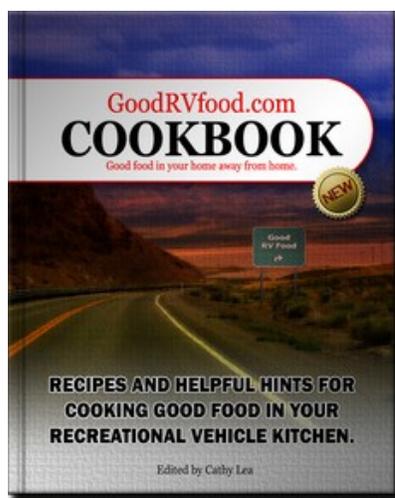


GoodRVfood.com

COOKBOOK



With recipes and helpful hints from GoodRVfood.com

Edited by Cathy Lea, Based on a True Story

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We appreciate every one!

You too can have your name published in the next version of this cookbook by sending any RV friendly recipe or hint to the GoodRVfood web site.

Introduction

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The recipes and hints found in this cookbook are from the GoodRVfood.com web site. Our web site is dedicated to anyone who cooks in the limited space of a recreational vehicle (RV) kitchen that is not likely to have room for complicated preparation or large cooking appliances, like an oven. All of our recipes are simple to prepare, easy to cook and this often means a snap to clean up.

In the neighborly spirit common to those who travel, these recipes are kindly shared with us and in turn we kindly share them with you. This is a labor of love for us. All we ask is that you return the favor and share some of your favorite recipes and hints with the rest of us by visiting our web site and sending your favorite RV recipe or food related hint.

The recipes in this cookbook are purposefully shown each on their own page to make it easier for you to read or print just the recipe you want without anything else getting in the way. You may notice some of our recipes do not contain exact measurements for all ingredients. RV cooking is often an art more than a science. We view each recipe as a suggestion - a starting point for your own personal creativity. We aren't usually dealing with food chemistry in these recipes since we aren't baking with leavening, etc., so feel free to use as much or as little of any suggested ingredient. Be creative and imaginative! Substitute the foods you like or have available for the ones in the recipes. And if you find something that turns out well for you, please share it with the rest of us.



This cookbook is automatically updated every time our web site changes to keep it current with the latest recipes and hints from our wonderful contributors. We make this cookbook available for download because a working Internet connection is not always available when you want to cook in your RV.

You are encouraged to share this cookbook with anyone you may meet and have them do the same. Encouraging you to share this cookbook is like “word of mouth” advertising for us. It helps attract more great recipes and helpful hints with a minimum of marketing costs. Thank you for helping.

Please visit us at GoodRVfood.com for the latest version of this free cookbook.

Happy travels and good cooking!

- Cathy Lea, editor.

Breakfasts

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Broccoli And Potato Frittata

Best Ever Buttermilk Pancakes

[Breakfasts](#)

Submitted by **Cathy Lea**.

Maybe it was the really good quality cultured buttermilk we picked up at Trader Joes, but these were the best buttermilk pancakes I have had outside of an old fashioned diner. They are very thick when you put them on the pan so they take a little longer to cook than a normal pancake. When they are done they are slightly crisp on the outside and fluffy moist in the middle. They would hold up well to a fruit sauce, but I am a fan of pure maple syrup.



Ingredients

1 cup cultured buttermilk, good quality
1 egg, lightly beaten
2 Tablespoons canola oil
1 cup flour
2 Tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon vanilla

Directions

In a medium size bowl whisk eggs, buttermilk and canola oil until well blended and smooth. Set aside. In a larger bowl put flour, sugar, baking powder, baking soda and salt then mix together until well combined. Add egg mixture to flour mixture and stir just until batter is smooth. Do not over mix. Add vanilla and stir just to distribute. Mixture should be thick like waffle or cake batter not thin like pancake batter.

Using 1/3 cup or less of batter drop onto a lightly greased skillet over medium heat. Cook the first side until the top edges are no longer shiny before flipping otherwise it will be much harder to tell when the center is done. You may need to turn the heat down a little lower than normal pancakes so they don't burn before they finish cooking. I peek by lifting the edge of one pancake to judge the brownness when adjusting the temperature. Serve hot with sliced fresh fruit, jam, or good maple syrup.

Serves: 2 hungry campers

Breakfast Bowl Of Everything

[Breakfasts](#)

Submitted by **Cathy Lea**.

This is a great way to use up the leftovers from burritos or tacos that you had the night before. The good news is that almost everything in this whole recipe is optional or can be freely substituted with other ingredients. Use your imagination and add any left over ingredients you need to use up from your fridge. Basically anything you would add to a burrito or taco would be delicious in this breakfast. You can roll it up and call it a breakfast burrito or wrap, but you can get a lot more stuff in it if you just put it all in a bowl.



Ingredients

2 flour or corn tortillas
eggs, cooked your favorite way
cooked hash brown potatoes
chopped green chiles
cooked pinto or other beans
cooked sausage, bacon or chopped ham
chopped onion
chopped green pepper
salsa, green chili sauce or red enchilada sauce
shredded cheese
sour cream

Directions

This is really just a bowl of everything Mexican or southwestern flavor that you have on hand. I usually use flour tortillas, just heated up on the griddle or in a dry pan. You can also use corn tortillas, just be sure to cook them with a little oil or cooking spray to take away the raw taste. Eggs with some type of sauce and cheese are enough to make this dish delicious.

Serves: 2

Breakfast Burrito

[Breakfast](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 breakfast sausage patty, crumbled
2 eggs, beaten
1/4 cup cheddar cheese, shredded
2 Tablespoon salsa
1 large flour tortilla

Directions

Cook sausage until done then add eggs. When eggs are done add cheese and heat until melted. Heat tortilla and place mixture in center, add salsa and roll like a soft taco.

Serves: 1

Breakfast Burritos with Tabasco Verde

[Breakfasts](#)

Submitted by *Kate*.

I have made this a million times and LOVE it! It is a recipe I found on an insert that came in the box with a bottle of Green Tabasco™ sauce. That should tell you how long I've had it. I do not believe they come in boxes anymore! Green Tabasco sauce has a very different flavor from traditional red. It has less heat and more flavor! When making this recipe, make sure to use Green Tabasco or other mild green chili sauce. One small tip that makes this a great recipe for traveling is that you can buy 6.5 ounce cans of ham, the size of a tuna can, and use 1 can in this recipe.

Ingredients

4 flour tortillas
3/4 cup fresh tomatoes, diced
2 Tablespoons green Tabasco™ sauce
6 eggs
1/3 cup scallions, thinly sliced
1/3 cup ham, diced
1 Tablespoon butter
salt and pepper
1/2 cup Monterey Jack or cheddar cheese, shredded

Directions

Combine tomatoes and 1 Tablespoon green Tabasco sauce. Set aside. Melt butter in frying pan. In a bowl beat eggs then add scallions, ham, salt and pepper. When butter is melted, add eggs and cook until partially done. Add tomato mix and cook until done. Spoon into flour tortilla and garnish with additional green Tabasco and shredded cheese.

Meanwhile, heat tortillas. Tortillas can be heated several ways. Wrap them in foil and heat in a 350F oven for 10 minutes or so. You can also wrap them in paper towels sprinkled with a tiny bit of water and heat them in the microwave for 30 seconds however; neither of these methods are necessarily practical when RVing. The easiest way to heat a flour tortilla is to drop it directly on your heat source for a few seconds and then flip it over for an additional few seconds. This works with a gas flame, an electric burner and a wood or charcoal fire. If they blacken a bit in the process, not to worry, it only enhances their flavor! ENJOY!

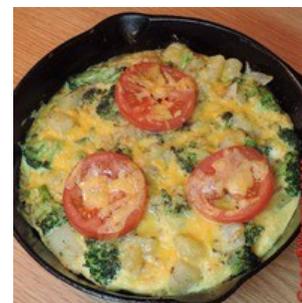
Serves: 4

Broccoli And Potato Frittata

[Breakfasts](#)

Submitted by **Cathy Lea**.

We always carried the small boxes of dehydrated hashbrowns when we travel. This is a great way to make a quick and healthy breakfast. Any vegetables can be substituted for the broccoli and the entire flavor profile can be changed by substituting mexican, cajun or other seasoning. I buy a lot of spice mixtures from the Savory Spice Shop because I can buy a small amount at a time and they take up very little space in my tiny pantry that way.



Ingredients

1 cup cubed potatoes
1 cup coarsely chopped broccoli florets
1 Tablespoon olive oil
1/4 cup coarsely chopped onion
2 teaspoons Italian herb seasoning mix
salt and pepper to taste
3 or 4 eggs
2 Tablespoons milk
2 small tomatoes, thinly sliced
1/4 cup grated cheddar or other cheese

Directions

Bring water to boil in medium saucepan. Add potatoes; cook 7 minutes or just until tender. Set aside. Heat oil in large ovenproof nonstick skillet on medium heat. Add broccoli florets and onion; cook and stir 5 minutes or until softened. Stir in potatoes. Reduce heat to medium-low. Wisk eggs, Italian seasoning and milk until foamy. Pour mixture into skillet. Add to broccoli and potato mixture. Cook without stirring 5 minutes or until eggs are just set on bottom. Arrange sliced tomatoes on top of egg mixture. Sprinkle with cheese and turn burner to low heat. Cover and cook until cheese is melted. Frozen or dried hash browns may be used, follow directions to cook then add broccoli and onion before adding eggs. Italian seasoning is recommended but any of your favorite herbs and spices may be substituted.

Serves: 2

Cottage Cheese Pancakes

[Breakfasts](#)

Submitted by **Nancy**.

These are for those days you cannot decide if you want eggs or pancakes. They are kind of a hybrid. They can be sweet or savory depending on what you put on top.

Ingredients

3 eggs
1 cup dry cottage cheese
2 Tablespoons butter
1/4 cup flour
1/4 teaspoon salt

Directions

Beat eggs well. Add the other ingredients and mix just until well blended. Drop by Tablespoons onto a hot griddle and cook until edges start to become dry, flip and cook until done. They will be moist but not runny in the middle when done.

Serves: ?

Cottage-Cereal-Fruit Bowl

[Breakfasts](#)

Submitted by **Judy Reupke**.

This quick breakfast combines everything you need in a healthy breakfast without the spill prone milk.

Ingredients

1/2 Cup Cottage Cheese
1 Cup Cereal (Cheerios™, Special K™, etc.)
1 Dole™ Fruit Cup

Directions

Put Cottage Cheese into cereal bowl. Add Cereal. Top with the fruit from fruit cup. Stir until blended and Enjoy!

Serves: 1

Flaxseed Mug Muffin - Gluten Free

[Breakfasts](#)

Submitted by **Jane DeGroot**.

Adapted from a recipe originally aired on the Doctor Oz TV show.
This recipe requires a microwave oven.

Ingredients

1/4 cup ground flaxseed
1 teaspoon oil (coconut oil, olive oil, etc.)
1 teaspoon Baking Powder
2 teaspoons cinnamon
1 egg
1 package Stevia or equivalent sweetener

--[Optional]--

chopped nuts, chocolate chips, sprinkling of nutmeg and/or cloves

Directions

Mix all ingredients in a large coffee mug. Stir until smooth. Bake on HIGH in microwave oven for approximately 55 seconds. ENJOY!

Serves: ?

French Toast Sandwich

[Breakfast](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1/3 cup milk
1 egg
2 slices bread
2 Tablespoon peanut butter
2 Tablespoon orange marmalade
1 Tablespoon sugar
1/2 teaspoon cinnamon
1 Tablespoon butter or margarine

Directions

Mix milk, egg, sugar and cinnamon in a bowl. Spread peanut butter and marmalade on bread, making a sandwich. Heat fry pan and melt butter. Saturate both sides of sandwich in egg mixture and brown each side in the fry pan. Other jelly and jams are also very tasty.

Serves: 2

French Toast

[Breakfast](#)

Submitted by **Cathy Lea**.

We stopped at a wonderful bakery, Pagosa Baking Company in Pagosa Springs, Colorado, and picked up a loaf of rustic country white bread. Later the same day we stopped at The Choke Cherry Tree also in Pagosa Springs. They make a line of delicious syrups, toppings, scone mixes, candy and other wonderful stuff. We bought a bottle of Wild Blackberry Syrup and decided it would be great on French Toast. Yes, it was!

Ingredients

6 slices bread, any kind
2 eggs
1/2 cup powdered milk
1 cup water
1 Tablespoon sugar
1 teaspoon vanilla extract
syrup, berries, or other topping, your choice

Directions

Mix powdered milk with water. Add sugar and vanilla. Beat eggs in a bowl and add the milk mixture. Dip bread slices in the mixture and fry on a slightly oiled non stick griddle until brown. Top with syrup, berries, or whatever you like on French toast.

Serves: 2 to 4

Griddle Johnny Cakes

[Breakfasts](#)

Submitted by **Cathy Lea**.

Ingredients

1 cup cornmeal
1/2 teaspoon baking soda
1 large egg
1/2 cup buttermilk
1 1/2 Tablespoons light brown sugar
1 Tablespoon melted butter
1 pinch ground pepper

Directions

Combine dry ingredients in mixing bowl. Lightly beat egg and add to melted butter and buttermilk. Add to dry ingredients and mix until well blended. Add extra buttermilk if necessary to make batter slightly thicker than regular pancakes. Butter griddle or spray with vegetable spray. Drop batter by Tablespoons and spread each cake slightly with the back of the spoon. Cook until edges dry, flip and cook until golden brown. Serve with honey butter or maple syrup.

Serves: ?

Hobo Hash

[Breakfasts](#)

Submitted by **Kate**.

This is my take on a specialty of a local breakfast restaurant. You can cook eggs any way you like and pop them on top or you can mix them into the hash once it's browned to your taste and before you add the cheese. I always eat this with a liberal amount of Frank's Hot Sauce or green Tabasco. Enjoy!

Ingredients

2 or 3 baking potatoes, cooked and cut in chunks
1/2 pound thick-sliced bacon, cut into 1-inch pieces
1 bunch fresh broccoli, cut into florets
1/2 onion, finely chopped
3 Tablespoons extra virgin olive oil
liberal dash paprika
Lawry's™ seasoning salt and pepper
Shredded extra sharp cheddar
Eggs, if desired

Directions

In a large nonstick skillet, cook the bacon over medium heat until crisp, about 8 minutes. Transfer to paper towels to drain. Drain out all but 1 Tablespoon bacon fat and reserve. Add the onion to the skillet and cook, stirring until softened, about 3 minutes. Add broccoli and 2 Tablespoons water, cover and cook stirring occasionally, until crisp-tender, about 4 minutes. Transfer to a bowl and keep warm. Wipe out the skillet.

Return the reserved bacon fat and extra virgin olive oil to the skillet and heat over medium heat. Add the potatoes, season with paprika, salt and pepper and cook, turning occasionally, until crisp and golden-brown, about 8 minutes. Stir in the broccoli mixture and cook until heated through. Top with cheese, cover and heat until cheese is melted.

You can substitute 1 1/4 pounds savoy cabbage, thinly sliced for the broccoli or just about anything else that strikes your fancy! This is equally good made using a 1/2 roll of breakfast sausage instead of bacon.

Serves: 4 to 8

Huevos Carlos

[Breakfasts](#)

Submitted by **Cathy Lea**.

I was looking at restaurant menus online while planning our latest trip to Albuquerque. One of the restaurants had a dish like Eggs Benedict but used a Mexican style cheese sauce instead of the traditional hollandaise sauce. It sounded good and indeed it was so I made up a fitting name to reflect the taste twist.

Ingredients

2 English Muffins, toasted
4 eggs, poached
1 jar Mexican style cheese sauce
4 slices of cooked ham or Canadian bacon

Directions

Toast English muffins and arrange open face on a plate. Place slice of ham or Canadian bacon on each toasted English Muffin half then top with a poached egg and a little cheese sauce. For some added color sprinkle with a dash of cayenne or some chopped green onions.

Serves: ?

Huevos Rancheros

[Breakfast](#)

Submitted by **Cathy Lea**.

This is a great dish for breakfast, lunch or a light dinner.

Ingredients

4 eggs
4 corn tortillas
canola oil
red or green chile sauce
shredded cheddar or Monterey jack cheese

Directions

Make red or green chile sauce or use a can of your favorite brand. Warm the tortillas in a small amount of oil. Cook the eggs however you like them. Place the eggs on top of the tortillas, add shredded cheese and the heated chile sauce. If you have a microwave you can heat them for just a moment to melt the cheese but the sauce will melt it pretty well all on its own.

Serves: ?

McRoadtrek Breakfast Sandwich

[Breakfast](#)

Submitted by *Leslie Flanders*.

This makes a fast and tasty breakfast for one.

Ingredients

1 Whole Wheat Thin Bun
1 Pre-cooked turkey sausage patty
1 hard boiled egg
1 square 2% American Cheese (or any kind you like)

Directions

Open bun. Slice sausage patty so that you have 2 patties. Then cut one patty in half. Arrange on bun to cover. Slice hardboiled egg and arrange on top of sausage. Cover all with 1 square of cheese. Wrap in paper towel and microwave on high for 1 minute. Voila!

Serves: ?

Microwave Baked Apple Oatmeal

[Breakfasts](#)

Submitted by **Cathy Lea**.

A while ago we gave up our costly satellite TV service to spend more money on travel. I have mostly weaned myself from my FoodTV addiction but last week while cat sitting for a friend I saw Bobby Flay. He did a Vermont brunch featuring oven baked apples with oatmeal and maple syrup. I took his idea and made a small kitchen RV friendly version that I'm sure tastes just as good while being quick and easy. I use the quick Irish oats because they cook in 5 minutes instead of 20 for regular oats. If you are in a hurry or don't have a microwave in your RV you can chop the apples in small cubes, add the sugar mixture, and cook everything right in the pan with the oatmeal. The flavors won't be quite as distinct, but it'll still be delicious. The dollop of plain Greek Yogurt is important whichever way you make this dish. The slightly tart zing really makes a big difference next to the sweet maple syrup. Try it even if you are not a plain yogurt fan. I think you will be pleasantly surprised.



Ingredients

2 apples
1/4 cup brown sugar
1 teaspoon cinnamon
1/8 teaspoon salt
1 pinch black pepper
2 pats butter (one per apple)
2 servings cooked Irish Oatmeal
2 Tablespoons Greek (thick) plain yogurt
Real Maple syrup, to taste

Directions

Combine the brown sugar, salt and pepper in a small bowl. Cut off a thin slice of the bottom of each apple so they sit upright. Carefully cut the core and seeds out then put the apple in a microwave safe bowl. I use a melon baller to scoop out the core, but a narrow blade paring knife works too. Stuff the brown sugar mixture into the apple, pushing down with your fingers to get plenty into each apple then put a pat of butter on top of each apple. Add a splash of water to the bottom of the bowl then cover with plastic wrap.

Microwave the apples 3-4 minutes or until just tender but not applesauce. While the apples are cooking make your favorite Irish oatmeal following the directions on the package, using real maple syrup as a sweetener. I like to use a smaller amount of water and then add milk just before taking it off the heat. You want the oatmeal to be fairly thick so it stays in the apple. Put the oatmeal into the hole in each apple, top with a dollop of Greek yogurt and optionally drizzle with maple syrup.

Alternate cooking method using stovetop only: Melt the butter in a medium size saucepan. Chop the apples (you can leave the skin on) into small chunks and sauté in the butter until they start to soften. Do not overcook or the apples will turn to mush by the time the oatmeal is done. Add the brown sugar mixture and stir to coat. Add the liquid ingredients you want to cook the oatmeal in, bring to a boil then add the oatmeal and cook for the desired amount of time. Add maple syrup, stir and put in bowls. Top with a dollup of plain Greek yogurt.

Serves: 2

Migas

[Breakfasts](#)

Submitted by **Cathy Lea**.

This is a tasty breakfast recipe that works in tacos or wraps but is also good all by itself with a side of beans or hash browned potatoes as pictured here. In restaurants throughout Texas and parts of New Mexico the migas are made with stale corn tortillas cut into strips and fried crispy before adding to the eggs. If I am making this breakfast for a bunch of friends I might do this extra cooking step but I almost always have an open bag of tortilla chips laying around in the pantry. I reach down to the bottom of the bag to get the broken bits and pieces for this recipe. The broken bits usually get thrown out anyway so this is a good recipe to make when you reach the bottom of your bag of tortilla chips.



I like to use a fresh jalapeno but you can use a spoonful of the canned or jarred ones if you wish. Just lightly chop then and add to the pan with the onion. If you like spicy food try jalapeno jack cheese for some extra kick.

Ingredients

4 eggs
1 Roma tomato, diced and seeded
2 Tablespoons minced onion
jalapeno to taste, minced
1 Tablespoon butter
1/2 cup grated Cheddar or Monterey Jack cheese
1 handful lightly crushed tortilla chips
Hot sauce
fresh cilantro leaves, optional

Directions

Dice and seed the tomato and combine with onion and jalapeno. Beat the eggs thoroughly. Melt the butter in a skillet over medium heat. Saute the onions and jalapenos then add the tomatoes and continue cooking for a minute or two. Add the eggs and cook until they are almost done. Add tortilla chip pieces and cheese and stir until the cheese is melted. Add the cilantro, stir to combine, and serve.

I like this in tacos, wraps, or straight up on a plate alongside refried beans and home fries. Garnish with hot sauce as desired.

Serves: 2

Mug Eggs in a Breakfast Sandwich

[Breakfasts](#)

Submitted by *Jane Whitmore*.

Ingredients

2 toasted English muffins
2 eggs (or 1/2 cup Egg Beaters)
2 pieces ham or Canadian bacon
2 slices of cheese

Directions

Spray a mug or small bowl that is about the diameter of the English muffin with your cooking spray. Scramble one egg (or 1/4 cup Egg Beaters) and pour into prepared mug. Microwave covered on 70-80% power for about a minute. Place cheese slice and ham or bacon on top and microwave for about 15 seconds more. Slice onto half of hot toasted English muffin and top with the other half. Repeat for second sandwich. Serve immediately with a side of fresh fruit for quick, complete and easy breakfast for two. You can add other ingredients to the egg as you would to an omelet.

Serves: ?

Potato Pancakes with Scallions

[Breakfasts](#)

Submitted by **Cathy Lea**.

When I lived in Pennsylvania I loved going to the Catholic Church summer fairs. They always had a lot of good food, but my favorites were the potato pancakes. I had forgotten about them until a recent trip to the Oregon Coast. My favorite breakfast restaurant in Seaside, Oregon is the Pig-N-Pancake. Their potato pancakes reminded me of the ones in Pennsylvania, although they were different like a cross between potato pancakes and hash brown potatoes. I figured I could make something similar and this is the recipe I came up with. This recipe not exactly the same as the summer fair or restaurant potato pancakes, but it sure was yummy and easy enough to cook in an electric skillet out on the picnic table. You can add any spices or flavors you like, I added a little of my secret seasoning, celery salt. You can serve them with applesauce or sour cream but I enjoy them plain.



Ingredients

1 box instant hash brown potatoes
1 egg, beaten
1 Tablespoon flour
salt and pepper to taste
3 scallions, chopped

Directions

Follow the directions on the package to rehydrate the potatoes. I used the ones I get at Costco, the 4.2 ounce box is perfect for two people.

In a large bowl stir the beaten egg with the rehydrated hash browns to coat. Add the flour, salt, pepper and scallions and mix well until the ingredients are evenly distributed. Pour enough oil into your pan to just cover the bottom and heat over medium high heat until the oil starts to shimmer. A cast iron skillet works best for me at home but an electric skillet on the picnic table both gets me out of the RV kitchen and out into the fresh air. If the oil is not hot enough the pancakes soak up more. Drop potato mixture by large spoonfuls into the pan and smash down to a fairly thin pancake. Cook about 3-4 minutes until golden brown on the bottom then flip. Cook another 3-4 minutes and place on the plate. Pat with a paper towel to remove excess oil.

For a more traditional old world flavor serve with a little sour cream or apple sauce on the side.

Serves: 2

Sausage and Hash Browns

[Breakfast](#)

Submitted by **Carol Lyke**.

Ingredients

Small cubed potatoes or frozen hash browns
green pepper
onion
leftover vegetables
sliced dinner sausages, such as kielbasa

Directions

Brown the potatoes or hash browns in a skillet with onion, green pepper and any other vegetable you need to use up, add sliced dinner sausages. When the potatoes are done, so will the dish with the flavors all mixed together into a satisfying and substantial meal. The Swedes finish it off with a fried egg on top which is heavenly (although we usually do not have them available).

Serves: 2 to 4

Slow Toasted Oatmeal

[Breakfasts](#)

Submitted by **Betty**.

I like real oatmeal in the morning but it takes too long to cook. This is a way to make a hearty breakfast for two days. I eat enough of it that I just make a double batch, keep it in the refrigerator and microwave whenever I want some. This recipe takes time to make, so I do not put it into the fast food category or try to make it on mornings where getting on the road early is important. Instead I like to cook this at home and store them in resealable containers for reheating in the RV.

Ingredients

1 Tablespoon butter
1 cup steel cut oatmeal
2 cups water
1 cup milk
dried fruits or favorite sweetener (to taste)

Directions

Melt butter in a pan over medium heat then add steel cut oatmeal and stir until brown. This cooking time is purposefully subjective. The darker brown the oats get the tastier they become, but be careful not to burn them. The toasting can't be rushed. Turning up the heat only burns the outside of the oats before the inside gets warm. Turning down the heat avoids this but takes longer. Trust your eyes and nose. When toasted to taste, add water and milk. Cook stirring occasionally until it is the consistency of gruel. Top with dried fruits, Splenda brown sugar, whatever you have available. You can freeze or refrigerate individual portions to reheat as necessary. This way you can have slow cooked food even when you are in a hurry.

Serves: ?

Spinach And Eggs

[Breakfasts](#)

Submitted by **Cathy Lea**.

This is an adaptation of a recipe I found in New Mexico Magazine. I like that this dish is simple and easy to make in my small RV kitchen while also being full of flavor and a healthy choice for breakfast or any meal.

The original recipe called for lambsquarters, an edible weed that can be found growing wild almost anywhere except Hawaii, but I do not feel comfortable running around picking weeds from unknown places. So instead I used something easier to find in any grocery store or farm market. You can use any greens you want, fresh or frozen. Cook fresh greens appropriately for the type of greens before starting this recipe.



Poached eggs are very pretty on top of the greens but I usually just do my eggs the quick way and cook them over easy in the same pan I used to cook the greens. The recipe as written is not spicy at all. If you want more spice add more chile powder or offer a bottle of hot sauce on the side so each person can have exactly what they want.

Ingredients

2 eggs
2 teaspoons olive oil
1/4 cup minced onion
1 clove garlic
1 teaspoon chile powder
6 to 10 ounces frozen spinach

Directions

In a pan with olive oil saute the onion until softened. Finely chop or press garlic and add to the pan. Cook for about a minute just to mellow the flavor. Add spinach and chile powder, cook until tender and hot all the way through. You can speed up the cooking by adding a few Tablespoons of water and covering the pan to steam the spinach then remove the lid and let the water evaporate a few more minutes. I move the spinach to a plate so I can cook my eggs in the same pan to collect extra flavor but feel free to cook the eggs your favorite way and place on top of the spinach. Sprinkle with a tiny bit of chile powder for garnish and serve.

Serves: 2

Springtime Scrambled Eggs

[Breakfasts](#)

Submitted by **Cathy Lea**.

This is a great springtime dish that is best when the chives are fresh. I have a planter full of chives in my back yard that just keeps coming back year after year. This is a great way to use them up and enjoy the fresh flavor every morning. Dried chives are available in the grocery store or at SavorySpiceShop.com so I can have these eggs in my RV even when I do not have fresh chives. These eggs taste great without needing salt which makes them wonderful for people trying to watch the salt in their diet.



Ingredients

Eggs
Cream Cheese
Fresh or Dried Chives, chopped
Butter for frying

Directions

Melt a small amount of butter in a pan over medium high heat. Chop the chives. If the chives are dried, add them to the pan with the raw eggs so the eggs rehydrate them while cooking. If the chives are fresh, hold them back until adding the cheese. Scramble the eggs normally until they are a little more than half done - starting to get firm but still wet on top. Add a few small chunks of cream cheese, this gives it a little time to melt but still stay in creamy bites. I use a fork to break off chunks of the cream cheese. Finish cooking the eggs.

The rule for eggs is if they are fully cooked in the pan, they will be over done on the plate. Always take the eggs off of the heat when they are still a little shiny and they will continue cooking on the plate. This is the same carry-over cooking technique used to make steaks turn out perfect on the plate. Using this rule it is easy to get eggs that are perfectly cooked firm, moist and never rubbery.

Serve with a little fresh ground black pepper on top.

Serves: 2 to 12

Tropical Pancakes

[Breakfasts](#)

Submitted by ***Chelle***.

Simply copying a favorite restaurant's limited time recipe. I toast the coconut all at once in a dry frying pan and freeze it in a baggie until I need it. It's good in and on a lot of things! Think banana dipped (smooshed) in coconut or peanut butter toast with coconut. :)

Ingredients

Quick pancake mix
pineapple tidbits
toasted coconut
Homemade coconut syrup (corn syrup and coconut flavor)

Directions

Mix pancake batter according to directions and fold in pineapple tidbits (drained). There's no science here. I just add enough so that we get some pineapple in each bite.

Cook pancakes per directions. Sprinkle toasted coconut on top and drizzle coconut syrup over all.

You can make your own coconut syrup at home using light corn syrup with some coconut flavoring which can be found in the baking aisle at your grocery store. Mix a little of the coconut flavoring into the corn syrup at a time until it has the taste you want without being too strong.

Also really good with thinly sliced banana on top.

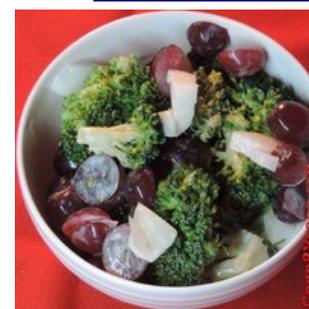
Serves: ?

Salads

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Amish Broccoli Salad

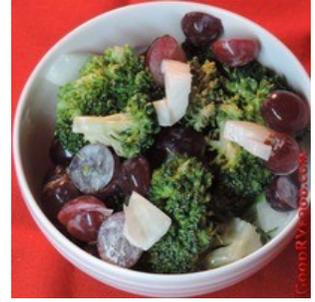
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Amish Broccoli Salad

[Salads](#)

Submitted by *Cathy Lea*.

There are more variations of broccoli salad than almost any other salad. I like the sweet-tangy dressing on this one but often change the ingredients, other than the broccoli of course or it wouldn't be broccoli salad. You can skip the blanching step but I like the bright color it gives the broccoli and I think it tastes better too. I prefer using red grapes instead of raisins, but raisins are a good pantry item so I use them if I don't have fresh fruit. Chopped apples are a good addition. The bacon is optional for many people, but not for me. I usually serve it in a small dish to be passed around for those who indulge.



This salad travels well in the RV and is very refreshing to serve at snack time or meal time. I like to make this in the morning before we get on the road so it is ready whenever we stop or need something cool and fresh.

Ingredients

1 bunch broccoli
1 medium red onion, sliced
1/4 cup raisins or 1/2 cup seedless red grapes sliced in half
4 slices bacon, cooked and crumbled

--[Dressing]--

1/2 cup mayonnaise
2 Tablespoons sugar
1 Tablespoon good quality vinegar
salt and pepper to taste

Directions

Cut broccoli into bite size florets. Blanch in boiling water just until color turns bright green then cool quickly in ice water. Mix mayonnaise, sugar, and vinegar together adding salt and ground pepper to your taste. Add the dressing to the salad and refrigerate covered for one to two hours before serving. Top with crumbled bacon right before serving so it stays crispy and crunchy.

Serves: 3

Asian Slaw

[Salads](#)

Submitted by **Cathy Lea**.

This slaw salad has a flavor that reminds me of the dry Ramen noodle salads without the noodles. It is easy to make from ingredients found in almost any grocery store with the exception of the ginger which is a key flavor.

The dried ginger slices can be a little hard to find on the road. I get mine from the Penzeys Spice Store. You can order from their web site or through their mail order catalog. I usually only need a little ginger for the recipes I make. Dried ginger travels well and is much easier for me than trying to buy a small amount of fresh ginger on the road only to end up wasting most of it.

You could add onion, bell peppers, or any other crisp veggie you have on hand but it is delicious even without those additions.

Ingredients

1/4 small head Napa cabbage, finely shredded
1/4 cup rice wine vinegar
6 slices dried ginger
1 garlic clove, crushed
2 Tablespoons toasted sesame oil
1 teaspoon sugar
salt and pepper to taste

Directions

Soak the dried ginger in the vinegar for at least 20 minutes. Remove the ginger, add the garlic, sesame oil, sugar, salt, pepper and stir well. Toss with shredded Napa cabbage and serve.

Serves: 2-4



Asian Summer Slaw

[Salads](#)

Submitted by *Cathy Lea*.

This is a fresh and bright summer time salad that goes equally well served on the side with burgers and hot dogs or inside a wrap with deli meats. Use any crispy and colorful vegetables you like for this slaw. The ingredients shown here are the ones I used the first time I made it. I think zucchini, jicama, and many others would be very good also.



My goal with this salad is to make a rainbow of bright summer colors to make the plate both visually appealing and good tasting.

The dressing is inspired by a recipe I saw online. It is mostly vinegar with a pinch or two of sugar to taste and a few drops of toasted sesame oil. This avoids the heavy mayonnaise dressings that cover up the natural vegetable colors.

Ingredients

shredded cabbage
shredded carrots
narrow strips of cucumber
thin slices of sweet onion
chopped cilantro
1/3 cup rice wine vinegar
1 Tablespoon sugar
1/2 cup olive oil
1 teaspoon toasted sesame oil
1 teaspoon salt

Directions

Using any variety of small strips and/or shredded crisp vegetables fill a bowl full. In a separate bowl or large cup mix the rice wine vinegar, sugar, olive oil, toasted sesame oil, and salt. Stir until sugar dissolves. Pour over slaw, stir to coat, and let sit at least 10 minutes up to an hour for flavors to mix.

Serves: 2 to 4

Autumn Fruit Salad

[Salads](#)

Submitted by *Cathy Lea*.

I found the idea for this salad in a blog. You can actually use any fruit you like but this combination sounded really good to me. It's perfect for those nice autumn days that feel more like summer than fall.

Ingredients

Vanilla Yogurt
Apples, chopped
Pears, chopped
Seedless Grapes, halved
Can of Mandarin Oranges
Pecans, chopped

Directions

Just dump all the ingredients in a bowl, stir to make sure everything is evenly coated and enjoy!

Serves: 1 or more

BBQ Salad

[Salads](#)

Submitted by **James Hickox**.

We are not RVers just yet. Our plans are to sell the house soon and travel full time. We found this dish while eating at a local restaurant on vacation in Hot Springs Arkansas and tried it when we got home. It is quick, easy, and tasteful.

Ingredients

Chopped BBQ or pulled pork
Fritos corn chips
Lettuce, shredded or chopped
Grated cheese
Ranch style beans, if desired
French style salad dressing

Directions

This is easy to prepare one individual serving at a time. In a bowl add a layer of corn chips that have been crushed into smaller pieces. Add in layers the meat, cheese, beans, lettuce, and top with the salad dressing. This is great for a quick lunch or dinner the next day after that barbeque.

Serves: 1 or more depending on how much leftovers you have

Blueberry Lemon Chicken Salad

[Salads](#)

Submitted by *Cathy Lea*.

My recent trip to Oregon found fresh local blueberries at almost every corner store and fruit stand. It was so wonderful to have fruit bursting with sweetness that I had to find more ways to feature them at meal times. Adding a hint of lemon tartness in this salad works nicely with sweet Oregon summer blueberries. This is a wonderful summertime flavor that can use up left over chicken to make a refreshing and satisfying salad.



Ingredients

2 cups cooked chicken breast, cubed
2 cups blueberries
1/2 cup scallions, chopped
3/4 cup sliced celery
1/2 cup red bell pepper, diced
1 lemon, sliced very thin (optional)
salad greens (lettuce, spinach, etc.)

--[Dressing]--

3/4 cup lemon yogurt
3 Tablespoons mayonnaise
1 teaspoon salt
dried red pepper flakes (to taste)

Directions

In a bowl combine yogurt, mayonnaise, red pepper flakes and salt. Mix well and set aside to mellow while preparing the rest of the ingredients.

Wash all of the blueberries well making sure to remove any remaining stems and set aside some nice plump ones for the garnish. Chop the celery and bell pepper into very small pieces. None of the pieces should be larger than a blueberry. Chop the chicken and combine everything together in the bowl with the dressing. Mix gently to evenly coat but not mash too many of the blueberries. Cover with a lid or plastic wrap and refrigerate for about half an hour to allow the spices to work their magic in the dressing. I like to serve this over a bed of lettuce or spinach but any salad greens work well. Garnish with remaining blueberries. A few fresh lemon slices make for a very pretty presentation.

Serves: 2 to 4

Carrot Cucumber Salad

[Salads](#)

Submitted by **Cathy Lea**.

This is a great salad to serve with any spicy dish as it takes away some of the heat while still bringing complementary flavors. The cucumber adds a twist on the traditional carrot salad making this version more refreshing and perfect for spicy foods or hot summer days. It also works well as a light meal or as a side dish.



One thing to keep in mind is the cucumbers tend to release their water if stored too long. If this happens drain off some of the water and stir to incorporate the remaining cucumber water back into the salad.

Ingredients

1 pound carrots, grated
1/2 cup julienned cucumber
1/2 cup roasted peanuts, chopped
2 Tablespoons minced fresh parsley, optional

--[Dressing]--

1/2 lemon, squeezed
1 lime, squeezed
1 Tablespoon fish sauce or soy sauce
1 Tablespoon rice vinegar or other mild low acidity vinegar
1 teaspoon sugar
1/4 teaspoon dried red pepper flakes, optional

Directions

In a bowl mix the juice from half a lemon and one whole lime with red pepper flakes, fish sauce or light soy sauce, vinegar and sugar. Stir until the sugar is completely dissolved. Pour over the top of the other ingredients and mix to coat evenly.

This is best served within a few hours and can be served cold or at room temperature.

Serves: 4 to 6

Cathy's Waldorf Salad

[Salads](#)

Submitted by **Cathy Lea**.

My mom made this often, but she used a whole lot more mayonnaise than I do. I always called it Waldorf salad, but the traditional version of that salad does not actually use bananas. I like the bananas, they add a little touch of sweetness and creaminess in contrast to the otherwise crunchy ingredients. If you want to be fancy you can serve this on a piece of lettuce, but we do not always have fresh lettuce available in the Roadtrek. It is ok without the celery, but I like that extra crunch.

Ingredients

1 apple
1 banana
1 stalk celery
lime or lemon juice
mayonnaise
good quality Hungarian paprika
chopped nuts

Directions

Core and slice the apple. Cut the banana in half lengthwise and slice. Cut celery stalk in half lengthwise and slice. Pour a little lemon or lime (I use Key Lime juice when available) over the apples and bananas and mix to completely coat. This prevents browning and adds a slight tart edge. Add sliced celery, chopped nuts and a small amount of mayonnaise just barely enough to give everything a thin coating. Put into serving dishes and sprinkle with a small amount of Hungarian Paprika. Serve chilled.

Serves: ?

Cheeseburger Deluxe Salad

[Salads](#)

Submitted by *Cathy Lea*.

I first saw this recipe in a Pampered Chef cookbook and thought it sounded interesting. I changed it around a little bit and sure enough, it was even better than a cheeseburger. As with most of my recipes - the amounts are just an estimate. Use however much or little of each ingredient to fit your taste. Any sweet onion would be fine. I like red onion because it adds a pretty color. I do not normally use ketchup and mustard on my burgers. I prefer mayonnaise. But for this salad that mustard-ketchup combination is wonderful and I believe it is the key to selling the cheeseburger illusion. Feel free to change the condiments to your taste. I think BBQ Sauce might be a good twist too.



When I made this recently I did not have any croutons handy, but I did have a stale hamburger bun. I turned the bun into croutons by cutting it into crouton-sized squares and cooking them in a frying pan with a couple of spoonfuls of olive oil until they turned a nice toasty color. These are the croutons you see pictured here. I think the hamburger bun turned out to be even better for this salad because they had that extra hamburger-y touch of sesame seeds. But you can save this step and avoid making another dirty pan with store bought croutons.

Ingredients

1/2 pound lean ground beef
1 small onion
1 tomato
1/3 cup finely chopped dill pickles
1/2 cup ketchup
2 teaspoons mustard
4 cups thinly sliced romaine lettuce
1/2 cup shredded cheddar cheese
1 package croutons, any flavor

Directions

Chop or slice the tomato and set aside. Slice half the onion into rings, dice the other half. Mix the diced pickles, diced onion, ketchup and mustard and set aside. Cook ground beef into crumbles until just done and no more pink remains. Add the ketchup mixture to the ground beef and mix well. Arrange lettuce on plate or bowl. Top with beef mixture, cheese, tomatoes and onion. Arrange croutons around the sides.

Serves: 2 to 4

Chicken, Tomato And Cucumber Salad

[Salads](#)

Submitted by **Betty K.**

This is a quick and healthy salad. You can omit the cooking part by buying a roasted chicken at the deli or grocery store and simply slicing it up. You'll have leftovers this way too. You could also substitute fish for the chicken and use any veggies you like such as zucchini and cherry or grape tomatoes. A bottled salad dressing can also be used, but it's so easy to make your own and much less expensive.

Ingredients

5 Tablespoons olive oil, divided
1 - 1 1/4 pounds chicken breast tenders
Salt and ground black pepper to taste
1/4 cup cider vinegar
1/2 Tablespoon thyme
1 teaspoon sugar
1 medium cucumber, cut in thin ribbons
2 tomatoes, sliced
1/2 cup pitted green olives, halved
4 ounces feta cheese (optional)

Directions

In large skillet heat 1 Tablespoon of the olive oil over medium heat. Lightly sprinkle chicken tenders with salt and pepper. Cook chicken in hot oil for 8 to 10 minutes, turning once about half way through, until no pink remains.

Make vinaigrette by combining remaining oil, vinegar, thyme, sugar, and 1/4 teaspoon each salt and pepper in a covered container and shake to combine. Arrange chicken, cucumber ribbons, sliced tomatoes, olives, and feta cheese on four dinner plates and drizzle vinaigrette over salads.

Serves: 2

Cilantro Coleslaw - Tangy version

[Salads](#)

Submitted by **Cathy Lea**.

This is a slightly tangier version of the original cilantro coleslaw recipe on this site. Feel free to experiment with either depending on what you have on hand.

Ingredients

1/2 head cabbage, thinly sliced
1/2 large green bell pepper, chopped fine
2 Tablespoons finely chopped fresh cilantro
2 Tablespoons finely chopped red onion
1/2 cup mayonnaise
1/4 cup sour cream
juice of 2 limes
1/2 teaspoon celery seed
2 teaspoons sweet hot mustard

Directions

Combine mayonnaise, sour cream, lime juice and seasonings in a large bowl, stir until smooth. Add the rest of the ingredients and toss thoroughly to coat.

Note: Bottled lime juice can be substituted for the limes. Lemon juice would probably be ok also, but there will be a difference in the taste.

Serves: ?

Cilantro Coleslaw

[Salads](#)

Submitted by *Cathy Lea*.

I bought a bunch of cilantro to use in another recipe and did not want to waste it so I looked through my collection of cookbooks and found this one. I substituted a spicy brown mustard but I think the sweet hot mustard would be better if you happen to have it on hand.

Ingredients

1/2 head cabbage, thinly sliced
2 Tablespoons finely chopped fresh cilantro
2 Tablespoons finely chopped white onion
3/4 cup mayonnaise
2 Tablespoons milk or cream
juice of 2 limes
1/2 teaspoon celery seed
2 teaspoons sweet hot mustard
2/3 cup pine nuts (optional)

Directions

Combine mayonnaise, milk, lime juice and seasonings in a large bowl, combine until smooth. Add the rest of the ingredients and toss thoroughly.

Note: Bottled lime juice can be substituted for the limes. Lemon juice would probably be ok also, but there will be a difference in the taste.

Serves: ?

Coke and Cherry Jell-o Salad

[Salads](#)

Submitted by **Bob F.**

I like this for pot luck dinners because it has few ingredients, is simple to make and loved by everybody.

Ingredients

1 8 ounce can crushed pineapple
1 can Bing cherries, drained
1/2 cup chopped pecans
2 small boxes of cherry Jell-o™
1 12 ounce can Coke™, cold

Directions

In a 9 x 13 inch pan mix pineapple, bing cherries and chopped pecans and press flat to make an even layer across the whole pan. In a separate bowl mix the Jell-o™ in 2 cups of boiling water stirring with a fork until completely dissolved. Stirring gently pour the can of cold Coke into the Jell-o and immediately pour the whole mixture into the pan with the pineapple-cherry-peacan mix. Cover and chill until firm.

Serves: 10 to 12

Corn Salad

[Salads](#)

Submitted by *Deborah Maples*.

This recipe came from my Sister-In-Law and is now one of our favorites!

Ingredients

1 can of white corn, drained
1 can of yellow corn, drained
red onion to taste, diced
green pepper to taste, diced
1 cup mayonnaise
1 cup or more of sharp cheddar cheese, grated
Chili flavored Fritos™ corn chips, crushed

Directions

In a bowl mix together the corn, onion, green pepper, grated cheese and mayonnaise. Stir to coat everything evenly. Top with crushed chili flavored corn chips.

Serves: 2 to 4

Couscous Salad

[Salads](#)

Submitted by **Alison**.

I make this a lot for our everyday packed lunches at work, and find it invaluable on holiday. It is quick and easy to prepare, takes very little cooking and can be made in one dish. It can be varied according to supplies. I use this quantity for two, but it can be stretched depending upon what you add. Garlic bread is a pleasant addition. Bulgar wheat can be prepared in a similar way. Do not add too many different things. Remember that sometimes less is more.

Ingredients

1 cup dry plain couscous
2 cups boiling water
1 stock cube (optional)
Salt and pepper to taste

--[Additions]--

Tomatoes

Cucumber

Beetroot

Onions (cook them first if you do not want too strong a flavour)

Cooked or tinned meat

Cooked or tinned fish

Cooked or tinned seafood

Cooked or tinned pulses; eg. kidney beans, baked beans, 3 bean salad etc.

Leftover chili, curry or casserole

Any cooked vegetables (eg. beans, cauliflower, broccoli, courgettes (zucchini), carrots, butternut squash, sweet potatoes, etc.)

Directions

Pour the dry couscous into a bowl. Add a crumbled stock cube and the boiling water. Leave (about 10 minutes) until the couscous has swelled and the water is absorbed. Now add the bits and bobs. This recipe can be adapted by using whatever you have. Leftover curry, chili or casserole can be stirred into it. Any cooked meat or fish can be added. Any cooked or salad vegetables can be added. Stir everything together, and add seasoning if necessary. It can be eaten hot or cold.

Serves: ?

Cranberry Jello Salad

[Salads](#)

Submitted by **Cathy Lea**.

My mom made this salad every Thanksgiving and Christmas while I was growing up, but I like to make it all year. Frozen cranberries work well if fresh cranberries are not available, just rinse and chop them up while still frozen. At home I use a food processor but you can use a knife just as easily in the RV.

I have tried several different flavors of Jell-O and while all of them work, my favorites tend to be the red flavors like Cherry and Strawberry. Orange flavor Jell-O works too but I think the flavor was almost lost next to the real orange in this recipe.



The dollop of mayonnaise is the surprising part of this salad. Normally mayo and Jell-O are not considered complementary flavors but here it adds an interesting something extra. My friends make suggestions that maybe it is the creamy texture or the hint of salt that makes the mayo work so well here. Either way they all ask for seconds with another dollop of Mayo.

Ingredients

1 cup whole cranberries, fresh or frozen
2 Tablespoons orange rind, zested
1/2 cup sugar
1 orange, peeled, seeded and chopped fine
1 package Jell-O™, I like any of the red flavors
1 cup boiling water
1 apple, cored, seeded, chopped fine
1 small can crushed pineapple
1/2 cup pecans, chopped

Directions

Combine cranberries and orange rind in food processor. Chop until fine. Add orange pulp and sugar. Mix well and let stand for one hour so the sugar can pull out the flavors and juices. In a bowl add Jell-O and boiling water, stir until completely dissolved. Add fruit mixture to the Jell-O and let cool until slightly thickened but not firm. Add apple, pecans and pineapple and stir to combine. Pour into a 9 x 13 pan. Chill until completely firm, about two hours. Serve on a lettuce leaf with a dollop of mayonnaise on top.

Serves: 4 to 8

Cranberry Quinoa Salad

[Salads](#)

Submitted by *Cathy Lea*.

This is a base recipe that can be altered to use whatever vegetables you like. The cranberries turn the quinoa (pronounced keen-wah) a pretty pink color which makes it especially nice for a holiday dish. This is a great pot luck dish since it doesn't have to be kept cold or hot. If cranberries aren't available use the Craisins (dried cranberries). Blueberries would also be a good substitute.

Ingredients

1/4 cup fresh lemon juice
1/4 cup red wine vinegar
3 Tablespoons olive oil
1/2 teaspoon salt
3 teaspoons sugar
1/4 teaspoon pepper
1/2 cup chopped cranberries, fresh or frozen
1/2 cup chopped carrot
1 1/2 cups quinoa
1/2 cup thinly sliced celery
1/3 cup thinly sliced green onions
3 Tablespoons minced fresh parsley

Directions

Prepare vinaigrette by combining first six ingredients in a small bowl and whisking until smooth. Set aside.

Cook carrots in a small amount of boiling water for a minute or two just until tender. Cook the quinoa according to package directions. For a little extra flavor save the carrot water and use it as part of the water to cook the quinoa.

Combine the remaining ingredients with the quinoa and vinaigrette and let sit at room temperature for at least 20 minutes for the flavors to fully mingle.

Serves: ?

Creamy Coleslaw

[Salads](#)

Submitted by **Cathy Lea**.

I made a lot of coleslaw after going to a St. Patricks Day Parade in Slidell Louisiana several years ago. They not only throw beads like the traditional Mardi Gras parades, they also threw fresh cabbages, carrots and potatoes. I had to make something out of all that free cabbage so I am sharing a few of my ideas with you. This is my fastest and easiest coleslaw recipe that serves as a foundation for almost every other slaw recipe I make. It is easy to add any fresh vegetable you can find or customize the flavor with almost any kind of spice in your RV pantry.



Ingredients

1/2 head cabbage (or use a package of coleslaw mix)
1/2 cup mayonnaise
1 Tablespoons sugar
1 Tablespoons vinegar (apple cider is my preference)
1/2 teaspoon celery salt
carrot, finely chopped or shredded (optional)

Directions

In a large bowl mix the mayonnaise, vinegar and sugar, adjusting to your taste. Add more vinegar to make it more tart or more sugar to make it more sweet keeping in mind that it will be mixed with cabbage. Shred the cabbage with a sharp knife, or just open a bag of pre-shredded cabbage if you wish. Combine everything in the bowl and stir to evenly coat. Keep any leftovers covered in the refrigerator for up to three days but stir before serving to redistribute any cabbage liquid that may have separated.

Serves: 4 to 6

Easy Italian Salad

[Salads](#)

Submitted by ***Chelle***.

Made it up one day after coming back from the farmers market. Your favorite veggies will probably go great with this. I've used asparagus, baby carrots and even added fresh mozzarella cheese balls sliced.

Super easy and very good!

Ingredients

Tomatoes, wedged
Cucumbers, peeled and sliced
Red onion, sliced
Feta cheese, crumbled (optional)
Your favorite Italian dressing or vinaigrette

Directions

Wedge, peel, slice and mix it up in a bowl. Carefully add dressing (not too much) in this recipe, less is more. Crumble feta or sprinkle Parmesan cheese over the top. Serve fresh. Also good leftover but I like the veggies fresh and crispy!

Serves: ?

Fiesta Cole Slaw

[Salads](#)

Submitted by **Cathy Lea**.

This coleslaw is very tasty and has no mayonnaise or oil. Feel free to use whatever fresh crunchy vegetables you like. Many things would be good with this dressing. Any brand of hot sauce would be fine, I just have learned to love Cholula™ and they sell it at Costco!

Ingredients

--[Dressing]--

1/4 cup lime juice, freshly squeezed
2 Tablespoons good quality cider vinegar
1 Tablespoon Cholula™ hot sauce
1/4 cup sugar
1 teaspoon salt

--[Slaw]--

1/2 head cabbage, shredded
4 scallions, thinly sliced on the diagonal
1/2 red bell pepper, sliced thin
1/2 green pepper, sliced thin
2 ribs celery, sliced thin
2 carrots, finely shredded

Directions

Whisk the first five ingredients together until the sugar is dissolved. Combine the vegetables in a large bowl and add the dressing. Stir well and set aside for 1/2 - 2 hours.

Serves: 4 to 8

Fish Taco Salad

[Salads](#)

Submitted by **Casey**.

I had the most wonderful fish tacos at Tony's Crab Shack in Bandon, Oregon and wanted to make an RV friendly version I could enjoy when the Crab Shack was too far away for dinner. Tony starts with a soft corn tortilla piled with fresh local fish that is steamed then shredded so you get to taste how good it is. They add a layer of shredded cabbage and top it with a spicy pico de gallo. It is served with a wedge of lime and some spicy cayenne pepper-mayo dressing. These fish tacos are so good that a restaurant that makes outstanding crabs is just as famous for these tacos.

I find this salad is a refreshing way to eat local fish while I'm near the coast and to remember the coast when I'm at home.

Ingredients

fresh local fish (your choice), cooked and shredded
cabbage, sliced thin (or pre-made slaw mix)
pico de gallo, salsa or chopped tomatoes, onions, peppers
1 fresh lime
tortilla chips

--[Dressing]--
mayonnaise
cayenne pepper
lime juice

Directions

Build this salad right on the plates or bowls. Start with a layer of tortilla chips. Put several spoonfuls of fish on the chips then add a layer the shredded cabbage almost to the edge of the tortillas. Add the pico on top and garnish with a wedge of fresh lime.

A really good dressing for this salad is a simple mixture of mayonnaise, cayenne pepper and a small squeeze of lime juice. I add the cayenne to the mayonnaise in small amounts and mix well before tasting to get the right heat level. Allowing the mixture to sit for 5 or 10 minutes improves the flavor. Add the lime juice right before serving.

Serves: 2 to 4

Fresh Green Bean And Potato Salad

[Salads](#)

Submitted by **Kate**.

This is a wonderful salad to make when traveling. It only uses one pot and it doesn't contain any mayonnaise so it travels without issues. I like to pair this salad with a Pressed Nicoise Sandwich because they make great traveling companions!

Ingredients

1 1/2 pounds small, new red potatoes
1 1/2 pound fresh green beans, trimmed and snapped
1/4 cup chopped fresh basil
1 bunch scallions, chopped
salt and pepper to taste

--[Dressing]--

1/4 cup red wine vinegar
2 Tablespoons Dijon mustard
2 Tablespoons fresh lemon juice
1 clove garlic, minced
1 dash Worcestershire sauce
1/2 cup extra virgin olive oil

Directions

Place the potatoes in a pot and cover with water. Boil for about 10 minutes then add green beans. Cook for an additional 10 minutes or until everything is tender. Drain.

Meanwhile whisk together red wine vinegar, mustard, lemon juice, garlic, Worcestershire sauce and olive oil. When potatoes and beans are done, pour dressing over, cover and allow to sit off the heat until cool. Transfer to a large bowl, and toss with fresh basil, scallions, salt and pepper. Let sit several hours before serving at room temperature.

Serves: 8

Gingered Apple Salad

[Salads](#)

Submitted by **Cathy Lea**.

This was inspired by a recipe I found in the FMCA magazine. I used thick Greek yogurt and added a little bit of my own vanilla paste and sugar. The original recipe called for dried cranberries but since I made this during the fall I had fresh cranberries. I chopped them with a little sugar sprinkled on and they were wonderfully delicious. If you are like me and don't have a large pantry in your rig you could simplify this by using a container of vanilla, orange or lemon yogurt. The crystallized ginger is pretty easily found and I think it's necessary for this to taste like it should. You could skip the dried ginger if you need to. You could also add bananas for more sweetness. Experiment with what you have.



Ingredients

1/2 cup vanilla yogurt
1/4 cup mayonnaise
1/4 to 1/2 teaspoon ground ginger
1/8 teaspoon salt
3 medium apples, cored and chopped
2 ribs celery, chopped
1/2 cup cranberries, chopped
3 Tablespoons crystallized ginger, chopped
1/4 cup chopped toasted pecans

Directions

Mix yogurt and mayonnaise with ground ginger and salt. Mix in the chopped apples, celery, cranberries and crystallized ginger. Sprinkle with chopped pecans just before serving.

Serves: 4 as main dish, 6 as side dish

Grape Salad

[Salads](#)

Submitted by **Sally Cotten**.

This recipe is adapted from one I found it in the Nancy Kitchen (or Nancy Land) newsletter. There were several requests for this grape salad recipe that I made for the potluck night of our rally. So, here it is. I'm glad everyone enjoyed the salad and those who have not tried it yet, hope you will like it too.

Ingredients

3-4 pounds seedless grapes (red, green or combination)
1/4 to 1/2 cup sugar (to taste)
8 ounces sour cream
8 ounce cream cheese (softened)
1 teaspoon vanilla extract
1 cup walnuts or pecans, chopped
1/2 to 1 cup light brown sugar (to taste)

Directions

Wash, remove the stems and drain the grapes. Mix sugar, sour cream, cream cheese and vanilla until smooth. Pour over grapes and stir until the grapes are thoroughly coated. In a separate bowl, mix nuts and brown sugar. Pour grape mixture in a serving dish and sprinkle top with the sugar/nut mixture. Chill and serve. Keeps well in refrigerator for several days.

Note: I have used Splenda®, lite sour cream, lo-fat cream cheese and Splenda brown sugar and it has turned out just fine. Makes about 10 cups.

Serves: 6 to 12

Green Pea Salad

[Salads](#)

Submitted by *Cathy Lea*.

We stopped at a restaurant in a small town in Texas. They had a salad bar with some interesting looking local favorite items on it. Casey tried some of the pea salad and thought it was pretty good, but I knew I could do it better. So I put a batch together and he loved it. You can add any leftover meat to it, we tried a leftover hamburger patty and that was delicious too.

Ingredients

1 package frozen green peas
1/4 cup mayonnaise
1 Tablespoon sugar
1 Tablespoon vinegar
1/4 cup finely chopped onions
bacon crumbles (optional)
cheese, cubed (optional)

Directions

Cook the peas just until thawed, cool to room temperature. In the meantime, mix the mayonnaise, sugar and vinegar and set aside. When the peas are cooled add the onion and mayonnaise mixture and fold together. Just before serving add the bacon crumbles.

Serves: 4 to 6

In An Instant Fruit Salad

[Salads](#)

Submitted by **Nancy**.

I made up this quick recipe one hot day in a Wal-Mart parking lot. I was hungry for something a little sweet but not sugary or anything that would make me more thirsty. I drained the pineapple and mandarin orange juice into cups with ice cubes to drink with our salad which was very thirst quenching. I was aiming for vanilla yogurt but found that pineapple yogurt turned out to work well too. Be adventurous and try something different.

Ingredients

1 apple, cored and diced
1 can pineapple chunks, drained into a cup
1 can mandarin oranges, drained into a cup
1 single serving size of yogurt

Directions

Chop the apple into bite sized pieces about the same size as the pineapple chunks. In a bowl combine apple, pineapple and oranges, stir in yogurt and serve.

This is an easy starting place for almost any kind of fruit salad. The possibilities are nearly endless working with whatever you happen to have at the moment. Try adding some shredded coconut, some assorted nuts or grapes. For a little different flavor sprinkle a little cinnamon on top.

Serves: 2 to 4

Kale Salad Supreme

[Salads](#)

Submitted by **Cathy Lea**.

This is based on a salad that our local Whole Foods sells in their deli. It's a very delicious crunchy salad bursting with loads of flavor. Be sure to use the chile powder spice, not just dried red chile. We used a handful of nuts from a jar of Costco's mixed nuts. I added sesame seeds, dried cranberries or dried cherries and fresh blueberries. It is hard to get more healthy than that.



This is a great recipe for the road because you can use up fruit you already have and don't most of us travel in our RV with some assorted nuts to snack on? Even if you think you don't like Kale give this one a try, you might be pleasantly surprised.

Ingredients

--[Salad]--

Kale, chopped fine

Nuts, chopped

Seeds

Dried Fruit, chopped

Fresh Fruit, chopped

--[Dressing]--

2 Tablespoons extra virgin olive oil

1 Tablespoon lemon juice or apple cider vinegar

1-2 teaspoons chile powder

1/2 teaspoon sugar, to taste

salt and pepper to taste

Directions

Whisk the olive oil, lemon juice and chile powder together in a large enough bowl to hold all of the salad. Wash the kale well and remove the ribs. Chop fine and add to bowl with dressing. Mix well. Add chopped nuts, sesame seeds, sunflower seeds, dried fruit and fresh fruit. Serve and enjoy.

Serves: 2 to 6

Kentucky Bean Salad

[Salads](#)

Submitted by **Vi Capell**.

A lady truck driver brought this to a pot luck held by a bunch of drivers at the Mid-America Truck Show in Kentucky a few years ago. I named it Kentucky Bean Salad to remind me of that wonderful food/show in Kentucky.

Ingredients

16 ounce can French cut green beans
16 ounce can shoepeg corn
16 ounce can Lesueur™ peas
16 ounce can garbanzo beans (a.k.a. chickpeas)
1/2 cup chopped celery
4 green onions, chopped
small jar pimentos, chopped
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon celery salt
3/4 cup sugar
1/2 cup vinegar

Directions

Drain the canned vegetables and mix all ingredients together in a bowl. Store any leftovers covered in the fridge for up to a week.

Serves: ?

Oregon Blueberry Slaw

[Salads](#)

Submitted by *Cathy Lea*.

We love to go to farmers markets or fresh fruit and vegetable stands when we are traveling in the RV. Oregon and Washington are famous for wonderful blueberries and we like to eat a lot of them. We also love the ease of making cabbage dishes in the RV, especially in any kind of slaw so this recipe combination was a natural fit.



As with any salad recipe everything is optional and substitutions or additions are an easy way to make it your own. If you don't like cilantro you can leave it out but I believe it really adds something special to this recipe.

Ingredients

1 bag coleslaw mix or about 16 ounces shredded cabbage
1/2 small red onion, chopped
1 pint blueberries, washed and de-stemmed
1/2 small bunch (1/3-1/2 Cup) fresh cilantro, chopped
1/2 teaspoon freshly ground black pepper
1/2 teaspoon salt

Directions

Mix all ingredients and dress with a Raspberry Vinaigrette Dressing or use your favorite slaw dressing. If you don't have the pre-shredded slaw mix you can shred up to a half head of cabbage and 3 carrots instead.

Serves: 4

Panzanella Salad

[Salads](#)

Submitted by **Betty**.

This is one of my favorite salads that brings a taste of summer travel no matter when I make it. I started making this as a way to use up bread that was getting a little stale while we were traveling in our RV. Since then, we always look for day old bread in every bakery and grocery store we find. This recipe begs to be modified. I sometimes add chopped luncheon meats, leafy greens or fun touches like capers to add variety. Just about anything you have can go in this salad.

Ingredients

day old Italian crusty bread, cubed
ripe tomatoes, one per person
onion, sliced very thin
fresh Basil, chopped fine
olives, pitted and chopped fine
white cheese (parmesan, feta or mozzarella)

--[Dressing]--

1/2 cup olive oil, extra virgin if possible
1/4 cup vinegar (balsamic, red wine, rice wine, or cider)
1/4 cup lemon juice
garlic, crushed
Salt and pepper to taste

Directions

Make sure the bread is not fresh (soft) or it turns sticky in this salad. If needed, toast the bread or leave it uncovered in the RV to dry out for a while. You may cut the crust off if you like a more consistent texture, but some people like bread chunks that have a good bite even after soaking up the dressing. The bread cubes should be bite sized and there should be enough to fill about half of your salad bowl. Cut one good sized tomato for each person you want to serve into bite sized pieces and put on top of the bread. Cut the onion into thin slices and add to the salad bowl. Chop enough olives to suit your taste into small pieces and add to the salad bowl. Black olives give the salad a Mediterranean flavor. If you roll the fresh basil leaves together and cut across the roll you can make very thin ribbons so every bite of salad gets a hint of basil without ever being overwhelming. If you do not have fresh basil, you can use dried Italian herbs or seasonings, but add them to the dressing first. Slice the cheese as thin as possible on top of the salad.

The vinaigrette dressing is made up of crushed garlic, 1 part vinegar, 1 part lemon juice with 2 parts olive oil mixed together with a fork or whisk. If the dressing turns out too tart for your taste, add a spoon full of water and mix again.

Pour the vinaigrette dressing over the whole salad and mix well to coat everything evenly. You can eat right away, but this salad gets better with time. If you can let it sit for half an hour or so, the bread will soak up most of the dressing and become very yummy and flavorful. This is a whole meal for us and is very easy to substitute any fresh ingredients we happen have.

Serves: ?

Pasta with Garden Fresh Tomato Sauce

[Salads](#)

Submitted by *Cathy Lea*.

This recipe uses ingredients from my summer garden and is why the quantities are not explicitly given. Generally I aim for about a cup of sauce per person but that is very flexible. If more tomatoes are ripe today, more get added to the sauce. I prefer the Roma tomato variety, but any flavorful meaty tomato works in this recipe.



If you are new to cooking by taste, this is the perfect learning recipe because everything is safe to taste as it is being prepared adjusting flavors to suit your personal taste along the way.

Ingredients

Vine ripe garden tomatoes
Fresh basil chopped
Fresh Garlic, pressed or minced
Olive Oil, enough to coat tomatoes
Salt, to taste
Fresh ground black pepper, to taste
Pasta, any bite-sized shape
Parmesan cheese, grated or shaved

Directions

In a bowl with a cover combine diced ripe tomatoes, fresh chopped basil, pressed or minced garlic, just enough olive oil to coat the tomatoes, salt and pepper to taste.

Cover and let sit to bloom the flavors at room temperature between 20 minutes up to several hours. Do not refrigerate or cook.

Prepare your favorite bite sized pasta, drain but do not rinse. While still hot toss the pasta with the sauce. Top with freshly grated or shaved Parmesan cheese.

Serve with warm garlic bread.

Serves: 2 or more depending on quantities used

Peter Piper's Pickled Pepper Slaw

[Salads](#)

Submitted by *Cathy Lea*.

This is a great twist on average coleslaw. The sweet and spicy dressing adds a little zing and the red bell peppers give an extra festive color. For more color I like mixing green and red cabbage. jalapeños peppers are optional so you can adjust the heat level to your taste.

Ingredients

Shredded or chopped green and/or red cabbage
finely chopped onion, white or yellow
finely chopped red bell peppers
Sweet and Spicy Pickle Juice- see recipe under Salads
mayonnaise
celery salt
salt and pepper to taste
fresh jalapeños peppers, optional

Directions

In a large bowl combine the pickle juice, mayonnaise, celery salt, salt and pepper and stir to combine. Then add all remaining ingredients, toss to evenly coat everything with the dressing, serve and enjoy.

For an extra kick add some very finely diced fresh jalapeños peppers.

Serves: 2 to 4

Pineapple Coleslaw

[Salads](#)

Submitted by *Cathy Lea*.

We love anything made with cabbage and this is a nice change from a normal coleslaw. It's a refreshingly sweet version that would be good paired with any spicy food. This coleslaw can be given an Asian flair by adding a few drops of toasted sesame oil to taste.

Ingredients

1 head green cabbage, shredded or finely chopped
2 carrots, shredded or finely chopped
1 can crushed pineapple, drained
3/4 cup mayonnaise
1/4 cup sugar

Directions

Chop or shred cabbage and carrots in food processor or by hand if you are off-grid or simply do not have a food processor in your RV. Mix in the additional ingredients. Chill for about an hour before serving.

Serves: 4

Polynesian Salad

[Salads](#)

Submitted by **Cathy Lea**.

We usually take a few cans of turkey or chicken with us. The recipe folders on the top of the Chicken and Turkey cans from Costco usually have some good ideas, that is where this came from. This would be good with leftover roast chicken from the deli also.

Ingredients

1 cup Chopped turkey or chicken, from the deli or a can
1/2 cup diced celery
1 chopped apple
1 cup pineapple chunks
1 1/2 cup seedless grapes, halved
2 teaspoons toasted sesame seeds
5 Tablespoons mayonnaise
1/2 teaspoon curry powder

Directions

Combine turkey, celery, apple, pineapple, grapes and 2/3 of the sesame seeds in a large bowl. Mix the mayo and curry powder, pour over turkey mixture and mix together. Sprinkle the rest of the sesame seeds on top when you serve it.

Serves: ?

Pomegranate Jewel Spinach Salad

[Salads](#)

Submitted by *Pomegranate Council*.

Pomegranate seeds add garnet color, sweet-tart flavor and crispy crunch to this tasty salad. Bacon and Daiken radish are savory counterpoints to the fresh ingredients.

Ingredients

1/2 teaspoon finely chopped lemon zest
2 Tablespoons fresh lemon juice
2 teaspoons finely chopped shallot
1/4 teaspoon ground cumin
1/4 teaspoon salt
3 Tablespoons olive oil
6 stripes thick bacon, cut crosswise in 1/4-inch pieces
8 ounces (about 9 cups) lightly packed baby spinach leaves
about 3/4 cup Seeds from 1 medium pomegranate
1 cup julienned Daiken radish

Directions

To prepare dressing, whisk together lemon zest, juice, shallot, cumin and salt; whisk in oil. Reserve. Starting in a cold frying pan, cook bacon over MEDIUM heat, stirring occasionally, until almost crisp, about 5 minutes. Drain bacon on paper towel and cool.

To assemble salad, toss spinach, bacon, pomegranate seeds and Daiken with reserved dressing.

Serves: 6

Radicchio Salad With Honey Lime Dressing

[Salads](#)

Submitted by *Cathy Lea*.

The fresh ingredients in this recipe are easy to pick up in a run to the local grocery store or even most Wal-Mart stores. This refreshing spring or summer salad can be turned into a meal by adding some leftover roasted chicken or almost any meat you have handy.

Ingredients

2 cups torn radicchio leaves
2 cups baby spinach leaves
1 cup halved seedless red grapes
4 fresh dates, pitted and chopped
3 Tablespoons fresh lime juice
Zest from one lime
1 Tablespoon canola oil
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

In a salad bowl combine the lime juice and honey. Stir until they fully dissolve together. Whisk in the oil, salt, pepper and lime zest. Add the radicchio, spinach, grapes and dates and toss to completely coat the leaves with dressing. Serve immediately.

If you don't have a zester tool, you can get almost the same results by carefully slicing off the color part of the lime rind being careful to not get too much of the white part. Chop the rind into very tiny pieces, the smaller the better.

Serves: 2 to 4

Ranch Style Dressing

[Salads](#)

Submitted by *Cathy Lea*.

I was hungry for chicken wings and didn't have my usual packet of ranch dressing mix. I decided to make up my own dip from what I had on hand in my rv. I have lots of spices and dried herbs so I just started mixing and tasting as I went. I like sour cream in a dip but didn't have any so I made quick buttermilk by mixing some lemon juice in regular milk. It came out great. I will never buy the packets again, at least I know what's in this and it's all natural stuff. This makes a great salad dressing, veggie dip, chip dip and hot wing dip.

Ingredients

mayonnaise
buttermilk or sour cream
garlic powder
shallot salt
dried parsley
dried chives
salt
pepper
optional; celery salt, onion powder, green onions, dill weed

Directions

Mix all ingredients to taste. You can use dried or fresh herbs, whatever you have on hand. You can also add things like celery salt, onion powder, green onions, dill weed, almost any herb or spice that you like. Start with small amounts and taste as you go. This is best made several hours ahead of time.

Serves: depends on how much you make.

Russian Salad

[Salads](#)

Submitted by *Rose and Rognar Doerwald*.

This quick and easy salad is hearty enough for a meal for two and easy enough for a side dish for four.

Ingredients

2 peeled cubed potatoes
2 hard boiled eggs, cut up
1 can flaked tuna
1 can peas and carrots (drained)
2 large pickles, cut up
Mayonnaise
Lettuce

Directions

Boil the potatoes until tender, combine with the rest of the ingredients. Serve on a bed of lettuce.

Serves: 2 to 4

Salmon Pasta Salad

[Salads](#)

Submitted by *Charlotte Stockbridge Granger Indiana*.

The versatility of this salad will make it one of your most used recipes. Any type of pasta will do, and tuna can be substituted for the salmon. What's more, it can be served hot or cold.

Ingredients

4 Tablespoons corn oil
1 medium onion, finely chopped
1 medium red pepper, finely chopped
1 small green pepper, diced
1 teaspoons thyme leaves
1/2 teaspoon oregano leaves
1 can (7 1/2 ounces) pink salmon, boned, flaked, and drained
1 cup uncooked pasta (noodles, rotini, shells, stars)
2/3 cup grated parmesan cheese
freshly ground pepper

Directions

Heat 2 Tablespoons of the oil in a heavy 10-inch skillet. Sauté onion and pepper with thyme and oregano until softened. Add salmon and remove from heat. Set aside.

Cook noodles according to package directions, adding 2 Tablespoons oil to water. Drain and toss with 1/2 of cheese until coated. Add salmon mixture and toss lightly. Season with ground pepper and top with remaining cheese. Serve warm or chilled.

Serves: 4

Shrimp and Avocado Salad

[Salads](#)

Submitted by *Cathy Lea*.

This is a refreshing salad that is very good for you. If you like your food spicy you can add more cayenne pepper. It would also be good with Salsa instead of the dressing ingredients. I like using smaller shrimp so every bite has a little of all the flavors.

Ingredients

1 pound shrimp, cooked and shelled
2 cups chopped romaine lettuce
1 avocado, sliced
1 Tablespoon olive oil
1 Tablespoon lime juice
Pinch of cayenne pepper
1 Tablespoon finely chopped red onion
1/4 teaspoon salt
Freshly ground pepper

Directions

Combine everything but the lettuce, stir to coat completely and let rest for five minutes. Add the chopped lettuce, stir and serve. Can be refrigerated for up to an hour.

Serves: 4

Simple Seafood Salad

[Salads](#)

Submitted by *Colleen Murray*.

This is a very simple and easy way to get a little extra lean protein into your diet.

Ingredients

1 package pre-washed salad mix
1 package crab, imitation Krab™ and/or shrimp
1 bottle French salad dressing

Directions

Break or separate lumps of crab/Krab/shrimp into bite sized pieces and sprinkle over salad.
Toss gently to coat with salad dressing.

Serves: 4

Southwestern Salad

[Salads](#)

Submitted by *Cathy Lea*.

I prefer to make my own salad dressings. I don't care much for all the artificial ingredients that are found in bottled dressing and it is so simple to make them fresh. I found this salad dressing recipe in a book on traditional New Mexican food and culture. It is a little spicy, but not too hot at all when you put it on a cool salad made with fresh ingredients. You could also add cucumber and bell pepper, absolutely anything you like to eat on a salad.

Ingredients

--[Dressing]--

1/4 cup extra virgin olive oil
2 Tablespoons apple cider vinegar
2 teaspoons garlic powder
1 teaspoon ground red chile
salt and pepper to taste

--[Salad]--

1 small head of lettuce
1 ripe Haas avocado
1/4 small sweet onion
1 tomato

Directions

The dressing takes a while for the flavors to mingle and bloom. Combine the olive oil, vinegar and spices in a small jar and shake well. Set aside for at least two hours, preferably five or six.

When you are ready for the salad, tear lettuce into bite sized pieces. Top with chopped onion, tomato and cubed or sliced avocado. Drizzle a little of the dressing on top right before serving.

Serves: 4

Spicy Cucumber Salad

[Salads](#)

Submitted by **Cathy Lea**.

I love spicy foods but only when the spice adds flavor with the heat. This recipe is a nice variation of a typical cucumber summer salad with a kick. It is a little sweet, a little sour and a little spicy. Add some red onion or green onion if you have some. You can tame the spice by just using one seeded pepper chopped very tiny. Or if you want extra kick use three or four peppers with the seeds. Crushed fresh garlic is much better than the powdered kind in this recipe but I don't usually have fresh garlic on hand when I'm traveling in my RV.



I serve this as a healthy side dish for hot dogs, hamburgers or almost anything from the grill.

Ingredients

1 thinly sliced cucumber, skin on or off
2 Tablespoons cilantro, finely chopped
1 teaspoon garlic powder
4 Tablespoon white vinegar
2 teaspoon sugar
1/2 teaspoon salt
2 Serrano or jalapeños chiles, sliced very thin

Directions

In a large bowl mix the vinegar, garlic powder, sugar and salt until everything is dissolved. Add the sliced cucumber, cilantro and chiles and stir to coat all ingredients. Let sit 15 minutes, stirring every once in a while. Store leftovers covered in the refrigerator for up to several days.

Serves: 4

Strawberry Spinach Salad

[Salads](#)

Submitted by *Cathy Lea*.

On a recent trip we visited a Colorado goat dairy farm that let us spend the night on their farm because we are members of the Harvest Hosts program. As part of their farm tour I was able to milk a goat and pet baby goats which ended up with me buying a lot of fantastic goat cheese. They had a wonderful fresh blue cheese that reminded me of a recipe a co-worker used to bring to company pot lucks.



The salad itself only has 5 ingredients that are all easy to pick up in almost any grocery store if you go with normal blue cheese. I like the goat blue cheese if you can find it.

If you don't want to make your own dressing you could use a Raspberry Vinaigrette or a bottled Poppy Seed dressing. Any sweet dressing would work well.

Ingredients

--[Salad]--

10 cups spinach, torn
2 cups fresh strawberries, sliced
1 cup chopped pecans, toasted
1/2 cup Vidalia sweet onion, chopped
1/4 cup blue cheese, crumbled or chopped

--[Dressing]--

1/2 cup vegetable oil
3 Tablespoons white wine vinegar
3 Tablespoons sugar
1 Tablespoon lemon juice
1 Tablespoon poppy seeds
1/2 teaspoon salt
1/2 teaspoon mustard powder

Directions

To make the dressing start with a jar with a tight fitting lid. Combine the vegetable oil, vinegar, sugar, lemon juice, poppy seeds, salt and mustard powder. Shake well until sugar and salt are dissolved and everything is well combined. Make this ahead. It keeps for weeks in the refrigerator.

Just before serving combine spinach, strawberries, pecans and sweet onion in a large bowl. Crumble blue cheese over the top, add dressing and toss to coat.

Serves: 6

Sweet And Spicy Pickle Juice

[Salads](#)

Submitted by *Cathy Lea*.

We went to the Texas Hill Country this past spring to see the Bluebonnet flowers, eat local BBQ and see the sights in the cute small towns. I was window shopping in Greuen Historic District and saw a sign that said Fickle Pickles. They were offering samples so I tried them and found a wonderfully sweet and sour pickle, which I don't normally like, but these are different. We bought the spicy jar and started using the juice for my coleslaw and pea salad. Once we started to run out I decided I had to invent my own version of the spicy sweet and sour juice, and I think it is even better than the original! You could make overnight refrigerator pickles by slicing cucumbers with a little onion and marinating them in this juice overnight.

Ingredients

1/4 cup cider vinegar
1/2 teaspoon granulated garlic
1 teaspoon sugar
1/4 teaspoon red pepper flakes
1/2 teaspoon celery salt
1/8 teaspoon salt

Directions

Mix everything together until sugar is dissolved. This is best if it sits covered in the refrigerator for several hours or overnight. Use fewer or more chiles to adjust the spicy heat level to your taste. It will get a little more spicy as the peppers rehydrate. Add a little more sugar if the spice is too much.

This is wonderful mixed with mayonnaise on coleslaw or pea salad but works very nicely any place you would use a sweet vinegar.

Serves: 8 to 12

Taco Salad

[Salads](#)

Submitted by **Shirley Henion**.

We visited friends in Tucson who were in the high school band with me and this is what was served for lunch.

Ingredients

Lettuce
1 pound ground beef
1 can white corn, drained
1 can black beans, drained
1 tomato, chopped
black olives, sliced
sharp cheddar cheese, shredded
Zesty Italian dressing
Taco chips

Directions

Brown ground beef and drain. Toss with lettuce, corn, beans, tomatoes, and olives. Add dressing to taste, mix well, then top with shredded cheese. Serve with taco chips.

Serves: ?

Vegetarian Taco Salad

[Salads](#)

Submitted by *Virginia Hendley*.

Ingredients

2 cups torn lettuce of your choice (iceberg is most taco-like)
chopped sweet onion to taste
crushed blue corn chips, WoW!™ brand light corn chips, or your favorite chips
1 can light red kidney beans, mostly drained
sprinkle of grated sharp cheddar
2 small or 1 large tomato, chopped
Your favorite salsa

Directions

Assemble ingredients in two bowls in the order given. For an extra treat heat the beans first. The hot beans and their liquid soften the lettuce and chips and melt the cheese. The tomatoes and salsa cool it.

Serves: 2 to 4

Watercress Mellon And Almond Salad

[Salads](#)

Submitted by **Mary Q.**

I had this fresh salad at a bridal shower I attended a long time ago and thought it was wonderful. It is refreshing and full of summertime flavors that are easy to make in any RV setting from the campground to a national park overlook.

Ingredients

3 Tablespoons fresh lime juice
1 teaspoon sugar
1 teaspoon minced peeled fresh ginger
1/4 cup vegetable oil
2 1/2 cups of bite sized watermelon pieces
2 1/2 cups of bite sized cantaloupe pieces
2 large bunches of watercress, about 10 ounces total, trimmed and torn
1/3 cup sliced almonds, toasted
salt and pepper to taste

Directions

In a bowl whisk together lime juice, sugar, and ginger to blend. Slowly whisk in the vegetable oil. Season dressing with salt and pepper to taste. Place torn watercress, watermelon pieces, and cantaloupe pieces in large bowl. Pour on most of the dressing and toss to coat, adding more dressing as desired so every part is just barely coated without much dressing pooling at the bottom of the bowl. Transfer to plates. Sprinkle with toasted sliced almonds and serve immediately.

It is best to fresh toast the almonds in a dry skillet just until the aroma of almonds starts. These few extra minutes makes the salad extra special.

Serves: 4

Soups

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Tomato Basil Bisque

4-can Meat Chili

[Soups](#)

Submitted by **Valerie B.**

Ingredients

1 to 2 pounds ground turkey, chicken or beef
1 can diced tomato
1 can corn
1 can chick peas
1 jar salsa
1 package chili seasoning

Directions

Combine and cook. Serve with corn bread, shredded cheddar cheese and/or oyster crackers.

Serves: ?

Asian Beef and Noodle Soup

[Soups](#)

Submitted by **Betty**.

This is one of those rare soups that works equally well on cold winter days and hot summer days. The original recipe has some exotic ingredients like fish sauce (gives that unique Asian taste, not the same as soy sauce) and Chinese five spice powder. If you can't get these exact ingredients, feel free to experiment by substituting what you have handy. The sauce packet that comes with the ramen noodles is mostly salt, throw it away and just use the noodles to make a delicious, light soup that is very good for you.

Ingredients

4 cups low-sodium chicken broth
1/2 Tablespoon sliced fresh ginger
1 garlic cloves, minced
1 Tablespoons fish sauce
1/4 teaspoon Chinese five-spice powder
2 (3-ounce) package ramen noodles
1 small flank steak (about 1/2 pound)
1/3 medium Napa cabbage
3 Tablespoons chopped fresh cilantro leaves

Directions

Bring broth, ginger, garlic, fish sauce, and five-spice powder to boil in Dutch oven. Reduce heat to medium-low and simmer until flavors meld, about 10 minutes.

Meanwhile, break ramen noodles into large pieces, throw away seasoning packet. Slice flank steak into very thin slices across the grain. Slice the Napa cabbage crosswise into think slices.

Remove the slices of ginger and add the noodles to simmering broth and cook, stirring occasionally, until nearly tender, about 2 minutes. Stir in beef and cabbage and simmer until cabbage is wilted and beef is cooked through, about 2 minutes. Serve garnished with the fresh cilantro.

Serves: ?

Avocado Refrigerator Soup

[Soups](#)

Submitted by **Betty K.**

A nice soup for any hot summer afternoon hanging out under a shade tree or under the RV awning. I like the combination of cool creamy with just a little spicy edge. This is very easy to prepare the night before and keep in the refrigerator for the next afternoon or evening after we arrive at our destination. It also makes a wonderful companion to a turkey sandwich.

Ingredients

2 large ripe avocados
1/4 cups lemon juice (fresh squeezed if possible)
1 quart chicken stock
1 pint cream or half and half
1 to 2 teaspoons chili powder
1/4 teaspoons hot sauce
1/2 teaspoons salt (to taste)

--[Optional Garnish]--

cherry tomatoes
fresh cilantro, chopped
salsa
sour cream
tortilla chip crumbs

Directions

For the least mess, work in a bowl that has an airtight lid with the lid set aside until after the mixing. Peel the avocados and in a bowl completely smash them with the lemon juice until there are no more chunks. Add chicken stock and cream stir until well mixed. Season with chili powder, hot sauce and salt. Store in an air tight container in the fridge until well chilled. Garnish with almost anything you would like with guacamole like cherry tomatoes, fresh cilantro, a spoon of salsa or a dab of sour cream. I even like a spoon full of the crumbs and bits of broken chips from the bottom of a tortilla chip bag.

Serves: 2 to 4

Baked Potato Soup

[Soups](#)

Submitted by *Cathy Lea*.

This is a simple soup that tastes very rich. You can add any kind of garnish you like.

Ingredients

2 large russet potatoes
1 1/2 cups milk
2 Tablespoons dried onion flakes
2 teaspoons steak seasoning
1 teaspoon dried or 2 teaspoons fresh chives
Sour Cream, Cheese, Bacon, etc. to garnish

Directions

Bake potatoes in the microwave. Meanwhile, add the onion flakes and steak seasoning to the milk and simmer to rehydrate the onions. Chop the potatoes into bite size pieces. Add to the milk mixture and simmer on very low heat until the starches in the potatoes thicken the soup. Add the dried or fresh chopped chives. Add whatever garnish you like. I like bacon, sour cream and cheddar cheese.

Serves: ?

Black Bean Soup

[Soups](#)

Submitted by *Virginia Hendley*.

This recipe is easier to make with a blender, but it is also possible to make by hand if you are willing to accept a few more lumps in your soup.

Ingredients

1 can of refried or mashed black beans plain or flavored
1 can of chicken broth
splash of sherry if desired

Directions

Mix broth and at least half of the black beans and mix well in a blender until smooth. Heat slowly, stirring. Add beans or water to get the desired consistency. Heat thoroughly. Season as desired. Garnish with crushed corn chips or the crumbs from the bottom of the bag of corn chips.

Serves: 2

Camper Kale Soup

[Soups](#)

Submitted by *Cathy Lea*.

I try to add some extra healthy choices to my diet when traveling in my RV to balance those times when I just want to pig out on stuff I know is bad for me. One way is adding dark leafy greens like kale. At first I had no clue what to do with kale because it was nothing like lettuce, but quickly discovered it is a whole lot more versatile than your average salad greens. Kale is stout enough to survive being boiled in soups, chopped in salads and even baked into a crispy snack. My current favorite way to eat kale is in soup. This recipe is just one example.

As always with any of my GoodRVfood recipes you can use convenience staples such as garlic powder and canned or packaged beef stock. I like the richness of concentrated beef stock. You can omit the potato and tomato, but they add extra flavor and texture if you happen to have them on hand. You could add other vegetables also. Like most of my soup recipes this is just a starting place. Use your pantry, refrigerator and imagination for guidance.

Ingredients

3/4 pound kale, stems removed, finely chopped
4 cups beef broth
1 medium onion, minced
1 clove of garlic, minced
1/8 teaspoon ground cinnamon
2 Tablespoons butter
1 teaspoon red wine vinegar
salt and pepper to taste

--[Optional Items]--

1 russet potato, cubed (optional)
1 tomato, diced (optional)

Directions

In a soup pan melt butter and sauté onion until soft but not brown, add garlic and cook one additional minute. Add the cinnamon into the onion mixture and stir to evenly distribute. Add the kale tossing to coat well then add the beef stock. If you have a potato, add it now and bring to a boil. Reduce heat and simmer, covered, about 20 minutes or when the potatoes is done and kale is tender. Add diced tomato and vinegar just before serving.

Serves: 2 to 4

Camper Stew

[Soups](#)

Submitted by **Nancy K.**

I first developed this recipe when canoe camping. I would make the stew at home and freeze portions. If you think a RoadTrek has close quarters, try bringing everything you need for a weekend along in a canoe.

Ingredients

1 pound ground beef, any grade
1 onion, minced
1 Tablespoon minced garlic
1 large can baked beans, NOT drained
2 cans assorted vegetables, drained
-OR-
2-3 cups assorted frozen vegetables

Directions

In large fry pan, brown meat lightly. Add onions and garlic and cook until tender. Add baked beans with drained or frozen vegetables. Bring all up to heat and let simmer for about 5 minutes. May serve over toast or plain. Leftovers store and freeze well.

Serves: ?

Chicken and Avocado Soup

[Soups](#)

Submitted by **Cathy Lea**.

This is one of my favorite simple soups that works with almost any leftovers. I often use some of the leftovers from a roast chicken bought at the grocery store (or Costco, they have the best roast chicken in my opinion) which helps stretch the food budget and add extra flavor. Almost everything could be used instead of chicken including beans, Mexican sausage or fish.

I like to top this soup with a little shredded cheddar cheese and tortilla strips. My ingredients are just a starting place suggestion, use whatever you like or have handy.

Ingredients

1 cooked boneless, skinless chicken breast, chopped
1 Tablespoon vegetable oil
1/2 cup chopped celery
1/2 cup chopped onion
3-4 teaspoons Mexican spice mix
3 cans chicken broth
1 can diced tomatoes
1 Tablespoon fresh cilantro
1 avocado, peeled and sliced



Directions

Heat oil in a large saucepan or Dutch oven. Sauté celery and onion until tender. Add spice mix and stir to bloom the flavors until aromatic. Add tomatoes and chicken broth. Simmer for 20 minutes. Add chicken and heat through. Stir in chopped fresh cilantro right before pouring into the serving bowls. Garnish with avocado slices.

Serves: 4

Chicken and Ramen Noodle Soup

[Soups](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 pack chicken flavor Ramen noodles
1 can chicken, 10 ounces
1 can sweet peas, 8 ounces
1/2 teaspoon Texas Pete™ brand hot sauce (optional)

Directions

Cook Ramen noodles according to package along with peas and Texas Pete hot sauce. When adding contents of Ramen seasoning packet, also add chicken, mix well and serve.

Serves: 2

Creamy Avocado Crabmeat Soup

[Soups](#)

Submitted by **Betty K.**

Imagine two meals for two people in one pot. This soup is equally delightful hot or cold which means I can cook it for dinner one day and have it again for lunch the next day without any additional cooking or cleanup. A perfect RV recipe that fits our style of travel.

Ingredients

4 avocados, removed from skins
1 (8 ounces) can of crabmeat
1 onion, chopped very finely
4 Tablespoons butter
1 Tablespoon all purpose flour
1/2 teaspoons garlic powder
4 cups chicken stock
2 cups cream
Salt and pepper to taste

Directions

In a mixing bowl using a fork mash the avocados until creamy, add crabmeat and continue mashing until well combined and no large chunks of crab remain. In a pan over medium high heat sauté onion in butter until the onion turns translucent. Add flour and stir until all remaining butter is absorbed then add the garlic powder and chicken stock. Whip or stir constantly until smooth. Add avocado-crab mixture to the pan stirring constantly for a few minutes to completely combine. Add cream and season to taste. Serve either hot or very cold. This works equally well with heavy or light cream. I serve half hot right from the stove and put the other half into the fridge and serve it cold for another meal.

Serves: 4

Creamy Corn Soup

[Soups](#)

Submitted by **James Rose**.

This is my quick version of corn masa soup using a sneaky way to get masa (dough made from corn) outside the south west. In just minutes I can turn a bunch of slightly past their prime corn tortillas into a hearty soup that sends my mouth to sunny south Florida even when the rest of me is stuck in the frozen north.

This is a very flexible recipe and works with almost any prepared corn dough product, like tortilla chips or taco shells, but they often bring extra salt and grease that is not needed in this recipe.

Ingredients

1 cup corn tortillas (chopped very small) (more = thicker)
2 cups water
chicken bouillon (low sodium if possible)
dry Mojo Seco (or tart citrus juice + pepper) to taste
1 can corn (niblets or whole kernel) optional

Directions

Mix bouillon in water and bring to boil. Chop tortillas very small (smaller pieces cook faster) and add to water. Use more tortillas for a thicker soup. To prevent sticking stir constantly until tortilla pieces are gone and the soup is thickened. Reduce heat and add Mojo Seco with a complete can of corn. Stir until heated. Serve.

For extra flavor, toast the tortillas or heat them in a dry pan over medium high heat just until they start to turn light brown around the edges before chopping.

The Mojo Seco I use is a blend of salt, garlic, citrus (normally lime and orange) juice, onion, cumin and several kinds of pepper. Although it won't taste the same, a little lemon or lime juice with black pepper works too. A little citrus and pepper are important to make this taste bright and fresh.

Serves: ?

Cuddle Mug Soup

[Soups](#)

Submitted by **James Rose**.

No matter how far south I take my RV in the winter there are days when even a slight chill in the air makes me think of warm comfort food like a mug of hot brothy soup warming me from the inside out all the way down to my toes. This is a simple soup that goes from pantry to mug with only a short time in the microwave or on the stove top. Any leftovers keep in the fridge for days and can be heated one mug at a time whenever you want.

Ingredients

1 can tomato or V-8™ juice
1 can beef broth
Worcestershire sauce to taste
optional serve with cheese and crackers or rustic bread on the side

Directions

Combine the tomato juice, beef broth and a dash of Worcestershire sauce then heat in the microwave or in a sauce pan on the stove. Serve in mugs. This is best shared with friends over a good conversation on a cold night with a little cheese, crackers or rustic bread on the side.

Serves: 2

Farmers Favorite Soup

[Soups](#)

Submitted by *Cathy Lea*.

I collect a lot of the tourist brochures and magazines for each town I visit because often they point out new and exciting things I may have missed in my travel planning from home. Many times they have local flavor items such as restaurant guides and even recipes which is how I came to find this one in a magazine from the Amish country in Ohio. It is a wonderful warm soup for a cool fall or winter day. I love the rustic flavor, but also love that the flavor always makes me imagine an Amish farmer savoring a steaming hot bowl of this soup as he warms up from being out in the field.



Soup is very flexible. Feel free to change around the ingredients for whatever you like. Use whatever meats, vegetables or grains you have in your refrigerator or pantry.

Ingredients

1 pound hamburger
1 large onion, chopped
1 cup celery, chopped
1 large potato, peeled and sliced (at least 1 cup)
1 cup carrots, peeled and sliced
salt and pepper to taste
1 cup tomato sauce
6 cups water
1/4 cup cornmeal
1/4 cup water

Directions

Brown the hamburger and onion, drain off fat. In a heavy pot combine the meat and onion mixture, celery, potatoes, carrots, salt and pepper, tomato sauce and 6 cups of water. Simmer with the cover on until the vegetables are tender. Make a thick paste of the cornmeal and 1/4 cup water. Add to the soup stirring constantly so lumps do not form. Continue stirring until slightly thickened, about 2 minutes.

I like to serve this soup with a hunk of rustic or crusty bread on the side.

Serves: 3 to 4

Garlic Soup

[Soups](#)

Submitted by **Nancy**.

Tastes great, clears nasal passages and warms you to the core. Also good for high blood pressure.

Ingredients

6 cloves garlic, finely chopped
2 Tablespoons olive oil
2 cans chicken broth
2 eggs
1 Tablespoon apple cider vinegar (optional)
chopped fresh scallions (optional)

Directions

Add a little olive oil to the bottom of a soup pan with the finely chopped garlic and sauté just until it gets a little translucent but not brown. Add broth and bring to a boil. In a cup beat the eggs until they are well mixed and all the same consistency. Now comes the tricky part that tests your coordination. While gently stirring the soup with one hand slowly drizzle the beaten egg mixture into the pan so it makes thin strands of cooked egg. The egg cooks the instant it hits the boiling soup so when all of the egg is poured you are ready to serve. I serve this in a coffee mug with a spoon full of apple cider vinegar to give it a bright hint of flavor and some chopped scallions sprinkled in at the last moment.

Serves: ?

Green Chile Chowder

[Soups](#)

Submitted by *Cathy Lea*.

I love chowder and have tasted some of the best on both coasts. This chowder is built on the same potatoes and cream foundation but takes a turn towards fresh flavors with a nice south-western spicy heat. I believe it is what all chowders would taste like if Arizona, New Mexico and western Texas had ocean front property. We loved the flavors of this chowder so much we went home and made this RV friendly version. I think you'll like it.



We first tasted this chowder at a New Mexican restaurant in the tiny mountain town of Ouray, Colorado. Ouray is an eclectic place where beignets and Poboy's, amazing steaks, fine Italian, a beer garden, Mexican and other wonderful foodie treats can all be experienced while viewing close-up mountains that look like they jumped right out of an Alpine postcard.

Ingredients

2 medium chicken breast, cubed or one can of chicken
2 medium bell pepper, any color
1/2 cup onion, chopped
4 medium potatoes, cubed - smaller cubes cook faster
2 cups water, to cover potatoes
1/4 cup chopped roasted green chile
2 teaspoons chicken bouillon granules
Spices (described below) or prepared Mexican spice blend of choice
3 cups milk, approximate
1 cup corn kernels, fresh, frozen or canned
1 cup cheddar cheese, grated for garnish

-=[Spices]=-
2 teaspoons garlic powder
1 teaspoon Mexican oregano
1 teaspoon cumin
1 Tablespoon chili caribe or powdered green chile
ground pepper, to taste

Directions

If using raw chicken, cube and sauté the chicken pieces in a small amount of oil until done then remove from the pan and set aside. Add a little water to de-glaze the pan then sauté the onion and bell pepper until just translucent. Add the potatoes, green chile, bouillon, spices and enough water to just barely cover the potatoes. Cover and simmer until the potatoes are almost done, about 10 minutes. Remove the lid turn up the heat to let the liquid reduce and thicken a little. It will look like thick gravy at this point. Add milk, corn and chicken. Cook just until everything is hot and the corn is cooked but not soft. Serve with grated cheddar cheese on top of each bowl. A few corn chips added at the table are also a nice touch.

Using cream instead of milk makes a richer chowder. All amounts are approximate and can be freely substituted. Use what you think looks good. You may substitute a Mexican spice blend for the individual spices to save room in the pantry.

Serves: 4 to 6

Luscious Brie Soup

[Soups](#)

Submitted by **Betty K.**

The only way I can describe this soup is luscious. It is rich, buttery and creamy but not bland and holds up very well to a variety of toppings including bold herbs or spicy flavors. For something really different, try a small spoon of prepared horseradish as a topping. It does not matter if I serve this as the center of the meal or a side, it is always the focus of my attention when eating.

This is not an everyday soup. I hold this recipe back for special occasions or when I feel like I need a special treat. Some people do not like the slightly tangy taste of the white skin when eaten raw, but they all agree it works in this soup. Just be sure to cut the skin in very small pieces and take the time to make sure it fully melts into the soup before serving. You will be rewarded with a wonderfully rich soup full of subtle flavor.

Ingredients

1 cup chicken broth
1/4 cups onion, chopped fine
1/4 cups celery, sliced tiny
1/4 a wheel brie cheese
1 cup milk or cream or mixture of both
2 Tablespoons butter
fresh herb garnish (optional)

Directions

In a sauce pan over medium high heat melt butter and sauté onion and celery until they get translucent and soft. Add broth and cheese cut into very small chunks. Include the white outside skin but make sure it is cut very small so it melts into the soup and adds extra flavor. Stir slowly making sure to scrape the bottom and sides of the pan to prevent any sticking until all cheese chunks melt. Then add milk and/or cream. Stir until completely heated, but be careful not to boil. Garnish with fresh herb of choice. I like chives or chopped green onions but any strong herb or spice flavor works too.

Serves: ?

Making Homemade Soup

[Soups](#)

Submitted by **Cathy Lea**.

Soup is just a combination of a bunch of things you like that are simmered together to make a yummy dinner. There are no right or wrong things to put in soup. Just be sure to add slower cooking vegetables later in the simmering stage so they do not overcook. Soup is a good way to clean out your refrigerator.

Ingredients

Cooking Oil
Aromatic Vegetables
Meat or Poultry
Water, Stock or Wine
Salt and Pepper
Cream or Butter

Directions

Sauté the aromatic vegetables such as onions, celery, and carrots in butter or oil to make the soup base. Brown meat if desired.

Use a small amount of stock, water or wine to the pan to deglaze the pan. You can also add butter or oil and flour to make a roux if you want a thicker soup.

Add other ingredients such as potatoes, corn, vegetables, etc. and start simmering. Simmer until the vegetables are done to your liking.

Adjust the seasoning to your taste. You can also add butter or cream at this point to make a richer soup.

Serves: ?

Mexican Bean Soup

[Soups](#)

Submitted by *Virginia Hendley*.

Ingredients

1 can broth (chicken or beef)
1 can Rotel™ (tomatoes and chiles)
1 can Mexi-Corn (whole kernel corn with peppers)
1 can pinto beans

Directions

Mix and heat. Add a little water for a thinner soup or to extend for serving more people.

Serves: 2 to 4

Potato Chowder

[Soups](#)

Submitted by *Virginia Hendley*.

Ingredients

1 package dry potato soup mix
1 onion
1 can whole kernel corn
1 small can green chile
tuna, salmon, mushrooms, cheese, salsa, clams, shrimp (optional)

Directions

Sauté the onions then add the soup mix and follow directions for making the soup. Add the additional ingredients along with tuna, salmon, mushrooms, cheese, salsa, clams, shrimp or any combination.

Serves: 2

Potato Soup - So Easy It Almost Makes Itself

[Soups](#)

Submitted by ***Chelle***.

So simple, but for some reason, on a rainy day... I can't live without it! Dress it up with sour cream, chives and/or garlic or just as it is.

Ingredients

instant mashed potato mix
water or milk or both
1 slice lunch meat (ham, bologna, smoked turkey, etc.) cut into bits

--[Optional]--
butter buds or butter
sour cream
garlic
bacon, crumbled

Directions

Make instant potatoes according to recipe but double the liquid. Toss in chopped lunch meat as it warms. Top with anything you would put on a baked potato.

Serves: 2 to 8

Prison Pasta

[Soups](#)

Submitted by **Steve Fishwick**.

I came up with this on my own but apparently it is such a simple idea that many people came up with it before me, never the less I thought it might be a good addition to the Good RV Food cookbook.

I call it Prison Pasta since Ramen Noodles are popular in our prisons, or so I'm told, due to the ease of preparation combined with the low cost.

Ingredients

1 Package of Ramen Noodle Soup
2 cups Tomato Juice
Add whatever topping looks good such as your favorite cheese

Directions

Add tomato juice to Ramen Noodles along with seasoning that comes with noodles and cook in microwave for 2 minutes. Let stand for 1 minute. Cook a little longer if you like softer noodles. Enjoy.

Serves: 1 Adult or 2 children

Refried Bean Soup

[Soups](#)

Submitted by **Cathy Lea**.

I found this recipe in a Taste of Home cookbook but it did not have any spices in it, so I spiced it up a little. You could add ground beef and make it an easy taco soup.

Ingredients

1 15 ounce can crushed tomatoes
1/4 cup chopped onions
1 clove garlic, minced
1 16 ounce can refried beans
1 cup chicken broth
1/2 teaspoon cumin powder
1/2 teaspoon dried coriander
1 Tablespoon dried red chile
(Substitute taco seasoning for the spices if you like)

Directions

Pour tomatoes into a pan, add the chopped onion and garlic. Bring to a boil and simmer for 5 minutes. Add the rest of the ingredients and bring to a boil again. Simmer for 10 minutes. Garnish with grated cheese and tortilla chips. Other garnish ideas are chopped jalapeños peppers, sour cream, chopped fresh cilantro, a dash of hot pepper sauce, etc. Just use your imagination.

Serves: ?

Rose Chili

[Soups](#)

Submitted by *Rose and Rognar Doerwald*.

Ingredients

1 pound lean ground beef
1 green pepper, chopped
1 onion, chopped
1 can diced tomatoes
1 can beans
1 can corn
1 clove garlic
garlic bread or baguette
salt, pepper, soy sauce, marjoram
vegetable oil

Directions

In a large pot sauté the crushed garlic, chopped green pepper, chopped and onion. Add ground beef and sauté until no longer pink. Add the diced tomatoes, beans and corn. Season with salt, pepper, a few drops of soy sauce and some marjoram. Serve with garlic bread or a baguette.

Serves: 4

Sloppy Joe Stoup

[Soups](#)

Submitted by **Cathy Lea**.

When I was a girl scout we used to make girl scout stew by combining hamburger with vegetable soup. This quick variation on their recipe is much better using the frozen or canned mixed vegetables and the tomato soup. I used the stoup (with a T) description compliments of Rachel Ray who describes a stoup as something halfway between soup and stew. This actually tasted a lot like sloppy joes so that's where that part of the name came from.

Ingredients

1/2 pound ground beef
1 cup mixed vegetables, frozen or canned or fresh
1 can condensed cream of tomato soup
1/2 can water
garlic and herb seasoning

Directions

In a skillet brown the ground beef until done. Add the garlic and herb seasoning, soup and water. Mix well. Add the mixed vegetables and cook until the vegetables are tender. Serve with a slice of fresh bread or rolls.

Serves: 2 to 4

Smoked Salmon Chowder

[Soups](#)

Submitted by **Cathy Lea**.

This recipe comes from the can of Skipanon™ brand smoked salmon from Warrenton, OR. Add cream cheese and tomato to make the style served at the Bandon Fish Market.

Ingredients

2 each potatoes, grated
1/4 cup onion, minced
2 Tablespoons butter
3 Tablespoons flour
3 cups milk
1 can smoked salmon
salt, to taste
pepper, to taste

Directions

Sauté onions in a small amount of oil. Melt Butter and stir in flour, add milk and stir until thickened. Add potatoes with just enough water to cover them. Add smoked salmon. Cook until potatoes are soft and salmon is completely heated. Add salt and pepper to taste.

For a richer flavor cook the potatoes in a small amount of chicken stock instead of water.

Serves: ?

Taco Soup

[Soups](#)

Submitted by *Cathy Lea*.

This is a very flexible and adjustable recipe. Use whatever beans you like, pinto, black, kidney, etc. Vary the seasoning to adjust to your heat level preference. I used an instant chicken broth packet from Trader Joe's™, you could even use instant broth powder or just water if you prefer. I like to serve garnished with cheddar cheese and the small bits of tortilla chips from the bottom of the bag for a richer lunch. Or leave them off for a healthier meal.

Ingredients

1 pound ground beef
1 Tablespoon dried onion flakes
1 can pinto beans, un-drained
1 can Ro-Tel™ tomatoes and Green chiles, un-drained
1 can diced tomatoes
1 4 ounce can chopped green chiles
1 package Ranch salad dressing mix
1/2 package taco seasoning, or to taste
1 cup chicken broth
salt and pepper to taste

--[Optional]--
shredded cheese
tortilla chips

Directions

In a soup pan brown the ground beef and drain the grease. Add the additional ingredients and cook for at least an hour. If you have a slow cooker, cook for at least four hours. If you don't like spicy just don't add the can of green chiles, although they are pretty mild. Taste when it gets warm and adjust seasonings accordingly. You can use a good chile powder instead of taco seasoning, just use what you have on hand.

Serves: about 4

Tomato Basil Bisque

[Soups](#)

Submitted by *Cathy Lea*.

I like RV traveling in the cooler and more temperate parts of the year starting in September and going mostly through to May. This means summertime is when I am most likely to be at home so I like to plant salsa and salad ingredients in my garden. This year I had lots of fresh basil and was looking for interesting basil recipes. This recipe does not need much basil but it turns out really good even though it starts with canned soup.



Trader Joes just opened in the Denver area this year and I am still discovering all of their fresh foods that I never allowed myself to try while on the road. One of the happy surprises was their amazing buttermilk which is an important ingredient in this recipe. I almost listed their brand in the list but there are other brands that would work very nicely. For example the Brahms regional chain of dairy stores found throughout parts of Kansas, Oklahoma and Texas offers quality cultured buttermilk too.

Try this better than average tomato soup with a grilled cheese, tomato and basil sandwich.

Ingredients

1 can (10 3/4 ounces) condensed tomato soup, undiluted
1/2 can diced tomatoes, drained
1 1/4 cups good quality cultured buttermilk
1 Tablespoon chopped fresh basil
Toppings, fresh basil leaves, freshly ground pepper, Parmesan cheese

Directions

Combine tomato soup, diced tomatoes and buttermilk in a soup pan and cook over medium heat until hot. Stir as needed. Serve topped with whatever you like on tomato soup. I like freshly ground black pepper, a few roughly chopped fresh basil leaves or cheese. I needed to add a little salt to the finished soup so be sure to test and adjust the salt for your own taste.

Serves: 2

Tortilla Soup from your Pantry

[Soups](#)

Submitted by **Cathy Lea**.

We were snowed in and I wanted a rich, hearty soup. I went to the pantry and saw that I had most of the ingredients for tortilla soup. I decided to try and make a quick version that I could make on the road, and it turned out as good as some I have had in a restaurant.

Ingredients

1 cooked chicken breast or can of chicken
1 can chicken broth
1 can diced tomatoes
1 can corn
2 teaspoons Mexican spice blend
1 Tablespoon dried onion
1 Tablespoon dried bell peppers

Directions

Combine all ingredients in a large pan and bring to almost boiling. Turn down the heat and simmer for about 10-15 minutes. Garnish with lime juice, shredded cheddar or monterey jack cheese and tortilla chips. Other garnish include fresh cilantro, sour cream, avocado slices, jalapeños peppers. Use a prepared Mexican Spice Blend or make your own from my recipe in the hints section under good ideas.

Serves: ?

Vegetable Beef Soup

[Soups](#)

Submitted by *Cathy Lea*.

Sometimes soup needs to cook all day. In the Roadtrek we do not want to waste propane so we like something that just tastes like it cooked all day. This soup is warm and hearty. If you need to feed more people just add a can of corn and maybe a can of peas or green beans. Anything goes, it is soup!

Ingredients

1/2 pound ground beef
1 can mixed vegetables
1 can diced tomatoes
1 beef bouillon cube (use 2 for stronger flavor)
garlic powder, salt and pepper to taste
1 Tablespoon dried onion flakes (optional)
1 teapoon Worcestershire sauce (optional, for richer flavor)
water

Directions

Brown the hamburger in a saucepan and add onions if desired. Dissolve bouillon cube in some hot water. Add to pan along with the can of vegetables and tomatoes. Do not drain the juice from the cans, just dump the whole thing in. Add more water to get the soup/stew consistency you want. Add garlic powder, Worcestershire sauce, salt and pepper to taste. Cook long enough to heat all the vegetables before serving.

Serves: 4

Wheat Chili

[Soups](#)

Submitted by **Cathy Lea**.

During a recent trip to Glacier National Park we stopped at the Wheat Montana factory store, a wonderful company that sells fresh ground flour, cereal and other assorted grain products. They have bakery/deli locations in six places in Montana but only one factory store right off Interstate 90 exit 274. They were nice enough to let us spend the night in their parking lot so we went shopping. They had Wheat Chili served hot in their deli and in packaged mixes to take home. We loved the hearty and rustic flavors. Now I just put the ingredients together myself and make it often. Check local natural food or health food stores. Many of them have Wheat Montana wheat berries used in this recipe. The wheat berries add a nice texture to the chili. Feel free to change the recipe to suit your taste in chili. You can use tomato sauce instead of diced tomatoes or adjust the spices to your liking. If you already have a chili recipe you love try adding the rehydrated berries to that recipe. I think you will be pleased.

Ingredients

1 cup wheat berries
2 Tablespoons vegetable oil
1 medium onion, diced
4 cloves garlic, minced
1 pound hamburger
2 cans diced tomatoes, 15 ounce can
1 can beef broth, 12 ounce can
1 Tablespoon chile powder
2 cups cooked pinto beans, optional

Directions

Combine 1 cup wheat berries with 3 cups of water in a saucepan. Simmer over low heat until water is absorbed. Depending on altitude it can be about 1-2 hours, then set aside.

In a pan over medium high heat stir diced onion in vegetable oil until softened and translucent. Add garlic and hamburger and cook stirring to breakup the pieces until hamburger has no more pink. Add the rest of the ingredients and simmer for 30 to 60 minutes.

If you want to include cooked pinto beans add them just before serving so they get warm but do not over cook. Adjust spice to your liking. I usually add additional cumin and powdered red chile.

Left-overs reheat nicely in the microwave or in a pan on the stove with a little added water.

Serves: 4

White Bean Chili

[Soups](#)

Submitted by *Dana Dykman*.

With the exception of the onion and cheese, all ingredients can be stored in your pantry for a quick, spur-of-the-moment meal.

Ingredients

1 medium onion, chopped
2 Tablespoons butter
2 15 ounce cans great northern beans, un-drained
2 5 ounce cans chunk-style turkey, un-drained
1 cup beer
1 4 ounce can chopped mild green chile peppers
2 teaspoon instant chicken bouillon granules
1 teaspoon chili powder
1/4 teaspoon garlic powder
1 cup Monterey jack cheese, shredded

Directions

Cook onion in butter until tender. Stir in beans, turkey, beer, chili peppers, bouillon, and garlic powder. Bring to boiling; reduce heat and simmer for 10 minutes. Serve with cheese.

Serves: 4 to 5

Sandwiches

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Sloppy Jose

Barbecue Beef Sub

[Sandwiches](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 can barbecue beef, Castleberry's™ brand oven roasted
1 pack sub buns or baguettes
1 tomato, sliced
lettuce
1 bag chips of choice

Directions

Heat beef according to directions and arrange on bun with tomato slices and lettuce. Serve with chips on the side.

Serves: 2

Cathy's Ham And Cheese Sammy

[Sandwiches](#)

Submitted by **Cathy Lea**.

Sometimes the simple things are the most satisfying. This is one of those simple pleasures I love. We like to visit local non-chain grocery stores as we travel both to help the local small town economies and to see what is popular in each area. One of my personal measurements for local taste is ham. I mostly like ham and eggs for breakfast, but too much of a good thing can turn a satisfying breakfast into a heavy meal. A nice ham sandwich for lunch fills the gap and gives me another chance to turn a common food into something special. This is my twist on the average ham and cheese sandwich.

Ingredients

2 slices your favorite hearty bread
1 wedge Laughing Cow™ brand Swiss cheese
1 slice ham
mustard
mayonnaise

Directions

Spread cheese on one slice of bread with mustard and mayonnaise on the other. Fry ham until warmed and slightly browned, slap it on your bread and enjoy.

Serves: ?

Chile Relleno Cheese Burger

[Sandwiches](#)

Submitted by *Cathy Lea*.

Monroe's restaurant in Albuquerque serves a wonderful chile relleno (re-YEAH-no) burger that I just love. To me this is what all burgers with toppings like onion rings or french fries aspire to be. The relleno by itself is a wonderful combination of cheese, texture, and spicy flavor. Each makes any burger better. Combined they make a burger great.



In the RV I decided it was a lot of extra work to stuff the cheese into each green chile and fry it if everything was just going to go on top of the burger anyway so I took a short cut and put the cheese directly on the burger. This one change saved time, made preparation easier and made cleanup easier too. You can use any cheese you like. Monterey jack and pepper jack are my favorite choices on this burger but I think a nice creamy blue cheese would be wonderful too.

Ingredients

1 pound lean ground beef
2 or 4 large Anaheim chile peppers, roasted and peeled
1 egg
2 Tablespoons milk or cream
1/4 cup flour
1/4 cup Panko bread crumbs with some taco seasoning
oil for frying
cheddar cheese slices
burger veggies (tomato, onion, lettuce, guacamole, etc.)
burger buns or rolls

Directions

Depending on your appetite make two or four patties from the ground beef. You will need one green chile for each patty.

In a frying pan heat about half an inch of oil. You will need three bowls. In the first bowl put the flour. In the second bowl mix the egg and milk together. In the third bowl put the Panko crumbs with some taco seasoning for flavor. I like to put these in order leading up to the frying pan to limit drips so cleanup is easier.

Cut the chile peppers lengthwise into large flat strips. Dip each strip first in the flour shaking off any excess, then the egg+milk mixture, then the seasoned Panko crumbs. Fry, flipping once, until golden brown on each side. Transfer to a paper towel to drain.

Cook the burgers until done the way you like. I like melted cheese so I put the cheese on top of the burger right in the pan a couple of minutes before it is done on the second side. If needed covering the pan with a lid helps the cheese melt faster.

Place the burgers on good quality buns. Top with the fried chile peppers and any garnish you like including tomato, onion, lettuce, guacamole and whatever else suits your fancy.

Serves: 2 to 4

Easy Chicken Salad Sandwiches

[Sandwiches](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 can chicken, 10 ounces
1/3 cup mayonnaise
1/2 cup celery, chopped
2 Tablespoon onion, chopped
1 tomato, sliced
2 fresh rolls
lettuce

Directions

Drain chicken. Mix all ingredients in a bowl. Serve on fresh rolls with lettuce and tomatoes.

Serves: 2

Grilled Pastrami Sandwich

[Sandwiches](#)

Submitted by *Cathy Lea*.

We like to watch Diners, Drive-Ins and Dives and often try to include restaurants featured on the show in our RV travels around the country. This is how we found a wonderful sandwich shop in Albuquerque called Bocadillos because we were visiting the Indian Pueblo Cultural Center and there was a Diners, Drive-Ins and Dives location almost across the street. The Bocadillos restaurant is a small and unassuming metal building. From the street you would never know they served the best sandwiches made from the most amazing slow cooked meats. My favorite is their Duke City Reuben.



It is an amazing sandwich but I do not have an oven in my RV nor the 12 hours to slow cook the meats. So I set out to create a more travel friendly version I could make in the RV from store bought ingredients and a secret I always like to keep in my pantry.

The green chile powder in this recipe is not required but I think it makes this sandwich extra special and one step closer to the Bocadillos version. A tablespoon or two of roasted and chopped green chile would be even better but the powder is much easier to keep handy in the RV pantry to grab at any time.

If you are ever in the Albuquerque area go see Marie Yniguez, co-owner of Bocadillos, at 1609 Indian School Rd NW, Albuquerque NM 87104 near 12th Street and Menaul. This amazing woman makes over a thousand charter school lunches every weekday before opening up the sandwich shop for the lunch crowd. Parking behind the restaurant is very limited. Small RVs can park behind the Lottaburger next door. Larger rigs will need to take the tow car or park in the neighborhood side streets.

Ingredients

Pastrami, sliced
Dill Pickle Slices
Cheese (we like Gruyere)
Mayonnaise
Green Chile Powder
Butter
Pumpernickel or Rye Bread

Directions

Butter one slice of bread and place it butter side down in a frying pan. Spread mayonnaise on the bread and sprinkle with green chile powder (available as plain powder or as a seasoning in specialty stores). Layer pastrami, pickle and cheese then cover with another slice of bread. Butter the top side of that slice. Put a cover on the pan and cook over low heat until the bread is browned on the bottom, flip over and cook until the cheese melts. Watch it carefully to prevent burning. If your pan is big enough you can do two at a time, but we find this so rich that a half sandwich is enough for both of us to split.

Serve with a side of coleslaw or better yet put some slaw in the sandwich.

Serves: 1 or 2

Hawaiian Chicken Salad

[Sandwiches](#)

Submitted by *Roadtrek Chapter Member*.

This recipe came from a pamphlet on top of the Costco Kirkland canned chicken. This is a good way to collect simple recipes, so be sure to read those before you throw them away.

Ingredients

1 can (12.5 ounce) Chunk Chicken Breast
1/2 cups sliced celery
1 medium apple, chopped
1 cup pineapple chunks
2 Tablespoons golden raisins
2 teaspoons toasted sesame seeds
5 Tablespoons mayonnaise
1/2 teaspoon curry powder

Directions

Mix mayonnaise and curry powder together and set aside. Mix the rest of the ingredients together, withholding a small amount of sesame seeds to sprinkle on top. Mix in the mayonnaise mixture and spread on fresh bread or croissants. Sprinkle with sesame seeds.

Serves: ?

Maine Italian Sandwich

[Sandwiches](#)

Submitted by **Kate**.

This is the quintessential southern Maine sandwich. It is far more popular with locals than the lobster roll Maine is known for. In the 1900s Giovanni Amato came to Maine from Italy and began selling a version of this sandwich to ship workers. Today it is sold in most Mom and Pop sandwich shops and is simply known as the Eye-talian. Otherwise, there really isn't much about it that's Italian.

It is made on a soft roll which is about 10 inches long and the bread recipe is a carefully guarded secret which is still made by a very few Italian bakeries. For those of us who grew up eating this sandwich, it becomes a life long addiction as well as a craving. When eating a Maine Italian Sandwich, you must have a bag of BBQ potato chips to complete the experience!

You can add Genoa salami to this sandwich or you can substitute it for the ham. It is also excellent made with provolone cheese. Another local variation is to omit the ham and substitute tuna salad.

Ingredients

1 pound sliced deli ham, each slice cut into 3 pieces
8 slices white American cheese, each slice cut in half
2 sour dill pickles, sliced very thinly lengthwise
1 tomato, sliced
12 Greek olives, pitted and sliced
1 small onion, diced
1 small green pepper, sliced lengthwise
4 soft hoagie rolls
extra virgin olive oil, the good stuff
salt and pepper

Directions

Cut sub rolls in half lengthwise, but not completely through. Layer cheese and ham on each of the rolls. Place a layer of diced onions in the bottom of the roll. Lay sliced pickles up against the ham. Lay tomato slices up against the cheese. Top sandwich with strips of green pepper. Sprinkle with sliced Greek olives. Drizzle each sandwich with olive oil and sprinkle with salt and pepper. Enjoy!

Serves: 4

Mediterranean Tuna Salad Sandwiches

[Sandwiches](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 can Tuna, 6 ounces, drained
1/4 cup Mayonnaise
1 can White beans, 15 ounces, rinsed and drained
1/4 cup Olives, chopped
2 Tablespoons Red onions, chopped
1/2 teaspoon Black pepper
2 teaspoon White wine vinegar
1 pack Pita bread
Lettuce leaves, in pieces
1 Tomato, sliced

Directions

Combine tuna, beans, mayonnaise, olives, onions, vinegar and pepper. Open pita bread and arrange lettuce and tomato slices in each half and spoon in tuna mixture.

Serves: 2 to 4

Open Faced Roast Beef-Bacon-Blue Cheese Sandwich

[Sandwiches](#)
Submitted by **Kate**.

Roast beef, blue cheese, tomatoes and bacon are a delicious, classic combination!

Ingredients

2 ounces blue cheese, room temperature
4 ounces butter, room temperature
dash Worcestershire sauce
1/2 cup sour cream
4 ounces cream cheese
1 Tablespoon onion, minced
dash white pepper
dash garlic salt
dash Lawry's™ seasoning salt
12 ounces bacon, cooked and crumbled
1 pound thinly sliced deli roast beef
12 slices good quality pumpernickel bread
Tomato slices
Green leaf lettuce leaves
fresh chives for garnish, if available

Directions

Combine blue cheese, butter and Worcestershire sauce in a small bowl. Set aside. In a small saucepan combine sour cream, cream cheese, minced onion, white pepper, garlic salt and Lawry's. Heat through until melted and well combined being careful not to boil. Stir in crumbled bacon. Spread pumpernickel bread with the blue cheese butter. Gently heat roast beef, being careful not to cook. Cut 6 slices of bread in half and arrange on a plate to create an open faced sandwich. Arrange sliced roast beef on top of bread. Top with sauce. Arrange sliced tomatoes on top of lettuce and garnish plates. Sprinkle with chives. Enjoy! Enjoy!

Serves: 6

Pannini

[Sandwiches](#)

Submitted by **Jean Dube**.

Fresh, quick and easy pannini grilled sandwiches with ingredients you love. I use the George Foreman grill press in my RV, but any double sided grill should work as well. For best results push down on the top of the closed grill until the bread gets a little firm and stops bouncing back as much. I use a dry dish towel to insulate my hand if the cover is too warm to hold down. Be careful. If there is any moisture in the towel it can turn to steam and cause a nasty burn. George Foreman® Grill or any dual-sided grill is needed.

Ingredients

1 sub roll or soft baguette
Sliced roast beef, ham or turkey
Sliced cheese
Vegetables (cucumbers, mushrooms, onions, etc.)

Directions

Slice the vegetables in thin, long pieces. Short pieces tend to fall out of the sandwich too easily. Layer all ingredients evenly on the sub roll, lay on the grill, close the lid and press with a relatively firm pressure on the top cover to squeeze the sandwich together until the roll becomes less springy. Sandwich is done when the cheese is melted and meat is hot.

Serves: 2

Pressed Tuna Nicoise Sandwich

[Sandwiches](#)

Submitted by **Kate**.

Pressed sandwiches are an ideal food to travel with. They need to be smooshed! I have many, many variations of this concept but this is one of my favorites. I like to serve this with a fresh green bean and new potato salad, I've added the recipe to this site, because it is a do ahead salad which is also best if it sits for a few hours and I always add fresh green beans and new red potatoes to Salade Nicoise. Enjoy!

Ingredients

1 loaf French bread
1/3 cup extra virgin olive oil
2 Tablespoons red wine vinegar
1 teaspoon dried Basil
2 cloves garlic, minced
2 roasted red peppers
1 small jar marinated artichoke hearts, drained
6 anchovy fillets, optional
4 hard boiled eggs, sliced
2 medium tomatoes, sliced
2 cans tuna, preferably oil packed
10 Kalamata olives
1/2 cup flat leaf parsley
freshly ground black pepper, to taste

Directions

In a small bowl whisk together olive oil, vinegar, basil and garlic. Set aside. Drain tuna and add 2 Tablespoons of dressing. Mix well. Split French bread lengthwise and pull out some of the insides to make a trench. Layer all ingredients on French bread bottom. Cover with top. Wrap tightly in plastic wrap. Wrap in aluminum foil. Press down on sandwich with a cutting board and refrigerate for 3 to 24 hours. At serving time, open sandwich and dress with dressing. Cut into serving sized pieces.

Serves: 4

Pulled Pork Pronto

[Sandwiches](#)

Submitted by **Betty**.

This is one of my favorites because it is quick to make but tastes like the slow cooked pulled pork sandwiches found in those road side barbecue places. I often use an electric skillet to cook this outside so the RV does not get too strong with the aroma. The leftovers keep nicely for several days in the refrigerator, that is if you can keep yourself from eating it all in one sitting.

Ingredients

2 pork tenderloins (1 1/2 to 2 pounds total)
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon paprika
1 Tablespoon vegetable oil
1/2 cup barbecue sauce
1/2 cup chicken stock
3 Tablespoons cider vinegar
salt and pepper

Directions

Score the surface of the tenderloin with a sharp knife to cut all of the tendons and connective skin (makes it easier to shred later) then slice into inch-thick pieces. Pat the pork dry with paper towels. Combine the spices (chili powder, garlic powder, paprika, 1/4 teaspoon salt, 1/2 teaspoon pepper) and coat the pork pieces.

Heat oil in skillet over medium-high heat until it just starts smoking. Add pork and cook turning occasionally until well browned, about 4 minutes per side. Transfer pork to a bowl or plate, tent with foil and let rest about 5 minutes.

Add barbecue sauce, chicken stock and vinegar to the empty skillet, scraping up any of the browned fond from the bottom. Simmer over medium-low heat until sauce has thickened, about 3 minutes.

Using 2 forks, shred meat into bite-sized pieces, stir into skillet and heat for a couple of minutes. Season with salt and pepper. Serve on toasted bread, rolls or buns.

Serves: ?

Runza Wraps

[Sandwiches](#)

Submitted by **Cathy Lea**.

A traditional Runza is dough filled with simple things like hamburger, onions and cabbage then baked. On one of our road trips we found a regional chain of Runza restaurants [Runza.com] in Nebraska. We really liked them! Since the closest Runza restaurant is well over 75 miles away from home I had to figure out how to make them myself. I started my copy of the recipe using store bought can biscuits for the dough, but that requires an oven which we do not have in our RV. So I decided that making the filling mixture and eating it in a wrap would be much less work and a whole lot faster. I used store bought flatbread warmed on the stovetop then stuffed with the Runza mixture. Not quite the same as eating a real Runza in Nebraska, but it sure is good.

Ingredients

lean ground beef (90% lean or better)
sliced cabbage (smaller pieces cook faster)
chopped onion
garlic powder
salt and pepper
flatbread, pita, flour tortilla or other wrap bread
water

Directions

In a pan with a lid, heat onions and ground beef until beef is just barely done. Add spices to taste. Add cabbage and a little water, just enough water so the cabbage will steam. Cover and cook until cabbage is tender. Place in some flatbread, a flour tortilla, a pita pocket or other bread suitable for wrapping. Fold over and enjoy.

A note about quantities. You can use just about any proportions you want from mostly meat to mostly veggie. I tend to use equal parts beef and cabbage with about half of whatever size onion I happen to have at the time. Using these proportions about half a pound of lean beef makes a nice meal for two.

This recipe is very flexible and you can freely include just about any vegetable you have handy. We have tried diced tomatoes (drained), diced bell peppers, sliced mushrooms, shredded carrots (cooked until soft) and even some left over mashed potatoes mixed in near the end. They all were wonderful in their own way. Feel free to be creative.

Serves: ?

Sausage, Onion and Green Pepper Sandwich

[Sandwiches](#)

Submitted by *Williamsburg Rally Attendees.*

Ingredients

1 pound Polish sausage or sausage links
2 large onions, sliced
2 large green bell peppers, sliced
1 pack sub buns or baguettes
1 clove garlic, chopped
1 Tablespoon vegetable cooking oil
Salt and pepper to taste

Directions

Cut sausage into bun length, split length wise and fry in oil until almost done. Reduce heat and add onions, bell peppers and garlic, simmer until onions and peppers are soft. Serve on buns with mustard. Can use most any of the sausage family.

Serves: 2 to 4

Sloppy Jose

[Sandwiches](#)

Submitted by **Cathy Lea**.

Sloppy Joes were one of my mom's go to recipes when I was young. This is my twist on the classic Joe recipe which I call José due to the addition of chopped green chiles, the signature flavor of New Mexico. I love almost anything with green chile on it or in it. The recipe is easy and can be made more sweet or spicy to make your family happy. This recipe is also very flexible to grow or shrink to feed everyone around your table.



I know you can buy Sloppy Joe sauce in a can, but it just isn't the same as fresh and this recipe really doesn't take long at all even in my small RV kitchen. Leftovers keep well in the fridge for up to three days and reheat nicely in the microwave for flavorful quick meals. The following amounts are just suggestions. Adjust them to your taste preference. If you want a more traditional Sloppy Joe just omit the can of chiles.

Ingredients

1 1/2 pounds lean ground beef
1 chopped onion
1 small chopped green bell pepper
1 small can chopped green chiles
1 cup ketchup
2 Tablespoons Worcestershire sauce
2 Tablespoons brown sugar
salt and pepper to taste
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon mustard powder or 1/2 teaspoon prepared mustard

Directions

In a large pan add the chopped onion, green pepper, and chiles with the hamburger and saute until there is no more pink in the meat. Stir frequently so the hamburger crumbles evenly. Remove any excess grease and liquid. Add the rest of the ingredients and stir well. Simmer for about 10 minutes.

Serve on sliced rustic rolls or toasted burger buns. I like to use heavier weight hamburger buns so it does not get too soggy.

Serves: 6

Spicy Pressed Italian Cold Cut Sandwich

[Sandwiches](#)

Submitted by **Kate**.

Pressed sandwiches are a wondrous thing. All the flavors and all the ingredients get pressed together and everything manages to morph into one amazing taste sensation. Pressed sandwiches are perfect for traveling and easy to make. Part of the joy of pressed sandwiches is they need to be smooshed to achieve perfection!

Ingredients

1 loaf ciabatta bread
1/2 cup black or green olive tapenade
2 Tablespoons balsamic vinegar
2 Tablespoons extra virgin olive oil
1/4 pound thinly sliced Genoa salami
1/4 pound spicy Italian cold cuts, such as capicola, or hot salami, thinly sliced
3 ounces prosciutto, thinly sliced
8 ounces fresh mozzarella cheese, sliced
1 roasted red bell pepper, chopped
1 8 ounce jar marinated artichoke hearts, drained
6 leaves fresh basil, torn into bite-size pieces
Freshly ground black pepper to taste
Dried oregano

Directions

Cut ciabatta bread in half lengthwise. Spread bottom of bread with tapenade. Drizzle cut side of top half with vinegar and oil and sprinkle with oregano. Arrange salami on top of tapenade, and arrange everything else in layers on top of salami. Sprinkle with pepper and oregano to taste and place top half of loaf on top of filling.

Wrap sandwich thoroughly with plastic wrap. Then wrap it in aluminum foil. Place a heavy cutting board or other flat object on top of sandwich and weigh it down with something that weighs a couple of pounds. Let sit 30 minutes to 2 hours. Unwrap, cut into eighths and serve.

Serves: 4

Tuna Salad and Pita Bread

[Sandwiches](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 pack Pita bread
1 can Tuna, 12 ounces
1/3 cup Mayonnaise
2 Tablespoon Sweet Relish
1/3 cup Celery chopped
1/3 cup Onion, chopped
2 teaspoon Lemon juice
1 teaspoon Celery seeds
1 tomato, sliced
Lettuce
Salt and pepper to taste
1 boiled egg (optional)

Directions

Cut pita in half, forming a pocket. Mix tuna, mayonnaise, relish, lemon juice, onions, celery seeds and celery. Stuff pita with mixture and top with tomato and lettuce. You can add a chopped boiled egg if desired.

Serves: 4

Turkey and Apple Melts

[Sandwiches](#)

Submitted by **Cathy Lea**.

We usually take a few cans of turkey or chicken with us. The recipe folders on the top of the Chicken and Turkey cans from Costco usually have some good ideas, that is where this was inspired from. This would be good with leftover roast chicken from the deli also.

Ingredients

1/4 pound Cooked Turkey or Chicken, from the deli or a can
3 Tablespoons mayonnaise
3/4 cups grated cheese, Swiss or provolone
1/2 apple, finely chopped
6 slices of bread
1 Tablespoons butter

Directions

Combine turkey, mayonnaise, cheese and apple. Spread onto slice of bread. Cover with the other slice of bread. Spread the outside of each sandwich with butter. Grill, covered, over medium heat until cheese is melted and sandwich is toasted.

Serves: ?

Entrées

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Alphabets with Mini Meatballs

[Entrees](#)

Submitted by **Cathy Lea**.

Are you embarrassed to admit that you like Spaghetti Os with little meatballs? Now you can make your own anytime you want. The little meatballs can be made from scratch if you like, but I find it easier to use the frozen ones from Costco. You can also use any small pasta or even large pasta, it all tastes the same.

Ingredients

1 pound alphabet shaped pasta
1 pound frozen meatballs
1 (28 ounces) can crushed tomatoes
1 (6 ounces) can tomato paste
3 teaspoons Italian seasoning
1 teaspoon onion flakes
salt and pepper to taste
Parmesan cheese to taste
fresh basil (optional)

Directions

Cook pasta according to package instructions. Fully cook meatballs according to package directions. Combine tomatoes, tomato paste and spices in a pan and simmer while the pasta cooks. If using frozen meatballs cut them into fourths to make tiny meatballs. Add to sauce and simmer. When the pasta is done add it to the sauce and heat another minute or two. Serve with Parmesan cheese and sliced fresh basil sprinkled on top. Leftovers keep well in the refrigerator and reheat nicely in the microwave.

Serves: ?

American Chop Suey

[Entrees](#)

Submitted by *Kate*.

This delicious New England dish is known as American chop in diner-ese. It is similar to the all-American classic Chili Mac. This is the recipe I grew up with. I like to cook it just until the peppers and onions retain some of their texture and before they become mushy. My recipe seems to differ from others in that other recipes call for a stalk or 2 of celery or 2 teaspoons garlic powder, 2 teaspoons onion powder, 1 teaspoon paprika, and/or 1 teaspoon crushed red pepper flakes. You can add any and all of that if you wish. I prefer it the way it is however; I have also made it substituting vegetarian crumbles for the ground beef. Kids love this easy recipe! ENJOY!

Ingredients

1 Tablespoon vegetable oil
1 pound ground beef
1 medium yellow onion, coarsely chopped
1 large green bell pepper, coarsely chopped
2 15-ounce cans stewed tomatoes, undrained
2 15-ounce cans tomato sauce, not pasta sauce
salt and pepper to taste
1 pound dried elbow macaroni
3 Tablespoon butter
Parmesan cheese, for topping

Directions

Heat oil in a large pot over medium-high heat. Add ground beef and cook until most of the pink is gone. Add green bell pepper and onion and cook 5-6 minutes until tender. Add tomato sauce and stewed tomatoes, breaking them up slightly. Stir. Season with salt and pepper to taste. Bring sauce to a boil, reduce heat to medium-low, and simmer stirring occasionally until sauce has thickened, 25-30 minutes.

Meanwhile, bring a large pot of salted water to a boil. Add 1 pound dried elbow macaroni and cook until al dente. Drain macaroni and add to sauce. Stir well. Adjust seasoning to taste. Cook over low heat, stirring occasionally, to meld the flavors, about 10 minutes more. Add butter and stir until melted.

To make this a truly one pot dish, cook the elbows first, drain and cover while making the sauce in the same pot. When sauce is cooked, return elbows to pan and heat through.

Serve topped with Parmesan cheese.

Serves: 6

Best Butter Chicken

[Entrees](#)

Submitted by **Sandra K.**

I grew up in a mostly South Asian community and I quickly found what I loved. This recipe may have a lot of ingredients for everyday cooking in your RV but it makes a wonderful special occasion dish with enough to invite friends.

Ingredients

2-3 pounds chicken cut in 2 inch cubes
1 large onion, diced
1 Tablespoon crushed garlic
1 Tablespoon crushed ginger
oil for frying

--[Spices]--

1 Tablespoon cumin
1 Tablespoon Tandoori Masala
1 Tablespoon Garam Masala
1 Tablespoon turmeric
1 Tablespoon coriander
1 Tablespoon white sugar
Bay leaf

--[Sauce]--

1 can tomato paste
1 large tub Balkan-style plain yogurt, Greek-style works too
2 pints cream, whipping or heavy

Directions

Heat oil in pot. Add diced onion, crushed garlic, and crushed ginger. Cook stirring frequently just till the onions are transparent. Add cubed chicken and all spices. Cook on high turning the chicken often so not to burn. When chicken is cooked add tomato paste, yogurt and cream. Turn heat down and simmer for about 2 hours stirring as needed to keep the bottom from sticking.

Serve with Basmati rice and warmed Naan bread.

Serves: 6 to 8

Better Ramen Noodles

[Entrees](#)

Submitted by *Steve Fishwick*.

Was just looking to add a little protein to a quick Ramen noodle lunch. Taste pretty good!

Ingredients

1 packet Top Ramen™ chicken flavor noodles
1/4 can Fully cooked chicken breast
Water

Directions

Put Ramen noodles and Chicken breast together in a bowl cover with water place in microwave for 2.5 minutes.

If my dog could talk she would tell you that too much chicken is still not enough chicken.

Serves: 1

Broccoli with Pasta and Sun Dried Tomatoes

We bought the large bag of broccoli at Costco so obviously we needed to use a lot of it. I just threw this recipe together with things I had on hand and it came out even better than I thought. We added chunks of turkey, but it would work equally well with ham, steak or chicken or you could do it totally vegetarian if you wish. Just about anything can go into this type of sauce. It is a very healthy meal that tastes great.

Ingredients

Cooked Pasta, your favorite
Broccoli, cut into bite size pieces
Sweet onion, chopped
Sun dried tomatoes, rehydrated and cut in small pieces same as onion
Olive Oil
Garlic
Salt and Pepper

Directions

Steam broccoli until it just turns dark green but still has a good texture. Pour olive oil into a pan, add the rehydrated sun dried tomatoes and onion. Cook until onion is barely translucent, add garlic, salt and broccoli. Stir occasionally until the broccoli is heated and completely coated, then add the pasta and stir to coat completely.

Serves: ?

Camper Van Cottage Pie

[Entrees](#)

Submitted by *Cathy Lea*.

This recipe is very forgiving for quantities and proportions. Use what you have on hand or try mixing in different things. I use instant mashed potatoes in this recipe because raw potatoes take the longest time to cook and that takes away from time I could be sitting outside my RV enjoying the nice weather while reading a good book. I typically use somewhere between a third and a quarter of a small head of cabbage which may look like a lot when chopped and piled raw in the skillet, but when cooked shrinks down to a nice sized serving.

Since the original recipe that inspired this RV-friendly version called for almost two whole sticks of butter, I feel anything less than a whole stick can be considered diet friendly by comparison. Enjoy your veg!

Ingredients

ground beef or bangers (sausages), cooked
1/4 head of cabbage, chopped
carrot, finely chopped
frozen or canned mixed vegetables
scallions or onions, chopped
instant mashed potatoes
butter
milk
water

Directions

Start by chopping the cabbage, carrot and onion into small (bite-sized or smaller) pieces. Remember the cabbage will get a lot less bulky when it cooks so use more than you think you need. For two people I use a quarter of a small cabbage.

If you are making Bangers and Mash or what I like to call Burger and Mash, cook the meat in a skillet and remove to a covered bowl or plate for later. Leave the drippings in the skillet to flavor the cabbage.

In a big skillet with a lid add a Tablespoon of butter, a cup or so of water with all of the chopped cabbage, chopped carrot and chopped onion. Cover and steam over medium heat until the cabbage is very soft but not brown. This can be between 15 and 30 minutes or more so be patient and avoid lifting the lid too often.

In a bowl mix the instant mashed potatoes with milk, water and butter to the ratio specified on the package. When the cabbage is fully cooked, dump the mashed potato mixture into the skillet and stir until it thickens to the desired consistency.

Garnish with fresh scallions and a bit of butter.

Serves: ?

Campfire Packets

[Entrees](#)

Submitted by *Jillian Dal Bello*.

Aluminum foil is the main cooking utensil you will need for this recipe.

Ingredients

Meat or seasonal fish of choice
Vegetables (potatoes, carrots, celery, zucchini, onions, etc.)
Flavoring (seasoned salts, dry packaged soup mixes, etc.)
Butter

Directions

Slice vegetables in small bite sized pieces. Cut meat to be no thicker than an average hamburger. Thinner cuts cook faster. Combine meat, vegetables, flavoring and a pad of butter in a sheet of aluminum foil long enough to completely wrap and seal the food inside. Fold all edges twice to ensure all of the moisture remains inside while cooking. Put on the edge of the fire or directly on the grill. Cook until done. Cooking time depends on the thickness and type of meat used. Fish and thin meats typically cook faster. If in doubt, gently open one of the seams in the foil and use a probe thermometer in the thickest part of the meat to test for doneness.

Serves: 2 or more

Capitol Reef Casserole

[Entrees](#)

Submitted by *Cathy Lea*.

The first time we visited Capitol Reef National Park was after a long drive over the Hogback - a section of Utah highway 12 along a mountain ridge with sharp drop-offs on both sides. While it was exciting and very picturesque, it was also understandably stressful so we both needed some comfort food that was also nourishing. I had frozen spinach and some left over cooked hamburger which when combined with a few pantry staples turned into a hearty meal for two tired travelers.

This is especially good when served with a fresh loaf of sour dough bread. We were lucky to have the Gifford Farmhouse museum store a short walk from the Capitol Reef National Park campground. This combination museum and store has plenty of bakery goods, like fresh breads and pies, and a nice selection of canned jams, jellies and pickled items.

Ingredients

1 box frozen chopped spinach
1 can chopped tomatoes
1 Tablespoon dried chopped onion
1/2 cup instant rice
1/2 pound cooked hamburger crumbles
steak seasoning, dry mix
freshly grated Parmesan cheese

Directions

In a pan slowly heat the frozen spinach until thawed, breaking up into smaller pieces and occasionally turning. Add the can of tomatoes, dried onion and steak seasoning, cook for a few minutes until flavors are blended. Add the instant rice, cover and let simmer for about five minutes until rice is tender. Add the cooked hamburger (it's OK if still frozen) and heat through. Stir in the grated Parmesan just before serving.

Serves: 2 to 4

Charcoal Grilled Lamb Chops

[Entrees](#)

Submitted by **Charles Henry**.

I often grill potatoes whole or sliced, or serve with rice or just eat the Lamb. It is that good!

Ingredients

One inch thick loin lamb chops, 1 per person
Olive Oil
Fresh Rosemary
Mortons™ Natures Seasons, or seasoned salt of choice
Spray on Butter or substitute
Hickory chips and some bourbon or water

Directions

Soak Hickory chips in Bourbon or water 4 or 5 hours. Soak stalks of Rosemary in hot water 30 minutes. Trim most fat from Lamb chops and rub with Olive Oil. Light charcoal to bring coals to ideal cooking temp. Drain Hickory chips and sprinkle directly on charcoal. Replace grill rack over charcoal. Drain Rosemary stalks and lay on grill rack. Liberally sprinkle Lamb with Mortons Nature Seasons. Place on top of Rosemary seasoned side down. Liberally sprinkle Mortons Nature Seasons over Lamb. Close grill allowing smoking. Check after 4 minutes. If Rosemary is beginning to burn, remove and discard Rosemary while turning Lamb and mist with butter. Close grill checking in 3 to 4 minutes for medium rare chops or longer. Just before serving, mist with butter and turn chops to assure other side is hot.

Serves: 2 or more

Cheesy Spaghetti Stovetop Casserole

[Entrees](#)

Submitted by **Cathy Lea**.

I had a little bit of spaghetti sauce left over, not enough for a real spaghetti dinner for two. So I just threw together some things that might go on a pizza and heated it through. Use your imagination. The melted cheese and mushrooms were moist enough to make up for the lack of sauce. This is also very flexible so almost any fresh, cooked or left over vegetable would work. If it works on a pizza, it works here without needing an oven.

Ingredients

Macaroni, ziti, or other small thick pasta
A single serving of spaghetti sauce, just a little bit
1 small can of sliced mushrooms
shredded melting cheese, whatever type you like
a few leaves of fresh sliced basil
cooked meatballs (optional)
any favorite pizza topping (optional)

Directions

Boil the pasta in salt water until al dente (not quite soft all the way through). Drain and return to pot. Add the spaghetti sauce and mushrooms, heat through. The sauce should just barely (thinly) coat all of the pasta with little or no sauce left over in the bottom of the pan. Add cheese and stir until melted then serve with meatballs and sliced basil sprinkled on top.

Serves two nicely. Enjoy.

Serves: 2

Chicken ala King

[Entrees](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 Tablespoon Butter
1 cup Milk
1/3 cup Flour
1 can (10 ounces) Swanson™ Chicken a-la King
1 can (5 ounces) Swanson™ Chunk Chicken
rice, noodles or toast (optional)

Directions

Heat fry pan and melt margarine, stir in flour and mix. Add milk, chicken and chicken a-la king, mix well and simmer for about ten minutes or until desired thickness. Serve on rice, noodles or toast.

Serves: 2

Chicken And Broccoli Alfredo

[Entrees](#)

Submitted by *Cathy Lea*.

Another one of those recipes you find in the magazines advertising canned soup. But it is actually pretty good and real easy to make with basic pantry ingredients.

Ingredients

8 ounces linguini pasta
1 cup broccoli florets (tops), fresh or frozen
2 Tablespoons butter
1 pound chicken breast, cut into bite size pieces
1 can cream of mushroom soup
1/2 cup milk
1/2 cup grated Parmesan cheese
1/4 teaspoon black pepper

Directions

Cook linguini in boiling water until al dente. Add broccoli during last four minutes of cooking time which is about half way through the cooking time if you are not at high altitude. Drain and set aside. Heat butter in skillet over medium high heat. Add chicken and cook until well browned and cooked through. Reserve a little of the cheese for garnish. Add soup, milk, remaining cheese, pepper and linguini/broccoli mixture into skillet and stir until well coated and heated through. Garnish with additional cheese.

Note: Instead of chicken you can substitute 1 pound of shrimp, shelled and de-vined. Cook the shrimp just until the shrimp turns pink to keep it tender.

Serves: 2 to 4

Chicken and Dressing Casserole

[Entrees](#)

Submitted by *Cathy Lea*.

Ingredients

2 Tablespoons butter or cooking oil
4 chicken breast halves, boneless skinless
1 box stuffing mix for stove top cooking
1 can cream of chicken soup
1/2 cup milk
1/2 cup shredded cheddar cheese

Directions

Sauté chicken in butter until done, about 15 minutes. Set aside. Prepare the stuffing in the skillet according to package directions. Put chicken back in pan on top of stuffing. Mix soup and milk and pour over chicken. Sprinkle with cheese. Cover and heat through.

Serves: 4

Chicken And Rice Stovetop Casserole

[Entrees](#)

Submitted by *Cathy Lea*.

This recipe is so simple. I have an instant pot and cooked three chicken breasts in it. I saved two and cubed one. I used chicken broth instead of water when I cooked the chicken so I scooped this out to use as broth in the casserole. I cooked the rice in the rice cooker since I get better results that way than trying to do it in the instant pot. As always, use your preferred amount of spice to make it your way. My recipes are always just a suggestion. You can use a rotisserie chicken from Costco or the grocery store, cubed chicken from the deli, any kind of left over chicken. The broth can be fresh, canned, dry, paste, whatever you have on hand. I used brown rice but any rice will do including instant rice.

Ingredients

1/2 pound cubed cooked chicken
1/2 cup chicken broth
2 cups cooked rice
1 can condensed cream of mushroom soup
1 can chopped green chile
2 teaspoons taco seasoning

Directions

Combine all ingredients in a pan, heat, serve, and enjoy.

Serves: 2 to 4

Chicken and Rice

[Entrees](#)

Submitted by **Roadtrek Chapter Member**.

It is important the chicken breasts are a little thinner than normal for this recipe to come out with the rice and chicken both cooked through at the same time. I normally end up having to pound the thicker parts of the chicken a few times to get it down to size before cooking. First put the chicken in a zip-top plastic bag with most of the air removed to keep everything from getting too messy. Place the bagged chicken on your counter top and pound the thicker parts a few times with the bottom of a cool skillet or pan.

Ingredients

2 boneless skinless chicken breasts (not too thick)
1 small onion, chopped
1 cup raw rice
2 cans chicken broth
1 teaspoon salt
paprika
pre-washed bagged salad (optional)

Directions

Sprinkle paprika on chicken. Place all ingredients in a pan. Bring broth to a boil, cover and lower heat to simmer. Do not peek for 25 minutes or until the rice and chicken are cooked. Serve with a pre-washed bagged salad available in most grocery stores.

Serves: 2

Chicken Chow Mein

[Entrees](#)

Submitted by **Cathy Lea**.

This reminds me of the old Chun King™ brand Chicken Chow Mein dinner that came in two cans that you mixed together. Except this tastes much better. It is a quick and easy meal to make on the road with ingredients you can keep in your pantry.

Ingredients

1 can chunk chicken
1 can cream of chicken soup
1 soup can water
1 can sliced water chestnuts, drained
2 Tablespoons soy sauce
2 cups chow mein noodles or cooked rice

Directions

Combine everything but the noodles in a saucepan. Mix well and heat just until boiling. Turn down the heat and simmer for about ten minutes. Serve over the chow mein noodles or rice.

Serves: ?

Chicken Diablo

[Entrees](#)

Submitted by *Cathy Lea*.

I found the inspiration for this recipe in the cookbook that came with my new slow cooker. I do not keep chili sauce in my RV pantry so I just mix some ketchup, brown sugar, cayenne pepper and lemon juice until it tastes good. This gives a similar flavor without having to crowd my small RV fridge with another partially used condiment bottle. You could adjust this sauce any way you like, but it is really good just like this. In my slow cooker this recipe was done much faster than the suggested time so be sure to check on it occasionally starting about an hour before the end. I like chicken thighs but boneless skinless breast meat would be just as good.

This recipe requires a slow cooker.

Ingredients

2 pounds chicken thighs or breasts
3 or 4 potatoes, sliced
1 onion, sliced
3 Tablespoons flour
2 Tablespoon mustard
2 Tablespoon chili sauce
2 Tablespoon Worcestershire sauce
2 teaspoon vinegar or lemon juice
2 teaspoon sugar

Directions

Layer the onions then the potatoes in the bottom of a slow cooker. Place the chicken pieces on top of the vegetables. Mix the remaining ingredients and spread over the chicken. Add 1/4 cup of water or broth. Cover and cook 4-5 hours on high or 8-10 hours on low.

Serves: 3 to 4

Chicken Divan Stovetop

When I am at home I like baked casseroles. I especially like Chicken Divan baked in the oven because it is one of those rich comfort foods that makes me feel warm and cozy on a cold night. I was reminded of this dish recently when the weather turned cooler. I just happened to have some fresh broccoli and some leftover roasted chicken that I picked up at the store for dinner the night before. I did a little redesigning and came up with an amazing stovetop version that is both easy to make and tasty. The Hatch green chilies add an important roasted pepper depth to the dish which I think is required, but feel free to experiment with whatever you have handy.



Ingredients

1 can Cream of Mushroom condensed soup
1/2 can Milk (use soup can for measuring)
1 cup sharp cheddar cheese (shredded)
1 cup cooked chicken (chopped or shredded)
1 cup broccoli florets (chopped and steamed)
1 small can (4 ounces) diced Hatch green chili
tortilla or corn chip pieces

Directions

Chop broccoli in small (bite sized or smaller) pieces. Steam or par-boil the broccoli for a few minutes until color is bright green. Drain and turn out into a bowl to rest. Heat the soup and milk in a pan until almost bubbling. Slowly add cheese while stirring to ensure even melting. Add green chili, broccoli and cooked chicken to mixture and heat completely but do not boil or the cheese may curdle. Serve topped with crumbs and small broken pieces from a bag of tortilla or corn chips.

Serves: 2 to 4

Chicken Potato Hash

[Entrees](#)

Submitted by **Marcy Dowse**.

We were going to have a grilled chicken and potato dinner, but the weather forced us inside. So I improvised.

Ingredients

4 boneless, skinless chicken thighs cut in 1 inch chunks
1/4 onion chopped
1/2 bag frozen hashbrowns or cut up 10-12 small red potatoes then microwave for 3 minutes
2 eggs
Any leftover veggies in the fridge

Directions

Brown the chicken. Add the onion and cook until translucent. Add potatoes and cook until they are brown and crispy. Add any other veggies. Move the mixture to two plates.

Fry the eggs sunny side up or over easy. Top each chicken serving with the fried egg.

Enjoy.

Serves: 2

Chicken Stroganoff

[Entrees](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 package (8 ounces) Egg noodles
4 Tablespoons Sour cream
1 package Lipton™ onion soup mix
1 can (6 ounces) Chicken
1 can (7 ounces) Sliced mushrooms, drained
2 quarts Water

Directions

Bring water to a boil, add onion soup mix and stir until dissolved, add noodles and cook until tender, 8-10 minutes. Drain water keeping as much of the onions as possible. Add sour cream, mushrooms and chicken, mixing well and heat. Season to taste. You can substitute canned ham if you like.

Serves: 2 to 4

Chicken Tetrazzini In A Pan

[Entrees](#)

Submitted by *Cathy Lea*.

We had a lot of leftover turkey after Thanksgiving so I decided to try to make Turkey Tetrazzini, something I'm not sure I ever had before. The Americas Test Kitchen cookbook had this recipe for a skillet version so it would work well in my small RV kitchen. This is just the basis, you can add more peas, other veggies that you have on hand, leftover roast chicken or even chicken from a can. It would all be good. You could substitute half and half for the cream, but it won't be quite as rich. Don't try milk, it will curdle as the pasta cooks.

Ingredients

1 Tablespoon butter
1 can sliced mushrooms
1/2 chopped onion
4 ounces pasta, broken into even pieces
1 cup chicken broth
1/2 cup heavy cream
1/2 cup frozen peas
1 cup shredded cook chicken (or turkey)
1 Tablespoon minced parsley
pepper to taste
Dry Sherry or white wine, to taste

Directions

Melt butter in heavy skillet, sauté onion and mushrooms until translucent. Add the chicken broth, cream and pasta. Bring to a boil then reduce heat and simmer until pasta is done. Time will depend on type of pasta, check frequently. Add parsley, peas and chicken or turkey, cook until heated through. Add pepper to taste and a glug of dry sherry or dry white wine if you wish.

Serves: 2

Chicken with Chow Mein Noodles

[Entrees](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 can cream of chicken soup
1 can (10 ounces) chicken
1 bag chow mein noodles
1 can sweet peas

Directions

Cook soup according to label. Drain chicken and add to soup, simmer until completely heated. Serve with or on noodles. Prepare sweet peas and serve as side dish.

Serves: 2

Chicken With Red Curry Sauce

[Entrees](#)

Submitted by *Cathy Lea*.

I always read the cans and jars when I buy them. This recipe is adapted from the small jar of red curry paste that I bought in the grocery store.

Ingredients

2 each chicken breast
4 small potatoes, cubed
2 each carrot, sliced
1/2 sweet onion, chopped
1 bunch broccoli floret, chopped
1/2 cup chicken broth
1 can coconut milk
1 1/2 teaspoons red curry paste, to taste
2 Tablespoons brown sugar
1 Tablespoon fish sauce, optional
8 each fresh basil leaves

Directions

Sauté the chicken in a little olive or vegetable oil. Remove to plate. Add Chicken broth to pan and scrape until the bottom of the pan is clean. Add the potatoes, carrots and onion. Simmer until the vegetables are almost done. Add the broccoli and continue simmering until the broccoli is done.

Meanwhile, simmer the coconut milk and curry paste for five minutes. Be sure to mix the curry paste in well. Add the brown sugar and fish sauce and simmer until the vegetables are done. When the vegetables are done add the sauce to the pan with the other ingredients. Cut the chicken into chunks and add to the pan. Add the basil leaves and simmer for an additional 15 minutes. Serve over rice.

Note: Be careful with the red curry paste, it can be very hot. Add a little at a time and keep tasting. Keep in mind that it will taste a little milder once you add the veggies and chicken.

Serves: ?

Chicken with Sun Dried Tomato Cream Sauce

[Entrees](#)

Submitted by *Cathy Lea*.

I am a sucker for quick and easy meals with a rich flavor that taste like it took a long time to cook. This is one that I made up from spare ingredients mostly left over from other meals. You may notice there are no measurements in this recipe because it is very free-form. Use as much or as little of any ingredient that you have available. Or even better, substitute or include ingredients you have. For example some fresh sliced basil and a tiny splash of fresh lemon juice brings a wonderful boost to the flavor when added right before serving. Or better yet, use the Lemon Basil pasta available from Trader Joe's.

Ingredients

chicken breast, boneless, skinless (1 per person)
Olive Oil to coat pan
butter
Shallots, chopped fine
Garlic, peeled and chopped fine
Mushrooms, canned or fresh, sliced
Sun Dried Tomatoes packed in oil
Chicken stock or fruity white wine
Half and Half or Cream
pasta or other starch of choice, cooked

Directions

If you are serving this dish over pasta cook it according to the package directions.

In between sheets of wet plastic wrap or in a large zip-top bag pound the chicken breast to about 1/2 to 1/4 inch thick. The goal is to have an even thickness. Thinner cooks faster. Add olive oil to a skillet over medium to medium-high heat. Use enough to coat the bottom of the pan. I also add butter for extra flavor and wait until the butter completely melts and stops bubbling before adding the chicken.

Sauté the chicken until done. Depending on the thickness it should be done by the time the outside starts to get some brown color. Remove chicken from pan, cover and set aside. Sauté the shallots for a minute or so until tender. Add garlic and sauté one more minute. Add mushrooms and sun dried tomatoes and heat through being careful not to burn them. Deglaze the pan with a little chicken stock or other flavorful liquid being careful to scrape up all the brown bits on the bottom of the pan. Add enough cream while stirring to make a rich sauce and reduce heat to simmer. Slice the chicken across the grain in bite sized pieces, add to sauce. Simmer uncovered stirring occasionally until sauce is reduced to your desired thickness.

Serve over egg noodles, fettuccine or your favorite pasta. I like the Lemon Basil pasta from Trader Joe's.

Serves: ?

Chicken, Mashed Potatoes and Noodles

[Entrees](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 package (4 ounces) egg noodles
1 can (14 ounces) chicken broth
1 package (2 ounces) instant mashed potatoes
1 can (10 ounces) chicken
Salt and pepper to taste

Directions

Heat broth, add noodles and cook for about 6 minutes. Add chicken and simmer until it is warm. Cook potatoes according to package. Put mashed potatoes on the plate or bowl and top with the chicken and noodles.

Serves: 2 to 4

Chile Verde (Green Chile)

[Entrees](#)

Submitted by **Cathy Lea**.

This is my favorite New Mexican style green chile. The heat all depends on how hot the chiles are. Canned chiles do not have a lot of flavor but many markets sell them frozen. The most common frozen brand is Bueno™ which is the next best thing to fresh.

This is great over burritos, enchiladas, huevos rancheros, and most other Mexican dishes.

Ingredients

2 Tablespoons oil
1/4 small onion, chopped fine
1 large garlic clove, chopped
2 Tablespoons flour
1 1/2 cups chicken broth
1 cup green chile peppers, roasted, peeled and chopped
1/2 teaspoon salt

Directions

Sauté chopped onion in oil for about five minutes until softened. Add garlic and sauté another minute. Raise heat to medium, stir in flour. Cook, stirring constantly, to make a roux, about 2 minutes. When lightly browned and thick remove from heat and slowly add chicken broth, stirring constantly to prevent lumps. Add chopped green chile peppers. Return to boiling point, then cover and simmer over low heat for about 30 minutes, stirring occasionally. The mixture should be thick enough to nap a spoon, add more broth if too thick.

Add chunks of pork and potatoes to make a wonderful stew. Serve with warm flour tortillas.

Serves: ?

Chili Pasta No-Bake

[Entrees](#)

Submitted by **Betty**.

This recipe originally came from a can of S&W™ Organic diced tomatoes. It's supposed to be baked in the oven but this stove top version is almost as good. If you have a microwave convection oven you can pour the mixture into a baking dish, top with the cheese and bake it for 20 minutes or microwave it until the cheese is melted.

Ingredients

10 ounce penne pasta
1 pound ground beef
1 cup chopped onion
2 Tablespoons chili powder
1 can (14.5 ounce) diced tomatoes
1 can (8 ounce) tomato sauce
1 cup salsa
1 can (7 ounce) diced green chilies, drained
2 cups shredded Mexican cheese

Directions

Cook pasta according to directions on package, drain and set aside. Cook ground beef and chopped onion in a large skillet. Drain off any extra grease. Add chile powder, undrained tomatoes, tomato sauce, salsa and chilies. Cook 5 minutes so all the flavors mingle then add pasta and cheese. Stir until pasta is heated through and cheese is melted.

Serves: 4

Chinese Chicken Salad

[Entrees](#)

Submitted by **Barb Anderson**.

This salad is yummy and very easy. Even picky eaters eat this quick salad. I usually cook the chicken before we leave and toss it in a baggy in the RV fridge.

Ingredients

1 cup diced cooked and cooled chicken
1 small bag cole slaw already cut (broccoli slaw is really good)
1 small orange peeled and cut into sections (mandarin orange also good)
1/2 package dry chow mien noodles
1/2 bottle lite house sesame ginger dressing (usually in the fresh produce section)

Directions

Mix all ingredients in large bowl and serve.

Serves: about 4

Cola Chicken

[Entrees](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 whole chicken, cut into parts
1/2 cup ketchup
1/2 cup barbecue sauce
1 cup cola

Directions

Arrange chicken in large skillet so all parts are flat against the bottom of the pan. Pour other ingredients on top and simmer covered until chicken is done (white all the way through).

Serves: 4

Creamy Beef And Mushroom Noodles

I was hungry for Swedish Meatballs, see our Easy RV Swedish Meatballs recipe, but I had no meatballs. I did have some cooked ground beef left over from a previous meal. I used the base of the Swedish Meatballs sauce and just added a few other ingredients to make it a little different. Once again a really quick and easy dish to make in the RV.



Almost any noodle or pasta works with this dish but my favorite is Trader Joe's Lemon Pepper Pappardelle pasta because it adds a nice extra layer of flavor normal egg noodles just don't have. Even though it is not in the official ingredients list, adding some finely chopped fresh greens like baby kale, basil or parsley make this dish better for you.

Ingredients

1 pound cooked ground beef
1 can Cream of Mushroom condensed soup
1/2 can milk, use soup can for measurement
1 Tablespoon Hungarian paprika, spicy kind
Worcestershire sauce to taste
1 Tablespoon chopped dried onion
1 Tablespoon dried parsley
Black pepper to taste
1 small can sliced mushrooms
1/2 cup sour cream
Cooked noodles or pasta

Directions

In a soup pan over medium heat combine the soup, milk, paprika, Worcestershire sauce, dried onion, dried parsley and black pepper. Cook until warmed through. Add the cooked ground beef and mushrooms. Stir until warmed through. Add sour cream and serve over cooked noodles or pasta.

Serves: 2 to 4

Creamy Chicken Tarragon

[Entrees](#)

Submitted by **Marie Burton**.

This is from a cook book called [Quick Short Chicken Recipes](#) and is one of the first recipes I cooked when I first moved to the US. It is delicious and fast. I generally use one large boneless chicken breast for two people, but keep the other ingredients the same as the sauce is really good.

Ingredients

4 chicken breast filets (chicken tenders work) cut into 1/2 inch slices
2 Tablespoons vegetable oil
1 Tablespoon chopped tarragon
1 cup cream
1 Tablespoon lemon juice

Directions

Lightly season chicken with salt and pepper. Heat pan over medium high heat, add oil and swirl to coat the pan. Add chicken in batches and cook over medium heat removing them as they cook to a warmed plate. Return all chicken pieces to the pan and stir through the tarragon. Add the cream and bring to a boil for 3 minutes or until the sauce has thickened. Add the lemon juice and serve.

Serves: 4

Crock-Pot Chicken Stew

[Entrees](#)

Submitted by *Wendell Nunes*.

I like to do the prep work the night before traveling. Place all of the ingredients in the refrigerator over night then combine everything in the morning and cook while driving so dinner is ready when I stop for the day. I like to plan ahead when doing any cooking to prepare enough for two or three meals. This saves me cooking everyday and leftovers on the road always good. I use a 12 volt slow cooker and plug it into the cigarette lighter socket to cook while traveling. This is supposed to be dinner. Watch out the odors will drive you crazy, most likely you will consume for lunch!

This recipe requires a Crock-Pot™ or a slow cooker.

Ingredients

1/2 pound bacon, chopped
1 large onion, sliced
flour
garlic powder
salt and pepper
4 chicken breasts
4 red potatoes, quartered
4 carrots
2 ribs celery
1 can cream of mushroom soup
1 can chicken broth
1 pint milk

Directions

In a large frying pan sauté the bacon until it is done but not yet crisp. Remove cooked bacon to slow cooker. Slice one large onion, sauté in bacon fat, when cooked remove to slow cooker. In a bowl stir together the flour, granulated garlic, and a little salt and pepper. Dredge the chicken breasts in the flour being sure to shake off all excess flour before frying in the bacon fat. Keep in mind this step is just to develop the coating and flavor. The chicken does not need to be cooked completely at this step because it will continue cooking later. When chicken is browned remove to slow cooker. Remove half of the skin on red potatoes, quarter, fry in bacon fat, remove to slow cooker. Add flour mixture to bacon fat remaining in pan to make a roux paste stirring constantly to avoid lumps, cook 5 minutes to ensure there is no raw flour taste. Cut up carrots and celery ribs in large chunks and add to the slow cooker with Cream of Mushroom soup, chicken broth, and milk. Turn on the slow cooker to high for an hour then reduce to low heat. Season to taste with salt and pepper. Cook until chicken is done.

Serves: ?

Crock-Pot Pork Chops

[Entrees](#)

Submitted by **Jean Dube**.

This recipe uses a Crock-Pot® or slow cooker.

Ingredients

2 boneless pork chops
Carrots
Potato
Sliced onion, steamed
1 can mushroom soup, undiluted
1 small jar mushrooms
Gravy master
1/2 cup wine, tomato juice or water.

Directions

Add ingredients to the slow cooker and cook all day. A slow cooker liner makes cleanup easier and saves your tank water for other needs.

Serves: 2 to 4

Cuban Pork Roast

[Entrees](#)

Submitted by **Maribel Penichet**.

As we are long time boaters, used to working with small galleys, had to develop short cuts, time savers, and fuel economy. Although the galley in the Roadtrek is so SMALL. Our 36 foot sailboat seems huge compare to the Roadtrek. We really enjoy Cuban food, but to take all the spices and ingredients is just not feasible. So the Mojo is a great substitute. Enjoy!

This recipe requires a pressure cooker.

Ingredients

2 pounds boneless pork roast
1 bottle of Mojo (use 1/4 bottle) (look in ethnic aisle, e.g. Badia)
Cooking wine 1/2 cup (optional) or any wine you have around
salt to taste

Directions

Combine all ingredients and pressure cook for 15 minutes until nice and tender, enjoy!!

Serves: ?

Curried Brussel Sprouts And Chicken

We had friends over for dinner a while back and had a collection of leftover food in the RV refrigerator that needed to be eaten. So I threw it all together and the result was this dish. We love ethnic food and this is a great dish that is easy to do. The chat masala and garam masala can be found in some grocery stores but I like to get mine from a local spice shop or online from the Savory Spice Shop which I find to be noticeably fresher than grocery store spices.



Any root vegetables would be good in this dish, I especially like sweet potatoes instead of the regular potatoes. Use what you have. The red peppers are the spicy heat for this dish so it is easy to adjust to your personal taste by adding a little more or less.

Ingredients

1/2 pound chicken, cubed
1/2 onion, chopped
1/2 pound Brussels sprouts, halved
2 potatoes, cubed
vegetable oil
chat masala or garam masala, to taste
turmeric, for color
dried red peppers, to taste
salt
1 can coconut milk

Directions

In a soup pan over medium high heat saute the chicken in a little vegetable oil until the chicken is done all the way through. Do not crowd the pan by trying to cook more than one layer at a time. If needed cook in smaller batches. Add the cooked chicken to a bowl. Wash and cut the Brussels sprouts in half through the stem end so the leaves remain connected. Saute the sprouts starting cut side down in the pan with onion until crisp tender. Again do not crowd the pan. Remove to the bowl with the chicken. Do not rinse the pan. All that color in the bottom is flavor. Boil the potatoes with just enough water to cover. Cook until fork tender. Add the rest of the ingredients back into the pan. Mix in the spices, salt, and coconut milk. Simmer until hot.

Serves: 2

Dashboard Pasta Puttanesca

[Entrees](#)

Submitted by **Kate**.

This is the pasta sauce version of sun tea. Adapted from a recipe Ann Curry made on the NBC Today Show in 2005 it is a rich, flavorful dish that is also good for your heart. If you are a garlic lover, you will love this dish. It is absolutely fantastic!

There is no way to hurry this dish and no replicating what an afternoon in the sun on your RV dashboard or campsite table can do to bring out the rich flavors in this sauce. Your patience will be rewarded!

Start with really good ingredients. Pick really good tasting tomatoes. Cherry or grape tomatoes are best, but Roma work too. The key is to pick a flavorful type, not a tomato that just looks pretty with no taste. Use really good quality black olives. I buy the ones at the olive bar or deli counter in the grocery store. They are so much better than canned. Fresh basil is really important. The basil can be washed if needed, but pat the leaves with a paper towel so they are very dry with no water before adding to the sauce. I like to use shell pasta because it catches the sauce which is so good you want a lot of it but other pasta shapes work too.

I can not take any credit for this recipe but I can tell you it is absolutely wonderful! I have been making it ever since that show aired.

Ingredients

3 cups extra virgin olive oil, the good stuff
1-2 Bunches fresh basil, coarsely chopped
1 1/2 cups black Greek olives, pitted
2 cups tomatoes, chopped
1 (2 ounces) Tube of anchovy paste = 5 Tablespoons
1 bulb garlic, freshly chopped
1 box (10-12 ounces) pasta shells
freshly grated parmesan cheese for garnish
fresh bread, optional

Directions

In a bowl with a lid mix the garlic, olive oil and black olives. I like to break up and squeeze the olives with my fingers to remove pits and bring out the flavor. Add tomatoes, anchovy paste and basil leaves, stir then cover.

The best way to cook the sauce is to mix everything in the morning, cover tightly and let it sit in the warm sun on the RV dashboard or the campsite table on a summer day for about five hours. If you don't have a warm window or sunny table you can heat it in a very low oven, making sure it is only warm, not hot. But it will not be quite as good.

When it is time for dinner, cook and drain the pasta. Mix in the sauce, top with parmesan cheese and serve with some crusty French, Italian or Greek bread to soak up the sauce. Enjoy!

Credit: <http://today.msnbc.msn.com/id/9123617/ns/today-food/t/ann-currys-favorite-recipe/#.UCngX9mx2Sp>
Serves: a very big family (we are working on a smaller version)

Dijon Mushroom Chicken with Wine Sauce

Preparing fancy-tasting food in my RV can be a challenge. I don't like cooking from a can or box because it quickly gets repetitive and boring so I'm always looking for something that tastes great without a lot of work. This main dish brings first class taste for not much time. It calls for dry white wine but if you don't drink try substituting some lemon or lime juice to give the needed bright flavor otherwise it will be kind of bland. Stay away from cooking wines. They have way too much salt and are often very low quality compared to drinkable wine.



The picture shows one of my favorite side dishes for this recipe; roasted Brussels sprouts and tomatoes. While this could be done in a pan, I like oven or grill roasting for better flavor. Just wash, slice and brush them with some olive oil before roasting and sprinkle with a little salt at the end. Simple, easy and packed with nutrition.

Ingredients

4 Boneless skinless chicken breast halves
1/4 cup flour (for lightly coating chicken)
2 Tablespoons vegetable oil
1 small can sliced mushrooms
3 Tablespoons Dijon mustard
1/2 cup dry white wine (only the kind you would drink)

Directions

Pat the chicken breast halves dry before coating with a little flour and shaking off any extra. Heat the vegetable oil in skillet on medium-high heat until it shimmers. Cook chicken until both sides are nicely browned. Remove chicken to a plate and cover with a bowl or another plate to keep warm. Make sure to keep the drippings in the skillet. Pour wine and mustard into the skillet and scrape up any of the fond (the brown bits) from the bottom. Add a layer of mushrooms with the chicken on top to the skillet. Bring to boil, reduce heat to medium-low, cover and simmer 7-10 minutes or until chicken is cooked through.

Serves: 4

Easy Swedish RV Meatballs

[Entrees](#)

Submitted by *Cathy Lea*.

My only exposure to Swedish meatballs was the frozen TV dinner of my childhood. I remembered how much I liked that flavor and decided I could recreate it but discovered that most cookbooks don't even have a recipe for Swedish Meatballs and the ones I found didn't sound anything like what I remembered, so I had to make it up as I went along. I think this recipe comes close, what do you think? This is a two pot meal but is quick for such a rich flavorful dish going from start to finish in about the time it takes to boil pasta.

Ingredients

frozen cooked meatballs (about 5 per person)
1 can cream of mushroom soup
1/2 soup can of milk
Worcestershire sauce
1 Tablespoon Hungarian paprika
cooked pasta
sour cream (to taste)
ground black pepper (to taste)

Directions

Heat the meatballs according to package directions but be careful not to over cook them because they will cook a little longer in the sauce. Put a pot of water on to boil for the pasta. In another pan over medium heat combine mushroom soup, a third of a soup can of milk, a dash of Worcestershire sauce, and about 1 Tablespoon Hungarian paprika. Add hot meatballs and simmer 10 minutes stirring occasionally. Cook the pasta while the sauce simmers. When the pasta is ready, drain and add it to the sauce with a little sour cream. Add freshly ground pepper to taste and serve hot.

Serves: ?

Egg and Potato Bowl

[Entrees](#)

Submitted by *Anonymous RVer*.

I just threw together what I had available.

Ingredients

10 to 12 tater tots
2 or 3 eggs
diced onion
shredded cheese
sour cream
sriracha sauce

Directions

Cook tater tots. I like to do this in my air fryer to limit the oil.

While the tots are cooking scramble eggs adding a little cheese and onions. Combine eggs and tots in a bowl with the remaining cheese and onion while still hot.

Top with sour cream and sriracha sauce. Enjoy.

Editor note: If you don't travel with an air fryer you could shallow fry the tots in a little oil instead. You could also substitute any type of hot sauce you like or even skip it if you don't like spicy food.

Serves: 1

Enchilada Casserole

[Entrees](#)

Submitted by *Allisa Imming*.

When we were young and single, my cousin and I found this recipe on the back of a Pace™ Picante Sauce jar. This is a very close adaptation. I've been making this for about 25 years now! Its inexpensive and everyone likes it.

This recipe requires an oven.

Ingredients

1 1/2 pound lean ground beef
1 tall jar prepared salsa, or 1 1/2 tubs pico de gallo or fresh salsa
1 package of 10 corn tortillas, I use 10 for this dish
1 large bag grated cheese, or 8-10 ounce brick cheddar, grated
1 small can sliced black olives
Sour cream for garnish
optional Dash of salt
Cooking spray
9 x 13 foil baking pan

Directions

Coat foil pan very well with cooking spray. This dish is easy to clean so you can re-use the pan. Place ground beef in medium saucepan. Sprinkle with a shake of salt. Heat over fire until just cooked through. Pour in salsa or pico. Bring to a low boil, allow to reduce the liquids. Turn off fire and allow to cool. Line the baking pan with individual tortillas bending some in half to stand them up along the sides and corners. I break some in half and bend to fit the corners. Allow the tortillas to stand up slightly beyond rim of pan to become crisp in the oven. You should use 6 tortillas.

Preheat oven to 400 degrees. Spread half of meat/salsa mixture. Sprinkle a layer with half the cheese. Create a flat layer with the remaining 4 tortillas. Spread remaining meat; then cheese. Sprinkle the top with sliced black olives.

Bake for 30 minutes or until edges of tortillas are browned and crisp! Serve with a garnish of sour cream.

Serves: 6

Grilled Salmon with Dijon Maple Glaze

[Entrees](#)

Submitted by **Barbara B.**

Ingredients

1/4 cup maple syrup
2 Tablespoons Dijon mustard
1 teaspoon minced garlic
1/4 teaspoon ground ginger
1/8 teaspoon ground cayenne pepper
2 4 ounce salmon fillets
1 Tablespoon vegetable oil

Directions

Combine syrup, mustard, garlic and pepper, cover and refrigerate several hours (while driving) so flavors can blend. Preheat grill to medium, brush salmon evenly with oil. Grill 4 minutes on each side brushing frequently with the syrup mixture. Remove when salmon flakes easily with fork. Be careful not to overcook or the salmon will be dry. Serve remaining syrup mixture as a dipping sauce on the side. The left over sauce is good for dipping grilled or steamed vegetables.

Serves: ?

Ground Beef and Noodles in Sour Cream

Ingredients

1 cup chopped onion
2 Tablespoons melted butter
1 pound ground beef
3 cups noodles (uncooked)
3 cups V8™ brand vegetable juice or tomato juice
2 teaspoons salt
1 teaspoon celery salt (optional)
2 teaspoons Worcestershire sauce
1 dash pepper
1 6 ounces can mushroom stems and pieces
1 cup sour cream

Directions

Sauté onion in butter until tender; add meat, brown lightly. Place noodles in a layer over meat. Combine tomato juice and seasonings; pour over noodles. Bring to a boil; cover. Simmer over low heat 30 minutes or until noodles are tender. Stir in sour cream and mushrooms; bring to a boil. Serve hot.

Serves: 6

Ham and Scalloped Potatoes

[Entrees](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 pack Knorr's™ brand skillet scalloped potatoes
2 slices ham, cut in chunks
1 can greens (spinach, turnip, mustard, etc.)
3 Tablespoons butter

Directions

Heat one Tablespoon of butter in large skillet and cook ham, and remove. In skillet prepare scalloped potatoes according to package then add ham. Prepare greens according to instructions. Serve both when ready. Knorr's™ brand Creamy Scalloped Potatoes with bacon and cheese is really good.

Serves: 2 to 4

Hamburger Stroga-not

Real Beef Stroganoff is hard to prepare in a small RV kitchen so I made my own small kitchen version. This recession style dish may not be as rich as real Beef Stroganoff but it sure tastes good and more importantly it is a quick RV-friendly meal that tastes like you really worked hard in the kitchen. When I have sun dried tomatoes handy I often toss in a small hand full right after the hamburger is done. I think the dried tomatoes bring a richer flavor with just a hint of sweetness. The soft sun dried tomatoes or the ones packed in oil can be added directly. The other dried tomatoes should be soaked in the soup can full with hot water for a few minutes to rehydrate before adding so they won't be so chewy.



Ingredients

1 pound ground beef
1 can sliced mushrooms, 4 ounces
1 can cream of mushroom soup, 10.75 ounces
1/2 soup can hot water
1 teaspoon beef bullion
1 cup sour cream
Garlic powder to taste
salt and pepper to taste
sun dried tomatoes, optional
Cooked noodles, rice or potatoes

Directions

Brown hamburger in a large skillet until no more pink remains. Drain mushrooms and add along with the cream of mushroom soup to the hamburger. Mix hot water and beef bullion in the soup can to dissolve the bullion and rinse all of the soup left in the can before pouring it into the pan. Add salt, pepper and garlic powder to taste. Simmer for a few minutes to heat completely, add the sour cream right at the end and serve over hot noodles, pasta, rice or potatoes.

Serves: 2 to 4

Hawaiian Ham

[Entrees](#)

Submitted by *Rose and Rognar Doerwald*.

Ingredients

1 can pineapple tidbits
1 can tomato paste
1 can flaked ham
salt and pepper to taste
a few drops of Worcestershire sauce
prepared rice

Directions

Combine the pineapple, tomato paste, flaked ham. Season with salt and pepper and Worcestershire sauce. Serve over rice.

Serves: 2 to 4

Jalapeno Green Onion Quesadilla

[Entrees](#)

Submitted by *Cathy Lea*.

I had one lonely uncooked flour tortilla in the RV refrigerator that I wanted to use up. I usually make my quesadillas by putting some salsa and cheddar cheese inside and covering with another tortilla. No salsa was around, but I had some sliced scallions left over from a dish that I forgot to put them in and I had one jalapeno left from another recipe. I tried this dish and fell in love with it. The flavor reminded me a little bit of a Chinese scallion pancake but with some zip added by the jalapeno.

Ingredients

1 raw jalapeno
2 scallions
1 handful of shredded cheddar cheese
1 uncooked flour tortilla (or cooked thin flour tortilla)

Directions

Heat a griddle over medium heat. Cut the jalapeno in thin slices and remove some of the membrane and seeds if you want to reduce the heat. Cut the scallions into thin slices. Cook the jalapeno slices on the ungreased griddle until you start smelling the roasted peppers. Remove to a plate. Place the uncooked tortilla on the pan and cook until lightly browned on one side. Flip and barely cook the other side before adding the cheese, jalapenos and green onions to one half of the tortilla. Flip the other half on top and keep grilling until the cheese is melted. You may need to flip back and forth a few times. If you don't have the uncooked tortillas (we like the ones at Costco) just use a thin regular tortilla. It won't need to be cooked on both sides, just the outside.

Serves: 1

LazyTacos

[Entrees](#)

Submitted by **Barbara Dalderis**.

We love tacos. These are easy to make on the road. The Ortega shells are not bad and a lot easier than using fresh. Makes for a very easy meal.

Ingredients

Ortega™ taco shells
Lawry's™ Taco Seasoning
1 pound ground beef, turkey or chopped chicken breast, fish or your favorite filling
Fresh Salsa
Shredded cheese
Fresh Avocado, peeled and sliced

Directions

Follow directions on seasoning mix for cooking beef, fish or poultry. You can make this part at home and take along in your freezer to warm up in the microwave or in a pan right before serving. Fill taco shells with some warm meat mixture. Add cheese, salsa and avocado or your favorite topping.

Lettuce is a common optional topping with beef but try very thinly sliced cabbage and a squeeze of lime with fish.

Serves: 4 or more

Lemon Cream Shrimp Pasta

[Entrees](#)

Submitted by *Cathy Lea*.

I found this recipe in a Costco cookbook that they handed out last year. There are many great recipes in this book which is published once a year and available at Costco the weekend after Thanksgiving. The recipes are also available online at Costco.com. It works also with chicken breast, just sauté the chicken breast separately and add to the sauce when you add the pasta. You don't have to use Penne pasta, just use whatever you have on hand. A heavier pasta is best, I would save the noodles for another dish. I use convenience ingredients like instant chicken bullion when I'm on the road and this should work instead of chicken broth, especially since you need such a small amount.

Ingredients

1 cup Penne pasta, uncooked
1 pound raw, peeled deveined medium shrimp
1/2 cup chicken stock
4 ounces cream cheese
2 teaspoons grated lemon zest
1 Tablespoon fresh lemon juice
1/5 cup grated Parmesan cheese
1 Tablespoon fresh parsley

Directions

Cook pasta according to package directions, adding shrimp the last three minutes. In the meantime heat the broth in a large skillet over medium heat. Add the cream cheese, lemon juice and zest. Cook until the cheese has melted, stir constantly. When the pasta and shrimp are done drain and add to the cheese sauce. Mix well. Sprinkle fresh chopped parsley over the top when served.

Serves: 2 to 4

Low Mess Tacos

[Entrees](#)

Submitted by **Tim B.**

This simple meal goes by various names like Walking Tacos or Marching Tacos. I first came across this when daughter was in Color Guard/Marching Band, hence the Marching Tacos name. No need for plates or worrying about taco shells cracking and spilling contents! It is a mobile meal with simple cleanup; throw the empty bag and plastic fork away when done.

All the prep can be completed at home and placed into containers for storing in the fridge until needed.

Ingredients

1 pound ground beef
Diced onion
1 package taco seasoning (may require water)
Shredded lettuce
Diced tomatoes
Shredded cheddar cheese
Taco sauce of desired heat (mild/medium/hot/fire/lava/surface of sun/etc.)
Snack sized bags of corn chip such as Fritos™ or Doritos™

Directions

Cook ground beef and onion together thoroughly then follow directions on package for adding taco seasoning. Prepare all of the other ingredients in separate containers with lids for easy storage and transportation.

To serve: Open top of chip snack bags and crush chips inside bag. Add meat, lettuce, tomato, cheese, and sauce to bag. Stir. Eat out of bag with a fork.

Serves: 6

Lowcountry Shrimp and Grits

[Entrees](#)

Submitted by *Cathy Lea*.

This is a common dish around Charleston, South Carolina. I do not even like grits, but with the shrimp and wonderful sauce on top they do not taste the same at all. If you really hate grits you could use rice instead, but it would not be as good, trust me. You can add more or less cayenne depending on how hot you like your food. As always, these amounts are just a suggestion, feel free to add or subtract to suit your taste.

Ingredients

1/3 cup chopped onion
1/3 cup chopped red bell pepper
1/3 cup chopped green bell pepper
1/2 cup flour
1 cup shrimp, peeled and deveined
vegetable or olive oil
1 teaspoon garlic, chopped
1/2 teaspoon cayenne pepper
salt and pepper to taste
water as needed
2 Tablespoons sherry
2 cups prepared grits

Directions

Prepare grits in a sauce pan according to package directions and add cayenne pepper when almost done. Cover and keep warm. In a sauté pan cook onions and peppers until soft then remove to a holding bowl. Add enough oil to cover the bottom of the sauté pan, heat until shimmering, while lightly tossing shrimp with flour in a plastic bag. When oil is hot, sauté shrimp until they start to turn pink. Add the garlic, salt and pepper and sautéed onion and pepper mixture to the sauté pan with a little water to de-glaze any brown bits of fond from the bottom. Keep stirring and adding water until the mixture is the thickness you like. It should be a little thinner than gravy. Add sherry to your taste. Pour over hot grits and serve.

Serves: ?

Mac and Cheese with Roasted Green Chile

[Entrees](#)

Submitted by *Cathy Lea*.

This is my personal spin on a favorite comfort food that brings back fond memories going back to my childhood. During cancer treatment I rediscovered just how deeply comforting a simple dish of pasta and cheese can be. One of the less publicly known side effects of chemotherapy is a change in how things taste. This dish always tastes rich, wonderful and satisfying and since it is made with all real ingredients, no powdered orange stuff, it is actually nutritious too. It works well as a one or two pot stove-top meal with the option to add some golden brown and delicious toasted goodness with a few minutes in the oven.

If fresh roasted green chiles are not available, the Bueno brand canned or frozen chiles are a good substitute although they lack some of the smokiness that makes this dish extra special.

Ingredients

1 pound elbow macaroni
2 1/2 Tablespoons butter
3 Tablespoons flour
1/2 teaspoon salt
1 teaspoon dry mustard
1/8 teaspoon cayenne pepper (to taste)
2 1/2 cups whole milk
4 ounces Monterey jack cheese, shredded
4 ounces sharp cheddar cheese, shredded
1/4 cup chopped roasted green chile, hot

--[Optional Topping]--

3 slices sourdough bread, crumbed
1 1/2 Tablespoons butter, melted
2 Tablespoons parmesan cheese, shredded or grated

Directions

Cook macaroni or other pasta according to package directions. Do not over cook pasta. If you are cooking everything in one pan, drain and set the pasta aside in a covered bowl while preparing the cheese sauce.

In a pan melt butter then add flour, salt, dry mustard and cayenne pepper. Stir constantly until thickened. Continue stirring and cook for one minute more so the flour does not taste raw. Add milk while stirring/whisking constantly. Cook over medium low heat stirring occasionally until thickened to the consistency of heavy cream - about five minutes. Take pan off the heat, add the cheese and green chile, stirring to combine well. Add the pasta, stir to coat and cook a few more minutes until fully heated through.

If you want a nice topping that adds a layer of flavor, mix together bread crumbs, melted butter and parmesan cheese. You can just sprinkle this on top of the pasta while serving or if you have an oven available put the mac and cheese mixture into a baking pan and spread the topping on top before broiling just until lightly browned.

Serves: ?

Macaroni Hamburger Skillet

[Entrees](#)

Submitted by *Ethel H.*

This is a hearty family recipe going back many years. I like cooking one pot meals in the RV that taste like they took a lot of time and effort.

Ingredients

3 Tablespoons vegetable oil
1 pound hamburger
3 small onions, sliced thin
1 green pepper, diced
1 can diced tomatoes
1 cup macaroni, uncooked
1 teaspoon salt
1/2 teaspoon pepper

Directions

In a large skillet with a lid over medium high heat add oil, onions and green pepper. Sauté until onions are translucent and green pepper is softened. Add hamburger and brown stirring until no more pink is visible. Add tomatoes, uncooked macaroni, salt and pepper. Cover, reduce heat and simmer for about 20 minutes or until pasta is done. Serve with a side salad for a complete meal.

Serves: ?

Margie's Pasta Primavera

[Entrees](#)

Submitted by *Margie Tetmeyer*.

Ingredients

Frozen meat or chicken
Frozen or fresh vegetables
Pasta
Sauce or salad dressing

Directions

I usually have frozen meat packets from leftover roasts and chicken, when we leave for a trip, and in a flat plastic bag they do not take up much room in the freezer. It is easy to cook up some pasta along with a package of frozen vegetables, or fresh, thrown in to cook with the pasta, toss in a pkg. of thawed cooked cut up meat, near the end of the cooking time. Drain all and you have pasta primavera along with a sauce, which can be a salad dressing or whatever. This can all be cooked on top of the stove or in the microwave.

Serves: 4

Meaty Rice and Beans

[Entrees](#)

Submitted by **Steve Rance**.

An easy one pot meal that takes about 35 minutes to prepare.

Ingredients

1 bag of Vigo™ brand rice and bean dried mixture
1 pound of chopped Carne Asada or any chopped meat

--[Garnish]--
fresh cilantro, chopped
sour cream
salsa or hot sauce (optional)

Directions

Brown the meat in a skillet then add the rice and bean mixture. Follow box directions for amount of water and time. Garnish with fresh cilantro and dollop of sour cream. Add salsa or hot sauce to taste.

Serves: 2 to 4

Mediterranean Chicken Packets

[Entrees](#)

Submitted by **Peter Kafer**.

This dish can be prepared at home and frozen until needed. If using a campfire, place directly on the coals, turn halfway through. The beauty of it is that there is no clean-up and it is delicious. Serve with some kind of couscous.

Ingredients

4 (6 ounce) chicken breast halves, boneless, skinless, I prefer boneless thighs
2 Tablespoons extra virgin olive oil
2 teaspoons Italian seasoning
1 1/2 teaspoons salt
3/4 teaspoon freshly ground black pepper
1 (10-ounce) package frozen chopped spinach, thawed and squeezed dry
1 cup thinly sliced yellow onions
1 cup sun-dried tomatoes oil-packed, drained and chopped (can use fresh but squeeze out juice)
1/2 cup Kalamata olives, pitted and halved
2 Tablespoons minced garlic
1/2 cup dry white wine
2 Tablespoons chopped fresh basil
1/2 teaspoon fresh thyme or use 1/4 teaspoon dried thyme
4 ounces goat cheese or feta, crumbled

Directions

Prepare a grill, or preheat the oven to 500F degrees. Prepare 4 sheets of heavy-duty aluminum foil to measure about 12 by 15-inches. Fold in half crosswise to crease, then unfold. Divide the spinach among the 4 foil sheets, placing it in the center of the bottom half. Lightly coat both sides of each chicken breast with oil, then season with the Italian seasoning, 1 teaspoon of the salt, and 1/2 teaspoon of the pepper. Place one chicken fillet in the center of each spinach portion.

In a medium bowl, combine the onions, tomatoes, olives, garlic, wine, basil, thyme, remaining 1/2 teaspoon of salt, and 1/4 teaspoon of pepper. Stir to combine. Pile the tomato mixture on top of each chicken breast, spreading to cover evenly and allow any liquid to puddle around the chicken. Top each portion with 1 ounce of cheese. One at a time, fold the top of the foil over the chicken, and starting at the corner, fold the edges of foil over to tightly seal, each fold overlapping the previous one. Place on the grill, or if using the oven, place the packets on a baking sheet and bake until the packages puff and the chicken is cooked through, about 12 minutes. Remove from the grill or oven, and cut the tops of the packets open with a small, sharp knife to let the steam out.

Serve immediately either in the foil packets, or by removing the chicken, toppings and sauce to dinner plates.

Serves: 4

Mediterranean Chicken Pasta

[Entrees](#)

Submitted by *Cathy Lea*.

This is yet another way to use up some of that roast chicken you bought at the Costco or grocery store deli. This is quick and delicious with commonly available grocery store ingredients combined with spices that travel well in the RV.

Ingredients

pasta, a small hand full per person
cooked chicken
olive oil
chopped bell peppers
chopped onions
chopped artichoke hearts
chopped tomatoes
salt, pepper, garlic, oregano
chicken stock
feta cheese

Directions

Cook pasta of choice to al dente, which means done through but not gummy. Saute bell peppers and onions in olive oil until they start to get tender. Add artichoke hearts, chopped tomatoes, cooked chicken and stir to combine flavors. Season with salt, pepper, garlic and oregano. Add chicken stock and reduce to preferred thickness of sauce. Add drained pasta and crumbled feta cheese. Serve with garlic bread and a salad. Left overs keep nicely in the fridge for up to three days.

Serves: 2 or more

Mexican LobLolly

[Entrees](#)

Submitted by **Larry Braud**.

Ingredients

2 cans Chili NO Beans, 15 ounces
1 small onion
1 Can pork and beans, 15 ounces
2 Cups cheese
1 Can Hot Tamales, 15 ounces
1 pack Fritos

Directions

Mix two cans chili, a can pork and beans, and onion mix and spread on bottom of dish. Season to taste. We use seasonings and garlic powder. Sprinkle small amount of cheese over mixture. Place Hot Tamales over cheese, top with Fritos and sprinkle remaining cheese. Microwave at 50% power for 15 minutes, then 100% power for 5 minutes.

Serves: ?

Mexican Philly Cheesesteak Casserole

[Entrees](#)

Submitted by **Cathy Lea**.

This tastes just like a Philly cheesesteak sandwich with a little extra zing added by the salsa. No bun required.

Ingredients

8 ounces of your favorite pasta
1 pound hamburger
1 green or red pepper
1 small onion
2 teaspoons Mexican spice blend or taco seasoning
salt and pepper to taste
1 cup salsa
8 ounces shredded Mexican cheese blend

Directions

Cook pasta according to package directions. Drain and set aside. Chop onion and pepper. Add to skillet with ground beef and brown until meat is no longer pink in the middle. Add spices and salsa to your taste. Add pasta and cheese and cook on low until the cheese melts and the pasta is heated through.

Serves: 4

Minestrone Macaroni

[Entrees](#)

Submitted by *Roadtrek Chapter Member*.

Ingredients

1 pound ground beef
2 cans Italian diced tomatoes, 14 ounces each -- un-drained
2 1/4 cups water
1 1/2 cups elbow macaroni, uncooked
2 beef bouillon cubes
1 can kidney beans, rinsed, drained
1 can garbanzo beans, rinse, drain
1 can cut green beans, 14 ounces, rinse and drain

Directions

In a large skillet, brown beef; drain. Add the tomatoes, water, macaroni and bouillon; bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until macaroni is tender. Stir in beans and heat through.

Serves: 4 to 6

Mirin Glazed Salmon

[Entrees](#)

Submitted by **Marie Burton**.

This is from one of my favourite quick recipes from one of my favourite cookbooks [Nigella Express: Good Food Fast](#) by Nigella Lawson an author and cook from the UK. I love her recipes and this is one of my favourites when I long for something tasty and quick. Enjoy.

Ingredients

2 - 4 pieces salmon
1/4 cup of Mirin (a Japanese sweet rice wine)
1/4 cup brown sugar
1/4 cup soy sauce (I use low sodium or lite soy)
2 Tablespoon rice vinegar
prepared rice, optional

Directions

Put a dry pan on the stove to preheat over medium high heat. Mix Mirin, brown sugar and soy sauce in a shallow dish and place salmon skin side down in dish and leave to marinate 3 minutes. Turn the salmon over and leave for 1 minute. Cook Salmon on a dry hot pan 2 minutes on one side, turn and add the marinade and cook for a further 2 minutes. Remove the salmon to a warmed plate and add the rice vinegar to the pan and stir to deglaze for about 1 minute. Pour over the salmon and serve with rice.

Serves: 2 to 4

Mustard Pork Chops

[Entrees](#)

Submitted by **Marie Burton**.

I've done this recipe a few times and if I'm trying to be healthy, I leave out the cream for a lighter version and it's still delicious. Very quick and tastes like something you'd get in a French bistro. It's one of my go to recipes.

Ingredients

2 pork chops (about 1 pound)
2 teaspoon garlic oil
1/2 cup of hard cider
1 Tablespoon wholegrain mustard
1/3 cup heavy cream

Directions

Bash chops with rolling pin or meat tenderizer between two pieces of paper or plastic wrap to make them thinner and quicker to cook, but also more tender. Heat the oil in a pan over a moderately high heat and cook chops for approximately 5 minutes per side depending on how thin or thick they are. Remove to a warmed plate.

Pour cider into the pan still on the heat to deglaze the pan. Let it bubble for a minute or two before adding the mustard. Stir in the cream and let cook for a minute or two. Pour over chops and enjoy. Goes well with broccoli or gnocchi or mashed potatoes.

Serves: 2

Navajo Stew

[Entrees](#)

Submitted by **Cathy Lea**.

I first had Navajo Stew at a hotel restaurant in Window Rock Arizona, the capital of the Navajo Nation. I was surrounded by Navajos, many speaking in their native language. I loved the stew so I created my own version. It does not taste quite the same away from the reservation, but it sure is good.

A pressure cooker is used by this recipe. It shortens an all-day cooking event into a matter of minutes. If you choose to travel with a pressure cooker, make sure never to fill it more than 2/3 full.

Ingredients

1 pound chuck roast, cubed
1 can diced tomato
1/2 teaspoon garlic
1/2 teaspoon Mexican oregano
1/2 teaspoon cumin
1/2 teaspoon ground red chile
2 carrots, chopped
2 potatoes, cubed
1 small onion, chopped
1 can corn (optional)
salt and pepper, to taste

Directions

Brown meat, add the spices and tomatoes and cook in pressure cooker for 5 minutes. Let the pressure release naturally. Add vegetables and if necessary add enough water to just cover the vegetables then pressure cook for additional 10 minutes. Quickly reduce pressure under cold water. Add one can of corn when done and stir to heat. Serve with warm fry bread, biscuits or corn bread.

Serves: ?

New Mexico Red Chile Sauce - Home Style

[Entrees](#)

Submitted by *Cathy Lea*.

This is a typical red chile sauce that you would get in New Mexico and is what I make at home. There are no tomatoes, only rich red chile. Be careful when purchasing your dried chile, they can be very hot! I usually buy mild and medium and mix them. This is good on Frito Pie, Enchiladas (see recipe in Entree section), Burritos or anything else you want a spicy sauce on.

Ingredients

2 Tablespoons oil
3 Tablespoons onion, chopped fine
1 clove garlic, minced fine
1/4 teaspoon oregano
2 Tablespoons flour
1 Tablespoon cocoa
1/2 cup powdered red chile
2 1/2 cups water
1 teaspoon salt

Directions

Mix powdered red chile with water, stir well and set aside to soak. Heat the oil in a heavy pan over medium heat. Add onions and sauté until onions are translucent, about 3 to 5 minutes. Add the garlic and cook another minute. Add flour and oregano and stir to make a smooth roux. Cook the roux gently stirring until lightly browned and thickened. Add the red chile and water mixture along with the cocoa. Stir to keep blended while cooking over medium heat until it just begins to bubble. Lower heat to simmer and continue cooking for about 10 minutes or until it becomes thicker. It should coat a spoon heavily.

This sauce can be made at home and frozen in single serving containers to be used on trips without the mess of cooking from scratch on the road. I like to freeze in ice cube trays and pop out into a zip-top bag to save space in the RV freezer.

Serves: 6 to 8

New Mexico Red Chile Sauce - Simple Version

This is a simple version of the red chile sauce that I make at home. It is great on Frito pies, enchiladas, eggs, hash browns, mashed potatoes, even as a base for soup with a warm kick.

Be careful that you buy the chile powder that is nothing more than red chile pepper pods ground up. These are most typically sold in bags, not jars, boxes or tins.

Ingredients

2 cups water
1/2 cup dried red chile powder (preferably from New Mexico)
1 teaspoon garlic powder
1 Tablespoon cocoa powder
1 teaspoon thickening flour (I like Wondra™ brand)
1 Tablespoon water
1 Tablespoon butter

Directions

Soak the dried chile in water to rehydrate. Pour into a small pan and add the garlic powder. Simmer gently for about 15 minutes, or until it no longer tastes raw. Add the cocoa powder and whisk until it is all combined. Add the thickening flour to the water, mix and add to the chile sauce. You can add more if it isn't thick enough, or just cook it down a little longer. Add butter and stir until completely melted right before serving to add a touch of richness.

Serves: 6 to 8

No Fuss Sticky Chicken

[Entrees](#)

Submitted by **Linda**.

I have been making the famous grape jelly and barbecue sauce meat balls for years... or years ago, but thought that orange marmalade would make a nice substitution. I was right! :)

This recipe works equally well on the stovetop or in a slow cooker.

Ingredients

2 pounds boneless, skinless chicken breasts (or prepared strips)
2-3 Tablespoons coconut or canola oil
1 cup orange marmalade
1 cup barbecue sauce (not a smoky variety)

Directions

If you have whole breasts, cut them into equal sized strips and place them into a hot skillet with the oil to cook through. While they are browning, mix together the marmalade and barbecue sauce. When the chicken is cooked through, drain off any residual oil or liquids and stir in the sauce. Cook on medium to low heat for 5-10 minutes, or until the sauce has achieved your desired level of stickiness. Serve with a veg and pour extra sauce over plain rice.

Slowcooking: place the chicken strips into your Crockpot™ and cook until done. Drain off juices, stir in the sauce and cook on low for 10-15 minutes or until you feel it is sticky enough.

Serves: 4

Noodles Napoli

[Entrees](#)

Submitted by *Cathy Lea*.

You can use any box of noodle mix, I happen to like the Rice-a-Roni™ Noodles Parmesano. You could use plain noodles and add your own spices and cheese, but using the box definitely saves a lot of time and you don't need to have a wide variety of spices on hand.

Ingredients

1 pound ground beef
1/2 cup hot water
1/2 cup milk
1 package Parmesan Noodles
2 eggs, slightly beaten
1 cup creamed cottage cheese
1 package (10 ounce) frozen chopped spinach
Grated Parmesan or Romano cheese, optional

Directions

Slightly beat the eggs in a large bowl, add the cottage cheese and set aside. In a large skillet cook the spinach, then drain and put in the bowl with the egg and cheese mixture. Brown the ground beef, drain off any grease and put in the same bowl with the cheese and spinach mixture. Boil the Parmesan noodles in enough water to cover. Follow the package directions for cooking time, but undercook slightly. Drain the water, put the noodles back into the pan. Add the hot water and milk and the cheese sauce from the package. Stir until cheese sauce has slightly thickened. Add the bowl of the other ingredients and stir until everything is heated through. Sprinkle the top of each serving with grated Italian cheese.

Serves: 2 to 4

Pasta and Chile

[Entrees](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 can chili
1 package (6 ounces) egg noodles
Parmesan cheese
salad (optional)
bread (optional)

Directions

Cook noodles according to instructions and drain. Add chili, return to stove and heat, stirring frequently to heat completely. Serve with Parmesan cheese. A salad and bread of choice makes for a complete meal.

Serves: 2

Pasta Fagioli

[Entrees](#)

Submitted by **Shirley Henion**.

We recently visited my sister-in-law in Arizona and she made this for us, good and also healthy.

Ingredients

2 cloves garlic, minced
1/2 cup chopped onion
2 Tablespoons olive oil
1 can cannellini beans, drained
1 can diced tomatoes or equivalent diced fresh tomatoes
1 cup uncooked small pasta, such as ditalini
Basil, parsley, oregano, salt and pepper to taste

Directions

Cook pasta according to package directions and drain. Sauté garlic and onion in olive oil. Add can of drained cannellini beans, heat to soften beans. With a fork, mash about 1/3 of the beans, this creates a kind of sauce. Add can of diced tomatoes or fresh tomatoes and spices. Add drained, cooked pasta and simmer about 10 minutes to heat through.

Serves: ?

Polenta and Greens with Tomato Vodka Sauce

Those of you who read my recipes probably know by now that I love Trader Joe's and visit their store whenever we are near one. On our last trip to Albuquerque we purchased a frozen polenta and mixed vegetable dinner that we loved so much I decided to create my own. This was mostly out of necessity because the nearest Trader Joe's is currently 300 miles away. This easy vegetarian dish is now part of my favorite valentines by candle light romantic dinner. I serve it with a salad, rustic bread and a nice glass of my favorite wine.



The Creamy Tomato Vodka Sauce is the real secret to this dish. It is very different from a marinara style tomato sauce. Most grocery stores carry at least one brand of this. We really like the one from Costco. Originally I wanted to use Rachel Ray's You Won't Be Single For Long Vodka Cream Pasta that has the famous reputation of being so good it causes people to fall in love. Since I'm already in love it was a lot easier to buy the vodka cream sauce and have more time with my sweetie.

This recipe for two only needs about half a jar of the sauce. Save the rest for a nice pasta meal the next day. I use the remaining polenta for breakfast with some scrambled eggs. You can use any greens you like, either fresh or frozen. If frozen just cook them in the pan until they are warm. If you prefer fresh mushrooms by all means use those. Most of these ingredients can be kept in your pantry or found at any local grocery store. The polenta when you buy it in the roll does not need to be refrigerated until after it is opened.

Ingredients

1/2 26 ounce jar Tomato Vodka pasta sauce (or about 12 ounces)
1/2 tube Polenta
onion, diced
leafy greens (kale, spinach, etc.), chopped
1 small can sliced mushrooms
peas, frozen
olive oil, for cooking

Directions

You will need a skillet with a lid for cooking and a bowl to hold the ingredients as they are cooked in stages to build up the flavors.

Heat olive oil in a skillet over medium heat and sauté diced onions and sauté just until translucent. Remove to a bowl leaving the flavored oil in the pan. Slice the Polenta into rounds about half an inch thick, cook each side of the polenta slices until heated through and slightly browned on the ends. Cut each polenta slice into quarters and remove to the bowl. Sauté the mushrooms until lightly browned. Remove to bowl and cover. Cook chopped leafy greens stirring occasionally until slightly softened. Add a little water, cover and steam until the tenderness you prefer. Uncover the pan and let most of the water evaporate before adding the sauce with the rest of the ingredients and heat through. Add a handful of frozen peas and heat just until they are warm.

Goes very well with garlic bread.

Pork Tenderloin With Rosemary Cream Sauce

This is one of my all-time faves. Quick and easy. Have made it with tenderloin, pork chops and ground pork burgers. Serve with rice or potatoes mashed or boiled.

Ingredients

1 1/2 pounds pork tenderloin, fat-trimmed
1 Tablespoon olive oil or butter
1 cup dry vermouth or dry white wine
1 teaspoon chopped fresh rosemary leaves or crumbled dried rosemary
1/2 teaspoon fresh thyme leaves or dried thyme
1/4 teaspoon pepper
About 1/3 cup fat-skimmed chicken broth (optional)
1/2 cup half and half or milk
2 teaspoons cornstarch
Salt

Directions

1. Rinse meat and pat dry. If needed, cut tenderloin in half crosswise to fit a 10- to 12-inch frying pan.
2. Place empty frying pan over high heat. Add oil; when hot, add tenderloin and turn as needed to brown well on all sides, 5 to 8 minutes total.
3. Reduce heat to medium-low. Add vermouth, rosemary, thyme, and pepper. Cover and simmer, turning pork after 5 minutes, until a thermometer inserted in thickest part reaches 155F, 10 to 12 minutes total. Transfer pork to a platter and keep warm.
4. Measure pan juices. If less than 1/2 cup, add broth to make 1/2 cup. If more than 1/2 cup, boil on high heat, uncovered, until reduced to 1/2 cup.
5. Blend half and half (or milk) and cornstarch. Mix into pan and stir over high heat until boiling. Add salt to taste. Pour into a bowl.
6. Cut pork into diagonal slices and pour sauce around or over meat.

Serves: 6

Pot Roast Patties

[Entrees](#)

Submitted by **Cathy Lea**.

I did not like the way cooked meat gets dry in the freezer but I always wanted to have leftovers. So I came up with an idea to keep them from getting dry. When you thaw them you can either use the juice or throw it away. A small package of these fits nicely into an RV freezer, even the small ones in the Roadtrek.

Preparation requires a Crock-Pot® or slow cooker of your choice.

Ingredients

1 large chuck roast
1 onion, chopped
3 carrots, chopped
1/2 cup water

Directions

Cook roast with the other ingredients in a slow cooker or Crock-Pot™ until very tender. Remove the meat from the pot and let it cool at least 10 minutes so all the juices do not run out and you do not burn your fingers. Shred the meat and loosely fit it into a muffin tin, but only up to the rim. Add some of the leftover juice from the pot to cover each cup. Place in a freezer (use a baking sheet to catch any spills) and freeze until hard. Remove each patty from the muffin cups and place in a zipper bag in the freezer. When it's time to use them simply thaw out the required amount in the microwave or in a pan on top of the stove. These patties can be used for many creative things. They make wonderful shredded beef burritos. Add or make gravy and put over noodles or potatoes or bread. Throw into soup or chili.

Serves: 4 to 6

Queso Mac and Broccoli

Submitted by *Cathy Lea*.

We recently did something at Cosco we very rarely do. We bought the huge can of Nacho Queso cheese sauce. It instantly became a game to figure out how many different ways we could use cheese sauce. It started with cheese dip and chips, but quickly became cheesy-bean and 7-layer dips. Then broccoli and cheese or simply macaroni and cheese. These last two were combined to make this easy and rich tasting recipe. Fortunately it works just as well with the small jar of queso cheese sauce found at any grocery store.



You can use any shaped pasta you like and any style queso sauce. Personally I would avoid skinny pasta, like spaghetti, but if that is all you have in your RV pantry go for it. Pace makes a good queso dip but it is hard for me to find. Use as much or little cheese sauce as you like. I heard someone once said at a Pampered Chef party - There is no such thing as too much cheese. Adjust whatever you like to make this recipe your own.

Ingredients

1/2 box macaroni or other shaped pasta
broccoli, chopped
1 jar queso cheese sauce
1 small can chopped roasted green chiles, optional

Directions

Cook pasta according to package directions. While the pasta is cooking microwave or steam the broccoli and chop into bite sized pieces. When the pasta is done, drain and immediately return to the pan over medium heat. Add chopped broccoli, queso cheese sauce and gently stir until the cheese sauce is softened, warm and completely coating the pasta. If you like it a little spicy add a can of roasted green chiles.

Serves: 2 to 4

Ranch Beef and Noodle Skillet

[Entrees](#)

Submitted by *Roadtrek Chapter Member*.

Ingredients

1 pound ground beef, cooked, drained
1 ounce ranch dressing mix
4 ounces sliced mushrooms, drained
8 ounces wide egg noodles, cooked, drained
8 ounces sour cream
3/4 cup milk
1/2 cup grated Parmesan cheese

Directions

In saucepan combine all ingredients, except cheese. Heat thoroughly. Sprinkle with cheese. If desired, garnish with sliced green onions.

Serves: 4

Raspberry Glazed Pork Chops

[Entrees](#)

Submitted by **Barbara B.**

Ingredients

4 3/4 inch thick boneless pork chops
1 teaspoon butter
1/4 cup seedless raspberry jam
2 Tablespoons Dijon mustard
1 Tablespoon flavored (raspberry or balsamic) vinegar
1/2 teaspoon thyme
1/2 teaspoon grated orange peel

Directions

Melt butter in skillet on medium-high. Add chops; cook about 8 minutes on each side or until cooked through (160F). Remove chops to a plate and cover to keep warm. Add vinegar to skillet and scrape the bottom to remove any fond (the brown bits) before adding the remaining ingredients (jam, mustard, thyme and orange peel) and cooking over medium heat stirring occasionally for a few minutes until sauce is reduced to glaze consistency. Spoon evenly over chops and serve.

Serves: ?

Sauerkraut and Dumplings

[Entrees](#)

Submitted by *Cathy Lea*.

On cold days I like comfort food that reminds me of my roots. This is a hearty recipe with bold flavors suitable for stocky European immigrants coming in after a cold day on the farm. The original recipe used Bisquick™ for the dumplings, but I like this version much better. It is important not to let the batter sit in the bowl after mixing because the leavening starts working right away. Other than the dumpling ingredients the quantity is up to you. The quantities shown below are for two hungry people. If you are feeding more, add more sauerkraut and hot dogs. Just make sure there is enough boiling liquid in the pan to steam the dumplings.



Ingredients

1 jar Sauerkraut
2 hot dogs or Polish sausage links

--[Dumplings]--

1 egg, beaten
1/2 cup milk
1 cup flour
1/8 teaspoon baking powder

Directions

In a skillet or wide pan over medium high heat lightly brown two hot dogs. This helps develop extra flavor. Don't worry if they are not yet hot all the way through. Add Sauerkraut and cover with a lid until Sauerkraut is hot all the way through and steam is visible. Avoid letting all of the liquid evaporate. Add a little hot water if needed. The steam is important to cook the dumplings.

In a bowl mix egg, milk, flour and baking powder just until combined and no more dry flour remains. Immediately add by spoonfuls to top of boiling Sauerkraut and cover. Don't peek for at least 15 minutes. Dumplings are done when they are firm like a cooked noodle in the center. Serve hot.

Serves: 2 to 4

Sausage and Potato Stovetop Casserole

I am a lazy cook and I like quick meals after a long day at work. I like sausage and I like potatoes so I decided to combine them one day and cook them in butter. But I also like sweet things so I decided to drip some honey over it and see what happened. Instant like!!

Ingredients

1 package Butterball™ turkey sausage
2-3 medium size baking potatoes, peeled and sliced twice
1/2 stick butter
2-3 Tablespoons honey
Mrs. Dash™ garlic blend
tarragon
oregano
crush basil leaves

Directions

Slice entire package of turkey sausage. Peel potatoes, slice and then slice in 1/4's so all pieces are uniform sized. Smaller pieces cook faster. In large frying pan over medium-hi heat melt about 1/2 stick butter. Add sausage and potatoes. Drizzle about 2-3 Tablespoons of honey over everything. Then season with Mrs. Dash, a pinch of oregano, a pinch of basil leaves, and a pinch of tarragon. Cook over medium-hi heat, turn ingredients over often to avoid burning. Everything is done when potatoes are cooked tender, or about 15 minutes. This recipe works equally well on the stove or over an outdoor campfire. Serve with a side salad or fire-roasted vegetables if desired.

Serves: ?

Shiprock Shepherds Pie

[Entrees](#)

Submitted by *Cathy Lea*.

This recipe is a delicious southwestern twist on shepherds pie. The name is inspired by the Navajo town of Shiprock in the north west corner of New Mexico where they raise sheep. The Navajo use sheep for food and fleece. This is why so many of the traditional Navajo recipes have mutton and why Navajo weavings are wool.



Personally I don't much like the flavor of mutton so I substitute beef but turkey or almost any ground meat works. This is a perfect recipe to test your creative side. Try adding items like sliced mushrooms, kernel corn, pinto beans, chopped carrots or other veggies. I find the combination of taco seasoning with Rotel brand Tomatoes and Green Chiles to be that just right place between too bland and too spicy. Use a little less or more of these to adjust the spice to fit your taste.

Ingredients

1/2 cup chopped zucchini
1/2 cup chopped green pepper
1/4 cup chopped onion
1 pound lean ground beef, lamb or turkey
1 Tablespoon taco seasoning
1 can Rotel™ Tomatoes and Green Chiles
1 cup dry yellow polenta grits
3 cups water
1/2 cup shredded cheddar cheese

Directions

In a sauce pan cook the polenta according to package directions. It should end up about the same thickness as mashed potatoes.

While the polenta is cooking sauté the vegetables in a small amount of oil until just slightly tender. Add the ground meat and taco seasoning to the pan and cook stirring occasionally until almost no pink remains. Add the Rotel Tomatoes and Green Chile with all of the juice and simmer to reduce and concentrate the flavors. When the polenta is cooked, remove from heat add the cheese and stir to melt.

To serve scoop meat and vegetable mixture into a bowl and place a mound or two of polenta on top. Enjoy. Leftovers keep well in the refrigerator for up to 3 days and reheat nicely in the microwave.

Serves: 2 to 4

Simple Fish Filets

[Entrees](#)

Submitted by *Denise Gilgen*.

But our favorite meal is fish fillets which we buy in the supermarkets with a fish counter. More and more supermarkets have fish counters these days and we take advantage of that to eat fish at least two or three times a week. I cook it very simply in the electric skillet outside to share the good smells with our neighbors and keep it out of the Roadtrek.

Ingredients

fish fillets
butter

Directions

In an hot skillet I melt about two teaspoons of REAL butter, spread it over the bottom of the skillet to coat. Add the fish fillets and cook about three minutes on each side, just until the fish stops being translucent. No breading or anything but the naked fillet in butter. No cheating and using margarine. Does not taste good. Sometimes with very thick fillets I put the lid on the skillet and let them cook for a few minutes longer just to be sure they are done. But as you know, cooking fish too long makes it dry and nasty to eat.

Serves: 2

Skillet Southwest Chicken

[Entrees](#)

Submitted by **Candace Rapf**.

This is a quick skillet meal that tastes great using simple ingredients. The peach preserves add a great flavor and doesn't taste at all like a sweet fruit.

Ingredients

4 chicken breasts (boneless skinless) or thighs (bones removed)
vegetable or olive oil
1 medium size jar salsa, whatever heat you prefer
1 small can sliced black olives
1 small can corn (whole kernel)
3 Tablespoons peach preserves (optional, but an interesting addition)

Directions

Cut chicken into pieces about 2 inch across. Sauté in oil until lightly browned. Add rest of ingredients to pan and cook over medium heat until chicken is cooked through, about 10 minutes, stirring occasionally. Serve with rice and a green salad. I use instant rice or cooked rice in a pouch and bag-o-salad for an easy tiny kitchen meal.

This recipe also works well with any fruit-based salsa in place of the salsa + preserves combination.

Serves: ?

Slowcooker Salsa Chicken

[Entrees](#)

Submitted by **Lori DeWitt**.

A perfect recipe to cook while driving. We put our slowcooker in the sink for stability while traveling.

This recipe uses a 2 quart slow cooker.

Ingredients

3 chicken breasts
Jar of salsa verde
Cumin
Garlic powder

Directions

Sprinkle breasts with cumin and garlic powder. Place in Crockpot™ and pour salsa on top. Stir to make sure each breast is coated and covered with salsa on all sides. Cook on low 6 to 8 hours or on high 4 to 6 hours. Shred and place back in juices. Serve on rice, in tortillas, or on nachos with other nacho toppings.

Serves: 6

Smoked Sausage Jambalaya

[Entrees](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

2 Tablespoon butter
1 medium onion, chopped
1 bell pepper, chopped
2 garlic cloves, minced
1 can (14 ounces) chicken broth
1 cup rice
1 can (14 ounces) Mexican Recipe stewed tomatoes
1/2 teaspoon hot sauce
1 pound quality smoked sausage cut into 1/4 inch slices

Directions

Melt butter in large saucepan over medium high heat. Add onion, bell pepper, garlic and sausage, cook until vegetables are tender, stirring often. Stir in rice, chicken broth, hot sauce and tomatoes. Reduce heat, cover and simmer for 25 minutes. Remove from heat and let stand for 10 additional minutes before serving.

Serves: 2 to 4

Southern Sausage

[Entrees](#)

Submitted by *Rose and Rognar Doerwald*.

Ingredients

breakfast sausages, squeezed out of the jacket
fresh okra
1 can diced tomatoes
salt and pepper
polenta, grilled or fried

Directions

Sauté sliced fresh okra until it stops roping add a can of diced tomatoes and a few breakfast sausages which I squeeze out of the jacket. Season with salt and pepper. Serve with slices of polenta grilled or fried.

Serves: 2 to 4

Southwest Chipotle Chicken Pasta

[Entrees](#)

Submitted by *Cathy Lea*.

This is so easy to make and tastes like something you would get at Macaroni Grill, only better. I love one pot meals, and this only requires the second pot if you want to cook the pasta at the same time. You can cook the pasta in the same pan, then simply set it aside in a covered bowl to keep warm while you cook the chicken and veggies. You can use any type of southwestern sauce, but the home made Chipotle Spread and Dip sauce is wonderful.

Ingredients

8 ounces spiral pasta (or other pasta of your choice)
2 Tablespoons olive oil
1 small green pepper, julienned
1/4 cup onion, julienned
1/4 cup sun dried tomatoes, julienned
1 clove garlic, minced (or 1/2 teaspoon garlic powder)
1/2 pound chicken tenders (cubed)
1/2 cup Chipotle Spread and Dip (see Chipotle Spread and Dip in Snack section)
1/4 - 1/2 cup milk

Directions

Begin cooking pasta in boiling water. Preheat skillet, add olive oil, green pepper and sauté for a few minutes before adding the onion. Sauté another few minutes until the onion just starts to turn translucent then add the sun dried tomatoes and garlic. Cook another minute just to make the garlic fragrant. Remove veggies from pan and set aside. Cook chicken tenders until done (juices run clear). Add the veggies back to the pan and add Chipotle Sauce. Toss to coat everything. Add some milk to thin sauce to desired consistency. Toss with pasta.

As always with my recipes the amounts are estimates, use whatever veggies you like in whatever proportion. You cannot go wrong.

Serves: ?

Spaghetti with Clam Sauce

[Entrees](#)

Submitted by *Carol Lyke*.

Good on a hot summer's evening or in the chill of a shoulder season.

Ingredients

1 can of clams
Italian seasoning
red pepper flakes
fresh parsley
butter
wine
crusty bread

Directions

Add some wine to the water drained from the canned clams and reduce somewhat. Add clams, Italian seasoning, red pepper flakes for a little zip, fresh parsley if available and a little butter. Heat up and serve over spaghetti, slurp and sop up the remaining juice with a hunk of crusty bread.

Serves: 4

Spaghetti-Pizza Sauce

Submitted by **Gerry Boudreau**.

This is a super easy sauce to do on a cook top with one pan or skillet. It can be made in a pressure cooker, I use electric, by using your browning feature then adding ingredients in same order as stove top cooking. I love the flavor of sauce using fresh tomatoes, however, canned dice tomatoes can be substituted.



To be fair about canned tomatoes, there are also the dice tomatoes that are already seasoned and are pretty darned good to doctor up for sauces. I use an immersion blender for a smoother sauce, fresh or canned.

Although I have tried to be as accurate as possible on measurements, when I make it I use my palm to measure a small, medium or large palm full when measuring spices. This is how I came up with the measure spoon amounts. This recipe can be easily doubled or tripled depending on number of people serving.

Ingredients

1 cup onions diced
2 Tablespoons Grape seed oil (Does not distort flavors, is tasteless and has a high smoke point)
1 teaspoon Garlic minced
1/2 teaspoon Rosemary
1/4 teaspoon Oregano
1 Tablespoon Fennel Seed (or less to taste)
2 teaspoons Basil
1 teaspoon Parsley flakes
1/8 teaspoon Tarragon (optional)
2 Cups fresh tomatoes peeled, OR
2 cups diced tomatoes
1 Tablespoon sugar to cut acid
Salt Pepper to your taste

Note: If you like other spices not covered here, use whatever You like.

Directions

In a skillet or your electric pressure cooker, on the browning mode, pour in about 2 Tablespoons of Grape seed oil. Sauté Onions, Garlic in oil, when starting to cook down, add Fennel Seed. The aroma is fantastic. After sautéing for a couple of minutes, toss in remaining spices, stir well, reduce heat, Add, tomatoes and simmer for however long you like. I did mine for about an hour, or less. Use immersion blender to make a more liquefied sauce.

Serve over favorite pasta. This will also make a really good pizza sauce if you like grilled pizza.

If using pressure cooker the time will be maybe 10 minutes. I suppose one could do this on a grill although I have not tried it.

Serves: Maybe 4 people

Spicy Black Bean Surprise

[Entrees](#)

Submitted by *Williamsburg Rally Attendees*.

Ingredients

1 cup instant rice
1 can (15 ounces) black beans, drained
1 can (15 ounces) corn, drained
1 can (14 ounces) Mexican recipe stewed tomatoes
1 medium onion, chopped
2 Tablespoon butter or margarine

Directions

Cook rice according to directions. In a fry pan or saucepan melt butter and sauté onion until soft. Add beans, tomatoes and corn, mix well and simmer for 15 or 20 minutes uncovered. Serve over hot rice.

Serves: 2 to 4

Spicy Cruciferous Stir-Fry

[Entrees](#)

Submitted by *Caring4Cancer* community.

Cruciferous vegetables include bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, chard, collard greens, kale, kohlrabi, rutabagas, turnips, and watercress. These are a healthy addition to any diet and among the best foods for removing harmful substances from, or detoxifying, the body.

Ingredients

1 teaspoon ground cumin (dry spice)
1 teaspoon ground coriander (dry spice)
2 Tablespoons canola oil
2 cloves garlic, finely minced
1 teaspoon grated fresh ginger (or 1/4 teaspoon dry ginger)
1/2 teaspoon chili powder
1 small white onion
1 1/2 cups broccoli
1 cup cauliflower
12 ounces extra-firm tofu, cut into cubes

Directions

Heat large pan or wok on medium heat until hot. Add dry cumin and coriander to pan and dry fry for 1 minute. Stir constantly to avoid burning and sticking. Carefully (to avoid splatters) add oil, garlic, and chili powder and stir well to avoid sticking. Stir-fry for 2 minutes. Add onion and cook for another 2 minutes. Stir often to be sure you do not burn the spices. Add the cauliflower and broccoli and cook until vegetables are hot, but still crisp and brightly colored. Add tofu and toss well until coated with spices and warmed through. Sprinkle with lemon juice and enjoy! Serves four as a main dish.

Serves: 4

St. Patricks Day Teriyaki Meatballs

[Entrees](#)

Submitted by **Casey**.

The company I used to work for liked pot luck lunches for holiday celebrations. One year we had a St. Patricks Day pot luck and prizes were given for the best green food in different categories. I did not feel like cooking anything complicated so I just threw together some meatballs and teriyaki sauce and brought it to the pot luck. Everyone liked it so much they invented a new category - Best Non-Green Food - so this could win first prize.

This recipe was originally for a Crock-Pot™ or slow cooker. It can also be prepared on the stove top in a covered pan over low heat, but I have not tried it that way yet.

Ingredients

1 Bag Frozen Meatballs (the small bite-sized kind)
1 Bottle Teriyaki Sauce

Directions

Empty bag of frozen meatballs into a Crock-Pot™ or slow cooker. Pour in a bottle of Teriyaki sauce to mostly cover the meatballs. Heat until meatballs are fully cooked. Serve with fresh or steamed vegetables over rice for a complete meal.

Since this is such a simple recipe, it is easy to make a lot or a little as needed. The important part is that the meatballs cook in the sauce until they absorb the flavor. You can pre-cook a small number of meatballs (no more than a dozen at the same time) in the microwave and then just simmer them in the sauce for a quicker dinner. The Costco Kirkland™ brand of frozen meatballs is my favorite for this recipe although I have found some nice frozen meatballs in smaller, more RV friendly packages in grocery stores.

Serves: ?

Stacked Cheese Enchiladas

[Entrees](#)

Submitted by *Cathy Lea*.

This is a quick way to make enchiladas. I prefer the cheese and onion variety but you can add hamburger or shredded cooked chicken if you like. You can also use canned enchilada sauce, but if you have the time you will not be sorry you made your own.

Ingredients

Corn Tortillas, 3 per person
Shredded cheddar or Monterey jack cheese
Chopped Onions
New Mexico Red Chile Sauce (see recipe in Entree section)
Cooking Oil Spray
Ground Beef if desired

Directions

Heat a large frying pan to medium. Spray with cooking oil spray. Place one tortilla in pan and cook for a minute or so, turn and cook the other side. You just want to cook them long enough to become a little soft and pliable. Set aside on a paper towel, cover with another paper towel and continue cooking the tortillas. Stack a tortilla on a plate, add chile sauce, cheese, onions and ground beef. Do this three times, ending with chile sauce and cheese. You can warm them in the microwave to re-heat, but if you do this quickly it will not be necessary.

Serves: ?

Stovetop Mac and Cheese

[Entrees](#)

Submitted by *Roadtrek Chapter Member*.

This is adapted from an Alton Brown Recipe.

Ingredients

1/2 pound elbow macaroni
4 Tablespoons butter
2 eggs
6 ounces evaporated milk
1/8 teaspoon cayenne pepper
1 teaspoon salt
Fresh black pepper to taste
3/4 teaspoon dry mustard
10 ounces sharp cheddar, shredded

Directions

In a large pot of boiling, salted water cook the pasta to al dente and drain. Return to the pot and melt in the butter. Toss to coat. Whisk together the eggs, milk, cayenne pepper, salt, pepper, and dry mustard. Stir into the pasta and add the cheese. Continue cooking over low heat stirring constantly until creamy.

Serves: ?

Tricolor Pasta with Peas and Brie

[Entrees](#)

Submitted by *Cathy Lea*.

This is grown up macaroni and cheese. It is quite sticky, so you will need plenty of hot water to clean the pan. It is definitely worth it however.

Ingredients

1 pound tricolor pasta, any shape
1/2 cup frozen peas
1/2 cup Brie

Directions

Boil pasta until al dente. Heat frozen peas until hot, either in microwave or steamer. Cut Brie into small pieces. Drain pasta but do not rinse. Add cooked peas and brie and stir lightly until cheese is melted.

Serves:

Tuna And Grits

[Entrees](#)

Submitted by **Peter Kafer**.

This is actually a breakfast dish in the Bahamas but can also be a fast, easy, and delicious lunch!

Ingredients

Hominy or Yellow Grits, enough for 2 servings
2 Tins of Canned Tuna, in water
1/4 cup white onion, finely chopped
2 Tablespoon Light Mayo
Juice of 1 Lime
Hot Pepper*, finely chopped
Butter
Salt and Pepper
Hot Sauce (if desired)

Directions

Start by making the tuna salad. First drain the tuna and mix with mayo, lime juice, hot pepper, and salt and pepper. Cover and store in the fridge while you prepare your grits. Cook the grits according to package directions. When grits are done cooking, stir in a pad or two of butter, salt and pepper, and mix well. Pour hot grits into serving bowls and top with tuna salad. Serve with hot sauce.

* Habañero pepper is the Bahamian way, but jalapeño or crushed red pepper flakes will work.

Serves: 2

Tuna Casserole

[Entrees](#)

Submitted by **Cathy Lea**.

This recipe comes from my childhood, and I'm sure many of you have had it as a child. My mother always baked it with a topping of crushed potato chips, but I have since discovered the French fried onion rings which I think are much better. Yes, this dish is a little better if it's baked in the oven, but it's darn good right out of the pan and easy enough for my small RV kitchen.



The side of the condensed soup can calls for an equal amount of milk but I like this dish to be a little thicker so I use half the milk. I take extra care swishing the milk around the soup can to make sure I rinse any remaining soup out with the milk. This also helps keep the trash from smelling too bad in the RV.

Ingredients

8 ounces noodles
1 can tuna, drained
1 can condensed cream of mushroom soup
1/2 soup can milk
1 can French's Fried Onion Rings

Directions

Cook the noodles until done. Drain and set aside in a bowl. Using the same saucepan, mix the soup and the milk and stir until well combined. Add the drained tuna, stir to completely combine and heat through. Add the noodles back into the pan stirring to coat evenly and heat until everything is hot. Top each serving with Fried Onion Rings. For an extra bit of freshness add some sliced green onions.

Serves: 2 to 4

Uncle Matt's Chile

[Entrees](#)

Submitted by **Steve Fishwick**.

My son Matt, uncle Matt to two of my granddaughters, came up with this while looking for a quick Chile recipe to make when camping. Matt loves hot food but he leaves out the hot spice so that everyone can flavor their own bowl to taste. We all love this simple to make Chile. It takes about 15 minutes to prepare. I sometimes make it at work and there is never any leftovers.

Ingredients

1 pound Ground Beef
1 can Tomato Sauce
1 can Tomato Soup
1 can chopped Tomatoes
1 can Beans any kind 2 cans is not too much or 2 different kinds of beans
1 small onion chopped
Chili Powder to taste
Salt to taste
Sour Cream to taste
Frito's™ brand corn chips
Shredded cheddar cheese
Hot sauce to taste

Directions

I usually start this recipe right after breakfast. First brown the ground beef. If you have a microwave you can put the beef in a bowl and cook for 1 minute intervals, break up the beef, then cook for 1 more minute. Repeat until the beef is nice and brown with no pink remaining. This usually takes a total of about 5 to 8 minutes total for 1 pound of beef. While the beef is cooking open caned items and put in slow cooker undrained.

Drain the beef of excess grease, add chopped onion, combine with the canned items in the slow cooker.

Let simmer until dinner time. Since everything is already cooked it just needs to be hot. Put sour cream, Frito's™ and cheese in a bowl. Pour chili on top. Add Hot sauce and salt to taste. Enjoy!

Serves: 6 to 8

Unstuffed Peppers

[Entrees](#)

Submitted by *Cathy Lea*.

We came across a farmers market in Oregon one day. They had great looking green peppers and I thought I would love to make stuffed peppers, but I do not have an oven. Well, I decided I did not need an oven if I had a frying pan. Thus, unstuffed peppers came into being. We have them often on our trips. It is a quick meal that can be made in one pan.

Ingredients

1/2 pound ground beef
1 cup cooked rice
1 1/2 cups shredded cheddar cheese
2 each green peppers, chopped
1 small onion, chopped

Directions

Brown the hamburger, green peppers and onion. Add cooked rice and cheese. Add whatever spices you like, I use salt, pepper, celery salt and maybe some Cajun seasoning.

Tip: Cook minute rice in the pan you are going to use to cook the casserole. Just put the rice in a bowl to keep until you need to add it back to the dish. I then use the bowl to serve the dish in, no need for extra dishes that way.

Serves: ?

Sides

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Chinese Buffet Green Beans

4 Ingredient Pea Salad

[Sides](#)

Submitted by **Chelle**.

When I was a teenager, my best friends mom made this for us as a late night snack. Loved it then, love it now!

Ingredients

1 can peas, drained
1 small white onion, chopped
4 pieces crispy fried bacon, crumbled (turkey bacon works too)
2 Tablespoons mayonnaise or slaw dressing

Directions

In a bowl gently combine drained peas, chopped onion and crumbled bacon with mayonnaise and enjoy! Tastes even better after it's been chilled for a bit. :)

Serves: 2

Asian Sweet Soy Dipping Sauce

[Sides](#)

Submitted by **Cathy Lea**.

I love pot stickers, Asian dumplings and almost anything that is steamed or fried and dipped in a sauce. This is one of those sauces that is easy to make and goes well with a lot of different things.

This recipe is built around sweet soy sauce which is available at most Asian markets. This is not the salty wattery stuff you normally think of when hearing the term soy sauce. It is much more like a sweet, dark, bold flavored syrup. Un-sulfured sorghum molasses might work instead if the real stuff is not available.



Ingredients

3 Tablespoons Sweet soy sauce
2 Tablespoons soy sauce
1 1/2 Tablespoons rice wine vinegar
1 Tablespoon toasted sesame oil
1/4 teaspoon crushed red pepper flakes

Directions

In a small bowl mix all of the ingredients together. Allow to sit for 5 minutes or longer so the red pepper flavor can infuse the liquid.

For a nice presentation right before serving thinly slice a few green onion rings on top.

Serves: 2

Asparagus with Lemon Butter Topping

[Sides](#)

Submitted by *Cathy Lea*.

This recipe comes from the package of Smart Balance™ spread, a butter blend with less saturated fat. I normally only like regular butter but tried this once and it's really quite good. It also stays soft so you do not have to soften it before putting on your toast, which is good for me. I used to microwave the butter to soften it directly from the fridge, but the microwave broke and we didn't replace it because we use mostly solar energy for our electricity.

Ingredients

1 medium lemon
1/4 teaspoon salt, divided
2 Tablespoon butter or butter blend
1/2 cup Panko bread crumbs
1 pound fresh asparagus, trimmed
1/2 cup water

Directions

Grate the lemon rind, cut the lemon in wedges. Melt butter or butter blend in a large nonstick skillet. Add the bread crumbs and stir until golden brown, about 2-3 minutes. Remove from heat and add the lemon zest and 1/8 teaspoon salt. Stir gently using the back of a spoon to incorporate the zest into the bread crumbs. Set aside.

Add water and asparagus to the skillet and bring to a boil. Cover and cook until crisp tender, just a few minutes.

Remove asparagus to serving dish, sprinkle with 1/8 teaspoon salt and top with the bread crumb mixture.

Serves: ?

Balsamic Green Beans

[Sides](#)

Submitted by *Cathy Lea*.

We learned this recipe in a class at Williams-Sonoma. It is also good with asparagus and Brussels sprouts. Be sure to use a good quality balsamic vinegar.

Ingredients

1 teaspoon salt
1 pound green beans
1 Tablespoon butter
4 shallots, thinly sliced
1 Tablespoon balsamic vinegar
freshly ground pepper to taste

Directions

Snap the ends off the green beans. Fill a pot of water and bring to a boil. Add the salt and the beans. Boil until the beans are bright green and just tender. This will take only 3-5 minutes. Drain and rinse with cold water until they are cool, then drain again.

Sauté the shallots in the butter in a fry pan. Cook until soft and beginning to brown, about ten minutes. Add the vinegar and stir another minute until the shallots are coated.

Add the drained beans to the pan, increase heat to medium and toss the beans in the sauce until coated. Season with salt and pepper and serve immediately.

Serves: ?

Broccoli and Cajun Sauce

[Sides](#)

Submitted by *Cathy Lea*.

This recipe was inspired by a cookbook published by the Junior League of Baton Rouge Louisiana. The Junior League cookbooks are some of my favorites, I tend to collect them as we travel across the country. Those women put their best recipes in the books and I do not think I have tried one we did not absolutely love.

Ingredients

steamed broccoli with stem end trimmed
2 Tablespoons butter
2 Tablespoons olive oil
1 1/2 teaspoons Worcestershire sauce
1 teaspoon mustard
1 Tablespoon vinegar
red pepper to taste
salt and pepper to taste

Directions

Steam or microwave the broccoli just until it turns fork tender and is still dark green. Heat remaining ingredients in a small saucepan until butter is melted then pour over cooked broccoli just before serving.

Serves: ?

Brown Rice with Black Beans

[Sides](#)

Submitted by **Sue Baker**.

Ingredients

1 cup brown rice
2 cups water
1 Tablespoon olive oil
1/2 cup finely chopped onion
1 can stewed tomatoes
2 cans Mexi-corn
1 can (15) ounce black beans
1 Tablespoon chili powder
1 teaspoon Balsamic vinegar
2 Tablespoon freshly chopped cilantro (optional)

Directions

Cook brown rice as directed on package. Sauté onion in olive oil until softened but not browned, about 2-3 minutes. Add Mexi-corn, stewed tomatoes and black beans with liquid in can. Sprinkle with chili powder and balsamic vinegar. Stir well. Simmer covered 15 minutes. Keep warm until rice is ready. To serve, spoon rice onto individual serving plates. Top with black bean mixture and sprinkle with freshly chopped cilantro, if desired.

Serves: 4 to 8

Brussels Sprouts Pot Sticker Style

[Sides](#)

Submitted by *Cathy Lea*.

I love Asian pot stickers which are most often savory dumpling treats prepared with a combination of steaming and frying in the same pan. Traditional pot stickers have a nice golden brown edge outside and tender steamed goodness inside so I thought this would be a wonderful way to cook Brussels sprouts. It makes a big difference to get really fresh Brussels Sprouts at a local farmers market when they are in season. Always look at the stem end when choosing the freshness. You want densely packed sprouts that feel solid when lightly squeezed. Avoid sprouts that have overly dry stem ends or are light weight for their size.

Ingredients

4 to 8 fresh whole Brussels sprouts per person
several Tablespoons olive oil (the cooking kind, not extra virgin)
water
salt (to taste)
butter (to taste)
dash of soy sauce or balsamic vinegar (optional)

Directions

Wash the Brussels sprouts, trim the stem end to remove any dry or hard parts and peel away any obviously loose outer leaves. Lightly pat the sprouts dry then halve through the center of the stem so the layers remain attached to both sides. Heat several Tablespoons of cooking olive oil in a skillet over medium high heat until the oil starts to shimmer. Add sprouts to the pan cut side down so that each sprout has full contact with the bottom. Cook until they start to turn brown about five minutes.

Add a teaspoon of salt with enough water to come half way up the sides of the sprouts and cover the pan. Reduce heat and simmer for at least five minutes. If your skillet does not have a lid, some foil or another skillet inverted on top will help keep the steam in while cooking. When the sprouts are just starting to get fork tender, remove the lid and turn the heat up to medium high until the water completely evaporates.

When the water is gone, turn off the heat and add a little butter to the pan stirring to completely coat the sprouts. Serve immediately. These are delicious as is, with a dash of soy sauce or some nice balsamic vinegar.

Serves: 2 to 8

Cabbage And Apple Slaw

[Sides](#)

Submitted by **Cathy Lea**.

We love cabbage so we make a lot of slaw. My favorite kind of slaw is to just throw cabbage and lots of different chopped or shredded veggies together and make a mayo or vinegar based dressing. This is a simple slaw that tastes pretty fancy. It is quick to make and nice for guests or a potluck.

Ingredients

4 cups shredded cabbage
1/4 cup chopped red onion
1 granny smith Apple, chopped
1/4 cup chopped nuts
2 Tablespoons apple cider vinegar
2 Tablespoons apple juice
1 teaspoon honey
1 Tablespoon chopped parsley

Directions

Whisk vinegar, apple juice and honey in a small bowl. Add salt and pepper to taste. Shred, slice or chop the other ingredients and mix well with the dressing to completely coat. Adjust seasoning if needed. Chill covered until ready to serve.

Serves: about 4

Chinese Buffet Green Beans

[Sides](#)

Submitted by *Cathy Lea*.

We love to visit Chinese buffets because we can get a large variety of flavors without ordering too many dishes. Many of them serve these delicious Asian style green beans with a sweet and salty garlic sauce. I finally decided to find a recipe to make them at home and this is the best one.



This is simple enough to make in the RV but special enough to serve guests at home. The green beans taste just like the restaurant version. The only problem is that I don't get to eat my favorite hot and sour soup and egg rolls because those are too hard to make in the RV with my limited pantry.

This recipe is easy to customize and expand. You can add some crushed red pepper flakes if you prefer your food on the spicy side like I do. You can also use this cooking method and sauce with almost any cooked green veggie such as broccoli. Adding sliced water chestnuts at the end of the cooking to just warm up a little adds a nice crunch.

Ingredients

12 ounces green beans, trimmed
1 Tablespoon soy sauce
1 Tablespoon honey
1 Tablespoons unsalted butter
2 Tablespoons extra-virgin olive oil
Kosher salt
1 Tablespoon minced garlic
water

Directions

Combine the soy sauce, honey, and a Tablespoon of water in a small dish and set near the stove.

Heat the butter and olive oil over medium-high heat in a large skillet. When the butter is melted add the green beans and 1/2 teaspoon salt and toss with tongs to coat well. Cook, turning the beans occasionally, until most of the beans are well browned and tender, about 7 or 8 minutes. The butter in the pan will have turned dark brown.

Reduce the heat to low, add the garlic and cook, stirring constantly with a heatproof spatula, until the garlic is softened and fragrant, 15 to 30 seconds. Carefully add the soy mixture, you will need to scrape the honey into the pan. Cook, stirring, until the liquid reduces to a glaze that coats the beans, about 30 to 45 seconds.

Immediately transfer the beans to the serving dish, scraping the pan with the spatula to get all of the wonderful garlicky sauce. Serve warm.

Serves: 2

Colcannon a la Caravan

[Sides](#)

Submitted by **Cathy Lea**.

This recipe is very forgiving for quantities and proportions. Use what you have on hand or try mixing in different things. I use instant mashed potatoes in this recipe because raw potatoes take the longest time to cook and that takes away from time I could be sitting outside my RV enjoying the nice weather and reading a good book. I typically use about a third or quarter of a head of cabbage which may look like a lot when chopped and piled raw in the skillet, but when cooked turns into a nice side dish. I use this recipe for Bangers and Mash.

Since the original recipe that inspired this RV-friendly version called for almost two whole sticks of butter, I feel anything less than a whole stick can be considered diet friendly by comparison. Enjoy your veg!

Ingredients

cabbage, chopped
onions, chopped
instant mashed potatoes
butter
milk
water
carrots, chopped small (optional)
scallions (optional)

Directions

Start by chopping the cabbage and onion into small (bite-sized or smaller) pieces. Remember the cabbage will get a lot less bulky when it cooks so use more than you think you need. For two people I use a quarter of a small cabbage.

If you making Bangers and Mash, cook the meat in a skillet and remove to a covered bowl or plate for later. Leave the drippings in the skillet to flavor the cabbage.

In a big skillet with a lid add a Tablespoon of butter, a cup or so of water with all of the chopped cabbage and chopped onion. Cover and steam over medium heat until the cabbage is very soft almost like mashed potatoes but not brown. This can be between 15 and 30 minutes or more so be patient and avoid lifting the lid too often.

In a bowl mix the instant mashed potatoes with milk, water and butter to the ratio specified on the package. When the cabbage is fully cooked, dump the mashed potato mixture into the skillet and stir until it thickens to the desired consistency.

For a less traditional twist with an unexpected bit of added color, add a finely chopped carrot to the hot pan to sauté and get soft a few minutes before the cabbage.

Garnish with fresh scallions and a pat of butter.

Serves: ?

Easy Yeast Rolls

[Sides](#)

Submitted by **Billy**.

This recipe requires an oven.

Ingredients

2 cups all-purpose flour
2 Tablespoons sugar
2 1/4 teaspoons (1/4 ounce, or 1 package) yeast
1/2 teaspoon salt
3/4 cup warm water
3 Tablespoons butter, melted

Directions

Preheat oven to 375 degrees. In a large bowl, combine 2 cups flour, sugar, yeast and salt. Add water and the melted butter, beat on medium speed for 3 minutes or until smooth. Add enough remaining flour to form a soft dough.

Turn onto a lightly floured surface; knead a few times, until smooth and elastic. Cover with a damp cloth and let rest for 10 minutes. Divide dough into 12 equal-sized balls. Shape each ball. Place in a greased pan, sides touching. Cover and let rise in a warm place until doubled, about 30 minutes.

Bake at 375 degrees for 11-14 minutes or until lightly browned.

Serves: ?

Farmers Market Kale With Olives

[Sides](#)

Submitted by *Cathy Lea*.

You can substitute any greens that you like, cooking time will depend on the greens. You could even substitute frozen spinach or other greens, just heat and drain and continue the recipe as shown.

Ingredients

1 bunch Kale
2-4 Tablespoons good quality extra virgin olive oil
1/3 cup chopped pitted Kalamata Olives
1/4 teaspoon red pepper flakes
salt to taste
lemon juice to taste

Directions

Wash kale and remove stems and ribs. Chop coarsely if desired. Bring one quart of water to boil, add washed kale and simmer for 5-20 minutes. Time will vary depending on the greens you choose, taste every five minutes and cook just until tender. Drain and remove the extra water. Toss with olive oil, olives, red pepper flakes, salt and lemon juice. Serve at room temperature.

Serves: 2 to 4

Garlic, Herb Summer Squash

[Sides](#)

Submitted by **Barbara Dalderis**.

Ingredients

Choose a mixture of very fresh squashes
Olive oil (the cooking kind, not extra virgin)
Garlic
Basil or other fresh herbs
salt and pepper to taste
lemon juice

Directions

Trim and slice or cut into julienne (thin strips or small, match-like pieces). Sauté in olive oil until tender. Add fresh chopped garlic and basil or other herbs. Season with salt and pepper and a little lemon juice. That's it!

Serves: ?

Green Bean And Tomato Salad

[Sides](#)

Submitted by *Cathy Lea*.

We are trying to eat more vegetables and this adds variety when we get tired of a lettuce salads. It is easy to make at a moments notice, works nicely for pot-lucks and keeps well in the fridge.

Ingredients

3 Tablespoons vinegar
3 Tablespoons oil
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon sugar
1 16 ounce can green beans, drained
2 medium tomatoes, cut into wedges
1 large green onion, sliced

Directions

Stir together the vinegar, oil, salt, pepper and sugar in a large bowl. Add the beans, tomatoes and onions and toss to mix. Can be served right away or chilled.

Serves: 2 to 4

Grilled Brussels Sprouts

[Sides](#)

Submitted by *Cathy Lea*.

I don't eat as many veggies as I should. So I am always looking for ways to pack more flavor into my vegetables without turning them into complicated recipes with lots of ingredients that may actually take away from the health benefits. I love fresh Brussels Sprouts and cooking on the grill is my favorite way to get more great flavor, so why not combine the two.



This recipe is my way to make Brussels Sprouts extra special. That way I eat more of them. You can get a similar flavor in a sauté pan on the stove, but they are much better grilled until the edges turn golden, brown and delicious. I love these grilled Brussels Sprouts alone and equally well with almost any grilled meat.

Ingredients

Fresh Brussels Sprouts, about a hand full per person
Extra Virgin Olive Oil to coat
Grill Seasoning or other seasoning of your choice

Directions

Clean the sprouts and cut off any tough or dry part of the stems. Cut in half lengthwise through the stem end so the leaves on each half remain attached.

Pre-cook: Either microwave for 3 minutes or parboil for 4 minutes (in a pan of rapidly boiling water). Drizzle with olive oil and sprinkle seasoning over the top.

Cook: Grill on a medium hot grill in a grill pan or on a skewer for about 15 to 20 minutes, turning occasionally for even browning.

These are good hot from the grill or at room temperature. Store left overs covered in the refrigerator for up to 3 days.

Serves: 2 or more

Grilled Fresh Veggies

[Sides](#)

Submitted by **Maribel Penichet**.

While camping in California, had an over abundance of these vegetables, had to come up with some new ideas.

Ingredients

1 eggplant, or 4 squash or zucchini
Olive oil
garlic powder

Directions

I peel my eggplant, dip in olive oil, lay on grill and then sprinkle with garlic powder. When it turns colors flip to other side, till golden. Enjoy! Do same with squash or zucchini. Or mix all.

Serves: ?

Harvard Beets

[Sides](#)

Submitted by *Cathy Lea*.

This sweet and sour beet dish is great with fresh beets steamed on the stovetop, but cooking beets in the RV can be a pain so more often I use either a can of sliced beets or the refrigerated vacuum packed beets from Costco. The Costco beets can either be sliced or cubed and they taste just like freshly steamed beets.

Ingredients

1 can beets
1/2 cup sugar
1 1/2 teaspoons cornstarch
1/4 cup mild vinegar, like apple cider vinegar
1/4 cup water
2 Tablespoons butter

Directions

In a small pan mix the sugar, cornstarch, vinegar and water before putting on the heat. Bring to a boil and cook stirring regularly for five minutes or until thickened. Add beets, remove from heat and let stand for 30 minutes or longer. Just before serving heat until desired temperature is reached. Add butter and stir.

Serves: 2 to 4

Hawaiian Beans

[Sides](#)

Submitted by **Jillian Dal Bello**.

Ingredients

2 cans baked beans, any size
5 slices bacon, cooked and chopped or about 1/2 cup cooked ham chopped
1 green pepper, chopped and sautéed
1 small onion, chopped and sautéed
1 swig of your favorite brand of chili sauce
1 small can crushed pineapple

Directions

Peppers and onion and bacon can all be done in microwave in the bottom of a casserole. Add the rest of the ingredients, mix well and heat through. Great with a ham slice or barbecue ribs.

Serves: 4 to 6

Honey Pepper Grill Glaze

[Sides](#)

Submitted by **Betty**.

The smell and taste of a dinner cooked over a fire is a wonderful way to end a day of travel. This simple glaze is easy to make and improves just about anything you can cook on a grill. It is one of the few sauces that goes equally well with light and dark meats.

Ingredients

1/2 cup honey
3 Tablespoons balsamic vinegar
1 teaspoon coarse ground black pepper
1/4 teaspoon red pepper sauce (like Tabasco or Texas Pete)
1/4 teaspoon cayenne pepper

Directions

Combine all ingredients and brush on grilled meats. For best results brush on lighter meats like chicken or pork after cooking, and darker meats like beef before cooking. Do not store any extra glaze in the refrigerator because the cold accelerates honey crystalization.

Serves: ?

Lemon Pepper Corn

[Sides](#)

Submitted by **Ann B.**

This is a nice change from the standard butter, salt and pepper preparation. You can use different spices for variation, such as chili powder with the mayonnaise, then squeeze fresh lime over corn when done!

Ingredients

Fresh and shucked corn on the cob
Lemon Pepper Seasoning
Mayonnaise
Fresh lime juice (optional)

Directions

Coat each ear of corn with some mayonnaise, then sprinkle with lemon pepper seasoning. Wrap each ear in aluminum foil and grill, turning occasionally, for about 5 - 8 minutes. Squeeze fresh lime over corn right before serving for an extra special zing!

Serves: ?

Mushroom Noodles

[Sides](#)

Submitted by *Rose and Rognar Doerwald*.

Ingredients

Vegetable or Olive oil
1 package of mushrooms
1 can Cream of Mushroom soup
1 small can peas
a little water
2 Tablespoons sour cream
1 package noodles
grilled meat of your choice

Directions

Grill your choice of meat. While it's grilling, sauté mushrooms in a little oil, add the mushroom soup, peas, a little water and sour cream. Set aside while you cook the noodles. Warm up the noodles and the sauce and serve with the grilled meat.

Serves: 2 to 4

Mustard Coleslaw

[Sides](#)

Submitted by **Barbara Dalderis**.

This low fat, crisp, creamy salad is good with lunch or dinner. Add a dash of hot sauce to mustard mixture for extra spiciness. I store the cabbage mix and dressing separately in the fridge. Then when we stop for a meal mix up just enough to use and save the rest for another meal.

Ingredients

--[Slaw]--

7 cups finely shredded green cabbage (about 1/2 head)
1 cup thinly sliced red onion
1 cup grated carrot
1 bunch cilantro, chopped (optional)

--[Dressing]--

1/4 cup wine vinegar (sherry is good)
2 Tablespoons sugar
2 Tablespoons whole-grain mustard
2 Tablespoons reduced-fat mayonnaise
1/8 teaspoon salt
1/8 teaspoon black pepper
1/8 teaspoon ground red pepper

Directions

Combine the cabbage, onion and carrot in bowl or gallon size zip bag. Wisk together dressing ingredients. Chill all. When ready to serve add the dressing to cabbage mixture and toss well. Makes about 7 one cup servings.

Serves: 7

Pineapple Cheese Casserole

[Sides](#)

Submitted by **Gloria Laundrie**.

A friend served this for breakfast, I served it at Thanksgiving, and everyone wanted the recipe! I have served it since, always with good results. I have not baked it in my Roadtrek, but I am sure that it would work in a microwave, too. It just needs 30 minutes of medium heat casserole baking. Delicious!

This needs a toaster oven.

Ingredients

2 cans chunk pineapple, drained
2 cups shredded sharp cheddar cheese
6 Tablespoons flour
1 cup sugar
1 package Ritz™ crackers
1 stick melted butter

Directions

Mix ingredients in oven safe casserole dish. Crush a package of Ritz crackers and mix with one stick of melted butter. Place over top of pineapple mixture. Bake at 350 degrees for 30 minutes. Serve warm with scrambled eggs for breakfast or as a side dish with pork or chicken, ham or turkey.

Serves: ?

Quick and Moist Cornbread

[Sides](#)

Submitted by *Roadtrek Chapter Member*.

Ingredients

1 can cream style corn
1 can drained whole kernel corn
1/2 cup sour cream
Grated cheese
Butter
1/3 box Jiffy™ brand corn bread mix
1 small can chopped green chiles

Directions

Mix all ingredients together and cook in a wide pan over medium flame or in the microwave until edges are done. Should be very moist. Serve hot. This makes a nice and moist side dish replacement for mashed potatoes.

Serves: 4 to 6

Red Chile Mashed Potatoes

[Sides](#)

Submitted by *Cathy Lea*.

If you like more heat add more chile, for less heat add less. Because it is a natural product the heat of the chile will vary considerably. You can start with just a little in the milk, taste and add more if you want it hotter. It is important to let the chile infuse into the milk rather than adding it to the potatoes as the chile will mellow in liquid. You can garnish with a dusting of chile powder and a few springs of cilantro.

Ingredients

1 head garlic
2 teaspoons olive oil
4 russet or Yukon gold potatoes
1 Tablespoon butter
3/4 cup milk
1 1/2 Tablespoons New Mexican ground red chile
1/4 cup sour cream
salt and pepper to taste

Directions

Cut top off garlic, drizzle with olive oil and wrap in aluminum foil. Bake at 350 degrees until soft, about 45 minutes. When done set aside to cool. Squeeze or push out the roasted garlic and set aside. Cut potatoes into chunks and boil until soft, about 20-30 minutes. Meanwhile, combine milk and chiles, heat until warm and let sit to let the chile bloom. When potatoes are done drain and add butter, chile infused milk, 4-6 cloves roasted garlic and sour cream. Season with salt and pepper to taste. Smash with potato masher until mashed but still a little chunky.

Serves: ?

Santa Fe Spice Rub

[Sides](#)

Submitted by *Cathy Lea*.

This is adapted from a wonderful line of spice rubs from North of the Border spice company in Tesuque, New Mexico. Play with the recipe and make it your own.

Ingredients

1 1/2 Tablespoons Ground Red Chile
1 1/2 Tablespoons Brown Sugar
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon Mexican oregano
1 teaspoon ground cumin
1 teaspoon ground coriander

Directions

Mix together and pat into any meat you want to grill. It is great on ribs, steak and chicken.

Serves: ?

Sausage Dressing Plus

[Sides](#)

Submitted by *Carol Stoegbauer*.

This three ingredient side dish recipe is delicious and super simple to make in any RV kitchen. I take this to Pot Luck dinners and it is always gone.

Ingredients

2 boxes chicken flavor Stove Top™ dressing
1 package Jimmy Dean™ sausage
1 jar chicken gravy

Directions

In a pan over medium high heat brown the sausage and break into small chunks. Move the sausage to a bowl. In the same pan prepare dressing according to the directions on the box. Mix the cooked sausage together with the dressing.

I alternate the sausage dressing with layers of the chicken gravy in a slow cooker. It is ready to serve when everything is hot.

This keeps for hours in a covered slow cooker set on low.

Serves: 8 to 16

Shane's Bannock - Campfire Version

[Sides](#)

Submitted by *Jeannine Maranchuk*.

This recipe came from Don't Panic We'll Make Bannock! Cherry Creek Metis Local, Boissevain, MB, Canada. You may add all kinds of spices like garlic, onion powder, etc, and grated cheese. Let your imagination go.

Ingredients

3 cups flour
1 teaspoon salt
2 Tablespoon baking powder
1/4 cup oil
1 1/2 cup water
spices (your choice)

Directions

Mix all of the dry ingredients together then add wet. Knead until just blended. Do not over work dough or it will be tough. Turn out onto floured surface and roll into 8x12 inch rectangle or 3/4 inch thick. Cut into 8 pieces and slice 3 times into each portion to prevent puffing. This is very good over a campfire on a hot griddle. Serve with butter and honey. Yummy. Omit the oil for a low fat variation.

No campfire? Try baking in an oven for 20 minutes at 400F.

Serves: ?

Skillet Cornbread Muffins

[Sides](#)

Submitted by *Roadtrek Chapter Member*.

These taste just like cornmeal muffins but you do not need an oven to make them.

Ingredients

1 cup cornmeal
1/2 teaspoons baking soda
1 egg
1/2 cup buttermilk
1 1/2 Tablespoons brown sugar
1 Tablespoon melted butter
2 Tablespoons scallions, thinly sliced

Directions

Mix dry ingredients together. Beat egg and add to buttermilk and melted butter. Mix well then add scallions. Drop by Tablespoons onto lightly oiled griddle or large skillet. Spread batter slightly. When edges are dry flip and cook until golden brown.

Serves: ?

Spaghetti Squash

[Sides](#)

Submitted by *MaryAnn Campanella*.

Ingredients

1 Spaghetti Squash
Pepper (or spice blend of choice)
Garlic (or herb seasoning for choice)
Butter (or pasta sauce of choice)

Directions

A main course or a side vegetable - buy em firm, they last for months (weeks anyway :)) - When ready to eat cut in half lengthwise and scoop out seeds. Place in microwave and cook in intervals of 5 minutes on high - check for tenderness by squeezing the skin and stippling the inside with a fork (small ones take 5 minutes - big ones 30 minutes). When it is done it will easily shred with the prongs of a fork into spaghetti like strands. Top with pepper, garlic, butter or whatever you like. We put in white clam sauce and had mock linguini and clam sauce. Many have tried putting in cinnamon, nutmeg or lemon as a lunch time pick-me-up. It tastes good plain too - but I have to add things to everything. :) Spaghetti squash are great and keep well for long trips (uncooked of course).

Serves: 2

Spiced Cranberry Sauce and Spread

[Sides](#)

Submitted by *Martha Esbenshade*.

Fresh whole cranberries are available everywhere in the fall which means this is one of those seasonal treats that makes me look forward to cooler weather. This spread has a nice tart-sweet-spice taste that reminds me of those red spiced apple slices you used to be able to find in every grocery store. It was originally made to be a Thanksgiving dinner side dish that also goes well with leftovers, but it works wonders as a spread for ham, roast beef, chicken or turkey sandwiches. This also travels very well to add a gourmet touch to simple meals.

Ingredients

1 bag Cranberries
1/2 Cup Honey
3/4 Cup Water
6 Cloves
2 Cinnamon Sticks
2 - 3 Tablespoons Brown Sugar
Fresh Nutmeg

Directions

Clean the Cranberries. Put all of the ingredients in a pot, simmer, stirring occasionally until the consistency of jelly. Remove the cloves and cinnamon sticks then pour into a storage container to cool. Serve chilled. Keeps in the fridge for weeks.

Serves: ?

Sweet And Sour Cabbage

[Sides](#)

Submitted by *Cathy Lea*.

Imagine Sweet and Sour Kraut made fresh in your RV kitchen. I like changing recipes and tweaking them in different ways. This recipe started with something I found in a magazine a long time ago but over the years I have changed it quite a bit. I use sweet onions in this recipe because I like the subtle flavor they have when cooked but if you like more onion flavor try a Spanish onion. As a general rule onions that are flat on the ends are less sharp than ones that have more pointy ends.

It is easy to make this into a main dish by just adding some chopped hot dogs or cubed ham.

Ingredients

3 Tablespoons oil
1 head cabbage, shredded
1 large onion, sliced into thin crescent shapes
1/4 cup sugar
2/3 cup apple cider vinegar
2 teaspoons dried dill leaves
2 teaspoons whole caraway seeds
1 teaspoon salt, to taste

Directions

In a large skillet heat the oil over medium high until the oil starts to shimmer. Saute the cabbage and onions until crisp tender. Cabbage shrinks as it cooks. If your pan is too small to handle all of the raw cabbage, cook it in smaller batches setting the cooked cabbage aside in a bowl to put back into the pan before continuing.

Add the sugar, spices, vinegar and stir until everything is evenly coated. Lower the temperature to medium, cover the pan and cook stirring occasionally until all of the flavors are well blended and the cabbage is cooked but not brown. Adjust salt to your preference. Serve warm or at room temperature.

Serves: 4

Sweet and Spicy Beets

[Sides](#)

Submitted by **Cathy Lea**.

This dish is great hot, cold or room temperature. You can cook the beets on the stovetop or in the microwave.

Ingredients

3 large or 6 small beets
2 Tablespoons cider vinegar
2 Tablespoons sugar
1 Tablespoon bottled horseradish
1/8 teaspoon caraway seeds
1/8 teaspoon salt

Directions

Boil un-peeled beets until fork tender. When cool enough to handle remove peel (should easily slide off) and slice. Mix dressing ingredients together and pour over beets. You can serve right away or keep in refrigerator overnight.

Serves: ?

Tartar Sauce

[Sides](#)

Submitted by **Cathy Lea**.

I like to avoid all the additives, thickeners and chemicals commonly found in grocery store tartar sauce so I generally make my own. Always start with a good quality mayonnaise and then add small amounts of the other ingredients until it tastes good. When we are in parts of the country with Trader Joes, their mayonnaise is my preferred starting ingredient. Dukes brand mayonnaise made and distributed throughout the South East is also a favorite.

Ingredients

Mayonnaise
salt
minced dill pickles
pickle juice
minced onion
lemon juice
mustard
capers (optional)

Directions

Mix the ingredients together in amounts and proportions that tastes good to you. Any left over tartar sauce can be stored in the refrigerator and lasts as long as mayonnaise which makes this a good recipe to make at home to take on trips.

Serves: 1 to 8

Zesty Baked Beans

[Sides](#)

Submitted by **Cathy Lea**.

Every part of this country has a very distinct flavor permeating the culture of the people that live there. Some of these flavors are strong enough that just the mention of a single food item can invoke a flood of memories. Amish fried chicken, Maine lobster, New England clam chowder, Louisiana poboys, Texas BBQ, California fish tacos, Oregon fish and chips are all powerful reminders. Each brings up wonderful memories for me but there is one regional flavor that stands out above the rest in my mind.



The scent of roasting green chile instantly transports me to a cool fall New Mexico day. For a month or two each fall the smoky perfume of roasted green chile fills the air in New Mexico making everything a little more appetizing and flavorful. This is why I started adding a little green chile to my baked beans. The subtle smokey, spicy and fruity hints are a natural flavor combination with beans. When I bring these easy beans to pot lucks and parties everyone raves asking me what I did to make them so wonderful.

No one will know what makes these beans taste so good unless you tell them. The green chiles are the real magic. Fresh roasted or frozen green chiles are even better if you can get them or happen to be visiting New Mexico in the fall.

Ingredients

1 can gourmet baked beans
2 Tablespoons brown sugar
1 Tablespoon dried onion flakes
1/4 teaspoon ground cloves
2 Tablespoons catchup
4 ounces (1 can) chopped green chile

Directions

In a sauce pan over medium heat combine the beans, brown sugar dried onion, cloves, catchup, and green chile. Heat stirring occasionally until slightly thickened, approximately 15 - 20 minutes. Serve warm. Leftovers can be stored covered in the refrigerator for days and reheat well on the stove or in the microwave.

This is easy to double for pot lucks or parties and can be kept warm for hours in a slow cooker on low if desired.

Serves: 4

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Sweet And Spicy Horseradish
Mustard Dip

1-2-3 Dip

[Snacks](#)

Submitted by **Bev Wasson**.

I found this recipe on the side of a cream cheese package many years ago. It is a great hit at all parties. I often have to make two batches - one for the host/hostess and one for the party guests.

Ingredients

1 package smoked beef
2 blocks of cream cheese softened
3 bundles scallions or green onions
Social Crackers (i.e. Ritz™ or Keebler™)

Directions

1. Chop the smoked beef (I use Budig™ brand found in prepackaged meat section of grocery store) into small bite-sized pieces.
2. Chop the scallions. I use the white and a little green.
3. Mix the smoked beef, scallions and cream cheese. Serve with crackers. I usually just serve it in a bowl with crackers on the side and let the guests serve themselves. This mixture can be formed into cheese ball or log for the holidays.

Serves: ?

Amish Peanut Butter

[Snacks](#)

Submitted by *Cathy Lea*.

This is my version of the sweet peanut butter spread the Ohio Amish put on every table in their wonderful buffet restaurants. They add a lot more corn syrup than I do to make it thinner and easier to pour or squirt out of a squeeze bottle. I like the thicker version that doesn't drip or make as much of a mess in the RV. This is a versatile spread or topping that goes with almost any meal. Try it on toast at breakfast, sliced apples for a snack, on bread or rolls at lunch or on ice cream after dinner.



Feel free to adjust the quantity of each ingredient to your liking. Play around with it and try it on different foods. It's especially good on graham crackers and reminds me of Fluffer Nutters from my childhood.

Ingredients

1 cup peanut butter, creamy or chunky
1 cup Marshmallow Fluff
2 Tablespoons maple syrup
1/4 cup light corn syrup

Directions

Mix everything together and enjoy. That's all there is to it.

If the mixture is too thick, adding more light corn syrup helps keep it soft and creamy enough to spread without changing the taste too much. The amount of corn syrup is up to your personal preference. I use a little less because I like mine to be a little thicker, about the consistency of soft cream cheese. In the Amish restaurants they add a lot more corn syrup to make it runny enough to work in a squeeze bottle.

Store covered at room temperature. Keeps for weeks in the RV pantry. It gets more stiff when stored in the fridge but 10 or 20 seconds in the microwave turns it soft again.

Serves: 2 to 8

Avocado Cucumber Summer Salsa

[Snacks](#)

Submitted by *Cathy Lea*.

This is a wonderful cool-hot salsa that is half way between pico de gallo and traditional guacamole. The cucumber adds a cool, crispy edge that makes for a very nice contrast to the spicy pepper. Serve with tortilla chips or as a side for grilled fish or chicken. Also makes a perfect addition to wraps.

Serrano peppers are more spicy than the jalapeños but that extra kick is needed to keep the heat from getting lost behind the other ingredients.

Ingredients

2 firm Haas avocados, cubed
1 English cucumber, seeded and cubed
4 scallions, sliced
1/4 cup cilantro, chopped
1 Serrano chile, seeded and minced
1 lime, zest and juice
salt and pepper to taste

Directions

Use a ripe but still firm avocado so the salsa does not get too creamy and still has distinct tastes in every bite. Chop the cucumber into pieces about the same size as the avocado chunks. Gently mix all ingredients together to keep the avocado from getting too mushy and serve immediately. You can add another pepper if more heat is desired. Be sure to get a bite with all the pieces when testing for heat.

Serves: 4 to 8

Boiled Shrimp

[Snacks](#)

Submitted by **Denise Gilgen**.

I know it is not cheap, but of course we dearly love shrimp. These are easy to prepare. Just DO NOT drain them in the sink. I assume the Roadtrek will reek for ages afterwards if you get that nasty stuff in the gray water tank. I am not willing to try it.

Ingredients

1 pound Shrimp
2 quarts of water
Cocktail sauce

Directions

Bring a couple of quarts of water to a boil in a saucepan. Plop in the shrimp, does not matter if they are frozen or not, and bring the pot back to a boil. As soon as it re-boils, immediately turn off the heat and let the pot sit uncovered for five minutes. Drain and put the shrimp on ice to chill and stop the cooking. Serve the peel and eat shrimp in bowls with cocktail sauce on the side to dunk them in. Paired with a salad, that's a whole meal and really good eating!

Serves: 4

Buffalo Chicken Dip

[Snacks](#)

Submitted by **Cathy Lea**.

This is a great snack or even a sandwich spread. Variations are endless. You can sprinkle with some fresh chives or green onions or even add chopped onions to the mix. It is a good way to use up leftover roast chicken from the deli department. You can even use canned chicken if you do not have any leftover chicken. Adjust the heat level to your liking by reducing or increasing the buffalo wing sauce. It is really good with blue cheese crumbles, I am just more likely to have the salad dressing mix (from SavorySpiceShop.com) on hand.

Ingredients

1 package (8 ounces) cream cheese, softened
1 cup cooked chicken, shredded or chopped
1/2 cup buffalo wing sauce
1 Tablespoon blue cheese salad dressing mix

Directions

Combine all ingredients together. Heat in the microwave for a minute or two or serve cold. This is great both ways.

Serves: 2

Buffalo Wing Dip

[Snacks](#)

Submitted by *Cathy Lea*.

I found this recipe on a bottle of hot wing sauce, it's a great dip for an easy lunch, the guys watching the ball game or sharing a snack between new RV friends we just met at the campground. It's also a good way to use up those leftovers from the grocery store chicken you picked up for dinner the night before although canned chicken works too. This is big flavor social food without the sticky fingers covered in hot wing sauce. For me this dish goes everywhere hot wings could go. If you like hot wings dipped in creamy blue cheese or thick ranch dressing, you will love this dip.



Ingredients

1 cup cooked chicken, shredded
4 ounces cream cheese
1 cup hot wing sauce, or amount to taste
1/2 cup blue cheese or ranch dressing
1/2 cup shredded cheddar cheese

Directions

In a saucepan mix chicken, cream cheese, hot wing sauce, dressing and cheddar cheese. Heat stirring occasionally until the cheese is fully melted and creamy. Taste for spice and add more hot wing sauce if you like it more spicy. Serve hot with chips, crackers or veggie sticks. I like traditional hot wing sides like celery stalks and carrot sticks.

This dip gets thicker when it cools which is not much of a problem when sharing between four or more friends because it goes fast. It keeps warm longer in crock pot or in a fondue pot over a low heat source.

Serves: 2 to 4

Candied Taos Nuts

[Snacks](#)

Submitted by *Donna Ferguson*.

My family goes nutz for these nuts! These are addictive with a hint of New Mexico flavor! You can use any assortment of nuts you have on hand or just pick out your favorite ones. I like to start with unsalted nuts so I can control the salt content otherwise it would be too easy for the combined salt to overpower the other flavors. You can omit the rosemary leaves if you don't have them handy in your RV. You can also substitute any spices you like, but this mixture sure is a good one and I normally have all of those spices in my RV pantry anyway.

Ingredients

2 Tablespoons unsalted butter
2 Tablespoons brown sugar
1/2 teaspoon kosher salt
2 cups of unsalted mixed nuts; for example
1/2 cup blanched whole almonds
1/2 cup whole cashews
1/2 cup roasted, unsalted peanuts
1/2 cup shelled whole pecans
1/4 teaspoon chili powder
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cumin
1/8 teaspoon cayenne pepper
1 Tablespoon fresh roughly chopped rosemary leaves (optional)

Directions

In a large skillet over low heat melt the butter and sugar. It is Ok if the sugar is not melted at this point. If the butter starts browning the heat is too high. Add spices and nuts. Stir constantly until the sugar is completely melted, the nuts are evenly coated and starting to brown. Remove the pan from the heat, add the fresh rosemary and toss. Spread the nuts out onto parchment paper to cool and prevent sticking before serving. These nuts can be stored in a zip-top bag at room temperature for weeks but I doubt it will matter because they are so yummy.

Serves: 2 to 8

Chicken Dippers

[Snacks](#)

Submitted by **James Rose**.

Fried chicken is a mess to make in the RV and is not allowed on my regular diet anymore which is why I consider this a real treat to be enjoyed only once in a while. I use an electric fry pan with an extension cord outside on the picnic table to keep the frying smell from concentrating inside the RV. It is important to cut the chicken in even thickness pieces no wider than an inch or it won't cook evenly. If you want to be extra careful cut in cubes instead of strips.

Ingredients

4 boneless skinless chicken breasts, trimmed of fat and tendon, cut into 1 inch strips
1 egg, beaten
1 Tablespoon soy sauce
1 Tablespoon corn flour
1 1/2 cups peanut oil
dipping sauce (optional)

Directions

Mix egg, soy sauce and corn flour. Add chicken pieces and toss to coat evenly. Heat oil to 350F-375F. Drop chicken pieces into oil one at a time so they won't clump together and fry until crust is golden brown - about 4 to 6 minutes. Serve hot with dipping sauce of choice.

I like all kinds of dipping sauces. Everything from barbecue sauce to hot wing sauce with ranch or blue cheese salad dressing can be used for dipping. Mixing Dijon mustard with honey is a quick sweet-spicy favorite of mine. Raid the fridge and see what works for you.

Serves: 2

Chile Con Carne Dip

[Snacks](#)

Submitted by *Cathy Lea*.

This is a very quick and easy dip to make that doubles nicely to serve your campsite friends. For an extra kick add finely chopped jalapeños peppers, dried crushed red chiles, chile powder, taco seasoning or almost any kind of spicy flavor you like. I like to use whatever spice or leftover peppers I have handy.

A microwave oven is an optional way to shorten the cooking time.

Ingredients

One 8 ounce package Cream Cheese
One can Texas style hot chile with no beans
1/2 cup shredded cheddar cheese, optional
corn chips or other dip friendly items

Directions

In a pan over medium heat mix everything together and cook stirring occasionally until the cheese is melted and well combined. If you like a cheese topping, add the cheddar cheese at the end. This is traditionally served with corn chips but is also good with thick sliced red, yellow and green bell peppers.

You can also make this in a microwave by cooking covered on high stirring well every 30 seconds until everything is hot and the cheese is fully melted.

Serves: 2 to 8

Chipotle Spread and Dip

[Snacks](#)

Submitted by **Cathy Lea**.

I love to frequent local farmers markets wherever we go. They always have something fresh and wonderful to eat. Recently a vendor at the farmers market near my home started serving this amazing smoky pepper spread on all kinds of hot foods from Mexican quesadillas with roasted vegetables to Colombian tacos. I loved the sauce, but living on a budget limits my ability to buy it every week. So I made up my own version. If you do not carry a food processor with you, you will probably want to make this at home and take a container in your fridge. I have not tried it in the veggie-chop (see review in hint section) yet, but if it works I will make a note here.

This recipe requires a food processor.

Ingredients

1 cup mayonnaise
1 clove garlic
1/2 teaspoon ground cumin
2 chipotle peppers in adobo sauce (canned)
juice of 1 lime
1 Tablespoon of cilantro (or 1 teaspoon dried cilantro)

Directions

Mince garlic in the bowl of a food processor. Add the rest of the ingredients and blend until the peppers are chopped very fine. Be sure to add a lot of the sauce from the can of chipotle peppers in adobo sauce. Taste for heat, if you like it hotter add another chipotle pepper. The heat varies so be sure to add them a little at a time and taste after each addition is fully blended.

Use as a spicy spread for sandwiches or grilled fish or chicken. Makes a great dip for tortilla chips or fresh veggies. It is also the base for the sauce on our wonderful Southwest Chipotle Chicken Pasta (see Southwest Chipotle Chicken Pasta under Entrees).

Serves: ?

Cran-Apple Christmas Chocolate Nut Crunch

[Snacks](#)

Submitted by **Cathy Lea**.

I like to make homemade gifts for Christmas, but this year I did not have time to cook. Even cookies were too much and yet I still wanted something fun and personal to give to my friends. After a quick trip to Costco I was all ready to go. The apple crisps I used are Bare Fruit™ brand Organic Crisps with no added sugar or salt. They give a little extra crunch with a wonderful green apple flavor and aroma. This mix is great to eat yourself or give away and no cooking!

Ingredients

1 part chocolate chips
1 part Craisins® (sweetened dried cranberries)
1 1/2 parts roasted peanuts
1/2 part cashews
1 part pecans
1 part dried apple crisps

Directions

Break any large pieces (i.e. apples) into bite sized pieces so everything is a similar size and easier to mix. Combine all ingredients together in a large bowl or zip-top bag. Feel free to use any combination of nuts and dried fruits that you have handy. Adding dried mango pieces, macadamia nuts and some white chocolate chips makes this extra special.

Serves: ?

Dayton Dip

[Snacks](#)

Submitted by **Steve Fishwick**.

My niece made this at her Halloween party the other night and I thought it did not get any simpler than this. I have no idea why it is called Dayton Dip.

Ingredients

1/2 pound breakfast sausage (spicy to add a little heat if you want)
1 pound Velveeta™ cheese
tortilla chips

Directions

Brown the sausage and break it into crumbles. If you have a microwave you can put the sausage in a bowl and cook for 1 minute intervals then break up the meat. Repeat until the sausage is nice and brown and fully cooked. Drain off excess grease. Add cheese and heat in microwave or slow cooker until cheese is melted. Grab the chips and enjoy!

I would guess the list of things you could add are endless so have some fun and experiment with it.

Serves: 2 to 6

Deviled Egg Salad Spread

[Snacks](#)

Submitted by **Cathy Lea**.

I love deviled eggs but sometimes I'm too lazy to scrape out the yolks, smash them up and then put them back into the egg whites. So I decided to smash everything up and putting it on crackers. It was surprisingly fast and delicious. You can use any vinegar you like and make it mild or bold depending on how much vinegar you use. You can also substitute any type seasoning for the Cajun, I just happen to like a little zip in my food.

Ingredients

Hard boiled eggs
Mayonnaise
Dijon mustard
Gourmet Vinegar
Celery Salt
Cajun Spice Seasoning

Directions

Finely chop hard boiled eggs and smash with a fork to a chunky paste consistency. Add mayonnaise, Dijon mustard, gourmet vinegar and celery salt to taste. Spread on your favorite crackers or thinly sliced French bread, sprinkle with Cajun seasoning and enjoy.

Serves: 1 or more depending on quantities used

Dog Food Dip

[Snacks](#)

Submitted by **Cathy Lea**.

I made up this recipe while looking out the back window of my RV at the wonderful red rocks of Kodachrome Basin State Park in Utah. I was too tired from hiking to do any real cooking, so I did a little pantry rummaging and turned a can of what looked like dog food (the label said Hormel Chili) into a surprisingly satisfying snack.

This is one of those nearly magical things that tastes much better than it looks from the ingredients. You can pull this out of the pantry at almost a moment's notice using ingredients you are likely to find hanging around your RV. A nearby convenience store or campground grocery store can fill in any missing parts.

Ingredients

1 can (15 ounces) Hormel™ Chili no beans
4 ounces cream cheese
4 ounces shredded cheddar cheese
red pepper flakes (to taste)
granulated garlic (to taste)

Directions

Combine everything and heat in a sauce pan over medium flame, stirring occasionally until melted. Serve with anything you like to dip in queso (cheese) dip. I like tortilla chips, potato chips, broccoli tops, strips of green or red bell peppers, or a spoon.

Almost anything can be added to this recipe to make it your own. I carry a variety of spices with me and these are what I chose for this meal because they are ingredients in chili. It would be nice with onion powder and cumin, but in general terms anything that goes with Mexican food would go well in this dip.

Serves: 2 to 4

Fry Sauce

[Snacks](#)

Submitted by *Cathy Lea*.

We were spending some time in Utah and found a wonderful sauce at a small local grocery store. I believe the name was Some Dudes Fry Sauce. With a name like that how could we not be tempted to try it. That fry sauce was indeed delicious but not available at home so I set out to make up my own version since I had never seen that for sale in Colorado where we lived at the time.

Ingredients

1/4 cup Ketchup
1/4 cup Mayonnaise
1 Tablespoon Worcestershire Sauce
1/2 teaspoon Onion Powder
1/2 teaspoon Garlic powder
2 teaspoons Sriracha Sauce, to taste
some dill pickle juice, to taste

Directions

Mix all ingredients together and chill. Great as a spread on burgers and to dip French fries and other fried food. Adjust the level of heat with the hot sauce. You can substitute a little cayenne pepper or Tabasco sauce if you prefer.

Serves: 2 to 6

Green Chile Blue Cheese Dip

[Snacks](#)

Submitted by **Cathy Lea**.

We belong to Harvest Hosts, an organization that allows us access to a network of wineries and farms that we can spend the night at for no charge. We visited a wonderful Goat Farm in Buena Vista, Colorado where we purchased a bunch of great tasting goat blue cheese. Naturally I had to find more recipes that use blue cheese so I re-invented a dip that my parents used to serve at parties in the 1950s. This is a bolder, spicier version. For an extra dash of pretty color you can add finely chopped roasted red pepper. Adjust the spice by using more or less of the green chile powder available on the web at The Savory Spice Shop. Even people who claim not to like blue cheese like this dip on hot wings, vegetable sticks or chips.

Ingredients

1 cup mayonnaise
1 cup sour cream
1/2 cup green chile, chopped
1/2 cup blue cheese crumbles
4 Tablespoons chives, minced
1 Tablespoon Worcestershire sauce
1/2 teaspoon garlic powder
1/8 teaspoon green chile powder
1/2 teaspoon lime juice
1/4 teaspoon salt

Directions

In a medium sized bowl or container with a cover mix all ingredients together until well combined. For best flavor cover and chill at least a couple of hours or overnight to let the dry ingredients fully rehydrate.

Serve cold with Buffalo Wings, vegetable sticks or chips. Also works well as an amazing wrap or sandwich spread.

Serves: 6-12

Honey Milk Balls

[Snacks](#)

Submitted by **Nancy**.

I love that this is a great high protein snack with ingredients from several of the basic food groups. It is easy to make and tastes good too. Be careful not to over mix the peanut butter and honey or it may get stiff. I like to use organic peanut butter for this because adding a tiny bit of extra peanut oil helps avoid the stiff mixture problem. Organic or natural peanut butter is often lower in sugar than most national brand peanut butters which is also good for my diet.

Ingredients

1/2 cup peanut butter
1/2 cup honey
3/4 cup nonfat dry milk
3 Tablespoons dry orange instant breakfast drink
1 cup uncooked quick rolled oats

Directions

It helps if you start with all ingredients at room temperature. Mix honey and peanut butter just until combined but not so much that it turns stiff. Add a very tiny bit of extra peanut oil if the mixture is too stiff. Stir in powdered milk and powdered orange drink. Stir in oats until well coated and shape into small bite-sized balls. No refrigeration is needed.

I prefer low or no sugar versions of the peanut butter and orange breakfast drink to help keep this out of the dessert category but feel free to use the full sugar versions if you want something sweeter.

Serves: 4

Hot Air Cheese Popcorn

[Snacks](#)

Submitted by *Ed Campanella*.

This uses a hot air popcorn popper. These can be found for less than \$20 (sometimes less than \$10) and do not add much weight or need much storage space in the RV.

Ingredients

popcorn (your favorite brand)
Pam™ brand butter flavored cooking spray
Parmesan cheese grated
spices (to taste)

Directions

I like to pop Orville Reddenbackers™ brand or Paul Newman's™ brand popcorn. As the popped corn is falling into a big bowl (not after) spray it with butter flavored Pam - butter has too much cholesterol. Sprinkle Parmesan cheese (a nice addition from John Grabowski). A little pepper helps too, but skip the salt. Heaven forbid no salt - the cheese provides the salty taste and you get to clean the bottom of the bowl using moistened fingertips - yum!

Serves: ?

Hot Salsa Dip

[Snacks](#)

Submitted by **Candace Rapf**.

This is a very versatile dish. You can use low fat or fat free cream cheese and low fat cheese if you want. Paul Newman's™ brand Peach Salsa is especially good in this dish.

This recipe can use either a microwave or regular oven. I use the microwave in the RV while traveling and my oven when at home.

Ingredients

8 ounces cream cheese
Medium sized jar of salsa
8 ounces shredded cheese
Italian Seasoning

Directions

Spray a glass pan with non stick spray. Spread the cream cheese evenly over the bottom of the pan. Top with a medium size jar of salsa, your favorite kind. Spread 8 ounces of shredded cheese (again, your favorite kind) over the salsa. Sprinkle Italian seasoning over the cheese. Heat at 80% power until bubbly and hot. Serve with Triscuits™ brand wheat cracker or any cracker you like.

In your home oven you can bake for 350 degrees until top is bubbly.

Serves: ?

Instant German Chocolate Cake Bites

[Snacks](#)

Submitted by **James Rose**.

This is an instant no-cook snack or dessert that makes a little or a lot to meet whatever is needed. I made up this recipe while on the road traveling on my birthday and could not make cupcakes. Buying a whole cake or box of cupcakes from a local bakery was out of the question because it would be too tempting to eat the whole thing and completely overload my sugar intake for the day and storing any leftovers in the RV is troublesome. So I figured it might be possible to make bite sized versions out of Devil's Food cookies and store bought German Chocolate icing. It turned out to be an amazing treat with the added benefit of being able to make exactly enough for each person with no storage problems. The cookies keep nicely in the pantry and the open tub of icing comes with a resealable lid and fits in the icebox door. If you love German Chocolate cake, give this one a try.

Ingredients

1 bag Devil's Food Cookies (I like Snackwells™)
1 tub German Chocolate Cake icing (the good kind)

Directions

Here are two variations depending on your preference for a ratio of cake to icing.

1) **German Chocolate Cupcake Tops:** Take one cookie and put a spoon full of icing on top. I find that it is easier to frost the flat side of the cookie if the icing is cold.

2) **German Chocolate Whoopie Pies:** Take two cookies and spread a layer of icing in between. This looks like a Whoopie Pie; a favorite southern treat.

Serves: 1 or more

Jezebel Cheese

[Snacks](#)

Submitted by **Betty K.**

One of my favorite cream cheese toppings full of sassy flavor and just the right amount of sweet heat. But be careful, Jezebel can be sneaky. Even though you may be tempted to split this recipe in half and only risk eating one brick of cream cheese at a sitting, be brave. The proportions for this recipe are so easy to make enough to cover two bricks of cream cheese and it keeps in the refrigerator for up to a week if you can find the will power and personal restraint. This is perfect for entertaining friends or having a special snack handy at an instant.

The mix of sweet and spicy are perfect over cream cheese and goes well with just about any rustic cracker or crusty bread on hand. Artisan sourdough bread is especially nice. Try pumpernickel melba toast too!

Ingredients

2 (8 ounces) packages cream cheese
5 ounces pineapple preserves
5 ounces apple jelly
1/4 cups dry mustard
1/4 cups horseradish

Directions

Mix everything but the cream cheese and chill in refrigerator for several hours so the flavors have plenty of time to combine. Pour half of the chilled mixture over 1 (8 ounce) cream cheese on a plate or bowl and serve with crackers or spread on crusty bread.

Makes enough to cover 2 bricks of cream cheese.

Serves: ?

Native Frito Pie

[Snacks](#)

Submitted by **Cathy Lea**.

If you visit any of the Pueblos in New Mexico you will probably find someone selling Frito Pies. They simply slit open a small bag of Fritos and top with chile, lettuce, onion and cheese. You eat it right out of the bag. I prefer a bowl, but if you want an authentic experience try it right out of the bag.

Ingredients

1 bag Fritos® Corn Chips
red chile, green chile, or chile con carne
1 cup shredded cheese
1 cup shredded lettuce
2 Tablespoons chopped onion

--[Optional]--

cooked ground beef
shredded cooked chicken
whole or refried beans



Directions

Pour Fritos into a bowl. Top with warmed chile and meat and beans if preferred. Add chopped onions, shredded lettuce and cheese.

Serves:

Olive Tapenade

[Snacks](#)

Submitted by **Karen Gomez**.

This is a recipe I created. It is extremely versatile as is and can be quickly prepared in a mini food processor.

This is great as a cracker spread, on bruschetta, and on Schlotsky™ style muffuletta sandwiches. Want a great main course? Toss it into pasta, along with artichokes, diced tomatoes, mushrooms, capers, and basil pesto. Add shrimp and make it even yummier! Want to serve several different flavors? Replace the cayenne with Chipotle peppers in one batch, add feta cheese and drained roasted red peppers to another batch.

Ingredients

2 15 ounce cans black pitted olives, drained
1/4 - 1/3 jar stuffed green olives, drained (based on 10 ounce jar)
1 teaspoon fresh minced garlic
1 heaping teaspoon capers
3 - 4 Tablespoons Extra virgin olive oil

--[Spices]--

Mrs. Dash™ salt-free blend
dried basil leaves
herb de provence seasoning
dash salt, to taste
dash cayenne pepper
dash ground thyme

Directions

Put all ingredients except for the olive oil in food processor and pulse lightly until coarsely chopped. Scoop into bowl and add the olive oil. Use enough oil so everything is well moistened with a fine layer of residual oil in the bottom of the dish. Season to your taste preference.

Serves: 4 to 6

Oregon Shrimp Dip

[Snacks](#)

Submitted by *Cathy Lea*.

The shrimp you get in Oregon are very small and sweet and make a wonderful dip, but you could substitute any finely chopped shrimp or even canned shrimp if you don't happen to be in Oregon. This is great served on any kind of cracker or a baguette. It is a fun dip for a pot luck. Just adjust the quantities for any size crowd. I adapted this recipe from one I found in a Penzey's Spice Company Catalog. I found additional inspiration in many places because I read a lot of blogs!

Ingredients

1 package (8 ounces) cream cheese, softened
1/2 cup mayonnaise
1/4 cup green onions, chopped fine
1/4 pound cooked bay shrimp
1/4 teaspoon Old Bay Seasoning or Cajun Seasoning
1/8 teaspoon salt
1/8 teaspoon black pepper

Directions

Combine the ingredients in a bowl and stir until smooth and well combined. Refrigerate for at least two or three hours, preferably overnight to make sure all of the flavors combine. Add a little Tabasco hot sauce if you want a little more kick.

Serves: 4-8

Palmitos

[Snacks](#)

Submitted by *Rose and Rognar Doerwald*.

Ingredients

1 can sliced palm hearts
1 can pineapple tidbits, drained
3 or 4 sweet pickles, diced
1 ham steak, cubed
mayonnaise
pepper
crusty rolls

Directions

Combine palm hearts, pineapple, pickles and cubed ham. Mix with mayonnaise and season with pepper. Serve with crusty rolls.

Serves: 2 to 4

Party Queso Dip

[Snacks](#)

Submitted by *Cathy Lea*.

This is a pretty standard recipe and can be made with lots of different ingredients. Velveeta cheese really does melt the best and stays melted, cheddar can become stringy and oily. This is about the only use I know of for Velveeta cheese! You can purchase queso dip, but this is a lot cheaper to make and you will not run out so quickly.

Ingredients

Small box of Velveeta™ cheese
salsa, hot or mild
can of green chiles
cooked ground beef (optional)
Mushroom soup (optional)

Directions

Place all ingredients into a heavy saucepan and heat until gooey. If you need to stretch it for a crowd you can add a can of cream of mushroom soup, no one will notice the difference. Serve with your favorite corn chips.

Serves: ?

Pinto Bean Spread

[Snacks](#)

Submitted by *Cathy Lea*.

This is a delicious and healthy bean dip that can also be used in burritos or quesadillas. A food processor is handy but you can easily blend this with a fork, potato masher, or a pastry blender which is my personal favorite smashing instrument.

At home I always cook my own beans because it is much cheaper and very easy to do. I like to use frozen green chiles when I have them available. Most grocery stores in the western part of the country carry them. If this isn't spicy enough you can add dried red or green chile for more kick.



If you like cheese just add shredded cheese when you reheat the beans and cook until it's melted.

Ingredients

1/4 cup onion
2 cloves garlic
1 can pinto or other beans
1 can chopped green chiles
2 teaspoons olive oil
Shredded cheese (optional)

Directions

Mince the onion and garlic. Heat the olive oil in a medium size skillet. Saute the onion until softened, add the garlic and cook for one additional minute. Add this mixture to the beans and chiles and mash well or process in a food processor until you get a coarse mixture. Return this to the pan and heat until warmed through. Add optional cheese and continue heating until melted.

Serve with tortilla chips or veggies.

Serves: 2 to 4

Poorboy Mushroom Drops

[Snacks](#)

Submitted by **James Rose**.

My diet does not include many fried foods any more, but this is one exception I still allow myself. These are crispy on the outside and moist in the middle with a nice mushroom flavor. The golden mushroom soup is different than the standard kind and is well worth searching out.

Ingredients

1 can Golden cream of mushroom condensed soup
1 egg beaten
1/4 pound white crackers (crushed)
1 can mushrooms (pieces) drained
vegetable oil (for frying)

Directions

Heat oil in a pan until it just starts shimmering. I use a narrow pan so less oil is needed. Crush white crackers (I put them into a zip top bag and crunch them in my hands) then mix everything together and drop by spoonfuls into hot oil. Fry until golden brown and delicious. Drain on paper towels. Serve warm.

Serves: ?

Potato with Chili

[Snacks](#)

Submitted by **Bill and Susannah Sewart**.

This recipe uses your microwave.

Ingredients

Potatoes
Canned chili
Cheese
Sour cream
pre-washed bagged salad (optional)
salsa (optional)

Directions

Bake the potatoes in the microwave until flaky done. Heat up the chili either in the microwave while the potatoes cool slightly or on the stove top while the potatoes cook. Cut a small opening down the center of each potato and gently squeeze to open enough to pour in the chili. Top with cheese and sour cream right before serving. Serve with a pre-washed bagged salad on the side and perhaps some salsa.

Serves: 2 or more

Quesadillas

[Snacks](#)

Submitted by **Sue Baker**.

Ingredients

Flour Tortillas
Shredded Mexican Cheese
Salsa
pre-cooked chicken, turkey or ground beef (optional)
Prepackaged salad

Directions

Spread a thin layer of salsa on the tortilla, sprinkle with cheese and heat on a griddle on the stovetop or in the microwave. Serve with a prepackaged salad. You can add pre-cooked or canned chicken, turkey or ground beef if you wish to make a more substantial meal.

Serves: 4

Road Side Cashew Nuts

[Snacks](#)

Submitted by **Mr. Rashid Keki Mukadam.**

This quick and easy four ingredient snack is perfect for RV travel. It can be made at home before traveling or if you have a convection oven in your rig it can be made from start to finish in less than 30 minutes. The flavored nuts are safe to store in the pantry for up to a year if you can keep from eating them all in one sitting. Adjust the chili powder quantity to suit your taste. This recipe requires a convection oven.

Ingredients

1.5 cups or 200 grams Cashew nuts
3 Tablespoons Olive oil
1 Teaspoon chili powder
1 Teaspoon salt

Directions

Pre-heat convection oven to 400F/200C degrees. Mix the oil, chilli powder, salt, and cashews until everything is well coated. Place the oiled cashews in a single layer on a baking tray and Roast for 9 minutes. Turn the nuts with a spoon and continue roasting for another 9 minutes. Let the nuts cool a little before serving.

Serves: 2

Salsa Dip

[Snacks](#)

Submitted by *Cathy Lea*.

Ingredients

1 8 ounce package of reduced fat cream cheese
1/4 cup salsa
1/2 teaspoon salt
1/4 teaspoon pepper
1 Tablespoon lemon juice

Directions

Soften the cream cheese, add the other ingredients and mix well. Refrigerate for at least one hour (if you can wait that long). Serve with tortilla chips. You can use full fat cream cheese, I just prefer the flavor of the reduced fat variety. The fat free is pretty tasteless in my opinion and does not seem to mix as well with the salsa.

Serves: 2 to 6

Salsa Verde with Avocado

[Snacks](#)

Submitted by *Cathy Lea*.

This is my version of green salsa inspired by a wonderful summertime Trader Joe's treat I tasted while traveling through the southwest. We were in Santa Fe, New Mexico looking for a light snack on a hot day and thought chips and salsa would hit the spot. I am not a fan of tomatillos and much prefer the sweeter taste of red ripe tomatoes, but this is one of those culinary exceptions that takes you by surprise. This salsa is a little tart in the best, most cooling way like ice cold limeade on a hot summer day. It has just the right balance of flavors to go perfectly with salty Trader Joe's™ brand corn chips, tortilla chips or even hearty potato chips, but it also works nicely on top of scrambled eggs and toast for breakfast.

This recipe calls for a food processor to help with the fine chopping. I have a big Cuisinart® at home, but still like to use the hand-powered VeggieChop™ Vegetable Chopper (see Best RV Food Chopper Ever in the Equipment Hints section). This food processor is small enough to travel well even in my small RV and still big enough to make salsa for me and my friends. If you do not have a food processor handy, just chop everything very fine and it will still turn out great.

Ingredients

1 medium jalapeños, finely chopped
1 clove garlic, smashed
1 small onion, finely chopped
4 medium tomatillos, husked and finely chopped
1 medium avocado, peeled and chopped
1 1/4 teaspoons kosher salt (half if using table salt)
1 medium lime
1/4 cup cilantro leaves, whole, chopped
1/4 cup cold water, optional

Directions

Remove and reserve the seeds and membrane from the jalapeños and chop the jalapeños into very small pieces. Zest and juice the lime and combine with half of the salt, onion, jalapeños, and garlic in a food processor, chop fine. Taste for spice and mix in a few of the jalapeños seeds if more heat is desired. Do not add more salt at this time. Add tomatillos and pulse until evenly chopped but still chunky. Add chopped avocado and fresh cilantro and taste for salt and spice. Depending on the freshness of the ingredients, the consistency may range from a paste to a soup. If it is too thick, add a little cold water as needed until the consistency of thin salsa. Serve chilled. Serves two to four depending on appetite. This recipe is easy to double, but reserve any extra salt until the very end. Keeps well in the refrigerator for several days if you can resist the temptation to eat it all at once.

Serves: 2 to 4

Smoked Salmon Spread

[Snacks](#)

Submitted by **Cathy Lea**.

This recipe comes from the label on the Skippanon™ brand Smoked Salmon that is sold all over the Oregon Coast. It's great salmon for just eating on crackers too.

Ingredients

1 can smoked salmon
1 8 ounce package cream cheese, softened
1 Tablespoon lemon juice
1 teaspoon prepared horseradish
1 Tablespoon dried onion flakes
Crackers or thinly sliced French bread

Directions

Mix the cream cheese and smoked salmon. Add the other ingredients and refrigerate for at least one hour to give the dehydrated onions time to rehydrate. Serve on crackers or thin slices of French bread.

Serves: 4

Spicy Creamy Chicken Dip

[Snacks](#)

Submitted by ***Chelle***.

A potluck favorite!! It's so good and really easy to make!

Ingredients

1 (8 ounce) package cream cheese, softened
1 can cream of mushroom soup
1 can diced green chiles
1 can chicken breast (shredded)
tortilla chips

Directions

Mix cream cheese with a fork until smooth. Add soup, chicken and chiles and mix well. Serve cold with tortilla chips. Can adjust chiles to taste by reducing or adding. I use jalapeños for mine. :)

Enjoy!

Serves: ?

Sweet And Spicy Horseradish Mustard Dip

[Snacks](#)

Submitted by *Cathy Lea*.

We were fortunate enough to stumble across the Fiery Foods Festival on a trip to Albuquerque. It was a tasting fair for almost every kind of dip, sauce, and spread each with some kind of kick. Among the many things we bought was a jar of a spicy horseradish mustard. It was wonderfully sweet with a flavorful warm glow at the end but it was not sold in stores. So I decided I could certainly make my own version and maybe save some postage too. I started with a basic Dijonaise (mayonnaise with Dijon mustard) base and added things one at a time until it tasted like I wanted.



I believe the Green chile powder and red chile powder are essential to make this dip taste like it should. They both can be found at the Savory Spice Shop, they ship. If you are lucky enough to live in or are traveling through the southwest you can probably find them in the local grocery store. This is a great dip for pretzels and also makes a wonderful sandwich spread.

Ingredients

1/3 cup mayonnaise
3 Tablespoons mustard (your favorite kind)
1 teaspoon prepared horseradish
1/2 teaspoon green chile powder
1/2 teaspoon ground red chile
1 teaspoon vinegar
2 Tablespoons sugar

Directions

Combine all ingredients together in a bowl stirring well to make sure the dry ingredients are evenly distributed. Cover and let it rest in the refrigerator for 30 minutes or more so the spices have time to rehydrate and mingle. I think it tastes better the next day.

All measurements in this recipe are totally arbitrary and should be considered nothing more than starting suggestions for creating your own custom dip. Add more sugar if it is too spicy or more green chile powder if it is not spicy enough.

Store covered in the refrigerator. Keeps for weeks. Serve chilled.

Serves: 2 to 4

Sweet Mustard Pretzel Dip

[Snacks](#)

Submitted by *Cathy Lea*.

This is a quick and easy dip for any type of pretzel, hard or soft. It works equally well on store bought pretzels from a box, fresh soft pretzels or even pretzel rolls from the local bakery or grocery store. Just mix and serve.

Be sure to make more than you think you will need. It's addictive and a perfect instant treat for socializing with camp neighbors!

Ingredients

Country Style Mustard
Sugar, honey or sweetener of choice



Directions

In a serving bowl combine sugar with country style mustard until it is the sweetness you prefer. Aim for a balance between sweet and spice. You can use Dijon mustard but I refer the country or rustic style better. I like to serve with large sourdough pretzels like the ones from Trader Joes.

Store any leftovers covered in the refrigerator for weeks.

Serves: 2 or more

Tortilla Roll Ups

[Snacks](#)

Submitted by *Cathy Lea*.

Ingredients

1 package flour tortillas
1 8 ounce package cream cheese
1 can chopped green chiles (4 ounces)
1/4 cup chopped black olives

Directions

Soften the cream cheese and add the green chiles and chopped olives. Spread a thin layer on a tortilla and roll it up tightly. Cut in to 1/2 inch slices. If you like things spicy you can use chopped pickled or fresh jalapeños instead of the canned green chiles.

Serves: 4 to 8

Unbaked Brownies

[Snacks](#)

Submitted by **Lisa L.**

We don't have an oven in our RV and miss having home baked desserts. This is an easy way to get your brownie fix and it's quick and easy. It would be a great contribution to a potluck.

Ingredients

1 1/2 cups sugar
1/2 cup butter
1/2 cup milk
4 Tablespoons cocoa
2 cup quick oatmeal
1/2 cup chopped nuts
1/2 cup peanut butter
1 teaspoon vanilla extract

Directions

Combine sugar, butter, milk and cocoa. Boil for one and a half minutes and remove from heat. Add the oatmeal and mix well. Add the nuts, peanut butter and vanilla, mix again until well combined. Quickly drop onto waxed paper.

Serves: 4

Wasabi Soy Dip

[Snacks](#)

Submitted by **Kathi Becker**.

This is my go to recipe when friends are coming over. It is delicious with any raw or par cooked vegetables. You can use Wasabi powder instead of paste, just mix it with a little water to make a paste and let sit for a little while before making the dip.

Ingredients

1 cup mayonnaise
1 Tablespoon soy sauce
1 1/2 teaspoons sugar
2 teaspoons lemon juice
1 1/2 teaspoons wasabi paste
1/2 teaspoon toasted sesame oil

Directions

Whisk all ingredients until sugar is dissolved. Add more or less wasabi paste to adjust the spice as desired. Refrigerate covered until serving.

Serves: 6-8

Whoopie Cookies

[Snacks](#)

Submitted by **Betty K.**

Whoopie pies are irresistible and I love sampling the local versions whenever I travel through the South and Midwest. The Ohio Amish make the absolute best Spiced Pumpkin and Vanilla Cream Cheese whoopie pie I have ever tasted, but I still find myself drawn to the traditional chocolate and marshmallow combination that I remember from my childhood.



This recipe is my take on making whoopie pies in the RV or campsite without any cooking or fuss using ingredients that don't need refrigeration. With a bag of cookies and a jar of marshmallow fluff I can make exactly the number of whoopie pies I want, even enough to share with friends.

Almost any kind of cookie works. The traditional chocolate cookie is my favorite, but be creative. Ginger snap cookies are pictured here. They are similar enough in flavor to remind me of the Amish pumpkin whoopie pie cookies.

Ingredients

Cookies, 2 per serving
marshmallow creme fluff
flavorings or toppings, optional

Directions

Spread a layer of marshmallow creme fluff on the flat side of a cookie and top with the flat side of another cookie. If you find the marshmallow fluff to be a little stiff to spread evenly, give the top cookie a twist or two with a very slight squishing pressure just until you see the filling reach the edge of the cookie.

For something a little different very lightly dust the top of the marshmallow with your favorite flavoring like cocoa powder, finely crushed peanuts or shredded coconut.

Serves: 1 or more if you share

Desserts

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Black Forest Icebox Pie

3-2-1 Cake

This surprisingly simple recipe came from a friend. It is perfect any time when you just want a little dessert without big leftovers!

The recipe is called 3-2-1 Cake because all you need to remember is:
3 Tablespoons mix
2 Tablespoons water
1 minute in the microwave!



Try various flavor combinations of cake mix but always remember that one of the cake mixes **MUST** be Angel Food. The other can be any flavor. Angel Food cake mix has the required egg whites to make this recipe work. So if anyone is allergic to egg whites skip this recipe just to stay safe.

The cakes can be cooked in almost any microwave safe container. The cake batter expands while cooking so use a container large enough to hold everything without overflowing. I find it works best in narrow container with a wide mouth like a coffee mug or small bowl. The personal sized cakes come out very light and fluffy.

This recipe requires a microwave.

Ingredients

1 box Angel Food Cake Mix
1 box Cake Mix - Any Flavor
2 Tablespoons Water per serving

Directions

In a large zip top bag combine the two cake mixes together and mix well. I like to write the following directions on the side of the bag.

In a microwave safe container combine 3 Tablespoons of cake mix with 2 Tablespoons of water. Whisk with a fork until no more dry pieces are visible. Microwave on high for 1 minute. Serve hot but be careful some containers may be too hot to hold directly from the microwave.

You can top each cake with a dollop of fat free whipped topping and/or some fresh fruit. Keep the remaining cake mixture in the zip top bag and use whenever you feel like a small treat! Mix storage is simple; put it on a shelf. No need to refrigerate since the mix is dry.

Serves: 1

Almond Ricotta Creme

[Desserts](#)

Submitted by **Betty**.

Ingredients

1/2 cup ricotta cheese (part-skim ricotta works well)
1/4 teaspoon almond extract
1/2 teaspoon sugar (1 package sugar substitute works well)
1 teaspoon slivered toasted almonds

Directions

Mix together the ricotta, almond extract, and sugar substitute in a dessert bowl. Serve chilled and sprinkled with toasted almonds.

Alternatives: Almost any flavor can be used in place of the almond extract and other nuts or fruits can be substituted for the slivered almonds. Here are some possibilities.

- **Vanilla and Fruit Ricotta Creme**
Substitute 1/4 teaspoon vanilla extract for the almond extract. Include berries in season or favorite dried fruits to taste.
- **Mocha Ricotta Creme**
Substitute 1/2 teaspoon unsweetened cocoa powder and 1/4 teaspoon vanilla extract and dash espresso powder for the almond extract. Substitute 5 chocolate chips for the slivered almonds.
- **Lime Zest Ricotta Creme**
Substitute 1/4 teaspoon grated lime zest and 1/4 teaspoon vanilla extract for the almond extract.

Feel free to experiment.

Serves: 1

Amish Graham Cracker Pudding

[Desserts](#)

Submitted by *Cathy Lea*.

It is no secret I travel for the food just as much as the sights. It is nothing for me to build a two month long trip around nothing more than visiting some of the great fried chicken places in a small region of this country. It was on just such a trip in the middle of Ohio Amish country that I ran across a wonderful and amazingly simple dessert that was full of flavor while still being light and creamy. Heavy desserts after an Amish buffet or Family Style dinner are just too much for me but this is a perfect fit. Our Amish waitress gave me the recipe saying it was her favorite thing to bring to church dinners. Traveling through good food country broadens the mind and the waistline.

Ingredients

1 box of French Vanilla instant pudding
1 1/2 cups milk OR enough milk to make pudding less 1/2 cup
1/2 small container of Cool Whip™ or other non-dairy whipped topping
6 graham crackers, crushed

Directions

In a bowl make pudding using 1/2 cup less milk than required by the directions so it is a little thicker than normal pudding. I use really cold milk so the pudding soft sets right in the mixing bowl. If your pudding is still runny at this stage put it in the fridge for several minutes until soft set then fold in the non-dairy whipped topping. Do not over stir. Streaks and swirls of pudding and whipped topping are tasty and visually attractive.

Even though I show 6 graham crackers in the ingredients, use more or less to fit what you like or have available. This would also be good with Nilla™ wafers. I like to crush graham crackers in a zip-top bag by squeezing them in my hands but the bag is optional if you don't mind a little playing with your food. Sprinkle the crushed graham crackers over top the pudding mix and serve.

I have heard rumors this can last up to a week covered in the fridge, but can't figure out how anyone would know because it is too tasty to let set that long.

Serves: 2 to 4

Apple Crisp

[Desserts](#)

Submitted by **Cathy Lea**.

This is a sneaky way to get that fresh oven-baked taste out of your microwave. While it does not have the same crispness of the oven-baked version, it still tastes wonderful. I pop this in to the microwave right before serving dinner and it is hot and ready for dessert. This is best served with vanilla ice cream on top.

This recipe needs a microwave oven.

Ingredients

6 cups peeled, cored and sliced cooking apples
2/3 cup quick cooking rolled oats
1/3 cup un-sifted all purpose flour
3/4 cup packed brown sugar
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1/4 cup butter

Directions

It is important that the apples are cut into same sized pieces or they will not cook evenly. Place apple slices in a 2 quart microwave safe baking dish. Cut the butter into small pieces and crumble into the dry ingredients. Sprinkle over the apples. Microwave on high for 12-16 minutes or until apples are tender.

For an extra special treat around the holidays, add a hand full of whole cranberries chopped fine and an extra dash of sugar. This variation not only adds big flavor but also makes a nice holiday color.

Serves: ?

Avocado Pie

[Desserts](#)

Submitted by *Cathy Lea*.

Orlando's restaurant in Taos, New Mexico was the first place I had this wonderful and surprising treat. They served it right from the freezer with a side of real whipped cream. It was rich and creamy even though still frozen. This pie reminds me of key lime pie, but retains its creamy taste and texture even when frozen. A perfect sweet-tart complement and end to any hot, spicy meal. I tried two other versions of this recipe before I selected this one as the best.

Ingredients

1 graham cracker pie crust
1 very ripe (soft) Haas avocado
1/2 cup key lime juice (or lime or lemon juice)
1 package cream cheese or light cream cheese, 8 ounces
1 can sweetened condensed milk

Directions

Puree the avocado in a food processor or blender. Add the key lime juice, cream cheese and sweetened condensed milk and mix until well combined and creamy. Pour into graham cracker crust and freeze at least 2 hours. Thaw for 10 minutes before serving. This tastes best frozen but can also be refrigerated for a softer, more pudding-like texture.

Serves: ?

Bittersweet Chocolate Fudge Sauce

[Desserts](#)

Submitted by **Betty K.**

This is a very rich chocolate sauce that is good served hot or cold. I like this better than the store bought chocolate sauce because it is not as sweet and has a richer, darker chocolate flavor that makes even premium ice cream taste richer. It is especially good over ice cream with fruit like bananas, blueberries, strawberries or whatever is in season. It is good on cake and brownies too. Or just mix a spoon or two in a cold glass of milk including non-dairy milks like Coconut milk or Almond milk.

Ingredients

1/2 cup unsweetened cocoa powder
3/4 cup sugar
1 cup water
2 Tablespoons butter
1 teaspoon vanilla
1-2 ounces good quality 60-70% bittersweet chocolate

Directions

In a small sauce pan with no heat whisk the sugar and cocoa together until well combined. Add water and bring to a boil, stirring constantly to make sure everything dissolves. Boil gently for three minutes. Break the bittersweet chocolate into small same-sized pieces first so it melts quicker then add it with the butter to the pan. Boil while stirring another three minutes then remove from heat and add vanilla. Cool slightly then serve over ice cream or cake, whatever. Store leftovers covered in refrigerator then reheat or serve cold.

Serves: 6

Black Forest Icebox Pie

I had some friends coming over and I wanted to serve something sinful. It was over 100 degrees here in Albuquerque so I certainly did not want to heat up the house by cooking anything. I love cherries and chocolate so I made my favorite chocolate cookie crust using the Trader Joe's brand Jo-Jo cookies. I also had a jar of Trader Joe's cherry pie filling so I was set. I usually prefer to bake the crust for about ten minutes but the softer crust of the non-baked version works well with this filling.



You can make a large variety of desserts with this recipe, just change the crust and the topping and you have a completely different taste and presentation. You can use any flavor sandwich type cookie or even a plain old graham cracker crust, they are all good.

This recipe makes a creamy pie filling with just a hint of tart to balance out the sweet cherry topping.

Ingredients

2 sleeves Trader Joe's™ Jo-Jo or Oreo™ brand cookies with middles
1/4 cup melted butter
8 ounce cream cheese
1 can sweetened condensed milk
1/3 cup lemon juice
1 1/2 teaspoons vanilla
1 can cherry pie filling

Directions

Crush cookies in a food processor or smash them in a zip top plastic bag. Mix with the melted butter and press into an 8 inch pie pan or other pan of similar size. Do not push too hard while pressing the crust into the pan so it remains easy to eat with a fork. For best results chill the crust for about thirty minutes before filling. Beat cream cheese until softened, add the sweetened condensed milk, lemon juice and vanilla and blend well. Pour into chilled crust and chill for three to four hours in the refrigerator until firm enough to cut. Top with the cherry pie filling and serve. Store leftovers in the refrigerator for up to three days.

Serves: 6

Butterscotch Sauce

[Desserts](#)

Submitted by *Cathy Lea*.

I am a fan of the Brahms ice cream parlors in Kansas, Oklahoma and Texas and enjoy their ice cream whenever my travels take me through those states. My favorite treat is their brand of caramel ice cream topping. I do my best to stock up when I can, but it is a long drive to get more when I run out.

Last year our neighborhood had a pot luck and one of the women made a wonderful hot fudge chocolate sauce that was to die for. When I asked for the recipe she gave me a whole page of candy and ice cream topping recipes that included this butterscotch topping. It can easily be doubled to make enough for an ice cream social if you have a large enough pan to hold it all as it bubbles, but I prefer to make several smaller batches so I don't eat too much at one sitting. :)

Ingredients

1/4 cup butter
1 cup white corn syrup
1 cup brown sugar
1/2 cup evaporated milk
dash of salt (optional)

Directions

In a medium sized sauce pan heat the butter over medium heat until melted. Reduce heat to low, add the sugar and syrup and stir frequently for 15 minutes until slightly thickened. It should coat the back of a spoon at this point. Be sure to use a large enough pan because it does expand with bubbles as it simmers which is why it needs stirring. When it is thick enough slowly add the milk while stirring vigorously until hot and well combined. At the end I like to stir in a dash of salt to turn up the flavor a little more. Cool, transfer to a covered container and store in the fridge. Travels well in the RV.

Serves:

Campy's Peanut Butter Banana Treats

Submitted by *Ed and MaryAnn Campanella.*

Ingredients

Bananas
Peanut butter (creamy or crunchy)
granulated sugar or granulated artificial sweetener

Directions

This is a real afternoon delight. Cut the banana into small bite sized pieces. Coat the top of each piece with a dollop of peanut butter (Chunky or Creamy peanut butter works equally well) sprinkle sugar on top and sides to coat. You can make cute little pick-me-ups with toothpicks to serve around an afternoon campfire. Enjoy.

Serves: ?

Cheesecake Filled Cupcakes

[Desserts](#)

Submitted by ***Chelle***.

These cupcakes keep well in the fridge for days and are very popular at pot lucks. The best part for me... no frosting to mess with! :)

This recipe requires an oven. If you do not have an oven in your RV, these can be prepared at home and stored in the refrigerator on your trip.

Ingredients

--[Cupcakes]--

1 package of your favorite cake mix and package ingredients

--[Filling]--

2 - 8 ounce packages cream cheese, softened

1/2 cup sugar

splash vanilla or flavoring of choice

1 small egg

Directions

Prepare the cake mix for cupcakes according to the directions on the package. In a separate bowl cream egg, sugar, flavoring and cream cheese. Fill paper cupcake cups 1/2 full and drop a Tablespoon of filling into the center of each one and bake according to cupcake directions.

Here's where it gets interesting with variations and combinations.

- Chocolate cake mix with Coconut or Mint flavored cheesecake
- Lemon cake mix with Orange flavored cheesecake
- Strawberry cake mix with Lemon flavored cheesecake
- Yellow cake mix with Almond flavored cheesecake
- and the combos go on and on!

Be imaginative. Try adding a little lemon, orange or lime zest with the flavoring and experiment with more flavor combos. My autumn favorite is pumpkin cake mix with plain cheesecake and summer makes me crave lemon everything.

Serves: ?

Cherry Mash Fudge

These home made treats taste just like the Cherry Mash candy bars I loved as a child. The cherry chips are a seasonal item where I live. I find them at Wal-mart and larger grocery stores in the month or two leading up to Christmas time. I stock up and put a few in my pantry or freezer for later use.

Ingredients

1 cup sugar
2 Tablespoons butter
1/4 teaspoon salt
1/3 cup half-and-half or 1/3 cup undiluted evaporated milk
1 cup miniature marshmallows or 10 regular marshmallows
1 cup cherry chips
1 cup chocolate chips or 4 ounces semisweet chocolate
1/2 cup peanut butter
1 cup salted peanuts, chopped



Directions

In a saucepan combine sugar, butter, salt and half and half. Over medium high heat bring to a boil and cook stirring occasionally for 5 minutes or 6 minutes at altitudes over 5,000 feet. Turn the heat to low and stir in marshmallows and cherry chips until completely combined. Spread evenly into an 8 or 9 inch square pan which has been lined with parchment or wax paper. While the cherry layer is setting up melt the chocolate with peanut butter in a small pan over low heat, stirring occasionally. Stir in half of the peanuts. Spread evenly over cherry layer. Sprinkle the remaining peanuts on top. Put in refrigerator until set firm. Cut into 1 inch squares with warm sharp knife (hold under hot water and then dry before cutting).

These can be frozen in a zip-top bag for up to a month or so.

Serves: about 8

Cherry Parfaits

[Desserts](#)

Submitted by **Cathy Lea**.

This recipe is quick to make while tasting like you spent hours preparing. It is so rich and creamy you will be surprised. The secret is the sour cream. Replacing half the milk with sour cream in any instant pudding recipe turns it from an everyday dessert into a special occasion treat without any sour taste. It also makes the instant pudding thicken faster which is a big bonus in the summer time when your RV fridge is not as efficient.

Ingredients

1 box instant vanilla pudding mix
1 cup sour cream
1 cup milk
1 can cherry pie filling
1 package Cool Whip™
Crushed graham crackers (optional)

Directions

Mix together the milk and sour cream. Add the pudding and beat for two minutes or until thickened. Layer with spoonfuls of the cherry pie filling and spoonfuls of the Cool Whip™ into bowls or glasses. You can add layers of crushed graham crackers if you wish.

Serves: 4

Chocolate Banana Graham Cracker Refrigerator Cake

[Desserts](#)
Submitted by
Betty.

I found this recipe on the back of a graham cracker box and immediately fell in love with it. It is easy, requires no cooking and tastes good enough for a special occasion. The trick to turning pudding and graham crackers into deliciously moist cake is a combination of using half the normal milk in the pudding and letting the assembled cake sit in the refrigerator for at least 4 hours so the graham crackers can soak up the moisture from the pudding. The wait works for me because I can mix this up at lunch time, stick it in the refrigerator and have a nice treat by the time dinner is over. It travels well in the RV refrigerator, but I put mine in a square Tupperware container just to be safe on rough roads. This recipe begs to be customized with different flavors and ingredients. Almost any combination of pudding and fruit works as long as the fruit does not bring too much moisture to the party.



Ingredients

1 package (3.9 ounces) Jell-O™ Chocolate Instant Pudding
1 cup cold milk
1 tub (8 ounces) Cool Whip™ whipped topping, thawed, divided
1 ripe banana, finely chopped
11 Honey Maid™ Graham crackers plus some crumbs

Directions

In a bowl beat the pudding mix and milk with a sturdy whisk for about 2 minutes or until all of the dry mix is dissolved and the pudding starts to get stiff. Add the bananas and 1 1/2 cups of the Cool Whip and stir just to combine.

Spread about 2 Tablespoons of the pudding mixture each on 10 of the graham crackers so it is evenly covered. Stack the crackers upright on the long edge to make a square cake. The last graham cracker covers the pudding side of the end.

Frost the top and sides of the cake with the remaining Cool Whip and optionally sprinkle the top with some graham cracker crumbs for decoration.

Refrigerate for at least 4 hours before slicing to serve. For best presentation when serving cut across the grain to show the layers of alternating pudding and graham cracker.

Serves: 4

Chocolate Cherry Squares

[Desserts](#)

Submitted by **Cathy Lea**.

This is a great pot luck dish for those who don't have an oven but love dessert. I put my graham crackers in a zip-top bag and squeeze them with my hands to make the crumbs. This method is therapeutic and completely contains the mess.

Ingredients

1 1/4 cups graham cracker crumbs
2 Tablespoons sugar
1/4 cup melted butter
4 ounces German Sweet Chocolate
1/4 cup water
1 3-ounce package cream cheese, softened
1 8-ounce container Cool Whip™
1 21-ounce can cherry pie filling

Directions

Combine the graham cracker crumbs, sugar and melted butter. Press into a 9 inch square pan. Melt the chocolate in the water over low heat. Beat the cream cheese until fluffy and add the melted chocolate. Fold in 2 cups of the Cool Whip™. Spread over the crumb crust and top with the pie filling. Chill until firm. Garnish with the rest of the Cool Whip.

Serves: up to 12

Creamy Coconut Pie

[Desserts](#)

Submitted by **Cathy Lea**.

This is an easy recipe that would be great for a potluck, no cooking involved!

Ingredients

1 3-ounce package cream cheese
1 Tablespoon sugar
1/2 cup milk
1 1/3 cups flaked coconut
1 8 ounce container Cool Whip™ - thawed
1/2 teaspoon almond extract, optional
8 or 9 inch graham cracker crust

Directions

Beat cream cheese until softened, add sugar and continue beating until combined. Gradually add milk and beat until smooth. Fold in the coconut, Cool Whip™ and almond extract. Spoon into crust and freeze until firm, about 4 hours. Garnish with toasted coconut if desired. Let stand at room temperature about fifteen minutes before cutting. Store any leftovers in the freezer.

Serves: ?

Creme Anglaise

[Desserts](#)

Submitted by *Cathy Lea*.

This does take a lot of bowls, but it's an elegant topping that makes even canned fruit look like a gourmet dessert. It's great on top of fruit, pound cake, (or eating with a spoon out of the bowl). You do not have to strain it, but it may have a few small lumps if you do not. Lumps do not affect the taste, just the presentation.

Ingredients

1 1/2 cups whole milk
5 large egg yolks
1/3 cup sugar
pinch of salt
1 teaspoon vanilla

Directions

Heat milk in a sauce pan until steaming. In a bowl whisk together the egg yolks, sugar and salt until smooth and thick. Slowly whisk into the bowl about 3/4 of the heated milk, whisking constantly. This tempers the eggs so you do not end up with scrambled eggs in the next step. Slowly whisk the egg mixture into the pan with the rest of the hot milk and continue heating on low heat stirring constantly until the mixture gets thick enough to coat the back of a spoon. Remove from heat, add vanilla and mix well.

The cool-down step requires transferring the hot mixture to a chilled bowl. For best presentation pour through a fine mesh sieve into the chilled bowl. Normally the chilled bowl is really two bowls that nest with room for ice in between. At home I use nested glass or metal bowls, but on the road almost any bowl that allows heat transfer sitting in a bag with some ice works as a quick replacement. It is important while cooling to stir frequently until thickened.

Serve immediately or cover with a piece of plastic wrap by placing it directly onto the custard. Refrigerate until ready to use.

Serves: ?

Dream Date Refrigerator Pudding

[Desserts](#)

Submitted by **Iva M.**

I love dates in almost any form and this is one dish that is easy to make in the RV but really good at home too.

Ingredients

1 cup graham crackers (crushed into crumbs)
1 cup pitted dates (chopped fine)
1 cup cream or milk
1 cup small marshmallows
prepared whipped cream topping (optional)

Directions

Put the graham crackers into a zip top bag and squeeze with hands until all solid pieces are broken into crumbs. Chop dates into very small pieces. Mix the graham cracker crumbs, dates, milk and marshmallows into a bowl with a tight fitting lid. Refrigerate at least two hours or even better over night. Serve with whipped cream topping or ice cream.

Serves: ?

Easy No-bake Key Lime Pie

[Desserts](#)

Submitted by *Maribel Penichet*.

Boaters do get a sweet tooth too!

Ingredients

8 ounce Cool Whip Lite
1 graham cracker pie crust
1 can sweetened condensed milk
1/2 cup lime juice

Directions

Mix all ingredients and pour into pie crust. Refrigerate overnight. Bon Appetite!

Serves: ?

Flurry Fruity Pie

[Desserts](#)

Submitted by **Cathy Lea**.

This originally came from a recipe I saw in the lid of a Cool Whip™ container. Usually I prefer real whipped cream, but I was in a hurry and this is definitely quick. The recipe calls for cherry pie filling and vanilla or lemon pudding mix but almost any flavor combination works. Be creative and use whatever flavors you like or have on hand. This is a good pot luck contribution.

Ingredients

1 graham cracker pie crust
1 can fruit pie filling
1 8 ounce package cream cheese, softened
1 cup cold milk
1 4 serving size package Jello™ instant pudding mix
1 8 ounce tub Cool Whip™, thawed and divided in half

Directions

Spread half of the pie filling in the bottom of the crust. In a bowl beat the cream cheese until soft and creamy. Add milk gradually, mixing constantly until incorporated and no liquid is visible. Stir in pudding mix. Gently stir in half of the Cool Whip. Spread half of this mixture over the pie filling in the pie crust. Cover with another layer of pie filling, then more cream cheese.

Refrigerate at least three hours. Keep any leftovers (yeah, sure) refrigerated.

Serves: ?

Frozen Mud Pie

[Desserts](#)

Submitted by **Cathy Lea**.

This was inspired by a recipe in the Costco cookbook that I got at Thanksgiving. It could be altered to use any special ice cream you like and any toppings. Makes a really nice treat for a pot luck at your next rally!

Ingredients

1/2 cup chocolate syrup
1 1/3 cup semi-sweet chocolate chips
2 cups crisp rice breakfast cereal
1 quart vanilla ice cream
1 quart chocolate ice cream

Directions

Put the chocolate chips and chocolate syrup in a double boiler or microwave and heat over low heat, stirring until the chips are melted. Reserve 1/4 cup of this mixture. Add the rice cereal to the remaining mixture and stir until well coated, let cook slightly to make sure it all soaks into the cereal. Butter a 9 inch pie plate and press the mixture into the pan to form a crust. Pressing gently with the bottom of a lightly greased small bowl makes it easier to get an even crust distribution without sticky fingers getting in the way. Freeze for 15 or 20 minutes until firm.

Spread half of the vanilla ice cream into the crust, spoon the reserved chocolate mixture over the layer. Spread half of the chocolate ice cream next. Top with alternating scoops of vanilla and chocolate ice cream. Cover with plastic wrap and return to freezer until it's time to eat. Drizzle with the reserved syrup just before serving.

Serves: ?

Fruity Weight Watcher No-bake Pie

[Desserts](#)

Submitted by **Sue Honeycutt**.

I make many different flavors of pies by mixing and matching the flavors of yogurt, Jell-O, and fruit.

Ingredients

Graham Cracker Crust
1 container Low-Fat Yogurt - your choice of flavor
2 boxes Sugar-free Jell-O™ - your choice of flavor
2 containers (8 ounces each) Light Cool Whip™
Fruit of your choice

Directions

Mix yogurt, Jell-O powder, and Cool Whip together. Add fruit if you wish. Pour mixture in Crust. Refrigerate until set (2-3 hours).

Serves: ?

Grilled Peaches

[Desserts](#)

Submitted by **Cathy Lea**.

July and August are peach season in Colorado. Peaches from Palisade, a small growing area just East of Grand Junction, are the best in the world as far as I am concerned. I get a big box of fresh Palisade peaches each year and freeze most of them, but they were so pretty this year I wanted to do something special for dessert so I tried grilling them and they were wonderful.

Ingredients

One firm but ripe peach (freestone) for each serving
Brown sugar
Cinnamon
Vegetable oil

Directions

In a bowl mix brown sugar and cinnamon enough to have a spoon full for each peach half, set aside. Wash and cut peaches in half removing pit. You don't need to peel them. Brush each cut side with a small amount of vegetable oil and place cut side down on a medium hot grill. Cook until grill marks appear, turn over and sprinkle with the cinnamon sugar mixture. Cover grill if possible and cook until the sugar gets a little melted. Carefully remove peaches to bowls for serving. This is great topped with a scoop of your favorite ice cream.

Serves: 1

Lemon Cheesecake Pie

[Desserts](#)

Submitted by **Cathy Lea**.

This is a fluffy, creamy dessert that anyone would like, great for a pot luck.

Ingredients

1 8 ounce package cream cheese, softened
1/2 cup sugar
1 can lemon pie filling
1 8 ounce container Cool Whip®, thawed
1 prepared graham cracker pie crust

Directions

Thoroughly mix together the cream cheese and sugar. Add half the can of pie filling and mix well. Fold in the Cool Whip. Pour into graham cracker pie crust. Refrigerate at least 15 minutes before serving.

I made a simple graham cracker crust with 1 package graham crackers, crushed, 2 Tablespoons sugar and 1/4 cup melted butter. I pressed it into the bottom of a 8 inch square pan and made a square pie.

Serves: ?

Maple Syrup Vanilla Ice Cream Treat

[Desserts](#)

Submitted by **M. Kelly**.

This is my adult son's idea. It is his all-time favorite topping for ice cream. Nice and easy after a busy day when you do not want to fuss. Haagan Daz even sells small cups of vanilla that are ideal for our Roadtrek freezers.

Ingredients

Favorite vanilla ice cream, serving size your choice (no one is looking)
Pure maple syrup*

Directions

Let the vanilla ice cream soften and pour some pure maple syrup over it.

*Once a bottle of pure maple syrup is opened, it should be kept refrigerated. Just take a small container of it along in your refrigerator.

Serves: ?

No Cook Peanut Butter Fudge

[Desserts](#)

Submitted by **Helen B.**

This is a favorite childhood treat from my mother's kitchen. It works using a little known trick that causes peanut butter to thicken when mixed with a syrup. The chilling is only to make sure everything is set firm before eating and is important on warm days.

Ingredients

1/2 cup peanut butter (smooth or chunky)
1/2 cup light corn syrup
3/4 cup non-fat dry milk
3/4 cup confectioners sugar

Directions

Put peanut butter and syrup in a large bowl and mix together. Add dry milk and sugar. Stir until well mixed, then work with hands. Turn onto a board or counter top, kneed until well blended and shiny. Shape into a block 1/2 inch thick. Chill and cut into squares.

Serves: ?

No-bake Keylime Pie

[Desserts](#)

Submitted by *Cathy Lea*.

Ingredients

6 ounces Nellie and Joe's™ brand Key lime juice
14 ounces sweetened condensed milk
16 ounces Cool Whip™ brand whipped topping, 2 containers
1 graham cracker pie crust

Directions

Mix key lime juice and sweetened condensed milk together completely. Gently fold in Cool Whip in small batches being careful not to deflate the foam. Spoon into pie crust and refrigerate or freeze for at least one hour.

Serves: ?

Non-Bake RV Cookies

[Desserts](#)

Submitted by *Delores M.*

I like a small sweet treat in the afternoon but don't like the unpronounceable ingredients that keep showing up in many store bought cookies. Even though I don't have an oven in my RV, this recipe allows me to make cookies that taste good and help add some much needed dietary fiber too. Adjust the sugar to suit your own taste.

Ingredients

1/2 cup milk
2 cups sugar
1/2 cup butter
4 Tablespoons cocoa
2 cups quick oatmeal
1 cup chopped nuts, black walnuts are good
1 cup shredded coconut

Directions

In a pan boil milk, sugar, butter and cocoa for about 2 minutes. While hot, add remaining ingredients. Let cool slightly. Spoon on to waxed paper and cool. Move to zip top bag for storage in the fridge.

Serves: ?

Old Fashioned Graham Cracker Pudding

[Desserts](#)

Submitted by **Lucy**.

This is our Mom's old recipe! It works well in the RV kitchen.

Ingredients

Vanilla pudding
Chocolate pudding
milk
graham crackers

Directions

Prepare both pudding flavors according to box directions.

In a 9x13 inch baking dish start with a layer of whole graham crackers then add a layer of vanilla pudding, another layer of whole graham crackers, then a layer of chocolate pudding. Repeat layers as desired. Top with crushed graham crackers. Refrigerate until set.

Enjoy! Luv, Lucy.

Serves: 6 to 8

Peanut Butter Cookies

[Desserts](#)

Submitted by *Jeannine Maranchuk*.

This recipe is so simple that my kids at a young age could remember.

This recipe requires an oven or a toaster oven.

Ingredients

1 cup peanut butter, smooth or crunchy
1 egg
1 cup white sugar

Directions

Mix together and roll into balls. Press down with floured fork to make an imprint in top of each cookie. You can add chocolate chips to the mix if wanted. This recipe doubles or triples really well. Quadrupling it takes too much time to work with and results in drying out before you can cook it. Bake in 350F oven or toaster oven for 8-10 minutes. Enjoy.

Serves: ?

Peanut Butter S'Mores

[Desserts](#)

Submitted by **Cathy Lea**.

This is not as sweet as a typical S'More and includes protein that helps tame the sugar rush. Of course graham crackers are a good source of whole grains, so how can you go wrong.

Ingredients

1 package of graham crackers
1 chocolate candy bar
1 jar peanut butter

Directions

Spread peanut butter on one half of a graham cracker. Toast a marshmallow until ooey gooey and place on top of peanut butter. Place a few squares of chocolate on top of the marshmallow and then put the other half of the graham cracker on top. Yum.

Serves: ?

Quick and Easy Chocolate Mousse

[Desserts](#)

Submitted by *Cathy Lea*.

Ingredients

1 package chocolate instant pudding mix
1 cup sour cream
1 cup milk
Whipped topping
Chocolate shavings or sprinkles

Directions

Mix together the milk and sour cream. Add the pudding mix and beat for two minutes or until thick and creamy. Top with whipped topping. Sprinkle with chocolate shavings or chocolate sprinkles.

Serves: 4

Stovetop Fruit Cobbler

[Desserts](#)

Submitted by **Cathy Lea**.

I love all kinds of cobblers and make them often when I'm at home. But my RV does not have an oven and that left me wondering if I could find a way to get the same baked flavor and cobbler texture from my stove top. This was my first attempt at stove-top cobbler and I think it turned out much better than I expected. I used frozen peaches and blueberries for the fruit and Trader Joe's™ Myers Lemon crisps for the cookies. The subtle lemon flavor really adds a nice brightness to the fruit flavors, but I think chocolate or butter cookies would be equally delicious. Almost any combination of fruit and cookies will work nicely.

Ingredients

Favorite fruit (frozen or fresh) chopped into bite sized pieces
Blueberries
sugar or Agave nectar
corn starch, dissolved in a little cold water
cookies (I like Trader Joe's Myers Lemon crisps)
pinch of salt
ice cream, for topping

Directions

In a sauce pan over medium-high heat cook fruit and berries with sugar and a pinch of salt until hot and bubbly. In a cup or small bowl mix the cornstarch with some cold water until it is the consistency of milk. Slowly add cornstarch mixture to the fruit a little at a time stirring constantly to thicken into pie filling consistency or until a thickness you like. Place cookies on bottom of bowl, top with fruit mixture and a scoop of ice cream. Enjoy.

Serves: 2 to 6 depending on quantities used

Strawberry Margarita Squares

[Desserts](#)

Submitted by **Cathy Lea**.

I like to bring different and unique things to potluck dinners which can be a challenge in a small RV kitchen. This is one of those nearly magical treats that everybody loves and wonders how it could be made in an RV. This makes a great potluck dish. Try not to let it sit out too long as it is best when it is still slightly frozen.

Key lime juice is available in most major grocery stores. Nellie and Joes™ brand is easy to find, but if you happen to find [Floribbean™ brand Key Lime Juice](#) it is the best I have found.

Ingredients

1 1/4 cups crushed pretzels
1/4 cup butter, melted
14 ounces sweetened condensed milk
1 cup pureed strawberries
1/2 cup key lime juice
8 ounces whipped topping, thawed

Directions

Mix pretzel crumbs and butter in 13x9 pan, press mixture firmly into bottom of pan. Refrigerate until ready to use.

Mix sweetened condensed milk, strawberries and key lime juice in large bowl until well blended. Gently fold in whipped topping. Pour over crust.

Freeze at least six hours or overnight. Let stand at room temperature for 15 minutes before cutting into squares. Serve with garnish of sliced strawberries if desired.

Notes: If you do not want to make the pretzel crust you can use a graham cracker crust instead. It is just as good this way. Do not worry, it tends to shrink as it gets warmer.

Serves: 4 to 6

Sunrise Yogurt Parfait

[Desserts](#)

Submitted by **Betty**.

Ingredients

1 cup sliced strawberries
1 cup non-fat, sugar-free vanilla yogurt
1/2 cup favorite granola

Directions

Layer the strawberries, yogurt, and cereal in 2 stemmed dessert glasses.

Serves: 2

Tropical Cream Pie

[Desserts](#)

Submitted by *Marjorie Brand San Marcos California.*

Marjorie was searching through her motorhome galley one day to see what she could throw together for an impromptu potluck with some RVing friends. The result was this delicious pie. Her friends were not the only ones who liked her discovery; it was one of the three winning recipes at the Northern California State Samboree Cook-off.

Ingredients

1 box 8-ounce container whipped topping (Marjorie prefers La Creme™)
1 package (3 ounces) orange flavored gelatin
1 can (11 ounces) mandarin oranges, drained
1 can (15 1/2 ounces) pineapple tidbits, drained
1 large banana, sliced
1 9-inch prepared graham cracker crust
Mint leaves or chocolate curls for garnish

Directions

Let whipped topping thaw for half an hour in its own container. Turn into medium mixing bowl and whip with a fork until the topping is fluffy and free of lumps. Slowly add dry gelatin to topping, beating continuously until the gelatin is mostly dissolved. Add oranges, pineapple, and banana; stir to distribute evenly. Pour into crust and chill 1 hour in freezer or until firmly set. Garnish with mint or chocolate.

Serves: 4 to 6

Unbaked Peanut-Oatie Cookies

[Desserts](#)

Submitted by **Dena M.**

I love these treats. They satisfy my sweet tooth and sneak a little something healthy into my diet at the same time. The protein from the peanut butter, calcium from the milk and high fiber of the oatmeal make this more of an energy bar snack. These go well with sliced apples.

Ingredients

1/2 cup cocoa
2 cups sugar
1/4 pound butter
1/2 cup milk
1/2 cup crunchy peanut butter
2 1/2 cup quick oatmeal
1 teaspoon vanilla

Directions

Mix the cocoa, sugar, butter and milk in a pan and boil for 2 minutes stirring constantly. Remove from heat and cool for a minute before adding the peanut butter. Stir until the peanut butter is fully melted then add the oatmeal and vanilla. Spread to an even thickness in a pan and cut into bars. Let cool before removing from the pan and store in a zip-top bag.

Serves: 2 to 6

White Chocolate Bark

[Desserts](#)

Submitted by **Bev Wasson**.

The recipe was originally for a full sized oven. However, I have made it several times in my Roadtrek using a toaster oven and small pans. I just adjust the amounts and timing (i.e. instead of one big pan, I quarter the ingredients and use a small pan that fit the toaster oven.

This needs a toaster oven with some small baking pans.

Ingredients

1-2 sleeves of Unsalted Saltine Crackers
1/2 stick Butter or Oleo (plus a little more to grease cookie sheet)
1/4 cup Sugar
1-2 packages White Chocolate Morsels
1-2 packages of dried berries or dried cranberries

Directions

Grease a cookie sheet well with butter/oleo. Line bottom of cookie sheet with whole crackers (depending on size sheet you may only need one sleeve of crackers). Do not break the crackers just put them side by side until sheet is covered. Melt 1/2 stick butter in microwave. Mix hot butter and sugar together. (The hot butter should easily melt the sugar it does not have to be completely melted though - gritty is ok.) Pour butter/sugar mixture over crackers so there is a very thin layer of butter mixture over all crackers. (1/2 stick usually covers a normal size pan of crackers - you may need a little more butter.) Bake crackers at 400 degrees for about 10 minutes - just hot and long enough for the crackers to get very hot but not browned. Remove from oven and immediately pour white chocolate morsels over the pan of hot crackers.

Depending on the size pan one package of white chocolate usually makes a thin layer - I use about 1 1/2 packages so the layer is about 1/8 inch thick (it is to taste). The heat from the hot crackers should easily melt the morsels within minutes. If not hot enough you may need to place pan back in oven until melted (should not take too long). While still hot, smooth white chocolate and pour dried berries over the melted chocolate and lightly press berries down so they do not fall off when cool. Let cool completely. I let it sit for 4 hours or so, but if in a hurry I refrigerate for an hour or so. Break into small pieces and serve.

Serves: ?

Zucchini Banana Nut Bread

[Desserts](#)

Submitted by *Deborah Maples*.

This was the first thing I tried baking in my RV oven. The loaves turned out PERFECT. One tip I read prior to baking in my oven was to put a Air Cookie Sheet on the rack and then place the loaf pans on that. This kind of cookie sheet keeps the bottoms from burning and the loaves bake evenly.

This recipe requires an oven.

Ingredients

1-1/2 cups all-purpose flour
1 cup sugar
1 teaspoon ground cinnamon
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg
1 cup mashed ripe bananas
1/2 cup canola oil
1/2 teaspoon banana extract
1/2 teaspoon vanilla extract
1 cup shredded zucchini
1/2 cup chopped walnuts

Directions

In a large bowl combine the first six ingredients. In a small bowl beat the egg, bananas, oil and extracts. Stir into dry ingredients just until moistened. Fold in zucchini and walnuts. Transfer to three 5-3/4-inch x 3-inch x 2-inch loaf pans coated with cooking spray. Bake at 325F for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Yield: 3 mini loaves (6 slices each).

Serves: 4 to 6

Beverages

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Mayan Sunrise Hot Chocolate

Almond Palmer

[Beverages](#)

Submitted by **James Rose**.

This is my twist on that well known Arnold Palmer drink made from half iced tea and half lemonade. It is just as refreshing as a traditional Arnold Palmer drink and works equally well with almost any meal or shared with your campsite neighbors. The almond extract adds a little mystery because most people can taste that something is different but not be able to identify the special flavor. I like having them try to guess the secret ingredient as they enjoy their first glass or two.

Ingredients

4 cups brewed tea, chilled
3 cups cold water
1 12 ounce can frozen lemonade concentrate, thawed
1/4 cup sugar
1 teaspoon almond extract or Amaretto liqueur to taste

Directions

In a large pitcher combine all of the ingredients and stir until the sugar is completely dissolved. Serve over ice.

May also be served hot on cold days by heating a mug full in the microwave.

For the grown up version I use a splash or three of Amaretto added directly to the top of each glass right before serving.

Serves: 4 to 8

Blue Witches Brew

[Beverages](#)

Submitted by **Cathy Lea**.

This is a delightfully family friendly party treat that is perfect for Halloween because of the unusual blue/purple color. If fresh blueberries are not available or are too expensive, substitute frozen berries that have thawed a little.

This recipe needs a blender if you like very creamy drinks. Otherwise you can go rustic by chopping or crushing the blueberries very fine before mixing everything together.

Ingredients

2 1/2 cups fresh blueberries
1 1/4 cups apple juice
1 cup vanilla ice cream
1/4 cup milk
3/4 teaspoon cinnamon

Directions

Combine everything in blender until smooth. Serve immediately in clear glasses to show off the color.

Serves: ?

Cheerwine Spritzer

[Beverages](#)

Submitted by **James Rose**.

I first came across a version of this recipe while traveling through the mountains of North Carolina just off the Smoky Mountain parkway which is one of my favorite RV drives. The original scale of this recipe was much larger and suited for parties, pot luck dinners and church gatherings. Of course the optional alcoholic content changed depending on the kind of party, pot luck and church.

Cheerwine is not wine nor alcoholic. It is a cherry flavored regional soft drink originally sold only in North Carolina but now available through many southern grocery stores. I have found Cheerwine in grocery stores and Wal-Mart Superstores as far west as Louisiana and Eastern Texas but they make it hard to find. If you like cherries, definitely seek out this southern treat. Look for their red box with the slanted script Cheerwine logo.

Ingredients

2 parts Cheerwine
1 part unsweetened pineapple juice
vodka or favorite liquor (optional)

Directions

Chill all ingredients, gently mix together and serve over ice. Cheerwine is carbonated so I always wait to mix everything together till right before serving to keep it from going flat. For an adult variation add a little of your favorite adult beverage. A splash of white wine, vodka or tequila are obvious choices to add some extra kick, but orange liquors like Grand Mariner™ or chocolate liquors like Sabra™ are also nice.

The original recipe called for three 2-liter (67.6 ounces) bottles of Cheerwine and two 46 ounces cans of pineapple juice to serve about 40 people. This is a rough 2:1 ratio of Cheerwine to pineapple juice which makes it easy to scale up or down as needed.

Serves: ?

Fireside Coffee Mix

[Beverages](#)

Submitted by **James Rose**.

Some people call this mocha, but that is a little too girlie sounding for drinking coffee while hanging out around the campfire with the guys. So here is the same drink with a more macho name. This is one of my favorite pick-me-up drinks any time of day.

Ingredients

1 cup instant coffee
2 cups hot chocolate mix
2 cups powdered coffee creamer
1 1/2 cups sugar
1 1/2 teaspoons ground cinnamon
1/2 teaspoons ground nutmeg

Directions

Mix together and store in a zip-top bag or air tight container. I use 3 or 4 heaping teaspoons per mug of hot water.

Serves: ?

Fruit Juice Spritzer

[Beverages](#)

Submitted by **James Rose**.

This makes a quick and refreshing drink that is easy to make at any time and you get to control the sugar. I only choose juices that are 100% fruit juice with no added sugar.

Ingredients

1 (12 ounces) container frozen fruit juice, any flavor
36 ounces carbonated mineral water

Directions

Gently stir to combine. Serve over ice. Makes six eight ounce servings so it is nice to share with friends and neighbors.

For an adult variation add the alcoholic beverage of your choice. White wine works for just about everything while red wine works nicely for berry juices.

Serves: 6

Gin Slush

[Beverages](#)

Submitted by **James Rose**.

Summertime evenings are a perfect time to sit around the campsite or boat dock swapping humorous travel stories with a circle of first time friends while sipping fruity drinks. I like that this is easy to make at a moments notice and can be customized to fit the occasion.

The unit of measurement in this recipe is all based on the size of the frozen lemonade can.

Ingredients

2 cans frozen lemonade
1 can frozen pineapple juice
2 cans water
2 cans lemon-lime soda
2 cans gin or vodka (adult option)
maraschino cherries (optional garnish)

Directions

Chill all ingredients. I always start with the lemonade and take care to save one can in good condition to use as a measuring cup for the rest of the ingredients. If the fruit juices (lemonade and pineapple) are still frozen hard, remove the metal top lid and zap each one alone in the microwave for a little less than a minute to soften but not melt. Magically the bottom metal lid does not cause any problems here. In a large pitcher combine the lemonade, pineapple juice and use one of the lemonade cans to measure two more cans of water. Mix until no more frozen chunks remain. Using the same lemonade can add two more cans of lemon-lime soda.

Gin or vodka is optional depending on the group of friends. For an extra girlie twist top with cherries right before serving. Serves 5 to 10 friends depending on the optional ingredients, size of the glasses and length of the conversation.

Serves: 5 to 10

Hot Toddy

[Beverages](#)

Submitted by **James Rose**.

This is really good for when you get chilled and need to warm up fast. Perfect on rainy Oregon winter days sitting in the campground waiting for your shoes to dry out.

Ingredients

1/2 cup water (boiling)
2 Tablespoons lemon juice
1 to 2 Tablespoons honey
2 Tablespoons whiskey

Directions

Bring water to a boil, then add the remaining ingredients. Pour in mug. It works even better to close your eyes and think of summer days while cupping your cold hands around the hot mug and sipping.

Serves: ?

Lavender Festival Lemonade

[Beverages](#)

Submitted by **Cathy Lea**.

After spending a wonderful weekend at the Lavender Festival in Sequim, Washington I found many new and exciting ways to cook with culinary lavender. This is a quick way to turn your favorite lemonade into an extra special, cooling and calming summer treat. It works equally well with lemonade made fresh or from concentrate. My preference is fresh lemonade because I can better control the sweetness and have a chance to get some pulp too.

Be sure to use culinary lavender when cooking, it has a lower camphor and resin content than the fragrance lavender. The fragrance lavender smells great but doesn't taste very good.

Ingredients

1 quart lemonade (fresh or from concentrate)
1 Tablespoon dried culinary Lavender
1 cup boiling water
sprigs of fresh lavender, mint (optional garnish)

Directions

Put lavender in boiling water and let steep for 20 to 30 minutes until the water is cool. Strain out the lavender pieces (they have already given up their best flavor) and add the lavender water to the lemonade. Serve chilled over ice. For an extra special presentation, put a sprig of fresh lavender into each glass right before serving.

This would also be good with a little fresh mint, slightly crushed and added to the lemonade while mixing so it has time to mingle before drinking.

Serves: ?

Lime Grape Summerade

[Beverages](#)

Submitted by **Doris D.**

This is a refreshingly tart drink for quenching a powerful thirst on hot summer days. The cans do not take up much space in the RV freezer which means I can keep the ingredients handy for any time we happen to find a nice spot to sit under a shade tree.

Ingredients

1 can frozen concentrated limeade
1 can frozen concentrated grape juice
water to mix with concentrated juices according to directions
ice cubes

Directions

Mix grape juice and limeade concentrates about half and half. Add water according to the directions on the can and pour over ice cubes in glasses. Sweeten to your individual taste.

Serves: 8

Mayan Sunrise Hot Chocolate

[Beverages](#)

Submitted by **Cathy Lea**.

This recipe was inspired by a visit to the Chocolate Maven Cafe, a funky bakery located in a warehouse district of Santa Fe, NM. You can watch the bakers working their magic through a large window in the dining room while you eat. Their restaurant is classy and delicious but we like to just stock up on all their wonderful baked goods and enjoy them for days in the RV. Remember to try the jumbo sized croissants.



At breakfast they serve a wonderfully spicy-sweet hot chocolate that I immediately fell in love with and decided I should make my own. Its subtle flavors of cinnamon and chile add just the right spice to make a bright morning. This is my favorite hot chocolate drink that starts off sweet and gradually builds a nice warm glow - like a sunrise.

Several years ago I gave all my friends hand decorated jars of this mix for the holidays. It is easy to customize each gift. I add more powdered hot cocoa mix to some of the jars to tone down the spice for each personal taste. Everyone loved it.

Ingredients

1 cup gourmet powdered hot cocoa mix (the good stuff)
2 teaspoon ground cinnamon
1/2 teaspoon ground red chiles (or more if you like extra spice)
marshmallows, optional

Directions

Mix all the powdered ingredients together. Store dry mix in an air tight bag or container for up to a year.

For each cup of hot chocolate: Add 2 or 3 heaping spoonfuls to a cup of hot water or hot milk. Add a little more mix for a stronger, richer flavor. Add or substitute a spoon full of regular non-spiced instant hot chocolate mix for anyone sensitive to spice. Stir until mix dissolves completely. Enjoy.

Serves: 16 to 20

My Mai Tai

[Beverages](#)

Submitted by **James Rose**.

Every time I drink a Mai Tai I want to pull out my flower print shirts, sandals and listen to Polynesian music. This drink has the power to turn a hot summer afternoon sitting under the RV awning into 1950's back yard memories. Tiki party anyone?

Ingredients

3 cups unsweetened pineapple juice, chilled
1 cup light rum
1 (6 ounces) can unsweetened frozen orange juice, thawed
1/2 cups lemon juice

Directions

Mix everything together. I use a resealable jar with a good lid and shake to mix.

Serves: 5

O. J. Power Start

[Beverages](#)

Submitted by **James Rose**.

Some mornings start out bright and I pop out of bed full of energy, other mornings feel like they come about half a day too soon. This is a drink for those days when you need an extra push to get everything rolling. It is an updated tropical twist on the orange sherbet and vanilla ice cream bars of my youth, but adds good stuff like protein, potassium and plenty of energy too.

Ingredients

1 cup orange juice
1 small banana (very ripe)
1/4 cups vanilla yogurt
dash of nutmeg (optional)

Directions

In a large drinking cup mash the banana with a fork until no solid parts remain. Add yogurt and mix completely. Add to orange juice and stir. Enjoy while watching the morning view outside your RV window.

Serves: ?

Orange Lily Drink

[Beverages](#)

Submitted by **Arlene B.**

This is my favorite drink for any occasion that needs something a little special and different from the typical punchy fare.

Ingredients

1 1/2 cups grape juice (white or purple)
6 Tablespoons orange juice
3 Tablespoons sugar
ice, crushed or shaved

Directions

Mix together and pour over shaved ice.

Serves: 3

Summertime Citrus Tea

[Beverages](#)

Submitted by **James Rose**.

If you are too impatient for sun tea or just want something a little more creative than iced tea, this is a nice refreshing twist on both. It makes plenty of tea for sharing at a pot luck, but if you skip the cold water part it can also make a nice concentrate that can be stored in the refrigerator for instant mixing when needed.

Ingredients

6 regular size tea bags
4 cups boiling water
1 to 1 1/2 cups sugar
1 (6 ounces) can frozen orange juice concentrate
1 (6 ounces) can frozen lemonade concentrate
10 cups ice cold water

Directions

Boil 4 cups of water in a pan. Remove from heat, add the tea bags and let sit for about 5 minutes. Remove the tea bags and add the sugar, orange juice concentrate and lemonade concentrate stirring until everything is completely melted. At this point you can store the tea mixture in your RV refrigerator for later. Mix a little of the tea mixture with ice cold water to taste for single servings or mix 10 cups of ice cold water to make a pot luck size serving.

Serves: ?

Veracruz Coffee Liqueur (like Kahlua)

[Beverages](#)

Submitted by **James Rose**.

This tastes exactly like the Kahlua you would buy in the liquor store except thinner in consistency. I use this in parfaits, after dinner coffee or just to drink it. I know this is not something I would prepare in my RV, so I make it at home and put some in a smaller container to take on trips. This costs very little so sharing never hurts my wallet.

Ingredients

1 quart 100 proof vodka (use an inexpensive brand)
3 cups sugar
1 cup light corn syrup
4 cups water
1 vanilla bean
6 Tablespoons instant coffee (can use decaf)

Directions

In a large pot bring sugar and water to a boil stirring constantly until sugar is completely melted and water turns clear. Use a little cold water in the instant coffee to get it dissolved before adding to the sugar mixture. Put this mixture into gallon jug with the vanilla bean which has been split in half lengthwise. Store in dark closet for at least 30 days. Shake once a week to keep things from settling too much.

Serves: ?

Wassel (Wassail) To Your Health

[Beverages](#)

Submitted by **James Rose**.

A wassail is wishing health to those around you and what better way to wish someone health than to give them something good to drink that is also good for them - like spiced apple cider. This is perfect for warming you up on cold mornings and in the evenings lends itself to a variety of adult beverage variations like adding a little brandy. Depending on your taste and choice of cider (some are more tart) this recipe can be adjusted to use less sugar or even substitute honey, Agave or your favorite sweetener.

On special occasions I like to drop a thin slice of dehydrated apple into the mug before serving. The spiced cider rehydrates the apple making for an extra apple punch at the bottom of the cup. Most health food stores and big city grocery stores sell dehydrated sliced apples, they weigh almost nothing and keep in the pantry for years.

Ingredients

2 quarts apple cider
1 stick cinnamon
1 teaspoon whole allspice
1 teaspoon whole cloves
1/4 cups sugar or other sweetener to taste (optional)

Directions

Combine everything in a pan over medium heat and cook (not boil) for 15 to 20 minutes to make sure all of the spices have a chance to mingle. The sugar is optional and to taste. Reduce the amount of sugar or omit it if you are watching your diet. Remove or strain out the spices and serve.

Serves: ?

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A Wok In The Park!

[Equipment](#)

Submitted by **Gregor Duncan**.

I have camped, both RV and hiking all my life and the best all around camp cookware is the good old wok. Invented long ago by Asian nomads, whose cooking fuel left much to be desired, it was perfected for low heat camp cooking.

A good wok is low and wide to catch as much heat as possible with sloping sides to keep the food in the center, made from thin hammered steel to be lightweight, durable and transfer heat easily, takes to seasoning like a cast iron skillet in fact they're cared for exactly the same way, a lid which nestles inside the rim to keep moisture in and smoke and ashes out, and a ring to sit in the coals or on the stove, without crushing the coals or fire out. With a campfire I just pull some coals off to the side and place the ring over them to cook.

Indoors or out my wok always cooks level on the ring. It can fry, saute, bake, or boil. In my RV I hang it on the wall next to the stove. When hiking I invert the ring and lid inside a canvas cover and tie it on the outside of my pack, so it takes up no room at all. Try one yourself and you just might find that camp cooking can be a wok in the park.

Backpackers Camping Pots

[Equipment](#)

Submitted by **Micheline Kelly**.

With enough old pots to stock my Roadtrek, I finally overcame my guilt and went ahead to a sporting goods store and purchased new ones. Two pots and a little skillet, all nesting within each other. Lids included. Best thing... the handles fold onto the sides of the pots. Pots are stored in their own little nylon drawstring bag. You need to use a pot holder, but it is worth it. Cost - about \$25 and worth every penny. Purchased in 2003.

I store these pots in a plastic dish pan below the sink and I use the dish pan when doing the dishes.

Best RV Food Chopper Ever

[Equipment](#)

Submitted by **Cathy Lea**.

I use my full sized Cuisinart™ food processor a lot when I am at home because I hate chopping vegetables. But it is a little heavy and bulky to take on the road. Recently I found the most wonderful replacement. It is called a Veggie-Chop™, made by Chefn. It looks like a small salad spinner but it has very sharp blades inside. You just drop chunks of veggies into the bowl and pull the ring. It is like using the hand pull to start a lawn mower. It chops great, and no onion smell escapes. You can make a salsa entirely in the bowl, just like a Cuisinart. I got mine at Williams and Sonoma and it was only about \$25, best bargain I ever got at that high priced store. I am sure they sell them elsewhere, but I have not seen them yet.

So, if you like to cook on the road and need to chop a lot of things, try this little gadget out, you will not be disappointed.

Cast Iron Charcoal Grill

[Equipment](#)

Submitted by **Bill and Susannah Stewart.**

Our grill is a great one. We use a small cast iron grill from Lodge over a charcoal fire. It is such a simple design and cooks just wonderfully. You can see it on the Lodge Cast Iron web page. We love breakfast bacon and eggs on aluminum foil cooked on it, after we cook the steaks, vegetables, etc. that we eat for supper and reheat later! We are in the South, and prefer to cook everything in the AM before the heat moves in along with the BUGS! Since we NEVER eat bacon or real eggs hardly ever at home, we enjoy this as another special Roadtrek treat.

www.lodgemfg.com/prodcat/griddles-and-grill-pans.asp

www.lodgemfg.com/seasoned-steel/13by12-seasoned-steel-grilling-pan.asp

Cast Iron Outdoor Dutch Oven with Legs

[Equipment](#)

Submitted by **Marion Scates.**

The Dutch oven is very easy to learn to use. When you build a campfire, use the coals for your cooking or carry a sack of quick light charcoal. Bakes great biscuits or cornbread in 15 to 20 minutes or a whole meal (roast and whole potatoes in less than an hour). You just rinse it out, dry, and rub a light coat of cooking oil, stick it back in the box and store it in the back. I have a 10 inch one that cooks plenty for two and a 12 inch for larger groups, or cook the main meal in one and the bread in the other. Once the lid is on and the coals in place... just enjoy the campfire till its done. It takes care of itself.

Coleman™ Stove-Grill

[Equipment](#)

Submitted by **Micheline Kelly.**

We do not like to fry meats, onions, etc. in our Roadtrek. We use a Coleman™ stove that has one burner and a grill. I found a cast iron griddle (made by Coleman) at a sporting goods store for \$14 that takes the place of the grill. It is the same shape and size. I just exchange them depending on whether I am frying or grilling. I use the griddle for bacon and eggs, etc. and the grill for hot dogs, steaks, etc. Everything smells so much better when we grill, saute, stir-fry outside!

Egg Sandwich Maker

[Equipment](#)

Submitted by **Christopher Pace.**

I bought this Egg Sandwich Maker thing and am far from a gadget guy, however, I do live in my Keystone 2955RL Montana 5th wheel full time and like to keep cooking mess to a minimum. I think this is the best invention ever! In my opinion it is a must have in an RV. I love it! It is easy to clean and able to fit in almost any RV cupboard. There are two models, a 1-at-a-time and a 2-at-a-time sandwich maker. Both can cook a hot meal in five minutes or less. I have the 1-at-a-time version but plan to instantly upgrade to the 2-at-a-time model if I ever meet the love of my life lol. :)

www.hamiltonbeach.com/breakfast-breakfast-sandwich-maker-25475.html

Favorite Kitchen Equipment

[Equipment](#)

Submitted by **Various.**

Here is a list of some of the kitchen equipment that some Roadtrek travelers found helpful.

Obviously you would not have room for all the items on each trip, but you might get some good ideas for things that would make cooking easier for you.

- Blender
- Cast iron outdoor Dutch oven
- Coffee maker
- Contact Grill (George Foreman style)
- Convection oven
- Crockpot or slow cooker
- Cutting board
- Electric frying pan
- Electric wok
- Fry daddy (use outside)
- Good knife
- Griddle
- One burner hot plate
- Outdoor propane grill
- Rice cooker
- Toaster
- Toaster oven

Food Storage Container

[Equipment](#)

Submitted by **John Matthew.**

My wife Shawn and I just finished last week a 7k mile trip from the Blue Ridge Mountains of North Carolina to Glacier National Park, through the Rockies to New Mexico and back, and we found that the standard square gray plastic restaurant bus pans (often sold in two pack at Sams or any restaurant supply house) fit perfectly on the second shelf under the stove area in our Dodge 96 190 Popular Roadtrek. By adding a flexible plastic chopping board under the pan it slides effortlessly, and holds a wonderful volume of canned food in what becomes a large volume slide out drawer. We are also trying a conversion of our hanging wardrobe by installing inexpensive stackable plastic drawers, each drawer about the size of a shoe box (another Wal-Mart type product). Easily removed, this makes another five drawers for various items, while still leaving a little room for a couple of coats. Of course, we are relatively new to Roadtrek, having traveled about 260k miles in a 68 Westphalia. We still have empty cabinet space!

Fry Daddy

[Equipment](#)

Submitted by **Vera Sherman.**

I take a fry daddy along with peanut oil and can plug in to cook outside anything from fish, chicken wings, shrimp, vegetables, hushpuppies or whatever and just leave the oil inside the fry daddy while traveling for the next meal

George Foreman Grill

[Equipment](#)

Submitted by **John Grabowski.**

For two people, these little contact grills are very convenient. We use them to grill hamburgers, chicken breasts, pork chops, sausages, vegetables etc. Clean up is extremely easy. We just wipe it clean with paper toweling. No need for charcoal, wood or lighters but you do need electricity (shorepower or generator). With an extension cord, you can grill right at the picnic table keeping the grease and smell out of the Roadtrek.

Griddle

[Equipment](#)

Submitted by Carol Guerdan.

Some time ago I bought a good quality griddle - about 20 inches long, non-stick, and just wide enough to fit over both burners on the stove. I use it for everything - toasted sandwiches, eggs and bacon with toast grilling at the same time, and anything else that an electric burner and/or frying pan can do. If I am using only half of the griddle, only one burner is lit. If both are lit, then I can put a pan of water on to heat for dishes later. ; But the best thing about this griddle is that once it is literally wiped clean, I wrap it with that non-slip drawer liner, place it back on the burners, topped with a tray with 1 1/2 inch sides that is piled up with my fruit basket, breads and rolls and other items that do not need to be rolling around while under way. Eureka - no storage problem. If I need to use a burner, the griddle and tray sit on top of the wardrobe until ready to stow again. I think the griddle I bought was less than \$20.00 at either Wal-Mart or K-Mart. It is worth it to pay a little extra for a heavier model. Then there is no flexing while it heats up.

Hot Air Popcorn Popper

[Equipment](#)

Submitted by Ed Campanella.

We prefer air popped popcorn because of it is nutritional - low fat - yummieness. You can even rate popcorn suppliers to see which give the greatest yield. Paul Newman's™ brand pops almost all colonels (or sergeants) but Orvilles taste cornier - we like that - only thing is Orvilles jars are too big for travel and are glass while Paul's little pouch bags are more portable. You could re-package Orvilles into a small baggie and nullify that competitive difference. :)

Induction Cooker

[Equipment](#)

Submitted by Myra Roselinsky.

We have an induction cooker, which is like a hot plate that creates a magnetic force and works with stainless steel or iron cookware (needs to hold a magnet). The plate gives off no flame or other heat itself, but does collect referred heat from the pot/pan. Unit about 1 foot square. Must have electricity, of course. I have a cover I made that fits over burners, the plate sits here when cooking inside. Have used inside and outside, boils water in no time, can stir fry, can be turned low to simmer. No need to worry about wind when cooking outside. Does not create a lot of heat, which is great when cooking inside while in hot climate.

Microwave Friendly Food

[Equipment](#)

Submitted by Bill and Susannah Stewart.

I love the microwave, although I get the feeling that many others do not share this opinion! We have found lots of prepared stuff for the micro that is delicious and again, this is not something that we eat at home, so it is also a treat. Sams, Wal-Mart and K-Mart have lots of

microwavable stuff that I would NEVER buy for home, but just really enjoy taking for camping. Also, we enjoy taking the fat-free eggs that pour from the little cardboard box container. They cook in the microwave in a small disposable bowl and are great on top of an English muffin.

My Favorite Cooking Appliance - Electric Skillet

[Equipment](#)

Submitted by **Charlotte Day**.

My favorite cooking appliance is an 11 inch square electric skillet with deep sides. With this one skillet I can cook most anything including fresh corn on the cob to any sauce, or breakfast food. 99% of my cooking is outside breakfast, lunch and dinner.

Pie Pan Bibs

[Equipment](#)

Submitted by **Cecil Snyder Temple Terrace Florida**.

Pie-Pan Recycling Do not discard those round aluminum pie pans that come with a number of bakery items; use them as burner bibs. The ones that I use are 7 3/4 inches in diameter and have a 2-inch hole in the center. After making snips leaving 1/2- to 3/4- inch flaps, I bend them back, enlarging the hole so that the pans fit around the burner. You may have to adjust the diameter of the pan, depending on your range. These pans make as good as, or even better, bibs than those available at the store.

Pressure Cooker

[Equipment](#)

Submitted by **Maribel Penichet**.

A small pressure cooker is a must in any galley. This not only cooks food faster, it makes cleanup easier by allowing you to cook different kinds of foods (e.g. pasta, vegetables and meat) in the same pot.

Rice Cooker

[Equipment](#)

Submitted by **Judi Quan Rizzuto**.

I carry a rice cooker with me and hook it up to the shore power on an extension cord outside to minimize steaming up the Roadtrek interior. I cook enough for at least 2 meals and microwave the excess rice for the next meals. Then I go Chinese - sliced marinated meats with vegetables - a complete meal. Zucchini is a good versatile vegetable.

Rice Cooker Qualities

[Equipment](#)

Submitted by **Judi Quan Rizzuto**.

Pick a rice cooker with a coated non-stick pan, it makes cleanup easier and minimizes rice waste sticking to the sides of the pan or down the sink. Also it helps if it has a warm cycle. With a simple cook/warm cooker, wash the rice, let it sit for 30 minutes minimum, then cook. The cooker shuts off automatically and keep warm almost indefinitely. You want to let the rice sit for at least 10 minutes after the cook cycle is completed if your cooker is prone to leave a little too much moisture in the rice. My Roadtrek cooker is a bit fancy, fuzzy logic and all that. I set it and forget it until I am ready to serve in my rice bowls. Sadly, it takes too much power to use in a 300 Watt inverter, so this is only available when running the generator or connected

to shore power.

Slow Cooker

[Equipment](#)

Submitted by **Judi Quan Rizzuto**.

Choose one with a long enough cord from an inverter to reach the sink when traveling. Good for hearty stews or soups after long travel days.

Slow Cooker 12v

[Equipment](#)

Submitted by **Elaine**.

We purchased a 12v slow cooker for our Roadtrek. My Husband added a 12v outlet and I set this in the sink on a silicon pad. Only problem is, everything smells so good, it can be distracting.

Small Electric Wok

[Equipment](#)

Submitted by **Roadtrek Chapter Member**.

We use a small 1500 watt electric wok with coated interior. Cooks from simmering to frying (bacon and pancakes or pan toast and scrambled egg breakfast too). And you can plug it outside and cook on a table. It wipes clean with a paper towel when hot.

Steamer

[Equipment](#)

Submitted by **Myra Roselinsky**.

We get wonderful use out of a stainless steel steamer pot for fresh vegetables, re-heating leftovers in foil while steaming vegetables, even cooking thin filets of fish with herbs wrapped in foil.

Stove Top Cover

[Equipment](#)

Submitted by **Cathy Lea**.

I found that a regular size jelly roll style cookie sheet works great in the Roadtrek 200 Popular for a stove top cover when placed upside down over the burners. It sits comfortably snug and you can use it for a serving tray to carry food outside to the picnic table. A piece of Rubbermaid non-skid shelf lining helps quiet any rattles that the cover may cause in some Roadtreks.

Three Course Meals In 30 Minutes

[Equipment](#)

Submitted by **Frances Roberts**.

My husband and I have been full timers for over a year now and in that year we have experimented with several methods of cooking... NONE of them involving our gas stove or oven. The LP and open flame used in an enclosed space really freaked me out. So we started out with prepackaged frozen microwave meals and that lasted about 2 weeks. We then moved on to Crockpot™ cooking which was okay in the cooler months but not so great for the warmer months. We then moved into using an electric skillet for cooking. It worked well, but was a

major clean up at every meal. After a year of trying many things I found the amazing Stack Cooker by Tupperware® for the microwave that allows me to cook a three course meal all at once with no fuss or muss. It is light weight, time saving, easy to clean and the food is delicious. The set comes with 6 pieces that can be used for microwave baking, steaming, boiling, browning, serving and storing and a mix-n-match courses cookbook. I donated all of my pots and pans and heavy glass cookware and use this incredible set daily. You can find the stack cooker set at my.tupperware.com/easyrvmeals.

Hints: Good Ideas

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Bamboo Skewers

[Good Ideas](#)

Submitted by **Judi Quan Rizzuto**.

Bamboo skewers can be very handy. Lighting the stove when the striker goes out, and kabobing on a grill or barbecue. Try bacon wrapped shrimp, but precook the bacon first. Beef teriyaki or yakitori are wonderful when cooked over a camp fire.

Better Rice-A-Roni

[Good Ideas](#)

Submitted by **Ray**.

I serve Rice-A-Roni™ a couple times a month as a side dish, I am sure many do. What I have found, by waiting to add the seasoning pack until the last 1 to 2 minutes, it tastes much better.

Burn Remedy

[Good Ideas](#)

Submitted by **Cathy Lea**.

Keep a small bottle of lavender essential oil handy near your kitchen. If you burn yourself just put a few drops of the lavender oil right onto the burn. It will stop hurting immediately and will heal much more quickly. Essential oils can be found at stores like Whole Foods™ and many other natural grocery stores.

Buttermilk Soak

[Good Ideas](#)

Submitted by **Roy and Mary Fralick**.

To tenderize any meat that you are going to fry, soak in buttermilk for about an hour, then roll in seasoned flour and deep fry. The buttermilk breaks down some of the connective tissue in the meat and tenderizes it. I usually use peanut oil to deep fry as it does not burn as quickly as regular oil.

Center Cut Bacon

[Good Ideas](#)

Submitted by **Cathy Lea**.

I like to follow America's Test Kitchen on TV. I also buy some of their cookbooks and other publications. One hint I got from them concerned center cut bacon. Center cut bacon costs a lot more per pound and I have always wondered whether or not it was worth the extra price. The ATK tests found that if they bought regular bacon (a quality brand, of course) and just cut off the fatty ends on each side they got the same quality center cut bacon for a much lower price per pound. I tried that and found the bacon turned out delicious and crispy. I cut off just the really fatty parts on each end and found that it fit in the pan much better. I also saw less curling at the ends.

Give it a try if you love bacon as much as I do. Another benefit is much less grease left over from the bacon that I find troublesome to clean up in my small RV.

Save the trimmed bits of fat in the freezer and use them to flavor other dishes. These can be used as flavor starters in soups, beans and gravies.

Cutting Board Stove Cover

[Good Ideas](#)

Submitted by **Lynn Ellis**.

My Flagstaff™ Travel Trailer has its own attached metal stove top cover. I needed a chopping/cutting board so I purchased a good quality plastic one slightly larger than the stove top cover. I cut a piece of Rubbermaid® shelf liner and put under the board so it stays in place, no slipping. It works great!

Dehydrated Food

[Good Ideas](#)

Submitted by **Roy and Mary Fralick**.

I do backpacking, canoeing trips as well as RVing. I dehydrate my food, then vacuum seal this works great, no reefer, stays good forever and takes up less room.

You can take most meals cooked at home and make extra such as spaghetti, soups, stews etc. then dehydrate them. All you need to re-hydrate on the trip is water and heat. You can dehydrate items from the can too such as spaghetti, pizza sauces etc.

We especially like fruit roll ups, just take (for example) apple sauce, and dehydrate this right out of the can, we take pumpkin and add pie spices, then dehydrate, fruits, almost anything can be dehydrated the only thing that will hold you back is your imagination. Small Dehydrators are cheap.

Egg In The Hole

[Good Ideas](#)

Submitted by **Jim Sooter**.

This is a creative way to combine cooking eggs and toast into one very RV friendly and easy to clean up cooking method. This single pan method works just as well over a campfire or camp stove as it does in the RV kitchen.

In a hot skillet put 1 slice of buttered bread. Cut a hole in the bread with a juice glass and remove the bread circle to the side of the pan. Break egg in the hole and cook flipping half way through to toast/cook the other side. I keep the bread circle in the pan right next to the bread to give me an easy way to peek at the under side so I know when the big slice of bread may be ready to turn. This keeps me from lifting the slice of bread and letting the egg run out under the toast as it cooks. If you like runny yolks you can cut into the egg as you serve it and put the toast circle standing up in the egg.

Fast Pasta (Water Saver)

[Good Ideas](#)

Submitted by **Shelly B**.

We use Barilla™ Pronto Pasta because it is One Pan No-Boil No-Drain cooking just as it says on the box. You only need a small amount of water to cook the pasta, it only takes 10 minutes to cook and there is no wasted water.

Freezer Bags

[Good Ideas](#)

Submitted by **Judi Quan Rizzuto**.

The Ziplock™ brand freezer bags are a perfect size for our little freezer. I skin and de-bone chicken thighs, put 3 or 4 in each bag, fold the bag in half and fit them in a cardboard box with the same width as the Roadtrek freezer. Freeze vertically, stack it upright separated with cardboard. Perfect blocks that fit just right in the freezer when we travel.

Fresh Herbs For RV Cooking

[Good Ideas](#)

Submitted by **Curtis Connors**.

This is so easy and makes your recipes all the more delicious!

I use a small plastic plant tray approximately 12 inches long x 3 1/2 inches wide and deep. Most garden centers or sometimes grocery stores sell 3 inch pots of commonly used herbs/spices. Fill the tray with 4 of your favorites and grow them in the kitchen window of your RV. When in transit, the container rides safely in the sink.

Fresh herbs make even the simplest of dishes Gourmet.

Good eating!

Grey Water Conservation

[Good Ideas](#)

Submitted by **JenWren**

We've found that our grey water tanks fill up more quickly than our black water tank does, especially if we shower in our rig rather than using the campground showers. Now we keep catch pans in the kitchen and bathroom sinks so that we can capture some of the grey water from fruit and vegetable washing, hand washing, and dish washing before it goes down the drain and pour it down the toilet instead. As an added bonus the warm soapy water helps liquefy black water waste as well.

Grilled Fruit

[Good Ideas](#)

Submitted by **Judi Darin**.

A very easy dessert - grill pineapple over the camp fire, and serve over ice-cream or pound cake. You can use any firm fruit you would like. Add chopped nuts or coconut and you have a delicious and attractive dessert.

Keeping Bugs Out!

[Good Ideas](#)

Submitted by **Pam Gott**.

When we set up at a new location, one of the first things I do is take some Comet™ with bleach and sprinkle it all around our unit and especially on any hoses or wires going into our unit. This keeps all ants, bugs, snakes and other unwanted critters away. Once they get a whiff of that bleach in the chemicals, they don't want anything to do with us - which is fine with me! Sometimes if there is no breeze, I will put a little on the outdoor window sills and door steps. This helps keep out any flying bugs, etc.

Keeping Your Refrigerator Cool

[Good Ideas](#)

Submitted by **Cathy Lea**.

Almost everyone with a small electric or gas powered refrigerator in their RV knows how hard it can be to keep a constant temperature throughout the daily cycle of outside temperatures. The most common warning I have heard is against over-filling the inside so the cooling fins at the back are not blocked. But I did not know that an empty refrigerator also has trouble maintaining a temperature. I wondered if the mass of the things inside are part of keeping the cool through the daily temperature highs and lows. So I bought a small bag of crushed ice from the campground office and filled a bunch of little quart-sized zip top bags enough to fill the freezer around the things I already had in there. The result was dramatic. The refrigerator remained comfortably below 40F (the danger zone) even when the outside temperature went over 90F at the hottest part of the day. And amazing to me, the temperature also did not fall below 31F at night. I know, because I have an alarm on my refrigerator that used to wake me up in the middle of the night before it gets cold enough to freeze everything. Give it a try for yourself.

Meat and Potatoes

[Good Ideas](#)

Submitted by **Margie Tetmeyer**.

We like potatoes baked in the microwave, ground beef patties and salad - all easy to prepare.

Oiling the Grill

[Good Ideas](#)

Submitted by **Cathy Lea**.

Here is an easy way to oil your grill and not have to worry about cleaning a brush. Cut an onion a little way from the root end. Put a fork in the root end and dip the cut side of the onion in some oil then rub it over the hot grill. Throw away when you are done. Slice the rest of the onion and cook it on the grill while you cook your meat. Grilled onions go with everything.

One Dish or Easy Recipe Cookbooks

[Good Ideas](#)

Submitted by **Steve Rance**.

These cookbooks were all purchased at Costco and I have found them very helpful. I will be taking one or two of them on our next trip in December. I will admit I carry a very small toaster oven with me that does allow me to cook a wider variety of dishes. I believe all these cookbooks are still in print.

[Campbell's™ Casseroles](#)

[One-Dish Meals and More](#)

[Incredibly Easy One Dish](#)

[Incredible Easy Italian](#) Publications International, Ltd. Lincolnwood, IL. 60712

[One Pot](#) Paragon books Publisher

I hope you find these books useful.

Paperless Recipes

[Good Ideas](#)

Submitted by **Barb Daldaris**.

A couple of years ago I decided to organize my recipes. I had them in a pile waiting to be added to my three-ring binders. Then I realized that most of my new recipes were coming from sources (magazines, newspapers, Epicurious, RoadChef Cuisine, etc.) that are all available on the web. I would see a recipe that looked good and print it for the three-ringed binder. I had stacks of papers.

So I converted all my recipes to electronic format on my laptop. I did type in a few older recipes, but most I got directly from the web. Any recipe available on the web can be copied to a text file. I set up a main recipe folder and added sub folders (i.e. appetizers, entrees, side dishes, soup, etc.) for each of the categories. I also tag any recipe that I think will work while traveling in our Roadtrek, make ahead, good for a group, etc. Because the recipes are text, I can quickly search the files by ingredient or use. I also can read the recipe right off the laptop screen in the kitchen and no longer have to waste paper and ink printing the recipes.

It helps while traveling in the Roadtrek and when we stop and visit friends it is nice having my favorite recipes with me in a format that is easy to use and share. I find this system works so much better for me than the paper systems I have used in the past and it is easier to find what I am looking for.

Pillbox Spice Organizer

[Good Ideas](#)

Submitted by **JFW**.

To keep spices dry and easy to find while camping use a 7 day pill box. Just fill each day with a different spice. I label with tape on the bottom of the plastic pill box. Small or XL can work. 7 spices seems enough for short trips.

Pizza And Bread Dough Go Bag

[Good Ideas](#)

Submitted by **Kim**.

Place all of the pre-measured dry ingredients for your favorite pizza dough or bread recipe in a resealable plastic freezer bag, squeeze out all the air and store it in the refrigerator or freezer. When you are ready to prepare add the wet ingredients directly to the bag and close it tight. Mix by mashing the sides of the bag, let rise until doubled in bulk if yeasted, remove from bag and form your crust or loaf and cook on the grill or in your RV oven!

Remove the Boxes

[Good Ideas](#)

Submitted by **Roadtrek Chapter Member**.

Transfer all of your boxed food to resealable bags. If you remove food from the box it comes in it usually fits in a much smaller space in your pantry and it progressively takes up even less space as you use the contents. It also leaves less trash to throw out when you are done. That is very important in our Roadtreks where we have such little room for garbage.

Rice Noodles for Non-gluten diets

[Good Ideas](#)

Submitted by **Joan C Scanlon**.

I like Thai Stir-Fry Rice Noodles for a quick and versatile gluten-free meal that can be ready in 15 minutes or less. I use a microwave and find it satisfactory when time is limited. Rice noodles can be used with a wide variety of other gluten-free ingredients (vegetables, meats, sauces, etc.) to make everything from a side dish to a full meal. The cooking instructions on the back of the package are easy to follow and work nicely for stovetop or microwave.

Scum-Free Shower Doors Cleaner

[Good Ideas](#)

Submitted by **Pam Gott**.

I find that using regular shampoo on my glass shower doors keeps them scum-free. When I am in the shower after washing my hair, I take some of the suds from the shampoo (or sometimes I just put shampoo and a little water on my hands) and rub it all over the glass and brass. I finish my shower, then use my hands or a washcloth to rinse off the shampoo. Everything is now bright and shiny like new. Sometimes I apply a thin coat of baby oil to everything to keep soap and scum buildup from starting up in the first place!

Secret Storage In The Microwave

[Good Ideas](#)

Submitted by **Micheline Kelly**.

When we pick up baked goods - a pie, muffins, soft breads and rolls, snacks, etc. we find it handy to put them in the microwave. If you use the microwave at dinner time, just stash the goods nearby for a short time.

Simple Meals

[Good Ideas](#)

Submitted by **Various**.

- Rice and stir fry Chinese dishes
 - Baked potato topped with canned chili
 - Grilled chicken or fish with rice and salad or grilled vegetables
 - Soup and sandwiches
 - Spaghetti made with bottled sauce doctored up as you like
 - Quesadillas with a salad
 - Anything from the deli - rotisserie or fried chicken and a deli salad
 - Baked potato in the microwave and a small piece of meat and salad or vegetable
 - Cottage cheese with fruit and nuts
-

Taco Tips

[Category: Good Ideas](#)

Submitted by **Gail**.

- Do you hate hard tacos that crumble at first bite? Put whole leaf lettuce on the outside and enjoy!
 - When making tacos just before taking the meat out of the skillet put slices of cheese over it. The melted cheese helps hold the meat together so it stays in your taco.
-

Tissue Box Storage For Pesky Plastic Shopping Bags

[Good Ideas](#)

Submitted by **Curtis Connors**.

Although we should all be using reusable shopping bags, we find ourselves occasionally stuck with a growing number of those plastic bags from the grocery store. A great way to store them in your RV is to stuff them individually into an empty tissue box. They dispense one at a time and are great to use for flouring chicken, coating veggies and also for small trash can liners. They are also great for disposing of cat litter safely (if you have a little furry one on board) or cleaning up after your canine in public places.

Tortilla Stir Fry

[Good Ideas](#)

Submitted by **Roadtrek Chapter Member**.

Rather than rice, we often have stir fry wrapped in flour tortillas, sort of a mushu style. It takes much less time and is slightly messier but food always tastes better when you can lick your fingers afterwards.

Turkey or Pork Pre-cook

[Good Ideas](#)

Submitted by **Judy Bass**.

A day or two before a trip, we buy a half turkey breast or a small pork loin. We cook it (barbecue in nice weather, roast otherwise) and have it for dinner once before we leave. Then I chill it well, cut away the bones and bring the rest along. We have at least two days worth of sandwiches for lunch, along with meat to include in a salad, soup or stir-fry.

Vacuum Seal Bags

[Good Ideas](#)

Submitted by **Patsy C**.

When cooking for 1 or 2 people, I prepare meals ahead of time, divide the meal into one or two portion sizes and vacuum seal each portion or meal. The meals can be frozen or kept refrigerated for longer periods of time since all the air has been vacuumed from the bags. The bags take up less room in freezer or fridge. To reheat, simply place in boiling water or cut a small vent slit in bag and microwave.

Vacuum seal bags are also good to keep pantry staples fresher, last longer, and prevent freezer frost or burn.

To conserve bag usage, when cutting bag to needed size, cut off extra length than needed. Each time you cut off top sealed edge you still have enough length left to reseal.

Almost anything lasts longer when vacuum sealed: Flour, sugar, coffee, salt, cornmeal, cheese, meats, sauces, vegetables.

Veggie Netting

[Good Ideas](#)

Submitted by **Maribel Penichet**.

We added a hanging net in the back for fresh vegetables. This keeps them well ventilated and handy.

Water Conserving Cleanup

[Good Ideas](#)

Submitted by **Cathy Lea**.

Some water poured into a hot pan after serving a meal heats the water and helps keep any remaining food from drying. If the pan is really dirty or greasy the hot water serves as the initial rinse and is refilled to make the hot wash water.

When you are ready to wash up, add a touch of liquid dish soap to the pan and stir to get suds enough to wash the dinner dishes. If the water has cooled too much after dinner, heat it a little on the stove, but do not let it boil.

I rinse and stack everything in the sink such that washing or rinsing the first thing cascades the soap or clean water down to the next thing. Forks, spoons and knives are washed first and the water is caught in the bowls or plates. When the bowls and plates are washed the water flows down to the pan. When everything is washed this way all of the soap does double or triple duty by washing more than one thing before going down the drain.

This method uses amazingly little water and can provide enough suds to clean all of the dinner dishes and flatware in a single pan. Simply rinse with clean water to complete the wash.

Hints: Preparation

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Cathy's RV Laundry Soap

[Preparation](#)

Submitted by **Cathy Lea**.

Every RVer that travels long enough knows they will eventually run out of clothes and need to do laundry. I made the mistake of buying the tiny single serving size soaps sold at the laundromat (wash-a-teria) my first time out. That was an unexpected extra expense that is very easy to avoid with a little preparation. In addition I noticed that we tend to be more active while traveling with all the walks, hikes and general wandering around gawking at beautiful scenery which makes for a stronger dirty clothes aroma than a typical load of laundry at home. So I had to tweak my normal laundry additives to match.

This is my recipe for super charging laundry on the road. I buy the large laundry soap containers at Costco, so there is always plenty to make a batch of this before each trip. The secret ingredient is baking soda to tame strong odors leaving my clothes smelling nice.

- 1 scoop laundry soap
- 1/2 scoop of Oxy Clean powder
- 1/2 scoop of baking soda
- small zip-top bags

I use the same scoop I use at home for laundry soap to measure out the ingredients into individual zip-top baggies. One bag for each load goes into the laundromat with me so I don't have to lug a big box of stuff along with my clothes.

De-grease Your Hamburger

[Preparation](#)

Submitted by **Roy and Mary Fralick**.

Grease in hamburger (or any other meat) will cause the meat to go rancid especially if you want to dehydrate it.

An easy way to get most of the grease out is to start with ground round or and of the better grades of meat. Fry it in a pan until completely done, put it into a colander and run or pour boiling water over it several times to remove any remaining grease, drain well and place on paper towels to remove the water. When cooking with meats prepared in this way spaghetti, chili, etc. will have much less grease to skim off.

For storage use a zip top bag or a vacuum seal then refrigerate or freeze. Low fat meats can also be dehydrated then vacuum packed for storage without the need for refrigeration.

Developing Roadtrek Recipes at Home

[Preparation](#)

Submitted by **Cathy Lea**.

I develop most of my Roadtrek recipes at home. I look for one pot meal recipes in magazines and online. I try to find recipes that do not use a lot of ingredients since I do not carry that much in our pantry. I often make the recipe first just the way it is published. If I like it I try using shortcuts such as spice blends instead of various spices, quick cooking rice instead of regular rice, dried potatoes or hash browns instead of potatoes, etc.

I cut down the recipe into a size that feeds 2. It can always be doubled if you have company, but I normally do not have much room in the refrigerator to store leftovers.

This is an easy way to get quick meals on the table and also save ideas for using on the road. I find that I am less likely to spend money going out to eat if I have a lot of good recipes to make in my own galley.

Displacement Method Measurement

[Preparation](#)

Submitted by Roadtrek Chapter Member.

The water displacement method is commonly used in science to measure irregularly shaped things. This is done by filling a container with a known quantity of water and then measuring how much the water rises when the irregular object is submerged.

This is a little bit of practical science magic we can use in our RV kitchen to make a few basic measuring cups work to accurately measure almost any quantity, even things that are traditionally hard or messy to measure - like sticky ingredients. It also has the nice side benefit of making the measuring cups easier to clean.

For example, if a recipe calls for half a cup of shortening you can use a one cup measure filled half way with water. Drop the shortening one spoon full at a time into the cup until the water reaches the one cup line. Drain off the water and you are left with exactly half a cup of shortening that is not all stuck to the sides of the measuring cup. This also helps avoid the possibility of air pockets causing false measurement.

This method works equally well for almost anything that is sticky and won't melt in cold water. Shortening and peanut butter are commonly measured with this method, but if the water is very cold or you can put the ingredient into your refrigerator for a while it is possible to measure things that turn solid when cold.

A little water always remains behind when using this method, so take that into consideration when measuring liquid ingredients for the rest of the recipe.

Easy Cleanup Omelets (for one or a crowd)

[Preparation](#)

Submitted by Donna Froggi Yeaw.

One zip top bag per person (if a crowd, have everyone write their name on it). Break in a couple eggs along anything else you desire, such as ham, cheese, green peppers, green onions. Mix it all well. Let the air out. Fold the bag and drop it in a pot of boiling water. A few minutes later you have a great omelet. Simply toss the bag when you are done!

Freezer Bag Sauces

[Preparation](#)

Submitted by Shirley Henion.

I put enough spaghetti sauce in a freezer bag for one meal, seal and fold to make a nice, flat package. Freeze them and then they are easy to put into our small, Roadtrek freezer for a trip. To use, defrost, pour into a pan and heat.

Fresh Greens

[Preparation](#)

Submitted by **Nancy**.

Greens like lettuce and celery keep longer wrapped in paper bags instead of clear plastic. Do not remove outside leaves until you are ready to use them because they help protect the inner leaves.

Frozen Bagged Meat

[Preparation](#)

Submitted by **Vera Sherman**.

I freeze the meat in separate zip lock bags just for each meal and it does not take up much room that way.

Frozen Dinners From Home

[Preparation](#)

Submitted by **Betty K**.

The frozen dinners at the supermarket are sure convenient but are often full of extra things we do not need or want. If you are on a low sodium diet it can be very hard to find any prepared meals.

You can make your own frozen dinner packages from almost any combination of cooked meats, frozen vegetables and some healthy ethnic (Italian, Asian, etc.) salad dressing or sauce. Making your own food typically costs less while keeping the nutritional value high. I use freezer and microwave safe bags with a layer of cooked rice, noodles or mashed potatoes, a layer of frozen vegetables and small chunks (easier to reheat) of whatever cooked meat is handy. Sometimes I freeze the dinner without the sauce and add it right before cooking so the same meal can have a different flavor for each person.

These prepared meals last for weeks (maybe even months) in the freezer or a couple of days in the refrigerator. About five minutes in the microwave is all you need for a healthy and hot meal.

Frozen Fruit

[Preparation](#)

Submitted by **John and Margy Williams**.

We buy packages of frozen fruit (12 - 16 ounces of blueberries, raspberries, etc. -- Trader Joes has frozen fruit at prices comparable to military commissaries) and then repackage into small freezer bags; we usually put 3 to 4 ounces of fruit per bag, sometimes mixed and sometimes only one type fruit per bag. We always carry (or buy) cottage cheese, sliced almonds and pecan pieces. If we want to eat cottage cheese, fruit and nuts for breakfast we simply remove one of the bags from the freezer and put it in the refrigerator the evening before to thaw.

Frozen Steak Marinade

[Preparation](#)

Submitted by **Breezy**.

My brother in law taught me this trick. Before freezing steaks, season them, put them in zip-top freezer bags and pour your marinade mixture over them. Seal tight and freeze. About a

day before you want steak move the bag to the fridge. It marinates while thawing. Yummm!

Gluten-free Food From Home

[Preparation](#)

Submitted by **Joan C Scanlon.**

For those of us who cannot eat wheat-type (gluten) food it is a good idea to make gluten-free bread at home and store in Tupperware or other sealed container to bring on rallies. Be sure to keep it away from regular wheat type food in the van to prevent cross contamination. I buy gluten-free box cakes etc. and make them before I leave to have on hand while traveling. Many gluten-free frozen foods are also available but beware the refrigerator freezer is small. Many smaller grocery stores now carry some non-gluten food but the best prices are the large stores.

Editor note: Be careful when shopping. In the United States the term gluten-free is not yet regulated. Coeliac (celiac) disease can cause serious reactions to gluten even in very small amounts. Other cereals such as maize (corn), millet, sorghum, teff, amaranth, rice, and wild rice are safe for sufferers to consume, as well as non cereals such as quinoa or buckwheat. Non-cereal carbohydrate-rich foods such as potatoes and bananas do not contain gluten and do not trigger symptoms. Gluten-free products are usually more expensive and harder to find than common gluten-containing foods. Since ready-made products often contain traces of gluten, some coeliacs may find it necessary to cook from scratch.

Ground Beef

[Preparation](#)

Submitted by **Denise Gilgen.**

I brown some hamburger ahead of time and put it in zip-lock bags in the fridge because I can usually find a recipe that needs the beef. If it is already cooked it makes it that much easier to assemble a main dish.

Hard Boiled Eggs

[Preparation](#)

Submitted by **Bill and Susannah Stewart.**

One of the favorites is 1/2 dozen hard-boiled eggs. I wrap 3 hard boiled eggs in a long roll of aluminum foil and they fit anywhere in the fridge. We can use them for salads, breakfast, snacks, etc. It is not something that we usually have at home, so we enjoy that as a treat on the road.

Home Made Buttermilk Pancake Mix

[Preparation](#)

Submitted by **Cathy Lea.**

Make a batch of pancake mix before you leave home and package it in individual serving sizes. Try this recipe, it is delicious.

- 4 Cups All Purpose Flour
- 1/4 cup sugar
- 1/2 cup dry buttermilk powder
- 2 teaspoons baking soda
- 4 teaspoons baking powder

- 1 teaspoon salt

Combine all the ingredients and whisk together to distribute evenly. Divide into portions of 1 1/2 cups and place each portion into an individual sandwich bag. Store the bags in a cool place. This will last for quite a while.

Note: If you can find powdered whole eggs you can add 2 1/2 Tablespoons egg powder to each bag and not have to worry about having fresh eggs on hand. Costco often sells a large can for a very affordable price.

Use the pancake mix plain or add fruit, nuts, baking chips or whatever you like. (See below for some suggestions).

To use your mix:

Whisk an egg and add 2 1/4 Tablespoons melted butter or oil. Add 1 cup water and mix well. Add the liquid ingredients to the dry mix and stir just until combined, do not over mix. If the batter is too dry add a little more water until it reaches the desired consistency.

For additional flavor add fruit, fresh or dried, nuts, baking chips, almost anything. Use your imagination.

Home Preparation

[Preparation](#)

Submitted by **Barb Dalderis**.

I try to prepare a few things at home for the first few days of travel. I might freeze a couple of lamb chops or chicken breast in a marinade, then thaw during the day and grill for dinner. Also make up a couple of salads, something that keeps, maybe a pasta or vegetable salad. They hold nicely in the fridge for a few days. I also cook some rice before leaving home and then just heat it up as I need it. There is nothing better than pulling into camp knowing you have a nice dinner ready to heat and serve! Of course this does not preclude us from eating out on some days!

Measurement Conversion Guide

[Preparation](#)

Submitted by **Cathy Lea**.

Some recipes make too much for us, some make too little. What happens when there is a need to make a recipe feed a different number of people?

Changing a recipe to make half or double is easy, but it is harder to make a different fraction less or more. Sometimes it gets tricky to get the measurements just right because the unit of measurement is hard to evenly divide or multiply. So I use the following guide to convert down to a smaller unit of measurement where the math is easier to get where I want.

U.S. Measurement Conversions

- 3 teaspoons = 1 Tablespoon
- 1.5 teaspoons = .5 Tablespoon
- 4 Tablespoons = .25 cup

- 8 Tablespoons = .5 cup
 - 12 Tablespoons = .75 cup
 - 16 Tablespoons = 1 cup
 - 1 cup = .5 pint
 - 2 cups = 1 pint
 - 4 cups = 1 quart
 - 2 pints = 1 quart
 - 1 cup = 8 fluid ounces
 - 32 ounces = 1 quart
 - 2 quarts = .5 gallon
 - 4 quarts = 1 gallon
 - 16 ounces = 1 pound
-

Meat Spray

[Preparation](#)

Submitted by Roy and Mary Fralick.

This is a great idea to get extra flavor into grilled or roasted meats using a spray bottle.

- 1/4 cup Worcestershire sauce
- 1/4 cup soy sauce
- a little white vinegar
- a little lemon (or lime) juice
- a couple of shots of hot sauce (optional)
- 1/4 teaspoon liquid smoke (optional)

Put all ingredients in a clean spray bottle. Spray on your BBQ or other meat as it cooks. Tastes great! I spray about every 10 minutes or so when I turn the meat on the grill. If using an oven, spray once in a while. This mix also makes a good marinade.

Mexican Spice Blend

[Preparation](#)

Submitted by Cathy Lea.

Rather than carry a lot of individual spices I like to either purchase or make my own blends for the ethnic foods I like best; Mexican, Italian and Greek. You can order a lot of great blends at my favorite spice store www.savoryshop.com. Here is a Mexican spice blend I made.

- 1 Tablespoon garlic powder
 - 1 Tablespoon onion powder
 - 1 Tablespoon ground red chili
 - 1 Tablespoon Mexican oregano
 - 1/2 Tablespoon cumin powder
-

Pancakes for Non-gluten diets

[Preparation](#)

Submitted by Joan C Scanlon.

To make gluten-free pancakes in a small recreational vehicle kitchen I use a box mix. Making it

from scratch can be a messy job as in most recipes many flours are used. I like to use an electric frying pan with an extension cord for cooking on the picnic table outside whenever the weather is nice. The electric frying pan is portable, easy to clean and store.

Be sure to check all gluten ingredients in food - even candy. I bought some chocolates (bulk) and had a problem.

Pasta Pre-cook

[Preparation](#)

Submitted by **Denise Gilgen**.

Before I leave home I cook any kind of pasta I think we may need, drain it and put it in a zip-lock bag in the fridge. When we are on the road I combine a packet of tuna with cold pasta, chopped vegetables and mayonnaise for a pasta salad. If I have cooked spaghetti or linguini, I will put it on our plates, zap it hot in the microwave and pour a microwaved small jar of sauce over the top. A sprinkle of Parmesan cheese and we are happy.

Pre-cooked And Frozen Hamburger

[Preparation](#)

Submitted by **Lynn Sweningson**.

Before leaving home, purchase several pounds of hamburger. I do 10 pounds at a time. Cook it all up with the mandatory onions and garlic so it is ready to use. I then put each pound in an air tight baggy and freeze them all separately. For a spaghetti dinner, sloppy joes, etc. your meal is already half done. It is a great time saver and no greasy cooking mess to clean up in your RV. It is a simple idea that is a huge help for RVers. I wish I had thought of doing this a long time ago!

Preparing Ahead

[Preparation](#)

Submitted by **Jane Spencer**.

I usually make ahead stew, spaghetti sauce, bean salad before we head out and stop by an excellent deli on the way out to pick up a couple of days of cold cuts for sandwiches until we get to the campground. Before arriving at a campground we usually stop at a grocery store to pick up any perishables - e.g., milk, etc. The freezer does not hold much so I try not to keep more than a day or two ahead in the fridge.

Rolling Pie Shells

[Preparation](#)

Submitted by **Ed**

When I was trying to bake pies I did not want to roll out my pastry on my RV counters or table because of the mess. What I discovered was that the extra large Ziplock™ bags are almost the perfect size for one shell. Place the pastry ball into the bag and roll it out. Then split the bag open to remove pastry. I make a batch and roll them all at the same time. The extras freeze in the bag for next time.

Sloppy Joes

[Preparation](#)

Submitted by **Denise Gilgen**.

Sloppy Joes are another staple to be made ahead. I freeze the finished, cooked mixture, just thaw it in the fridge for a day or so, heat it and serve it on hamburger buns. Of course, all the meal Helpers (hamburger, tuna, etc.) are okay, but can be expensive. If you are alone, you can make half a box with 1/4 pound of hamburger.

Slow Cooker Topping Ideas

[Preparation](#)

Submitted by **Cathy Lea**.

Some creative people have been making recipes in their RV slow cooker that traditionally required an oven. I think this is amazing except the slow cooker does not give that nice oven-like crispy or crunchy topping which to me is very important. So I came up with a few suggestions how I get around the missing oven taste and texture.

- Brown breadcrumbs in a skillet with a little butter and add to the top of the dish right before serving. Panko crumbs are especially nice.
 - Add Parmesan cheese to the breadcrumbs in the skillet after the breadcrumbs are browned to make a cheesy topping.
 - Toast some nuts in a skillet to brown lightly and top with those for a crunchy topping.
 - Top with crumbled crisp bacon. If you don't want the RV to smell like bacon you can buy the already cooked bacon at most grocery stores.
 - Chow mein noodles need no extra preparation and add a nice crunch to many dishes not just Asian.
 - And my favorite, crispy fried onions. Most grocery stores have Frenches™ or store brand fried onions in a can or bag. For a lower calorie variation try toasted onions from the Savory Spice Company.
-

Soup and Stew

[Preparation](#)

Submitted by **Jean Dube**.

When I am preparing for a long trip is to make a hearty soup or beef stew and freeze it in quart freezer bags. I put just enough into each that I can freeze it flat which is important in our little freezers. Defrost in the micro, no fuss, no freezer containers to bother with.

Steamed Shrimp

[Preparation](#)

Submitted by **Bill and Susannah Stewart**.

Another great thing to take along is some steamed shrimp from the grocery store. Here, they fix it for free, and it is all seasoned and ready to eat. I put it into a well sealed container to keep the shrimp smell well contained, and we eat it within the first day or two. It is good three times a day, as far as we are concerned!

Taming My RV Refrigerator Temperatures

[Preparation](#)

Submitted by **Cathy Lea**.

My Roadtrek has a small Dometic™ brand evaporative refrigerator that works nicely except the cooling is very much affected by the outside temperature. This is not like my home refrigerator. My RV refrigerator has given me enough surprise ice cream soup and frozen eggs to force me to use temperature alarms that make me pull over while driving or get me up in

the middle of the night to turn the dial and save my food. I am forced to constantly adjust the cooling level to compensate for the heat of the day or the cool of night.

Many years and several different refrigerator alarms later I stumbled across something interesting.

Before each trip I put two plastic bottles (sized so they fit into the RV refrigerator door) full of tap water into my home freezer until they are solid. I also fill several gallon sized freezer thickness zip-top bags (with the double zip strip) full of ice cubes from home. I put the bottles into the RV refrigerator door and pack the bags of ice cubes into the freezer around any frozen food I take along. If all the bags of ice cubes don't fit into the freezer, put them into the bottom of the refrigerator next to any dairy products like milk. Do not put the bags on the RV refrigerator shelf next to the fins, that could interfere with the air circulation.

This adds thermal mass to the refrigerator that helps to smooth out the highs and lows so I don't need to adjust as often. With normal use opening the door only for short periods of time when needed I can keep a bag of ice cubes in the refrigerator for up to five days before it turns to water. Since this is the same water that I drink at home, the melted ice cubes become a nice cool beverage during the heat of the day.

Be careful to only use translucent or opaque plastic bottles for the ice water. Some clear plastics can put toxins in the water when exposed to extreme hot or cold temperatures.

Time Saving Tips

[Preparation](#)

Submitted by Lucinda Shastid and Joe Zygal.

We cook in the RoadTrek just as we do at home, except we have learned to cook only one thing at a time. So first we cook the rice and let it sit while we cook something Chinese in the wok. Or first we microwave the baked potatoes and let them sit while we grill a steak and microwave the vegetable. Or first we brown the chicken or beef, add vegetables and sauce makings and let the whole thing simmer while we prepare the noodles. One thing can sit without attention while we cook another, but we can not actively prepare two dishes at once. One other thing that we find helpful is to do ALL the prep work before starting to cook. For instance, chop everything that needs to be chopped and put it in bowls until needed. Measure out everything that needs to be measured and put them aside, etc. Then you do not need to find a chopping space in the midst of cooking. We figure about an hour or an hour and a half to prepare dinner. But we enjoy cooking, so this is part of our evening relaxation.

Vinegar Magic

[Preparation](#)

Submitted by Betty K.

Vinegar is a multipurpose kitchen tool. It works wonders and helps out around your RV kitchen in all kinds of ways.

1. If you are scaling fresh fish, first rub a little vinegar over the fish. This fights the fishy odor by limiting bacteria growth and makes handling easier.
2. Get your shine back. A half cup of white vinegar added to a gallon of rinse water will eliminate dull soap film and common water spots from glassware, flatware, sinks and showers.
3. A little vinegar rubbed on your hands before and after slicing onions helps remove the

odor of onions quickly.

4. A little white vinegar rubbed on hands helps remove fruit stains.
 5. To get the last bit of mustard, mayonnaise or salad dressing out of jar, just dribble a little vinegar into the jar, put the cap on and shake.
 6. If an egg cracks while boiling, add a little vinegar to the water to reseal it.
 7. To tenderize beef brush all sides with a little vinegar. Let it set for five or ten minutes before cooking.
 8. If you peel more potatoes than you need to cook, store them in a covered bowl with enough cold water to completely cover then add a few teaspoons of vinegar. Keeps fresh and ready to cook for three to four days in the refrigerator.
-

Washing Produce

[Preparation](#)

Submitted by **Donna**.

Getting dirt, pesticides, waxes and other unwanted stuff off your fruits and vegetables can be an important part of maintaining good health for you and your family. Cleaning is important even for organic produce. There are commercially available spray cleaning products to do this job, but they can be expensive and never tell you the whole story about what they contain. Now you can safely clean your produce, save money and eat well at the same time.

This simple recipe uses a combination of very common ingredients you may already have in your RV kitchen or for very little money at the nearest grocery store.

- 1 cup water
- 1 cup distilled white vinegar
- 1/2 lemon, juiced
- 1 Tablespoon baking soda
- 1 spray bottle with adjustable sprayer

In a large bowl combine the liquid ingredients then add the baking soda while stirring because it will create a lot of bubbles at first. When the bubbles fade pour into a clean spray bottle. Do not reuse a spray bottle that previously contained ammonia, bleach or petroleum products. The bottle needs to start clean enough you would eat from it.

To use, spray fruit or vegetables, let sit for about 5 minutes then rinse in cool water.

This spray actually tastes good if you like tart flavors and is completely safe to eat or use on any foods.

Hints: Shopping

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Fresh Market Items

[Shopping](#)

Submitted by **Ben and Barbara Falmlem.**

I like to get fresh fruits and vegetables at local stands. When traveling around the ocean we find fish markets (usually near the docks) and love fresh fish.

Good stuff from Trader Joes

[Shopping](#)

Submitted by **Judy Bass.**

If you are lucky enough to live near a Trader Joes, you can find lots of great things for your Roadtrek kitchen. The Trader Joes pre-made polenta comes in a plastic roll, and does not need refrigeration until after it is opened. We fry or grill a couple of slices to serve as a starch, or a light meal in itself with cheese and pasta sauce. On our last trip, we discovered two kinds of packaged precooked rice - a brown rice, and a white rice with Thai seasonings. We added the brown rice to soup and served the Thai rice as a side dish with grilled fish. Both are in boil-in bags, so you do not dirty any pots. Finally, there are a number of Indian dishes that also come in boil-in bags. You have to try a few to find your favorite, but they are flavorful and make great additions to your meal.

Local Foods

[Shopping](#)

Submitted by **Barb Dalderis.**

A typical meal would be grilled chicken or fish, rice and a salad. When traveling we look for roadside fruit/produce stands and local fish stores so we can purchase nice local foods.

Meals in a Bag - Read the content labels first

[Shopping](#)

Submitted by **Michlene Kelly.**

I was thrilled when I first saw all the frozen meals in a bag at the markets. Italian, Asian, etc. Just add some water and put in skillet or microwave. Then I looked at the FAT and SODIUM content and was appalled. If you have to watch your intake, particularly sodium, please take note of the labels.

Supermarket Deli Food

[Shopping](#)

Submitted by **Sue Baker.**

Stopping at a supermarket deli is always good for many items, fried or rotisserie chicken, side dishes, subs. You can probably tell, cooking in the RoadTrek is not a favorite thing of mine to do. We do breakfast and lunch in the van and eat out perhaps two or three times a week.

Hints: Staples

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Agave Nectar

[Staples](#)

Submitted by **Cathy Lea**.

Have you tried Agave Nectar instead of sugar or honey? I use it to sweeten my tea and fruit salad, on my oatmeal, and many other things. It's sweeter and thinner at room temperature than honey and it never crystallizes. You can cook with it and bake with it. If you use it for baking use 2/3 cup of Agave for 1 cup of sugar and reduce the other liquids in the recipe by 1 ounce per 2/3 cup Agave. You should also decrease the oven temperature by 25 degrees and cook the dish slightly longer.

Agave is a low glycemic sweetener so it is good for those who are watching their blood sugar.

Amber Agave has a slight maple flavor, light has a neutral taste (that's my favorite) and raw is also mild but contains more enzymes because it is processed at a lower temperature.

If you are a Costco member you can save a lot of money buying their two pack Agave syrup.

Cathy's Basic Pantry Items

[Staples](#)

Submitted by **Cathy Lea**.

These are the items that I always have on hand in our pantry and fridge.

- cooking spray
- salt and pepper
- flour, usually the Wondra variety
- sugar
- canola or olive oil
- soy or Worcestershire sauce
- lemon juice
- hot sauce
- chicken bouillon
- vinegar (apple cider or rice wine, not plain white)
- Mexican seasoning
- Italian seasoning
- ground ginger
- celery salt
- cayenne pepper
- garlic powder
- onion powder
- dried onion flakes
- butter
- eggs
- powdered milk
- pasta
- rice

With this collection I can typically turn just about any meat and veggie into a full meal without much effort.

Cinnamon - The Versatile Spice

[Staples](#)

Submitted by **Cathy Lea**.

Cinnamon is one spice you might want to keep in your RV pantry as it has many uses you may not have considered. Here are just a few:

- Keep a cinnamon shaker on your table and sprinkle on fresh fruit, cereal, yogurt, toast and applesauce.
- Add cinnamon to your French toast, pancake and waffle batter. Use about 1/2 teaspoon per cup of batter.
- Peel and slice apples, heat a little butter in a pan and sprinkle generously with cinnamon. Heat until soft. Eat as-is or use as a cinnamon pancake topping.
- Saute veggies in olive oil, salt, pepper and cinnamon.
- Sprinkle on popcorn for an exciting and different taste.
- Add 1/4 teaspoon of cinnamon to the water when you are cooking rice.
- Sprinkle cinnamon in your hot chocolate, make it Mexican hot chocolate by adding a pinch of cayenne pepper along with the cinnamon.
- Add cinnamon to hot tea or coffee for a warming treat.

Cinnamon does nice things for your body too.

Frozen Vegetable Singles

[Staples](#)

Submitted by **Micheline Kelly**.

Birds Eye™ brand Steamfresh Singles - Four single-size servings in a bag. So far, I've used the peas and corn packages. Just take the four singles out of the bag/box and stash as many as you want in your RoadTrek freezer.

Each serving, which actually is enough for two, especially if you mix with rice, pasta, ground beef recipes, etc., takes only 1-1/4 - 1-1/2 min. in the microwave.

This way you don't end up with extra you might have to find room for in the refer or, worse yet, throw away.

Steamfresh also has great rice in the bag - regular size.

Another benefit, if you need a quick ice for an owie, these are great!

Indian Herbs and Spices

[Staples](#)

Submitted by **Mike and Donna Allen**.

As few as 6 different spices can unleash a plethora of taste delights. Olive oil, garlic, curry, turmeric, Gran Marsala, coriander, chilies, is just a start. Pick up an Indian cookbook, a skillet and a sauce pan and experiment and create. Try to make the same meal the same way twice.

You cant do it. We lose weight and eat healthier in the process.

Marshmallow Conversion Tips

[Staples](#)

Submitted by **Cathy Lea**.

Do you ever need miniature marshmallows for a recipe but just have the regular ones? Or the other way around? Here is a chart originally published by Kraft™ foods that helps convert what you have on hand without running to the store.

7 ounces Marshmallow Creme = about 1 1/2 cups

13 ounces Marshmallow Creme = about 3 cups

1 Regular Marshmallow = 13 Miniature Marshmallows

8 Regular Marshmallows = 1 cup

16 ounce bag Miniature = 8 cups

10.5 ounce bag Miniature = 5 1/2 cups

50 Miniature Marshmallows = 1/2 cup Miniature Marshmallows

5 Regular Marshmallows = 1/2 cup

64 Regular Marshmallows = 16 ounce bag

Microwave Popcorn Hint

[Staples](#)

Submitted by **John Grabowski**.

I really like popcorn but prefer to make it myself in a pan. However the Roadtrek calls for a different approach. Microwave popcorn works well but I avoid the butter flavored type as the chemicals can be bad for your lungs (I kid you not -- popcorn lung has just been described) and it smells up your Roadtrek. If you really need butter, just melt a little in the microwave and pour it in the bag. However, I have found that parmesan cheese works well as do chili and red pepper powder combined, As a matter of fact, you can flavor popcorn with all kinds of spices and use less salt. Look around to for butter free and reduced salt varieties and try spicing it up.

Spice Blends

[Staples](#)

Submitted by **Cathy Lea**.

Instead of taking along a dozen or so jars of spices I either make up my own at home or purchase spice blends that I like. I try to have a Mexican, Italian, Asian and Indian blend. With these I can turn ground beef, tomatoes, rice or noodles and perhaps some shredded cheese into a delicious ethnic dish. If you do not want to make up your own blends you can purchase them in many stores. I like the Savory Spice Shop here in Littleton Colorado and you can order online at www.savoryspiceshop.com. They make their own blends and you can buy them in small quantities. It is easier to store your spice blends in plastic bags than to try to find room

for glass jars.

Spice Suggestions

[Staples](#)

Submitted by Judi Quan Rizzuto.

I buy those little jars of Shillings, stack them 3 or 4 in closed clear plastic tubes and store them on the side. Again - I carry everything from oregano, chili, cinnamon, sesame seeds, and curry. Then there is lots of garlic, fresh, minced and powdered. Also fresh ginger, soy sauce and oyster sauce. Where do I put a lot of stuff? In string bags hanging from under the top storage areas in our 97 190 Popular.

Stocking Your Pantry

[Staples](#)

Submitted by Roadtrek Chapter Members.

- Small packages of things like instant mashed potatoes (I doctor them up with herbs, garlic and even sour cream) small packages of different types of noodles with sauce.
- Dehydrated potatoes; one cup is enough for both of us. There are so many flavors available, but frankly, they all taste the same. Good though when you are sitting under the trees in some campground.
- Flavored canned beans; (Tex-Mex, Caribbean black beans, etc. S&W makes a number of them.) Good as a side dish; can be added to soups or pastas; good base for a main dish salad with leftover chicken, salmon, etc.
- Small (8 ounce) cans of corn, peaches, etc. are perfect for two with no leftovers.
- Chili (canned) for lunches and/or dinners
- Barbeque sauce for grilling
- Parmesan cheese
- Fresh herbs
- Maple syrup (this works well also to brush on pork chops or chicken when grilling)
- Instant rice and potatoes
- Dried fruit
- Pita bread, it makes an excellent meal with hummus
- Rice cakes, add jam, peanut butter, hummus, cream cheese or dips
- Instnat soup cups
- Bagels
- Peanut butter and jelly
- Breakfast cereal bars
- Instant milk
- Canned chicken and tuna
- Evaporated milk

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Ask the Locals

[Food Find](#)

Submitted by *Cathy Lea*.

When traveling through any small town the best way I know to find good food is to ask the locals. Sure a modern phone with apps like Yelp and Trip Advisor are fine, but I have had the best luck just asking around.

A friend and I took a road trip to Taos, New Mexico (the 47th state) many years ago long before the Internet was open to the public if you can imagine that. We spent time walking around the plaza and would ask shopkeepers and people on the street where I could find the best food. More than half of them said at my house but unfortunately none of them invited us for dinner. Many of the others said to go to the Chow Cart and order a Suzy. Back then it wasn't on the menu, but it was a very popular item. So off we went, driving down the main road in search of a big parking lot with an old converted UPS van at the back. Sure enough, there it was. There was a hand written menu board in front of the truck with a few items, but none of the customers standing in line seemed to read it. A young lady came out to our truck and asked what we would like. We both ordered the mysterious Suzy. We had no idea what it would be, but it was recommended enough that we had to try it.

Imagine a roasted green (Anaheim) chile stuffed with mild cheese then coated in a cheesy batter, grilled to crispy perfection and served wrapped in a flour tortilla with a little refried bean, guacamole and some sour cream. It was the best combination of hot and cold, spicy and mild, crispy and creamy in almost every bite. Serious yum on several different levels which is why this is still one of my favorite food finds decades later!

The Chow Cart is now an actual restaurant building. They now have a real menu board with the Suzy listed, booths to sit at and even a framed painting of the old UPS truck on the wall. It is still one of my favorite places to eat in Taos. I have never been able to recreate that crispy cheesy batter at home and they won't tell the secret.

So be adventurous, ask the locals, tell them what you like and try their suggestions.

Oh and as a general rule I avoid restaurants with white tablecloths when possible. I much prefer restaurants that pay more attention to their food than the décor.

Barbecue for Breakfast

[Food Find](#)

Submitted by *Cathy Lea*.

One of the most fun things to do on the road is to try new and different food. While traveling the Natchez Trace Parkway we took time to stop at the Loveless Cafe, a famous road food stop just outside of Nashville at the northern terminus of the Trace. We got there very early, but of course we brought our own waiting room with us in our RV so we just relaxed and waited for them to open.

They are famous for their wonderful biscuits, which indeed were the best I have ever eaten. We bought a bag of biscuit mix to take home and though they weren't quite as good as the ones we had at the restaurant they were still delicious.

The menu was filled with tempting choices, but as soon as I saw barbecue pork I knew I had to try it. I have never eaten barbecue for breakfast, but only because I have never seen it on the

menu anywhere else. It was delicious, of course. Don't be afraid to try something different, it will make your travels even more memorable.

Collecting Cookbooks

[Food Find](#)

Submitted by **Cathy Lea**.

I admit it, I am a certified cookbook addict. I own well over 300 cookbooks. I read them like novels, I drool over the pictures, and sometimes I actually cook something from them.

My favorite cookbooks are the ones I have picked up around the country on our travels. Visitor centers and museums, especially in the national parks, are the best places to find unusual regional cookbooks. Bookstores, of course, are another possibility. They will often have a section just for books on their region, especially if you are in a very touristy area like Charleston, SC.

The Junior League in most cities publishes a cookbook, I have found those to have some of the best recipes. Those women must have contests to see who can create the best recipe. You will find many recipes from their part of the country in their cookbooks. I have quite a collection of those also.

So, if you like to cook be sure to search out local cookbooks while you travel. They are small and easy to tuck away in a corner of the RV until you get home. Then you will have to find a place on your bookshelf, or possibly invest in a whole new bookcase just for your cookbooks. Whenever you wish you could be on the road but instead are stuck at home you can pull out a cookbook from whatever area of the country you are dream about and bring a little bit of the local flavor right into your own kitchen.

Indian Tacos

[Food Find](#)

Submitted by **Cathy Lea**.

The first Indian Taco I ever had was some time in the 80's at the Eight Northern Pueblo Indian Arts Show at San Juan Pueblo in San Juan (now known as Okay Owingeh) New Mexico. An indian taco, often called a Navajo Taco, is a piece of frybread covered with additions including beans, hamburger, green or red chile, lettuce, onions, tomatoes and shredded cheese. It's a little piece of heaven for your mouth. They are served at all of the fairs and festivals in New Mexico and also at many restaurants. Each one is different, just like each batch of green or red chile is different (more about that in another entry).

A highlight of our first road trip through the Southwest was to eat a Navajo Taco on the Navajo Indian Reservation at Monument Valley, AZ in 1998. It was probably no different than any other Indian Taco, but just looking at the amazing red sandstone mesas and buttes in the otherwise empty desert made it taste like the best food I had ever eaten.

Another special Indian Taco is found at the Wooden Knife Cafe in Interior, South Dakota just outside of the Badlands National Park. We visited the cafe in 2001 having heard about it on the Food TV Network. They use a secret recipe for their frybread made from a root similar to a turnip. Unfortunately the cafe has closed but they sell their products online.

If you are traveling through the southwest United States don't miss an opportunity to try this

delicious treat.

Red or Green?

[Food Find](#)

Submitted by **Cathy Lea**.

The state question of New Mexico is - Red or Green? What does this mean? Why, chile sauce of course. There are two types of chile served in New Mexico, red chile and green chile.

Green chile is made from the Anaheim style chiles grown throughout New Mexico. The most famous green chile is grown in Hatch, New Mexico in the southern part of the state. The green chile sauce will vary depending on who makes it, but it usually contains green chiles that have been roasted and peeled, garlic, pork, onions, and stock or broth (pork or chicken). This spicy dish is served over almost any type of New Mexican food including burritos, enchiladas and tamales. It is also made into a stew with large chunks of pork and potatoes. One ingredient you will not find in New Mexican green chile is tomatoes. That is strictly a Tex-Mex or Colorado version of green chile.

Red chile is made from dried red chiles. The chiles are green when they become ripe and the longer they are left on the plant the more red they become. They are dried in the sun and then ground into a powder or left whole, often strung into a ristra. Red chile sauce is made from red chile powder or a paste made from a rehydrated red chile. It may contain onions, oregano or other spices but it is often just the rehydrated chile.

Which is hotter? It depends on many things, each chile harvest is different. When you order a dish with red or green chile ask the wait staff which is hotter. If you want to try both you can order the dish Christmas which means half red and half green chile sauce, that is my favorite. If you get a bite that is too hot be sure not to drink water, that only makes it worse. Eat a bite of tortilla or a spoonful of sour cream or sugar. That helps take the heat away.

Regional Specialties

[Food Find](#)

Submitted by **Cathy Lea**.

Each region of the country has its special food items. Tourist towns often have gift shops where you can find a lot of different food items such as special jellies and sauces, cans of local specialties and lots of other good things to eat. You can often find the same items for a lot less money in the local grocery stores. Visit a small family owned grocery store and walk up and down the aisles to see what fun things you can find. We did this in a little grocery store in a small town in Louisiana and found wonderful cajun spices and sauces. This is a great way to spice up your meals cooked in your RV on the road and also great to take home for gifts or to cook and take a mini-vacation in your mind when you eat those favorite flavors from far away.

We purchased a can of smoked salmon in Oregon that was very different from anything we can get in our stores here in Colorado. There were two recipes on the can, one for a smoked salmon dip and the other for a salmon chowder. You can find both of those recipes here on the RoadChefCuisine web site.

Trader Joe's Roast Beef Hash

[Food Find](#)

Submitted by **M. Kelly**.

We keep several packages of Trader Joe's™ brand Roast Beef Hash in our emergency earthquake pantry and a couple in our Roadtrek.

- Comes in a flat packet, so it's easy to store/stack.
- Has good flavor.
- Nutrition facts not too bad, i.e., sodium 250mg per serving.
- Delicious heated in pan and served with an egg or two on top. Add a little catsup, salsa, or chili sauce on top if you like. Good for dinner or breakfast. You can actually taste the roast beef. You might have to ask a clerk at Trader Joe's where they keep it as some stores use different locations.

This is a product of Brazil and the package says its packed under Brazilian Government Inspection.

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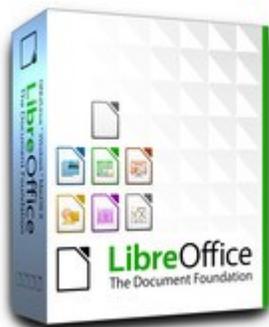
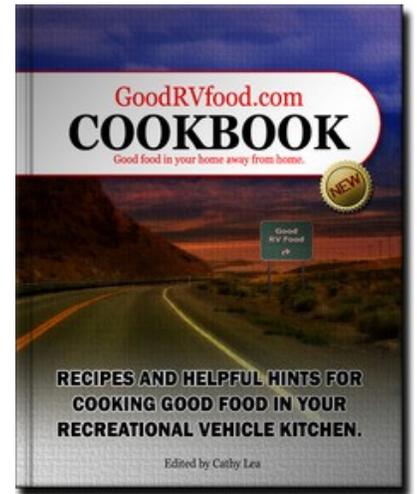
- Did you find a **mistake** in this cookbook?
- Do you know something we **missed**?
- Did you get a copy of this cookbook as a **gift**?
- Do you have a RV-friendly recipe or food hint to **share**?

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- *Cathy Lea, editor.*



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