

# Modern Cooking in your Camper



1.

# SHOPPING TIPS

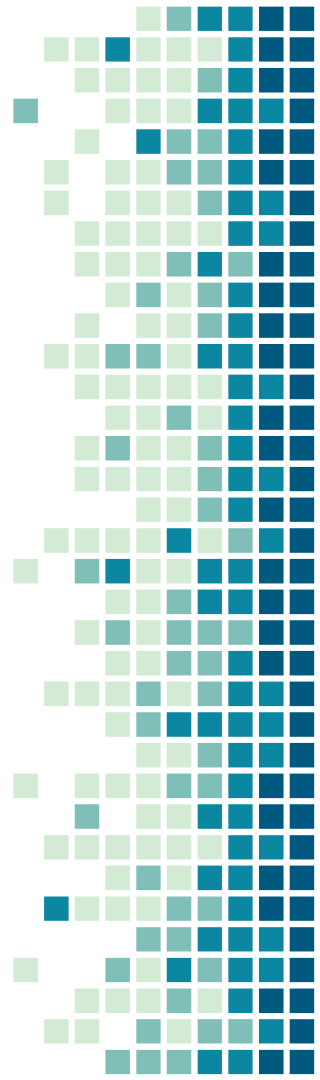
How to find the stuff you need,  
and not spend a fortune



# Use Rewards Tools Like Ibotta

- Cash rewards for stuff you were going to buy anyways
- Just don't get sucked into buying just because there's a coupon
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<https://ibotta.com/>



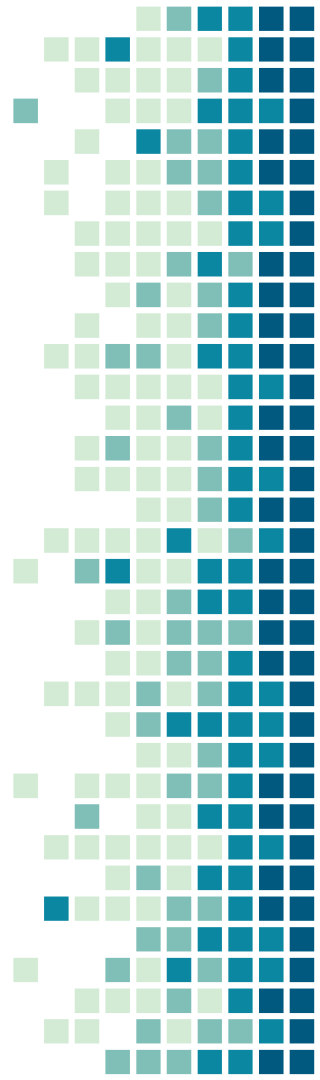
# Download Grocery Store Apps

- View weekly ads, clip electronic coupons
- Maintain rewards card info so you don't have to carry cards



# Meats, Produce, Etc.

- Work backwards:
- Shop sales—if you know it's a good price, and there's room in the fridge/freezer, grab it
- Figure out what to make with it afterwards
- Check out clearance section for stuff near expiration date if you're going to cook/freeze right away



# Sort as you Bag Groceries

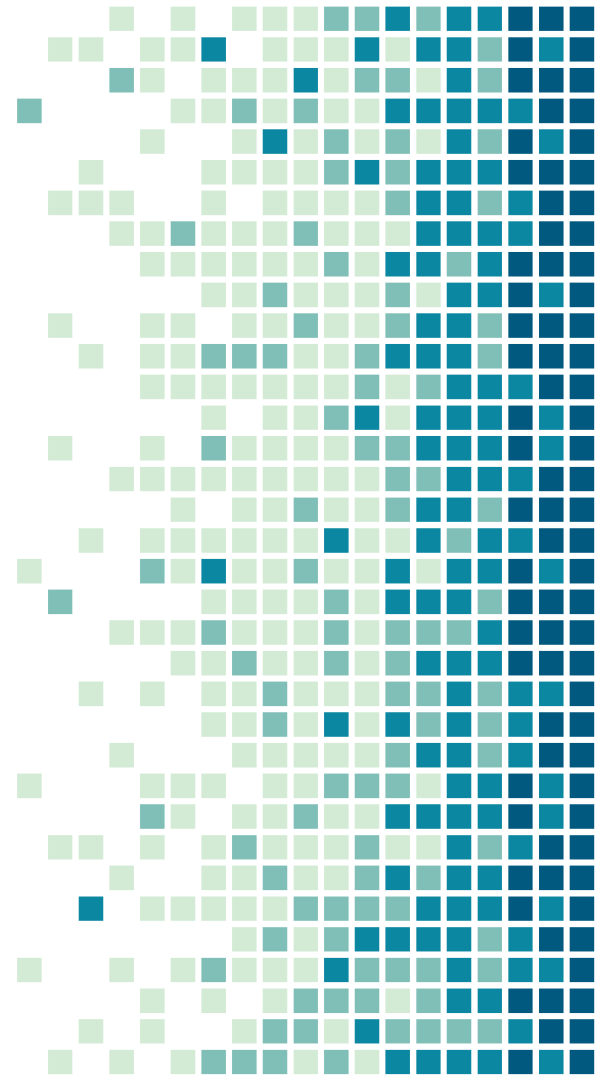
- Cold food that must be cooked in one set of bags
  - Meat, poultry, fish, etc.
- Cold food that's already cooked (or doesn't need to be) in another
  - Freezer section stuff, milk, eggs, etc.
  - Fresh produce
- Stuff that doesn't need refrigeration in a third set
  - If the weather isn't nice, this is stuff that can stay in the car until later
- The goal is to make putting groceries away a managed process, and to improve food safety.



# 2.

## ORGANIZATION

Planning for cooking in small  
spaces



# Mise en Place

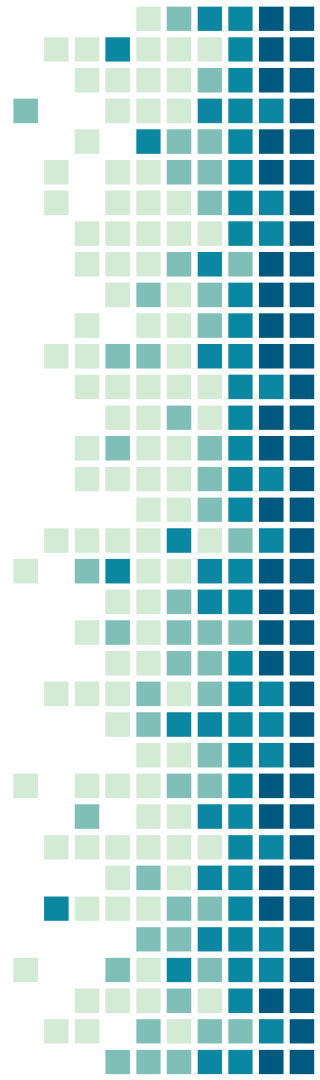
- Literally means “putting in place”, you say it “mees ahn plahs” if you want to sound knowledgeable or haughty
- Figuratively it expresses much more. Having your plan and being prepared to make some great food! Or not...
- Read your recipe first to know:
  - **WHAT** equipment you need and **WHEN**
  - **WHAT** ingredients you need and **WHEN** to prepare
  - Do your prep (cutting, brining, peeling) hours to days before you make the meal

# Strategy

You usually know what you are going to be doing for the next 3 to 10 days, with regards to where you will be and how much time you will have to cook

- Pick out your recipes for each meal for several days
- Add up all the ingredients to make a master shopping list
- You can cut up several days worth of vegetables and store them. ex. If 2 nights in a row you will need a half onion, then dice up that whole onion and you will be much more relaxed while cooking

Remember, the more you prepare ahead of time, the more time you will have for conversation and wine while making your meal



# LIKE THAT EVER WORKS...

The goal is to avoid staring at the fridge, eating late, or heading out for fast food.

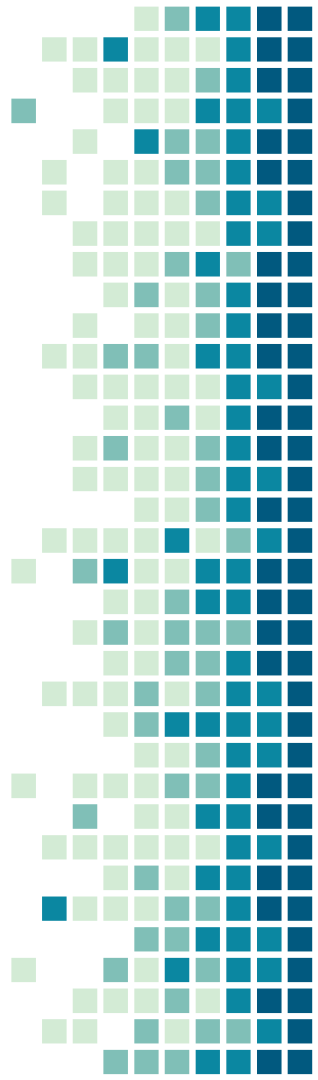
# Caprese Salad

## Ingredients

- Sliced tomatoes
- Fresh mozzarella
- Basil
- Olive oil and/or balsamic vinegar

## Instructions

- Slice or chunk tomatoes and mozzarella
- Top with basil and oil/vinegar



# Guacamole

## Ingredients

- 2 avocados
- $\frac{1}{4}$  cup tomatoes
- Slice or two of chopped onion
- Lime juice
- $\frac{1}{4}$  tsp pepper
- $\frac{1}{2}$  tsp salt
- 

## Instructions

- Chop tomatoes and onion
- Scoop out avocados
- Mix all ingredients and serve



# Peanut Butter Cup Parfait

- 1 c (250g) plain nonfat Greek yogurt
- 1 (7g) serving fat-free, sugar-free vanilla instant pudding mix
- 2 tbsp (25g) Truvia (or preferred sweetener, to taste)
- 1 ½ tbsp (24g) creamy peanut butter
- 1 chocolate graham cracker (full sheet), crumbled
- 4 chocolate peanut butter cups (such as Reese's), diced

# Peanut Butter Cup Parfait

- To prepare the pudding, whisk together the yogurt, instant pudding mix, Truvia, and peanut butter in a medium bowl for 1-2 minutes, or until thickened. Chill for at least 2 hours (and if chilling longer, cover the top of the bowl with foil.)
- To assemble the parfaits, pipe a layer of pudding into 2-ounce serving glasses. Sprinkle crushed graham crackers and diced peanut butter cups on top; then add another layer of pudding. Garnish with graham cracker crumbs and a few diced peanut butter cups.
- Note: If you don't have chocolate graham crackers, substitute chocolate Teddy Grahams or Oreo cookies (without the cream centers) instead!



# Lemon Poppyseed Mug Cake

- Many recipes (particularly cupcakes) can be adapted as mug-cake recipes
- Some, like this one, can be baked in the microwave
- Uses Greek yogurt instead of lots of butter and egg

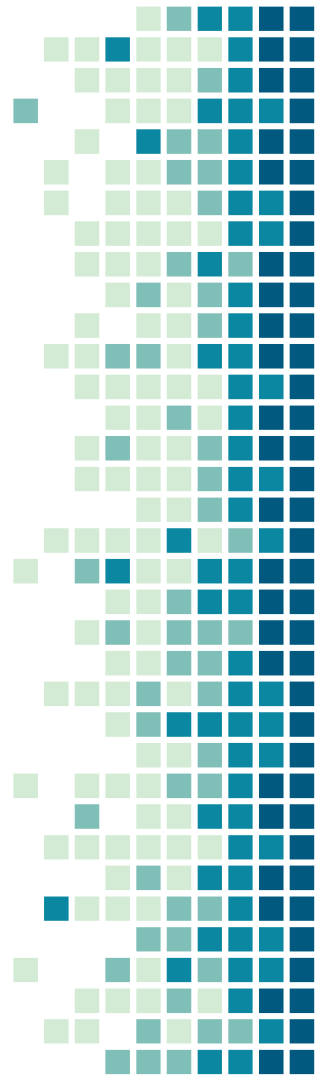
# Beef Pot Roast

## Ingredients

- 1 3-5 pound beef chuck roast
- 1 tablespoon oil
- 1 tsp each salt, onion powder, garlic powder, black pepper
- 1 pound potatoes
- 1 pound of baby carrots
- 1 large yellow onion, chopped
- 4 cups beef broth
- 2 tablespoons Worcestershire sauce

## Instructions

- Saute onion in oil, brown roast
- Add remaining ingredients, except veggies
- Set to High pressure for 20 mins.
- Quick Release and open lid. Add veggies.
- Set to High pressure for 20 mins.
- Release pressure and serve



# Turkey and Sweet Potato Chili

## **Ingredients**

- 1 medium brown onion, diced
- 3 cloves garlic, minced
- 1 lb organic turkey minced
- 1 can each (14.5oz ) diced tomatoes, tomato sauce, drained chick peas (garbanzo beans)
- 1 red bell pepper, chopped into rough 1cm squares
- 1 medium sweet potato, peeled and chopped into rough 1cm squares
- 1 cup vegetable stock
- 1 tsp each cumin, paprika,
- 1/2 tsp chilli powder (more or less depending on taste. I find 1/2 tsp is good for kids)
- salt and pepper to taste
- Serve with: cooked brown rice, chilli flakes, diced avocado, sour cream, grated monterey jack cheese and cilantro

# Turkey and Sweet Potato Chili

## Instructions

- Set the Instant Pot to sauté. Heat oil, add in the onions and sauté for about 3 mins. Add in the garlic and sauté for a further 1min. Add turkey and cook until browned.
- Add in the diced tomatoes, tomato sauce, garbanzo beans, 1/2 of the chopped red bell peppers, chopped sweet potatoes, vegetable stock, cumin, paprika and chill powder. Salt and pepper to taste and mix everything well.
- Set to High pressure for 9 mins. Once 9 mins is finished, Quick Release and open lid. Add in the rest of the red bell pepper and stir to combine.
- Serve with: cooked brown rice, chilli flakes, diced avocado, sour cream, grated monterey jack cheese and cilantro to serve

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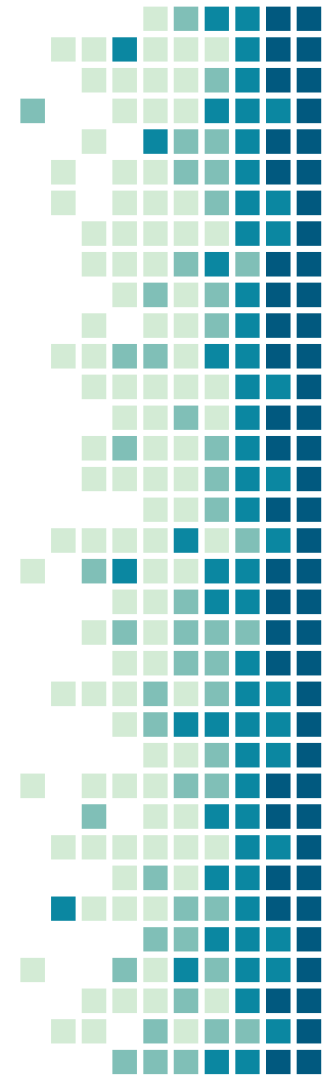
# Herb Roasted Potatoes

## Ingredients

- 1.5-2 pounds potatoes, about 1 to 1 1/2 inches (or baby potatoes)
- 1/2 teaspoon each rosemary, thyme, marjoram, oregano, garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 tablespoons olive oil
- 1/2 cup water or chicken stock

## Instructions

- Heat oil on saute
- Add potatoes, cook until lightly browned, turning occasionally.
- *Alternatively, pan-fry potatoes in a skillet over medium heat until lightly browned and transfer to Instant Pot.*
- Add seasonings and stock
- Cook on high pressure for 7 minutes



# Bacon Ale Dip

## Ingredients

- 2 8-oz packages of cream cheese, softened
- ¼ cup sour cream
- 1 ½ tablespoons Dijon mustard
- 1 teaspoon garlic powder or minced garlic
- 1 cup beer (avoid dark beer)
- 1 lb bacon, cooked and crumbled
- 2 cups cheddar cheese
- ¼ cup heavy whipping cream

## Instructions

- Grease bowl of pressure cooker
- Combine cream cheese, sour cream, mustard, and garlic; stir until smooth (use low heat to speed up)
- Add beer and bacon (less 1-2 strips worth)
- Cook at high pressure for 5 minutes, then quick release.
- Stir in cheese and cream, cook until thickened (3-4 mins) on saute
- Top with remaining bacon, serve with pretzel bun bites, bread, or corn chips

