

Three Campfire Plant-Based Recipes

Veggie Kabobs

By: The Jaroudi Family

Makes 6 extra-large skewers or 12 regular-size skewers

Ingredients:

Kabobs:

1 red pepper, chopped
1 green pepper, chopped
1 cup of pineapple, chopped
1 cup of cremini mushrooms
1 pint of cherry tomatoes
1 zucchini, chopped
1 yellow squash, chopped

Sauce:

1/3 cup balsamic vinegar [change up the flavors for a new experience!] (76 g)
1 cup oil-free hummus (240 g)
2 tsp stone ground mustard

Directions:

- 1.) Arrange a variety of veggies on skewers.
- 2.) In a small bowl, use a fork to mix the sauce ingredients.
- 3.) Spread an even sauce coat over veggies with a basting brush on both sides.
- 4.) Cook the kabobs over the campfire until the veggies are soft.

Campfire Plant-Based Burgers

By: The Jaroudi Family

Ingredients:

1-15 oz can of salt-free black beans (425 g)
2 cups raw rolled oats (180 g)
3 Tbsp flax meal (21 g)
1 Tbsp Italian seasoning
1 tsp onion powder
¼ tsp ground mustard powder
Heavy dash of black pepper

Directions:

- 1.) Add the can of black beans, including the liquid, to a reusable Ziplock bag. Seal the bag and gently mash the beans with your hands.
- 2.) Mix in the raw rolled oats one cup at a time. Gently press on the bag to mix well and do the same with the flax meal.
- 3.) Lastly, toss the seasonings into the batter and incorporate until evenly distributed.
- 4.) Form burger patties making 5-6 burgers in total. Cook on a stainless steel grill pan for around 15-20 minutes.

Notes:

Consider changing the seasoning for a different plant-based burger flavor.

Date S'mores

By: The Jaroudi Family

Ingredients:

1 large Medjool date, pitted

Filling Ideas: Raw nut butter, fruit-sweetened jelly, dark chocolate, raw nuts

Directions:

- 1.) Stuff a pitted date with a small amount of any of these topping ideas: raw nut butter, fruit-sweetened jelly, dark chocolate, and raw nuts.
- 2.) Be sure to gently seal the date close before adding it to a skewer.
- 3.) Roast over a campfire until caramelized.