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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