

Best Camping Recipes for Cast-Iron Cooking

Sweet Potato with Egg Hash

Sweet potato with egg hash is an easy skillet recipe for a wholesome breakfast or even a nice supper. It's hearty and nourishing.

Serves 2-4 | Prep. time 15 minutes | Cooking time 30 minutes

Ingredients

- ½ tablespoon vegetable oil
- 4 slices bacon, cut into ½-inch thick pieces
- 1 small onion, diced
- 1 bell pepper, any color, diced
- 1 sweet potato, peeled and diced
- ¼ teaspoon cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- Salt and pepper to taste
- 4 eggs

Directions

1. Heat the oil in a cast-iron skillet over medium heat. To gauge the campfire's cooking temperature, simply do the hand test.
2. Cook the bacon until golden brown, then remove it from the skillet to a plate lined with a kitchen paper towel to drain excess fat.
3. Sauté the onions and bell peppers for 2 minutes.
4. Add the sweet potato and all the spices and cook, covered with lid or foil for 10–15 minutes.
5. Cover and cook for 5 minutes more.
6. Add the bacon and cook for 2 minutes.
7. Create 4 wells in the hash and break the eggs into them. Cook until done.

Nutrition (per serving)

Calories 222, fat 13 g, carbs 15 g, sugar 9.4 g, Protein 11 g, sodium 242 mg

French Onion Chicken

French onion chicken is an old-fashioned lunch recipe made with onions, seasonings, and chicken breast. It tastes delicious mixed with some herbs and spices under a layer of cheese.

Serves 4 | Prep. time 10 minutes | Cooking time 35 minutes

Ingredients

- 3 tablespoons olive oil(divided)
- 1 large onion, thinly sliced
- 2 teaspoons chopped thyme
- Salt and pepper to taste
- 2 cloves garlic, minced
- 1¾ pounds boneless skinless chicken breasts
- 2 tablespoons all-purpose flour
- 1½ cups chicken broth
- 1 cup shredded Gruyere cheese

Directions

1. Heat 2 tablespoons of olive oil in a cast-iron skillet over hot coals or campfire on medium heat. To gauge the campfire’s cooking temperature, simply do the hand test.
2. Add the onion and season with salt, pepper, and thyme. Cook for 25 minutes until the onion is caramelized.
3. Add the garlic and cook for 1 minute. Remove the onion mixture from the skillet.
4. In a bowl, season the chicken breast with salt and pepper.
5. Heat the remaining 1 tablespoon of olive oil in the skillet. Add the chicken and cook for about 10 minutes until brown on all sides.
6. Add the chicken broth and return the caramelized onion to the skillet. Cook for 10 minutes.
7. Add the Gruyere cheese and close the lid. Wait for about 2 minutes for the cheese to melt.

Nutrition (per serving)

Calories 289, fat 6.2 g, carbs 8.2 g, sugar 2 g, Protein 48 g, sodium 451 mg

Campfire Pizza

Melted, gooey mozzarella, tasty pepperoni, and green peppers make this cast-iron pizza a favorite of all ages.

Serves 4 | Preparation time 10 minutes | Cooking time 20 minutes

Ingredients

- 1 (14-ounce) package pizza crust dough
- Non-stick cooking spray
- Jarred pizza sauce
- 1 (9-ounce) package pepperoni, sliced
- ½ green bell pepper trimmed and cut into thin strips
- 2-2½ cups shredded mozzarella cheese

Preparation

1. Grease a 12-inch cast-iron skillet with cooking spray.
2. Roll out pizza dough and place it in the skillet’s bottom.
3. Cook the dough over a medium heat camp stove or campfire until the crust has a golden color at the bottom.
4. Turn the crust over and spread the pizza sauce over the crispy dough. Arrange the pepperoni and pepper strips on top and cover with the mozzarella cheese. Add a few pepperoni slices over the cheese.
5. Place onto the grill over the campfire or camp stove and cook until the cheese is melted, about 10 minutes.
6. Remove from heat. Let rest a few minutes before slicing.

Nutrition (per serving)

Calories 730, fat 49 g, carbs 36 g, Protein 36 g, sodium 2361 mg

Corn Cakes

Corn cakes are a fluffy indulgent side dish loved by all ages. They're soft and fresh for chilly evenings. Enjoy with sour cream as an option.

Serves 4 | Prep. time 15 minutes | Cooking time 35 minutes

Ingredients

- 6 ounces cream cheese, softened
- ¼ cup butter, melted, more for greasing
- 6 large eggs
- 1 cup milk
- 1½ cups all-purpose flour
- ½ cup cornmeal
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 (15-ounce) can whole kernel corn, drained
- ¼ cup minced green onions
- ¼ cup vegetable oil, more if needed

Directions

1. Melt the butter in a cast-iron skillet over medium heat. To gauge the campfire’s cooking temperature, simply do the hand test.
2. Let cool for a few minutes before pouring into a mixing bowl.
3. Add the cream cheese and mix well. Add the eggs and mix well.
4. Stir in the milk. Mix in the flour, cornmeal, baking powder, and salt.
5. Add the corn, salsa, and onions.
6. Warm the oil in the cast-iron skillet.
7. Working in batches not to over crowded the skillet, pour in ¼ cupfuls of the batter and cook until golden brown on both sides, about 5-7 minutes. Add more oil and warm it if needed.

Nutrition (per serving)

Calories 334, fat 16 g, carbs 34 g, sugar 5 g, Protein 11 g, sodium 715 m

Vegetarian Chili con Carne

This simple vegetarian chili makes for a hearty and delicious yet healthy meal.

Serves 4 | Prep. time 10 minutes | Cooking time 25 minutes

Ingredients

- 250 grams cooked red kidney beans, rinsed and drained
- 375 grams chopped tomatoes
- 250 grams vegetable stock
- 2 bell peppers, sliced
- 1 medium-sized carrot, peeled and sliced
- 1 medium-sized onion, peeled and sliced
- 1 celery stalk
- 2 garlic cloves, peeled and chopped
- 5 tablespoons tomato puree
- 1 tablespoon olive oil
- ½ tablespoon paprika
- Salt and pepper to taste

Directions

1. Heat the olive oil in a cast-iron skillet over medium heat. To gauge the campfire’s cooking temperature, simply do the hand test.
2. Add onion and garlic and sauté until they’re soft.
3. Add the tomato puree, tomatoes, and paprika. Cook for 2-3 minutes, stirring it occasionally.
4. Add vegetable stock and stir well. Bring it to a boil.
5. Once it boils, lower the heat and let it simmer for 2-3 minutes.
6. Add in the carrot, celery, and bell peppers and simmer for 3-5 minutes. Then add the red kidney beans. Simmer until the beans are heated through.
7. Serve hot with brown rice or baked sweet potato.

Nutrition (per serving)

Calories 94, fat 5 g, carbs 9 g, sugar 1 g, Protein 1 g, sodium 1237 mg

Chocolate Dump Cake

Serves 8 | Prep. time 10 minutes | Cooking time 35 minutes

Ingredients

- 1 (16-ounce) package chocolate cake mix
- 1 (3.9-ounce) package chocolate pudding mix
- 1 ½ cups milk
- 1 cup dark or semisweet chocolate chips
- Butter for greasing or cooking spray

Directions

1. Lightly coat a large cast-iron skillet with a little butter or cooking spray.
2. In a bowl, combine milk, cake mix, pudding mix, and chocolate chips until you have a smooth thick batter.
3. Pour batter into the cast-iron skillet, cover with lid or foil.
4. Place over medium heat and cook covered for 30-40 minutes, until the cakes is cooked through. To gauge the campfire’s cooking temperature, simply do the [hand test](#).

Nutrition (per serving)

Calories 521, fat 15 g, carbs 58 g, sugar 3 g, Protein 3 g, sodium 240 mg

***These recipes and more are found in Louise Davidson's *Camping Cookbook - Cast-Iron Skillet Recipes*. To get your own copy, click on the cover below or click [here](#).

