



E P I C U R E™

CAMPING FAVES

FOR THE CAMPING FAVES 5-PACK



CAMPING FAVES

DIGITAL RECIPE GUIDE with **BONUS RECIPES**



One of the best parts about camping is the food. When you're hiking, kayaking, and having other fun adventures, it's important to fuel up properly so that you can enjoy your time in the great outdoors.

This meal plan is designed to set you up for success with grocery lists, bonus recipes, perfectly balanced plate suggestions, and meals with an average cost per serving of \$1.83 CA / \$1.56 US.

But before you get started, we have a few pointers...

- Say hello to your camping BFF—the **Multipurpose Pot**. This small but mighty companion will save you time, and it's easy to use and easy to clean.
- Pack a cooler with ice to make sure you are properly storing your perishables at 40° F (4° C).
- Prep everything you can in advance. Our dips are incredible, and they can be made before you hit the road. Think prepared **Guacamole**, **Poco Picante Salsa** or **3 Onion** as a veggie or chip dip.

And most importantly, don't forget the s'mores!

COOKWARE

Take the **Multipurpose Pot** “to go” this summer, whether it’s the campground or the camper van. It pairs perfectly with this collection for easy and delicious camping-friendly meals.

MULTIPURPOSE POT (2 SIZES):

- Pour spout, ergonomic stay-cool handles, and interior measurements.
- Left- or right-hand use.
- Tempered glass lid with built-in strainer.
- Induction-friendly base works with all stovetops.
- Volume: 12 cups or 8 cups.*

*The recipes in this guide were developed using the **12-Cup Multipurpose Pot**.

CARE & USE:

- Dishwasher safe.
- Wash before initial use.
- Clean with a soft scouring pad only—do not use steel wool or chlorine bleach cleaners.



GROCERY LIST

PRODUCE

- ½ lime, optional (Easy Peasy Tacos)

PANTRY STAPLES

- 1 can (28 oz/796 ml) diced tomatoes, preferably unsalted (Cha Cha Chili)
- 6 cups uncooked pasta, your choice
 - 4 cups (Fettucine Alfredo)
 - 2 cups, bite-size (Mac & Cheese)
- 3 tbsp olive oil (Easy Peasy Tacos)
- 1 tsp white vinegar (Easy Eggs Benedict)

PROTEIN

- 8 eggs (Easy Eggs Benedict)
- 1 lb (450 g) lean ground beef (Cha Cha Chili)
Swap: ground chicken or turkey
- 1 can (19 oz/540 ml) kidney beans, preferably unsalted (Cha Cha Chili)

DAIRY

- 1½ + ⅓ cups milk, your choice
 - 1½ cups (Fettucine Alfredo)
 - ⅓ cup (Mac & Cheese)
- ¼ cup + 2 tbsp unsalted butter
 - ¼ cup (Easy Eggs Benedict)
 - 2 tbsp, optional (Mac & Cheese)

BAKERY

- 8 corn tortillas (Easy Peasy Tacos)
Swap: taco shells
- 4 English muffins (Easy Eggs Benedict)

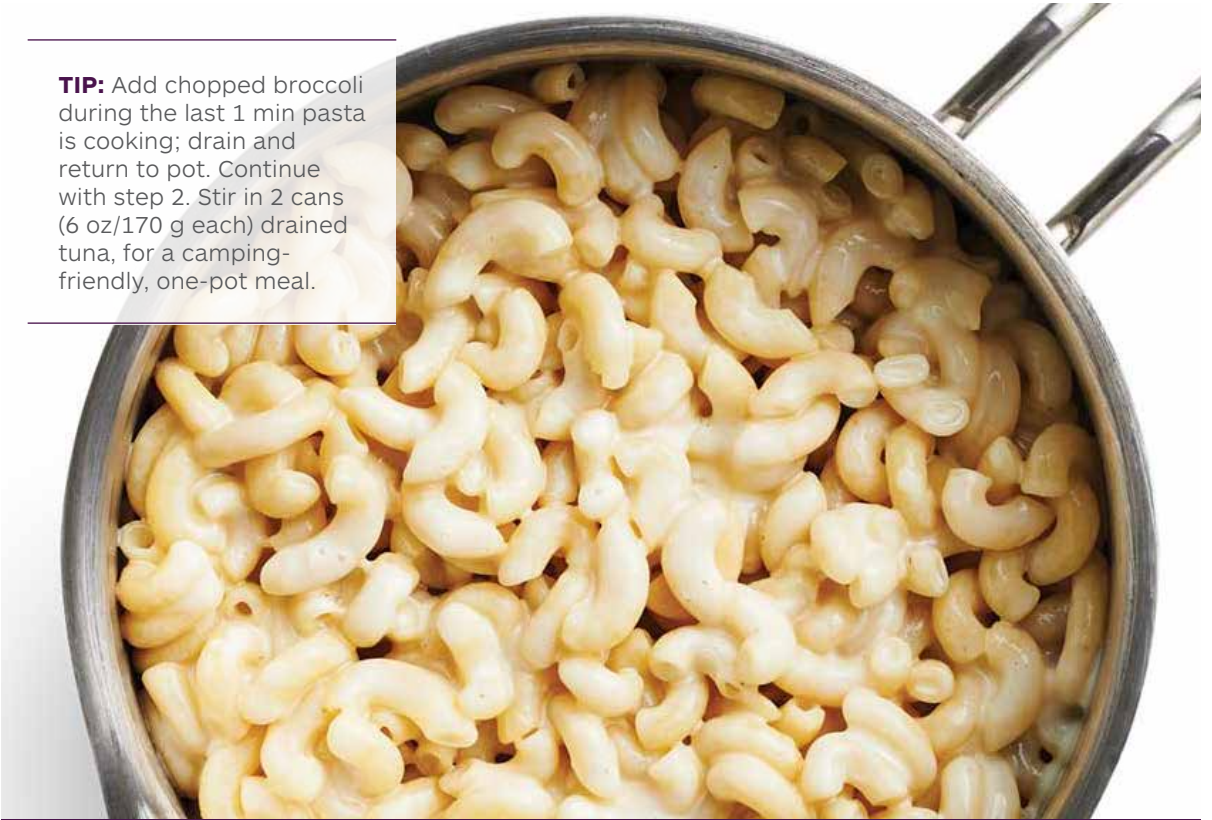
PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add an avocado, broccoli, mixed veggies, fresh fruit of your choice, and extra protein such as beans or canned fish, like salmon or tuna.



MAC & CHEESE

TIP: Add chopped broccoli during the last 1 min pasta is cooking; drain and return to pot. Continue with step 2. Stir in 2 cans (6 oz/170 g each) drained tuna, for a camping-friendly, one-pot meal.



TOTAL TIME: 13 min



4 SERVINGS



\$1.12 CA/\$0.95 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup boiled broccoli and ½ can (6 oz/170 g) tuna, drained, or 1 cup beans, your choice.

INGREDIENTS

2 cups bite-sized pasta, your choice
½ cup milk, your choice
1 pkg **Mac & Cheese Seasoning**
2 tbsp butter, optional

NUTRITIONAL INFO

Per serving (about 1 cup): Calories 260, Fat 4.5 g (Saturated 2.5 g, Trans 0.2 g), Cholesterol 10 mg, Sodium 330 mg, Carbohydrate 43 g (Fibre 2 g, Sugars 3 g), Protein 11 g.

INSTRUCTIONS

1. In a **12-Cup Multipurpose Pot** set over high heat, boil pasta until tender, about 6–8 min. Drain and return to pot.
2. Stir in milk, seasoning, and butter, if desired. Stir to coat.

FETTUCINE ALFREDO

TIP: Keep meals simple while camping! Stir 2 cans (6 oz/170 g) salmon, drained, into prepared Alfredo.



TOTAL TIME: 10 min



6 SERVINGS



\$1.14 CA/\$0.97 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 4 oz (113 g) lean protein, such as chicken or ½ can (6 oz/170 g) salmon, and 1 cup mixed veggies with 2 tsp prepared **Epicure Dip**.

INGREDIENTS

1 pkg **Alfredo Sauce Mix**
1½ cups milk, your choice
6 cups cooked pasta, your choice

NUTRITIONAL INFO

Per serving (about ¼ cup prepared sauce and 1 cup cooked pasta): Calories 280, Fat 4 g (Saturated 2 g, Trans 0.1 g), Cholesterol 10 mg, Sodium 170 mg, Carbohydrate 50 g (Fibre 3 g, Sugars 2 g), Protein 12 g.

INSTRUCTIONS

1. In a **12-Cup Multipurpose Pot**, combine sauce mix with milk.
2. Whisking constantly, bring mix to a boil over medium-high heat; reduce heat and simmer 3 min or until thickened.
3. Combine prepared sauce with your choice of cooked pasta.

EASY PEASY TACOS



 TOTAL TIME: 15 min  8 TACOS FOR 4 SERVINGS  \$3.34 CA/\$2.84 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup veggies (try adding some to your tacos!) and 2 tbsp Guacamole.

INGREDIENTS

1 pkg **Easy Peasy Taco Mix**
2 cups hot water
3 tbsp olive oil
½ lime, optional
8 corn tortillas or taco shells
Toppings (optional): **Guacamole**,
Poco Picante Salsa, diced red onions,
shredded lettuce

NUTRITIONAL INFO

Per serving (2 tacos): Calories 330, Fat 14 g
(Saturated 2 g, Trans 0 g), Cholesterol 0 mg,
Sodium 400 mg, Carbohydrate 32 g (Fibre 6 g,
Sugars 3 g), Protein 22 g.

INSTRUCTIONS

1. In a bowl, combine mix and water; set aside to hydrate, about 5 min.
2. In a **12-Cup Multipurpose Pot**, heat oil over medium-high heat.
3. Add hydrated mix; cook, uncovered, until liquid has been absorbed, about 7 min. Stir gently while cooking to avoid mashing.
4. Using **2-in-1 Citrus Press**, squeeze in juice from lime, if using.
5. Spoon cooked mixture into tortillas or taco shells, and serve with toppings, if desired.

CHA CHA CHILI



TOTAL TIME: 20 min



4 SERVINGS



\$2.27 CA/\$1.93 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies and 2 tbsp Epicure Dip.

INGREDIENTS

1 lb (450 g) lean ground beef, chicken, or turkey
1 can (19 oz/540 ml) unsalted kidney beans
1 pkg **Cha Cha Chili Seasoning**
1 can (28 oz/796 ml) unsalted, diced tomatoes
½ cup water

NUTRITIONAL INFO

Per serving (about 1¾ cups): Calories 360, Fat 6 g (Saturated 1.5 g, Trans 0.5 g), Cholesterol 60 mg, Sodium 210 mg, Carbohydrate 42 g (Fibre 10 g, Sugars 10 g), Protein 33 g.

INSTRUCTIONS

1. In a **12-Cup Multipurpose Pot**, cook beef over medium heat until browned, 3–4 min. Use **Ground Meat Separator** to break up chunks. Drain excess liquid.
2. Meanwhile, drain and rinse beans.
3. Stir in beans, seasoning, tomatoes, and water. Simmer 12–15 min, stirring occasionally.

EASY EGGS BENEDICT



TIP: Make it your way! Add peameal bacon or ham, sliced tomatoes, spinach, and mushrooms, or smoked salmon.



TOTAL TIME: 20 min



4 SERVINGS



\$1.39 CA/\$1.18 US PER SERVING

You can prepare the **Hollandaise Sauce** in a **Multipurpose Pot** (recipe on pack). Instead of poached eggs, keep it simple and make fried eggs in a **Sauté Pan**.

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup fresh fruit.

INGREDIENTS

1 tsp white vinegar
8 eggs
4 English muffins, split and toasted
½ cup prepared **Hollandaise Sauce**

NUTRITIONAL INFO

Per serving (2 egg-topped muffin halves):
Calories 360, Fat 19 g (Saturated 8 g, Trans 0.3 g),
Cholesterol 390 mg, Sodium 450 mg,
Carbohydrate 30 g (Fibre 4 g, Sugars 7 g),
Protein 19 g.

INSTRUCTIONS

1. Fill an **8-Cup Multipurpose Pot** or medium saucepan with water until it's $\frac{3}{4}$ full. Add vinegar; bring to a boil over high heat.
2. Reduce heat and simmer. Using a spoon or spatula, create a whirlpool by stirring the water in one direction. In a **Prep Bowl**, crack one egg. Gently slip the egg into the centre of the whirlpool. Repeat with three more eggs. Cook until egg whites are set and yolk is done to your liking, about 4 min for a softly poached egg. Using a slotted spoon, remove eggs from water and drain on a paper or kitchen towel. Repeat process with remaining four eggs.
3. Place two English muffin halves on each plate. Place one egg on each muffin half. Drizzle 1 tbsp sauce over each egg.

SUMMER FRESH MAC & CHEESE



TOTAL TIME: 15 min



4 SERVINGS



\$2.78 CA/\$2.36 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 4 oz (113 g) lean protein such as canned tuna or salmon, grilled chopped chicken, beef, pork, or tofu.

INGREDIENTS

2 cups uncooked macaroni
 2 bell peppers
 2 cups mixed cherry tomatoes
 ½ cup milk, your choice
 1 pkg **Mac & Cheese Seasoning**
 ½ cup sliced black olives, optional
Toppings (optional): chopped red or green onions

NUTRITIONAL INFO

Per serving: Calories 290, Fat 5 g (Saturated 2.5 g, Trans 0.2 g), Cholesterol 15 mg, Sodium 340 mg, Carbohydrate 49 g (Fibre 4 g, Sugars 6 g), Protein 12 g.

INSTRUCTIONS

1. In **12-Cup Multipurpose Pot** set over high heat, boil macaroni until tender, about 6–8 min.
2. Meanwhile, dice peppers and cut tomatoes in half.
3. Add peppers to boiling pasta mixture for last 1 min of cooking.
4. Carefully drain, then return noodles and peppers to pot. Add milk and seasoning. Stir until evenly mixed. Fold in tomatoes and olives, if using.
5. Spoon into bowls and add topping, if desired.

SALMON ALFREDO BOW TIES



TOTAL TIME: 20 min



4 SERVINGS



\$5 CA/\$4.25 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup arugula on top of each plate.

INGREDIENTS

2 cups uncooked bow tie pasta
 2 cups snow peas, chopped
 ½ cup frozen peas
 1 pkg **Alfredo Sauce Mix**
 1 ½ cups milk, your choice
 2 cans (6 oz/170 g) sockeye salmon, drained

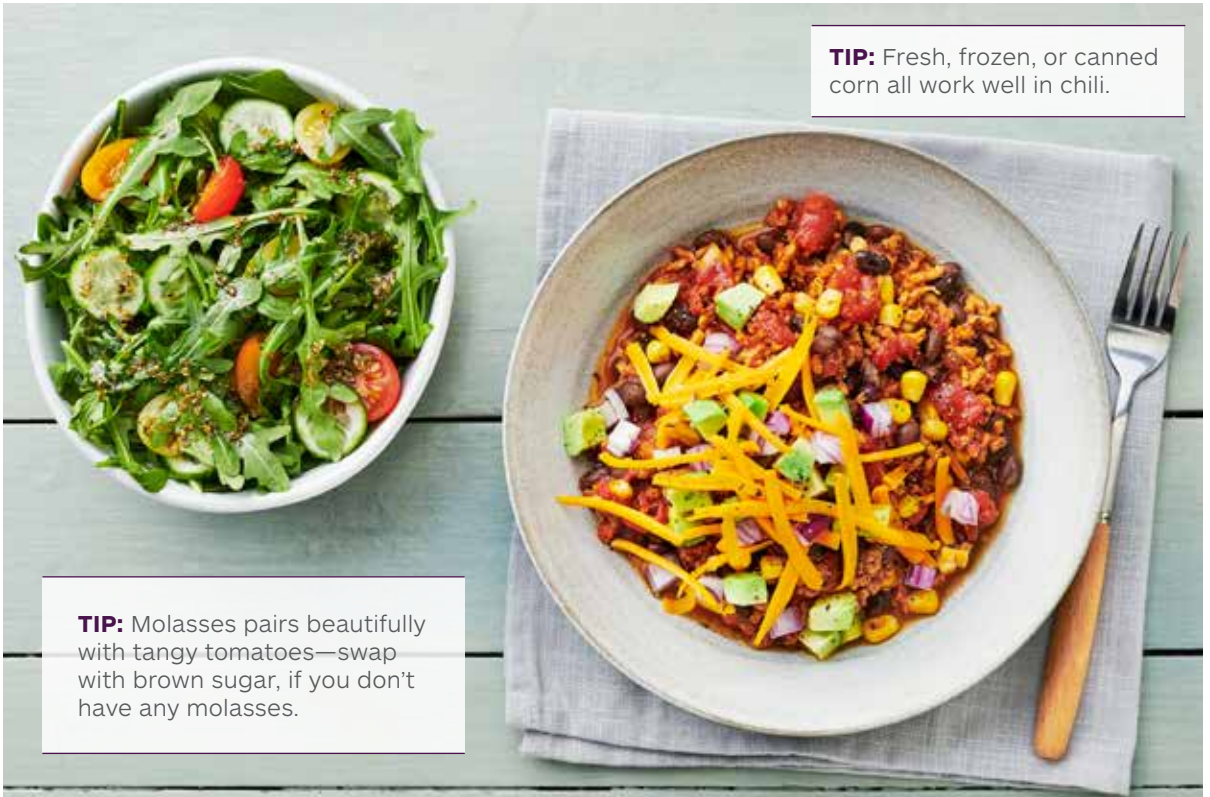
NUTRITIONAL INFO

Per serving: Calories 420, Fat 11g (Saturated 4 g, Trans 0 g), Cholesterol 50 mg, Sodium 340 mg, Carbohydrate 48 g (Fibre 4 g, Sugars 7 g), Protein 31 g

INSTRUCTIONS

1. In a **12-Cup Multipurpose Pot**, cook pasta according to package directions. Stir in snow peas and frozen peas for last 1 min of cooking. Strain and reserve 1 cup pasta cooking water.
2. Meanwhile, in a **Sauté Pan**, combine sauce mix with milk. Whisking constantly, bring to a boil over medium-high heat, reduce heat, and simmer 3 min or until thickened.
3. Stir in drained pasta and veggies and salmon. If needed, stir in some of the reserved pasta cooking water, a little at a time, to reach desired consistency.

EASY PEASY VEGGIE CHILI



TIP: Fresh, frozen, or canned corn all work well in chili.

TIP: Molasses pairs beautifully with tangy tomatoes—swap with brown sugar, if you don't have any molasses.



TOTAL TIME: 20 min



4 SERVINGS



\$4.48 CA/\$3.81 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed greens and 1 tbsp Epicure Salad Dressing.

INGREDIENTS

1 can (28 oz/796 ml) unsalted, diced tomatoes
 1 cup water
 1 pkg **Easy Peasy Taco Mix**
 2 cups corn kernels
 1 tbsp fancy molasses, optional
 1 can (14 oz/398 ml) unsalted black beans or beans of your choice

Sea Salt and **Black Pepper** (Grinders), to taste

Toppings (optional): grated cheese, diced red onion, diced avocado

NUTRITIONAL INFO

Per serving (about 1½ cups): Calories 310, Fat 3.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 460 mg, Carbohydrate 45 g (Fibre 13 g, Sugars 10 g), Protein 28 g.

INSTRUCTIONS

1. In a **12-Cup Multipurpose Pot** set over medium-high heat, add tomatoes, water, mix, corn, and molasses, if using. Stir to combine.
2. Drain and rinse beans; add to pot and stir to combine. Cover and allow to come to a simmer, stirring frequently. Simmer 5 min to allow mix to hydrate and flavours to blend.
3. Season with salt and pepper, to taste.

CHILI MAC & CHEESE



TOTAL TIME: 15 min



4 SERVINGS



\$2.74 CA/\$2.33 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup each mixed greens and chopped veggies and 1 tbsp Epicure Salad Dressing.

INGREDIENTS

2 cups bite-size pasta, your choice
 1 can (19 oz/540 ml) kidney beans
 ½ cup milk, your choice
 1 pkg **Mac & Cheese Seasoning**
 1 pkg **Cha Cha Chili Seasoning**
 1 can (28 oz/796 ml) diced tomatoes
Topping (optional): sliced avocado

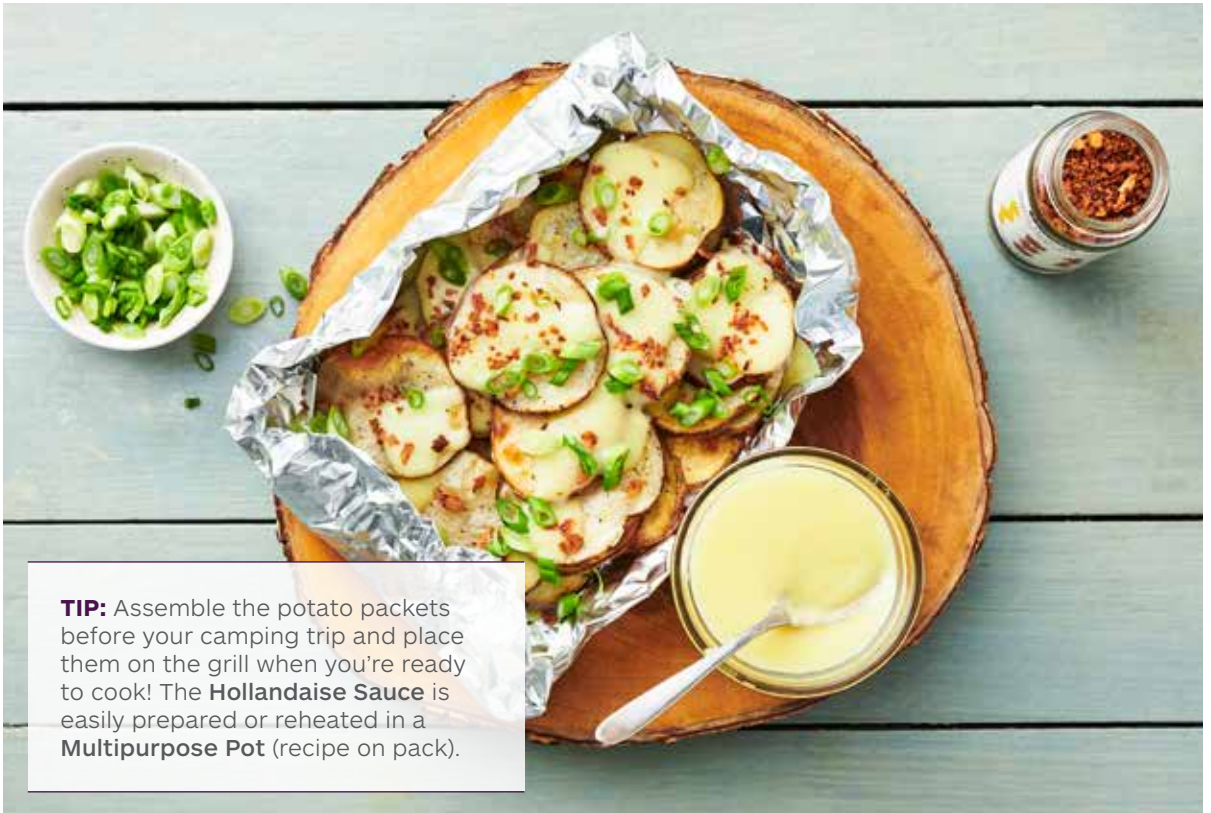
NUTRITIONAL INFO

Per serving: Calories 410, Fat 6 g (Saturated 2 g, Trans 0 g), Cholesterol 10 mg, Sodium 460 mg, Carbohydrate 72 g (Fibre 10 g, Sugars 17 g), Protein 19 g

INSTRUCTIONS

1. In a **12-Cup Multipurpose Pot**, cook pasta as per package directions. Drain and return to pot.
2. Meanwhile, drain and rinse kidney beans.
3. Add milk and Mac & Cheese Seasoning; stir to coat.
4. Add Cha Cha Chili Seasoning, kidney beans, and tomatoes to the pot; stir well to combine. Cook for 2 more min and serve.
5. Top with sliced avocado, if desired.

GRILLED POTATO PACKETS



TIP: Assemble the potato packets before your camping trip and place them on the grill when you're ready to cook! The **Hollandaise Sauce** is easily prepared or reheated in a **Multipurpose Pot** (recipe on pack).



TOTAL TIME: 20 min



4 SERVINGS



\$0.95 CA/\$0.81 US PER SERVING

This delicious side dish is easy to prepare for a backyard barbecue or camping trip.

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 4 oz (113 g) lean protein and 2 cups veggies, your choice.

INGREDIENTS

2 medium russet or Yukon Gold potatoes, about 1 lb (450 g)

4 tsp olive oil or melted, unsalted butter

Sea Salt and **Black Pepper** (Grinders), to taste

4 tsp water

½ cup prepared **Hollandaise Sauce**

Toppings (optional): sliced green onion, **Better Than Bacon Topper**

NUTRITIONAL INFO

Per serving (1 potato packet): Calories 290, Fat 12 g (Saturated 5 g, Trans 0.2 g), Cholesterol 20 mg, Sodium 90 mg, Carbohydrate 40 g (Fibre 4 g, Sugars 3 g), Protein 5 g.

INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Cut potatoes into ¼" slices and place in a large bowl. Add oil, salt and pepper. Toss to combine.
3. Lay out four 12" pieces of aluminium foil in front of you. Divide potato slices between the four pieces of foil. (It's okay if the potatoes overlap slightly.) Add 1 tsp water on top of each potato-lined piece of foil.
4. Place a 6" piece of aluminium foil over each potato-lined piece of foil. Roll up edges of bottom of each piece of potato-lined foil and fold over the top of each 6" piece of foil to seal in the potatoes and form a packet.
5. Place packets on grill. Grill, with lid closed, 15 min, or until tender. Using tongs, carefully remove packets from grill.
6. Open packets carefully; serve with hollandaise sauce drizzled on top. Add additional toppings, if desired.