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**Ben and Lauren reveal the easy, one-pot meals that bolster our bodies and curb the campsite cravings.**

Be it hearty pastas chockablock with chopped veg, bakes topped with a leopard-spotted blanket of bubbled cheese, hot-pot soups, or butter bean stews - listen in for a wholesome concoction of campsite creations.

## **Shortcuts:**

- 00:00 - Intro
- 02:33 - One Pot Wonders: Explained
- 03:40 - Gnocchi with Pesto Sauce
- 06:15 - Nachos
- 09:50 - Quesadillas
- 12:05 - Soup
- 16:00 - Tomato and Vege Pasta
- 18:39 - White Bean and Lamb Shank Stew
- 22:06 - Vegetarian Chilli
- 24:51 - Mac and Cheese
- 26:58 - Ravioli
- 30:52 - Paella
- 34:24 - Stroganoff

## **Mentioned in this Episode:**

### **Podcasts:**

[Ep55 - Food for Adventure with Kate Grarock](#)

[Ep70 - 'Fire to Fork' with Harry Fisher](#)

### **Products:**

[Campfire Billy Teapot \(Stainless Steel\)](#)

[Fridges & Coolers](#)

[Cookware](#)

[Cast Iron Cookware](#)

[Campfire 12V/240V Vacuum Sealer](#)

[Hotplates and Grills](#)

[Stoves & Cookers](#)



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If you have any questions for Ben and Lauren, make sure you head over to our [Facebook group](#) and let us know as we'd love to hear from you.

Catch you out there!



*In this episode, Ben and Lauren reveal the easy, one-pot meals that curb the campsite cravings. Credit: Campfire*