



## CAMPFIRE GROUND BEEF BREAKFAST SKILLET

### **Ingredients**

- 1 lb. ground beef from Carson Valley Meats
- 2 cans (15 oz each) diced or sliced potatoes, drained\*
- 1 bell pepper, diced
- 1 onion, diced
- 6 eggs
- 1 cup shredded cheese (optional)
- Salt and pepper to taste (or we like Heart Rock Herb and Spice Co. All Purpose Salt Free Seasoning).
- 1 tbsp olive oil
- \*Use 4-5 red potatoes sliced thinly if not using canned potatoes

### **Method**

#### **At home:**

Cook the ground beef until browned, then drain any excess fat.

Allow beef to cool for 5 minutes.

Spread cooled beef on a foil lined cookie sheet, breaking up any chunks to spread it evenly over the pan.

Freeze for an hour, stirring once. Divide into a resealable freezer bag or air-tight container.

#### **Prep and store vegetables and cheese:**

1. Slice bell peppers and place them in an air-tight container or resealable freezer bag.
2. Diced onions may be purchased at the grocery store or slice them and place them in a separate air-tight container or resealable freezer bag.
3. Shred your favorite cheese – we like cheddar or Spicy Monterey Jack if you like some extra heat. Place in a resealable freezer bag, removing as much air as possible before sealing. You can also purchase shredded cheese and not worry about it!

#### **At the campsite:**

1. Heat a large skillet over the campfire or portable stove. Add the olive oil to the skillet.
2. Add the drained canned potatoes to the skillet. Since they are pre-cooked, you only need to heat them through and let them get a bit golden brown. This should take about 5-7 minutes. Stir occasionally to prevent sticking.
3. Add the diced bell pepper and onion to the skillet with the potatoes. Cook until the vegetables are tender, about 5-7 minutes.
4. Return the cooked ground beef to the skillet and stir to combine with the potatoes and vegetables. Season with salt and pepper to taste.
5. Make wells in the mixture and crack an egg into each well. If using pre-cracked eggs, pour about 3 tablespoons of the egg mix into the well.
6. Cover the skillet and cook until the eggs are set to your liking. For firmer yolks, cook longer; for runny yolks, cook just until the whites are set.
7. If using cheese, sprinkle it over the top of the skillet and cover until melted.
8. Serve the breakfast skillet hot, straight from the skillet for a hearty, delicious start to your camping day.