



Easy Camping Recipes: Fun and Delicious Camp Fire Recipes To Keep You Warm, Full and Happy (The Easy Recipe)

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Despite all the advancements in modern technology that consume our lives, camping is still one of the most popular pastimes for families during the summer months. Maybe it's because it gives us a chance to unplug and get away from all the digital bombardments we face on a daily basis, allowing us to connect with one another face to face over a roaring campfire. Camping is one of the best ways to take a step back and connect with nature as well, enjoying the beauty and majesty of the open landscapes we choose to visit. And while choosing the right camping destination and taking the right equipment are important aspects of any camping trip, the most crucial consideration is the food, especially if you're going to be roughing it and only cooking over the campfire. Bringing the right ingredients and cooking utensils is essential, and with proper planning, you can actually create many delicious, healthy meals with not much more than a stoked fire.

While cooking over an open flame, either on a skewer or on a grille top, is primitive, it is actually one of the healthiest ways to cook food. Meats, in particular, benefit from this cooking method. When you cook over open flames, the natural fats that are present in cuts of meat start to bubble over and pour out. This happens in all cooking methods, but many trap those fats in a pan or pot and reintegrate them into the dish, leading to fattier, less healthful dishes. By letting the fats drip off over the campfire, the end product is an extremely lean, extremely healthy cut of meat that is still delicious and tender. Cooking over the campfire also eliminates any added fats such as oil and butter, further reducing fat content of the final dish. Less overall fat from animal protein sources is associated with lower blood cholesterol levels, reduced risk of obesity, and reduced risk of heart disease, heart attack, and stroke. Plus, you get the benefits of consuming a low-fat protein source. Protein helps the body to build and repair muscles, giving you the strength you need for that long hike or strenuous climb when you're out camping.

Camping is a great way to take a step back, get away from it all, and spend time in nature with friends and family. Having a hearty, delicious meal to come back to each night after a busy day of hiking, biking, and making memories is key, and there are many delicious foods that can be prepared with the campfire alone. So go explore, get back to nature, and enjoy some delicious campfire foods along the way.

In This Recipe Book You'll Find:

- Stuffed Baked Potatoes
- Trail Mix Fudge
- Easy Beef Camp Chili
- Country Skillet Breakfast
- Easy Meat & Veggie Camp Pizza
- Grilled Chicken and Potato Foil Packs
- S'mores Camp Trail Mix

- And Much, Much More...

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