture, 1/4 cup rice, cheese, and protein. Fold in edges and wrap each in plastic wrap in a tight package. Freeze in a single layer, then transfer to freezer bags.
- To serve, defrost and heat through in microwave. You can also crisp the reheated burritos up in a skillet until light brown



# BREAKFAST BURRITOS



## Ingredients:

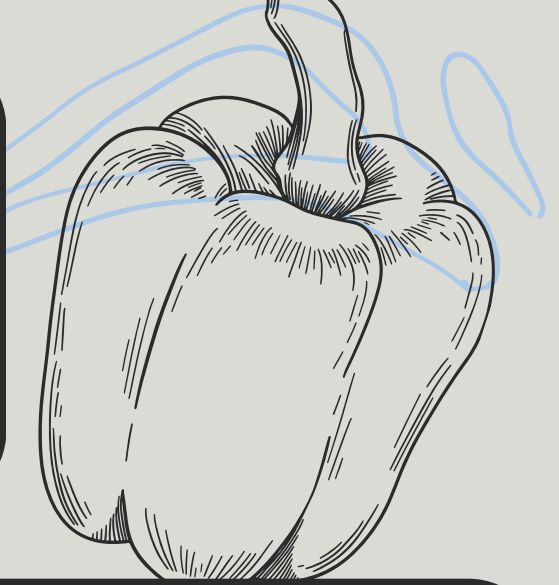
- 2 ½ cups tater tots
- 1 tbsp extra-virgin olive oil
- 1 lb breakfast sausage
- 8 eggs, scrambled
- 1 ½ cups shredded cheddar cheese
- 8 large (10 inch) flour tortillas

## Instructions:

- Cook tater tots according to package directions.
- In the meantime, warm olive oil in a large skillet over medium-high heat. Add the sausage and cook, breaking it up into small crumbles until cooked through and no pink remains. Drain off fat; transfer to a bowl. Wipe out the skillet.
- Make your scrambled eggs.
- Wait for all of your ingredients to be room temperature before assembling your burritos. Evenly divide and distribute the ingredients into 8 portions down the center of each tortilla. Fold in opposite sides of each tortilla, then roll snugly from the bottom up. Wrap each burrito in tin foil or plastic wrap, then place onto a baking sheet seam side down, in a single layer. Transfer the baking sheet to the freezer to flash freeze (about an hour), then transfer them to a resealable freezer-safe plastic bag for long-term storage.
- To serve: place unwrapped, frozen burritos in the microwave, cover with a paper towel and cook 4-6 minutes, flipping halfway through.



# ***EASY BEEF CHILI***

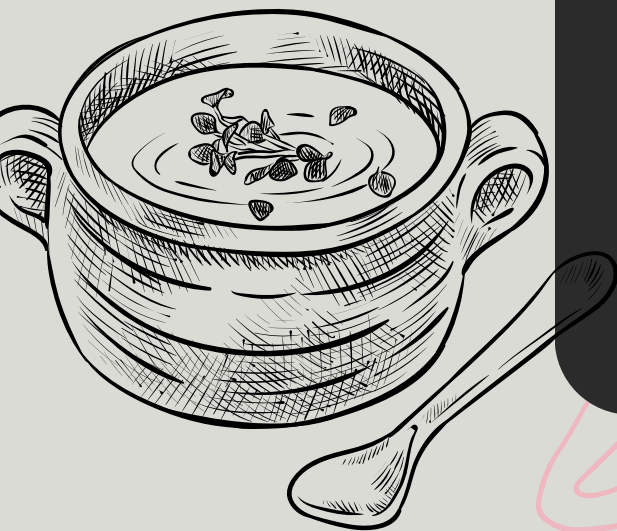


## Ingredients:

- 2 pounds ground beef
- 2 medium yellow onions chopped
- 3 cloves garlic
- 1 jalapeno finely chopped (can remove seeds and ribs for less heat)
- 2 tbsp chili powder
- 2 tbsp tomato paste
- 1 can fire roasted tomatoes
- 2 cups chicken broth

## Instructions:

- In a large pot over medium high heat add beef and cook breaking up with a spoon until cooked through. Transfer beef to paper towels to drain using a slotted spoon. Discard all but 1 tbsp fat from pan.
- Add onions, garlic, and jalapeno, cook until onions soften.
- Add chili and tomato paste, cook until fragrant.
- Stir in tomatoes, broth, and cooked beef. Bring to a boil then reduce and simmer about 25-30 min.
- Cool completely and store in freezer bags. Remove as much air as possible before sealing and store flat for optimal space.
- Thaw overnight in the fridge and reheat in saucepan.
- Serve with your favorite fixin's!





# \*COCONUT TANDORI- INSPIRED CHICKEN

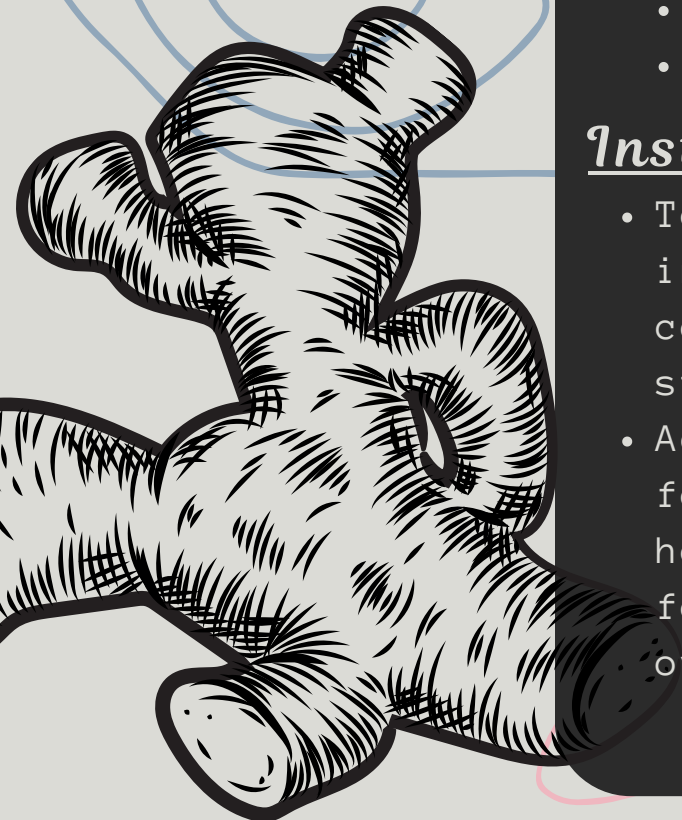


## Ingredients:

- 2 pounds boneless chicken thighs
- 2 tbsp honey
- 2 tbsp garam masala
- 1 tbsp chili powder
- 1 tbsp garlic powder
- 1 tbsp cumin
- 2 tbsp turmeric
- 1/2 tbsp ginger
- 1/2 tbsp cayenne pepper
- 1/2 can coconut milk

## Instructions:

- To freeze, mix everything together in a freezer-friendly bag or container. Place in the freezer and store up to 3 months.
- Add everything to slow cooker. Cook for 4 hours on high if thawed or 6 hours on low. If frozen, cook for four hours on high. Shred a serve over rice.



# ***\*LEMON PESTO CHICKEN***



## **Ingredients:**

- 1 ½ lbs boneless skin-less chicken breasts
- 1 cup chicken broth
- 1/2 cup freshly squeezed lemon juice
- 1/2 cup jarred basil pesto
- 1/3 tsp salt
- 1/4 tsp pepper

## **Instructions:**

- Add everything to a gallon Ziplock bag. Squeeze out excess air and seal. Place in the freezer for up to a month. When ready to make, thaw for 24 hours in the fridge.
- Empty bag contents into a crockpot. Cover and cook on Low for 6-8 hours. Serve over pasta or rice, topped with parmesan cheese
- \*If you pre-cook the chicken, place everything in a pot to heat up!





# EGGROLL IN A BOWL



## Ingredients:

- 1 ½ lb ground pork or ground Italian sausage, browned
- 1 cup onion diced
- 4 cloves garlic minced
- 16oz bag coleslaw mix
- 1/2 cup shredded carrots
- 1/2 tsp onion powder
- 1-2 tsp ginger
- 1/2 tsp red pepper flakes
- 1/4 cup low-sodium soy sauce
- 2 tbsp sesame oil
- 2 tbsp olive oil

## Instructions:

- Add the browned ground pork, diced onion, minced garlic, coleslaw mix and shredded carrots to a large freezer bag.
- Season with the onion powder, red pepper flakes and ginger.
- Add the soy sauce, sesame oil and olive oil.
- Remove excess air from the bag and seal it. Squeeze the bag a few times to mix the ingredients together, then place it flat in the freezer.
- Allow the ingredients to thaw completely.
- Add the contents of the bag to a large skillet. Cook for 5-10 minutes over medium heat, stirring constantly.
- Can serve over rice if desired.



# ***\*SWEET AND SOUR MEATBALLS***



## **Ingredients:**

- 1 pkg cooked meatballs
- 1 diced yellow onion
- 1 cup diced green pepper
- 1 cup diced red pepper
- 1 bottle sweet and sour sauce
- 1 can pineapple tidbits

## **Instructions:**

- Add the meatballs, onion, green pepper and diced red pepper to a large freezer bag and freeze flat.
- Place all ingredients into a crockpot.
- Cook on low for 4 hours. During the last hour add sweet and sour sauce and pineapple.
- Serve over rice or noodles.