



Carolina Conference Fun Day 2020

Weekend menu & recipes



****These recipes can be made on a campfire, grill, or indoors****

FRIDAY DINNER - VEGGIE BURGERS & FRIES

Burger Ingredients: Burger buns, veggie burger of choice (see vegan recipes for black bean burger), condiments & toppings of choice

How to make it: Heat your burger on the grill or on a pan. Spread your favorite condiments on your bun (mayo, ketchup, etc.) add burger and your favorite toppings (lettuce, tomato, cheese slice, etc.) and enjoy with your fries.

Fries Ingredients: 2 medium potatoes (or sweet potatoes), 2 tablespoon of olive oil, 1 chopped clove of garlic, 1 teaspoon of chili powder, 1/2 teaspoon of smoked paprika (optional), salt to taste

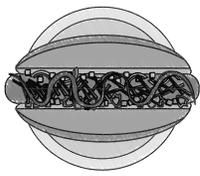
How to make it: Wash the potatoes and dry them. Then cut them in strips of about 1/3 an inch wide like sticks. Make sure that they are uniform so they can cook up at the same time. Take all the ingredients and mix them in a bowl. Make sure the fries are evenly covered with the tasty spices. Lay these fries out on a piece of tin foil that's over a sheet pan in a single layer. Place the pan on a grate over an open fire or on the middle rack of a grill. Depending on your heat you want about ten minutes a side, flipping once. To bake in the oven, set to 425 degrees F and bake for 30 to 35 minutes, stirring occasionally. They will be ready when the potatoes are cooked through and are brown and crispy.



SABBATH MORNING - BREAKFAST BURRITOS

Ingredients (for 6): Oil or butter, 1 bag of frozen hash browns, 16 oz diced veggie meat of choice, 1 medium diced onion, 1 medium diced pepper, 12 eggs, 2 cups of shredded cheese, 6 burrito shells or wraps

How to make it: Add oil or butter to your pan and crisp your veggie meat and then remove and set aside. Now add the hash browns to the pan and cook for 5 minutes before flipping. Make sure they are crisp and then add the onions and peppers. While that is cooking for a few minutes, mix your eggs in a bowl and season to taste. Add the veggie meat back into the pan then the eggs. Don't over mix, just make sure the eggs don't stick. When the eggs are almost done, add the cheese on top, put the lid on, and remove from heat (let residual heat finish cooking the eggs). In the meanwhile, lightly warm the wraps to make folding them easier. Add the eggs to the wrap, and fold them up. You can serve with salsa or your favorite burrito topping and enjoy!



SABBATH LUNCH - VEGGIE HOT DOGS WITH A TWIST

Ingredients: 8 chopped veggie hot dogs, 1 chopped small onion, 8 oz can chili beans, 3 tablespoons barbecue sauce, 12 gutted hot hog buns, shredded cheddar cheese

How to make it: Take all the ingredients, except the gutted hot dog buns and cheese, and mix it in a bowl. Lay the hot dog buns on a sheet of tin foil. Fill the buns with the mixture, add the cheese on top and then wrap the tin foil so the whole thing is sealed. You can grill these over a flame for about 20 minutes. Or you can put them on the coals and cook them for 15 minutes. Timing depends on how much heat you have, but we're just looking to cook the hot dogs all the way through. If making in the oven, set to 350 degrees F, line the buns with the filling and cheese in a casserole dish and cover with foil. Bake for 45 minutes.

SABBATH DINNER - CAMPING QUESADILLAS



Ingredients: Medium flour tortillas, salsa, canned black beans rinsed and drained, other toppings of choice (corn, diced veggies, diced veggie meat, etc.) shredded cheese

How to make it: Spread 1 Tbsp salsa over one side of a tortilla. Place 1/4 c. toppings on half the tortilla over the salsa. Sprinkle 1/4 c. black beans and about 1/4 c. cheese over the toppings. Fold other side of tortilla over to cover ingredients. Place on a piece of tin foil large enough to cover the quesadilla. Leave the ends open. Place the foiled quesadilla on the grate directly over the campfire or on the grill. Keep over fire until the cheese is melted and tortilla is crispy. Remove from the grate and cut in four pieces. You can also make them on a hot pan.



DESSERT - ORANGE CAKES

Ingredients: 1 cake mix (and all ingredients required for the mix), 4 medium sized oranges

How to make it: Prepare the cake (or brownie) mix according to the directions on the box. Cut the tops off of the oranges and spoon out the fruit inside. Fill the oranges about 2/3 full. Put the top back on and wrap in tin foil. Place these directly in the coals of a low fire. Or, if you have a grill over a fire, you can put them on top and turn them a few times. Time is going to depend on the fire and the size of the oranges, but in general it's going to be around 30 minutes. In an oven, place on a baking sheet and bake at 350 degrees F for 25-30 minutes.



SIMPLE PANCAKES

Ingredients: 1 Cup flour (can use wheat flour), 2 tablespoons sugar, 2 tablespoons baking powder, 1 cup soy milk, 2 tablespoons vegetable oil, pinch of salt, favorite toppings

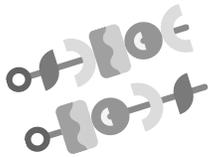
How to make it: Following directions is very important with this recipe because we are using so much baking powder. Take the flour and the baking powder and mix it together making sure there are no lumps and the mixture looks light. Now add the sugar and salt and mix again. In a separate bowl mix the soy milk and the vegetable oil. Add the dry stuff to the wet stuff as you heat up your pan. Don't over mix but you do want it smooth. Simply cook your pancakes and serve with your favorite toppings.



BLACK BEAN BURGERS

Ingredients: One can (15 oz) drained and rinsed black beans, 1 tablespoon ketchup, 1 tablespoon mustard, tomato sauce, 1/3 cup instant oats (extras: diced jalapenos, onions, etc. other spices)

How to make it: Take the beans and mash them up real good (some chunk is ok). Add the rest of the ingredients and mix to combine. Now is the time to add the vegetables and extras. Scoop some out and form into patties. When you cook these you want a high heat to get the outsides nice and crusty so it can keep it's form without falling apart. It's best to cook them on greased tinfoil instead of an open grill grate. To bake: Place patties on a parchment paper lined baking sheet and bake at 375°F (191°C) for 10 minutes on each side, 20 minutes total.



VEGETABLE KEBABS

Ingredients: Favorite veggies sliced or cut in chunks (zucchini, onion, mushroom, pepper, cherry tomato). For marinade: 1/4 cup olive oil, 3 cloves garlic, juice of 1 lemon, 1/2 teaspoon each of dried oregano and basil, salt and pepper to taste

How to make it: In a small bowl, whisk together olive oil, garlic, lemon juice, oregano, basil, salt and pepper. Thread veggies onto skewers. Brush olive oil mixture onto the skewers and let sit for 10-15 minutes. Cook them over an open fire or grill until tender. If making in the oven, place skewers onto a baking sheet. Set to 400 degrees F and roast for about 10-12 minutes



SNACK - ANTS ON A LOG 2 WAYS

Ingredients: Celery stalks, peanut butter, raisins / hummus, black olives

How to make it: (1) Cut the celery stalks in half. Spread with peanut butter and line up with raisins. (2) Cut the celery stalks in half. Spread with hummus and line up with black olive pieces.



V
e
g
e
t
a
r
i
a
n
s