Step Outdoors

Camp Chili

OBJECTIVE

To have participants create a multi-step meal using a variety of food types over a cook stove.

MATERIALS REQUIRED

2 lbs Ground beef or Venison, 4 Celery stalks, 1 can of Tomatoes or two whole tomatoes, 1 medium onion, 1 green or red pepper, 1 large can of Libbys beans, 1 can of Kidney beans, Chili powder, Salt and pepper, 4 tablespoons of oil, large stock pot, cutting board.

DISCUSSION

Chili is one of the great camp meals that is a real comfort food and is easy to prepare. It teaches participants some basic principles of food preparation and the recipe can be varied easily to suit individual tastes.

ACTIVITY

Heat oil in the stock pot, add meat and brown on high heat. While the meat is browning dice remaining vegetables and add to stock pot. Once onions have become clear and vegetables are partly cooked add the canned tomatoes. Allow mixture to heat thoroughly and simmer. Add seasoning and canned beans to the mix. Do not over stir as it crushes the beans and makes the Chili a mush. Serve on toast or with macaroni.

EXTENSION

Experiment with the recipe and add other ingredients like garlic, or mushrooms being careful to address any food allergies in the group. Create a non-meat chili as an alternative.

Time: 1.0 hour
Intro: 5 min
Activity: 45 min
Discussion and Review: 10 min

Safety

Fire
Sharp Implements
Food Allergies

NOTES