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Urban Camping & Cooking Menu

Cinnamon Rolls

Makes: 8 Servings
Prep time: 10 minutes
Cook time: 15 - 20 minutes
Difficulty: Easy

Source:

Instagram: [@family_adventures_overlanding](#)
Facebook: [Family_adventures_overlanding](#)

Ingredients:

1 Pillsbury Dough Sheet (If you can't find the sheet, use crescent rolls & push the seams together)
1 - 2 Tablespoons softened butter
2 - 3 Tablespoons brown sugar
2 - 3 Tablespoons white sugar
1 - 2 Tablespoons cinnamon (or more or less if you prefer)
8" Pie Pan
1 batch of cinnamon frosting (See recipe below)

Directions:

Roll out the dough sheet with the longest side towards you and spread the softened butter evenly over the dough.

Sprinkle the sugars and cinnamon over the butter.

With the longest side still towards you roll up the dough as tight as you can.

Cut the rolled dough into 8 even pieces and place in the greased pie pan. Then slightly push the individual rolls down so they aren't tall and more rounded. I like to sprinkle additional cinnamon on top before cooking.

Place a grate on the Skottle and pour water on the Skottle, but not above the grate.

Place the pie pan on the grate and with the Skottle on medium to medium high heat cook the rolls covered with your Skottle lid.



Check about every 5 minutes to make sure all the water didn't boil away. If it did just pour on more water. The steam will help cook the rolls and keep them moist and tender.

Cook for 15-20 minutes or until done depending on your heat level.

Cool slightly and frost with the Cinnamon frosting.



Cinnamon Frosting

Makes: Enough to frost 1 batch of rolls plus a little extra
Prep time: 5 minutes
Cook time: 5 minutes
Difficulty: Easy

Source:

Instagram: [@family_adventures_overlanding](#)
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Ingredients:

2 ounces of cream cheese, softened
2 Tablespoons of butter, softened
1 Cup of confectioners sugar
1/2 Tablespoon of cinnamon (more or less if you'd like)
1 teaspoon of vanilla
Milk, optional

Directions:

Cream the cream cheese and butter together with a hand mixer.

Add in the sugar, cinnamon, and vanilla.

If the frosting is too thick add some milk to thin it out, if it isn't thick enough add more sugar until you reach the thickness you want.



Steak and Crispy Brussel Sprouts

Makes: 2 Servings

Prep time: 10 minutes

Cook time: 15 - 20 minutes

Difficulty: Easy

Source:

Instagram: [@lisalove421](#)

Instagram: [@i_am_dan88](#)

Ingredients:

2 Steak cuts of your choice
1 Pound of whole Brussel sprouts
2 Tablespoons balsamic glaze
1/4 Cup vegetable oil

Directions:

Cut ends off of Brussel sprouts and cut in half.

Add oil to Skottle and heat until shimmers.

Add Brussel sprouts with salt and pepper to taste. Stir minimally to allow them to get crispy. Once soft, move to the outer rim of Skottle to keep warm.

Add steaks to the center of Skottle and season with salt and pepper. Cook to preferred temperature.

Remove steaks and Brussel sprouts from Skottle and plate.

Drizzle Brussel sprouts with balsamic glaze.

Crispy Chicken Tacos

This amazing recipe and many others can be found in "the overland cook - food on the trail with ovrlndx" by Marco A Hernandez.

You can get his cookbook here: <https://www.blurb.com/b/9645834-the-overland-cook>

