



Camp kitchen checklist & easy one-pan recipes

Fresh air. Fresh food. Real camping.

The problem with camping kitchens

You packed the tent (or the motorhome). You packed the sleeping bags. You arrived ready for slow mornings and good food.

Then you try to cook. The motorhome kitchen is cramped. The campsite table wobbles. The wind blows out your stove. You spend more time fighting your setup than enjoying the meal.

Whether you're in a tent, a roof tent, or a motorhome – real camping isn't about making do. It's about cooking together under the trees, with nothing to rush back to.

The minimalist camp kitchen checklist:

Cooking:

- Portable stove (one burner or two burners – both work)
- One small frying pan
- One medium pot with a lid
- Cast iron skillet (for bread, searing, and baking without an oven)
- One spatula
- Kitchen tongs
- One ladle or spoon
- Gas canisters (bring a spare)
- Kettle (or a small pot with a lid for boiling water)

Prep & eating:

- One foldable table or flat surface
- One cutting board (thin, light)
- One good knife
- Two bowls or deep plates per person
- Two mugs per person

Things we often forget (a proper list):

- Cooking oil (small bottle)
- Butter or ghee (lasts longer without a fridge)
- Salt, pepper, allspice, garlic granules
- Dried herbs (oregano, thyme, paprika)
- Washing up liquid (biodegradable)
- Washing up brush or dishcloth
- Tea towel
- Bin bags (a plastic bag hung from the table – game changer)
- Matches or lighter (bring two)

Cleaning:

- Biodegradable soap
- Small sponge
- Microfibre cloth (dries fast)

Don't bring:

- An oven (you don't need it)
- A full kitchen drawer (you won't use it)
- Glass (breaks, heavy)

Optional extras:

- Small folding kettle barbecue or firepit
- Cast iron Dutch oven (for slow cooking and bread)

Stovetop bread recipes

(because fresh bread at camp is a revelation!)

"Stovetop bread won't win a beauty contest. The top stays pale. The bottom gets crispy. But flip it for the last 2 minutes, or toast the slices in the same pan, and you'll forget what an oven ever did for you."

A Dutch cast iron pan (oven) and lid is best to use –but a skillet or cast iron pan with a lid of any sort will do



1. No-knead skillet bread

Mix 3 cups flour, 1 tsp salt, 1/2 tsp instant yeast, and 1.5 cups warm water. Stir. Leave covered for 2-3 hours (or overnight). Heat a cast iron skillet on medium. Scrape dough into the skillet. Cover with a lid or foil. Cook 15 minutes. Flip. Cook 10 more minutes. Eat warm with butter.



2. Quick soda bread (no waiting)

Mix 2 cups flour, 1 tsp baking soda, 1 tsp salt, and 1 cup buttermilk (or milk + a splash of vinegar). Stir. Shape into a round. Cook covered for 10 minutes. Flip. Cook uncovered for 10 more minutes. Tap the bottom – it should sound hollow



10 one-pan camp recipes!



1. Morning beans with egg

Fry a chopped onion. Add a tin of beans. Crack two eggs into the beans. Cover for 3 minutes. Eat with bread.



2. Camp chilli

Brown 500g mince. Add one tin chopped tomatoes, one tin kidney beans, one packet chilli mix. Simmer for 10 minutes. Eat with tortilla chips (no plates needed).



3. One-pan curry

Fry onion and chicken or chickpeas. Add curry paste. Add one tin coconut milk. Simmer for 10 minutes. Serve with instant rice (boiled in the same pan first).



4. Sausage and vegetable tray

Slice sausages, peppers, mushrooms and broccoli. Fry together for 10 minutes. Add a splash of water and lid to steam. Eat in a roll.



5. Pasta pesto

Boil pasta. Drain. In the same pan, stir in pesto and a handful of cherry tomatoes. Eat warm or cold the next day.



6. Easy breakfast skillet

Fry diced potatoes first until golden. Add chopped bacon or sausage. When almost cooked, crack 2-4 eggs into the pan. Cover for 3 minutes. Sprinkle with salt and pepper. Eat from the pan.



7. One-pan cheesy beef & pasta

Brown 500g mince. Drain excess fat. Add 2 cups water, 1 cup milk, 2 cups small pasta (elbows or shells), and a packet of taco or chilli seasoning. Simmer for 10-12 minutes until pasta is tender. Stir in 1 cup of grated cheese. Serve with hot sauce.



8. Sausage, pepper & potato fry

Slice potatoes thinly. Fry in oil for 5 minutes. Add sliced sausage and peppers. Fry for another 10 minutes until potatoes are crispy and sausage is cooked. Sprinkle with paprika.



9. One-pan Mexican rice with beans

Fry onion and garlic. Add 1 cup rice, 1 tin chopped tomatoes, 1 tin black beans (drained), 2 cups water or stock, and taco seasoning. Simmer covered for 15 minutes. Fluff with a fork. Top with cheese if you have it.



10. Potato curry

Fry onion, garlic, and ginger. Add 1 tbsp curry powder. Add chopped potatoes (3-4 medium) and 1 tin coconut milk. Simmer for 20 minutes until potatoes are soft. Eat with bread or instant rice.

One-bowl meals



1. Camp burrito bowl

In a bowl: cooked rice (from your stove), tin of black beans (drained), tin of corn, chopped tomatoes, avocado (if you have it), cheese, hot sauce. Mix. Eat. One bowl to wash.



2. Greek bowl

In a bowl: cooked couscous (add boiling water, wait 5 minutes), tin of chickpeas, chopped cucumber, feta (lasts a few days without fridge), olives, olive oil, lemon juice.



3. Breakfast bowl

In a bowl: cooked instant oats, peanut butter, banana, a sprinkle of cinnamon. Or savoury: fried egg, leftover rice, hot sauce, and whatever veg you have.

Camp barbecue sides



1. Quick-fried greens

Fry sliced courgettes, peppers, or tenderstem broccoli with garlic and chilli on one burner while your barbecue works on the other.



2. Griddled corn with lime & chilli

Boil corn for 5 minutes. Dry. Griddle on a hot pan until charred. Brush with butter, lime, chilli powder.



3. Garlic mushrooms & onions

The perfect burger or hot dog topping. Fry sliced onions and mushrooms with butter, garlic, and thyme. Keep warm on low.

The camp cooking rhythm (two burners)

If you have one burner:

Cook rice or grains first. Set aside in a bowl (cover with foil to keep warm). Then cook your protein and veg in the same pan. Combine at the end. One pan, one wash.

If you have two burners:

Burner 1: rice, beans, or potatoes

Burner 2: protein and veg

Everything finishes at the same time. No waiting. No cold food.

If you have a barbecue or firepit at camp:

Use your stove for sides and sauces. Use the fire for meat, toasting bread, or slow cooking in a Dutch oven.

A note from us

We created Rhino-Pods because we love cooking and eating outdoors. However we were tired of wobbly tables that are impossible to prep on and stoves that were not stable or at the right height. Our camp kitchens – Cucinino, Cambio, Tavo, and Manta – are designed to be practical, tough, simple, long lasting and packable.

The Cucinino has room for a double or two single burners at a comfortable height. On-board water with a big 10 litre water capacity self powered water tap and plenty of prep space. It dismantles for packing.

The Cambio gives you a solid prep surface and room for two single burners and dismantles for packing

The Tavo give you some storage space and a small table/seat with room for two single burners plus a foldable sink and self powered tap.

The Manta enables you to convert the back of your hatchback or estate into a cooking platform. Room for a foldable sink and a water container with a tap, as well as two single burners. Ideal for roof tenters or those looking for an ultra fast setup

But whether you use our pods or not, start with this checklist and these recipes. You'll eat better on every trip.

Go cook something great outdoors.



...where will you take me?