
PLANT BASED



CAMPING

Campfire Grilled Beef® Steak

Honest Pastures plant based steaks are very versatile. Marinate in any of your favorite sauces ahead of time, pack in cooler and grill outdoors.

Kebabs:

Cube Steak , marinate for at least 8 hours in your favorite sauce or Italian Dressing, place on skewers and grill until a small amount of char develops around the edges. Make sure to grill veggies separate, cooking times are different. It is recommended to start the veggies a few minutes before the Beef® Skewers.

Steaks:

Marinate steaks in your favorite sauce, throw on the grill until the char around the edge is adequate for your preference. We recommend 3-5 minutes a side. Pack some A1 sauce!

Camp Fire Fajitas:

Cut steaks into strips, marinate in Italian Dressing adding 1 tbsp of Cumin and Chili Powder, 1 tsp of Red Pepper Flakes and 2 Tbsp of Taco Sauce (We prefer the store brand with no chunks). Marinate for at least 8 hours and then you can cook in a skillet over an open fire with sliced green peppers and onions. Serve on tortilla shells.



Picture above, Beef® Steaks marinated in Italian Dressing and sprinkled with oregano before adding to a hot skillet with sliced onion.



Beef® Steak Ingredients:

Vegetable broth (onions, celery, carrots, parsley), vital wheat gluten, tamari, canola oil, worcestershire sauce (water, distilled vinegar, molasses, salt, citric acid, dextrose, caramel color, natural flavors, hydrolyzed soy and corn protein, malic acid, dehydrated onion, dehydrated garlic), onion powder, liquid smoke (water, natural hickory smoke flavor, vinegar, molasses, caramel color, salt), porcini powder, garlic powder, nutritional yeast (inactive dried yeast, niacin (B3), riboflavin (B2), thiamine hydrochloride (B1), pyridoxine hydrochloride (B6), folic acid (B9), cobalamin (B12)), black pepper corns, organic sugar, garlic, oregano, white pepper
Contains : Wheat and Soy

Jackfruit Beef® Ribz

Grilled Ribz:

Cut thawed Ribz into riblettes, toss in your favorite sauce and grill until the edges are at the desired char. After grilling you can eat as is, or pull apart and serve on buns with coleslaw for an out of this world BBQ Sandwich!

Plant Based Coleslaw:

1/2 head Red Cabbage shredded
 2 Medium Carrots grated
 1 Cup Vegan Mayo
 1 Tbsp Dill
 1 Tsp Parsley
 2 Tsp Cider Vinegar
 1/2 Tsp Onion Powder
 1/2 Tsp Garlic Powder

Mix all ingredients in a bowl and store in an air tight container in cooler until ready to serve.

Jackfruit Beef® Ribz Ingredients:

Vegetable broth (onions, celery, carrots, parsley), vital wheat gluten, jackfruit, tamari, canola oil, worcestershire sauce (water, distilled vinegar, molasses, salt, citric acid, dextrose, caramel color, natural flavors, malic acid, hydrolyzed soy and corn protein, dehydrated onion, dehydrated garlic), onion powder, liquid smoke (water, natural hickory flavor, vinegar, molasses, caramel color, salt), porcini powder, garlic powder, smoked paprika, nutritional yeast (inactive dried yeast, niacin (B3), pyridoxine hydrochloride (B6), riboflavin (B2), thiamine hydrochloride (B1), folic acid (B9), cobalamin (B12)), black pepper corns, organic sugar, garlic, cumin, oregano, white pepper
 Contains: Wheat and Soy



Honest Pastures Quick and Easy Sandwiches

The Club in the Woods:

Bread
Honest Bakun lightly fried in skillet
Montreal Chickun
Tomato slices
Lettuce
Vegan Mayo Dill Sauce

To skillet fry Bakun add a dash of oil.

Vegan Mayo Dill Sauce:

1 Cup Vegan Mayo
2 Tsp Dill
1 Tsp Nutritional Yeast
Dash of Lemon Juice



Un-Chickun Salad:

Montreal Chickun Roast Diced
1 Cup Shredded Carrot
1 Cup Diced Celery
1/2 Cup Sliced Almonds
1/3 Cup Crushed Walnuts
1 Cup Vegan Mayo
1 Tbsp Dill
1 Tbsp Fresh Chopped Italian Parsley
1 Tsp Celery Seed
1/2 Tsp Yellow Mustard

Mix all ingredients in a bowl and store in air tight container in cooler.

You can serve a scoop over fresh greens of your choice instead of a sandwich.

We will be Reuben you in the right direction! Plant Based Camping New York Deli Style....



Corned Beef and Sauerkraut heated in the skillet, Marble Rye Bread and a Quick Vegan Thousand Island Dressing! Put it all together, sit down...enjoy the camp fire and all the Reuben Glory!

Vegan Thousand Island Dressing:

1 Cup Vegan Mayo

1/2 Cup Ketchup (you can add a 1/4 cup more if you like it stronger)

1 Medium Pickle Diced

Mix all ingredients and store in air tight container in cooler.

