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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*