



THE VAN KITCHEN

NO FUSS CAMPERVAN COOKING

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INTRODUCTION

This recipe collection is for anyone cooking for one, and especially for my fellow van-travelers. If you want variety, easy preparation, and almost no cleanup, these recipes are for you.

Let's go over a few items before you start cooking:

- Equipment needed:
 - Hot Logic Mini, aka electric lunch box or personal food warmer
 - A rectangular glass cooking container with a tight-fitting lid (~7x5x2)
- I provide instructions for substituting dehydrated dairy, vegetables, and beans, where I've tested them. Dehydrated foods are fantastic for keeping a wide variety of ingredients on board a van and decreasing food waste when cooking for one (plus they are nutritionally equivalent to fresh). Note: dehydrated beans are cooked first, then dehydrated, so NOT the same as dried beans.
- Click [here](#) to read more about Hot Logic Mini cooking and other van-related topics.

Now, let's get cooking. I would love to hear how these recipes work for you. Just shoot an email to sandra@sssnoolife.com.

Happy travels!

Sandra



BEEF FAJITAS

HOT LOGIC MINI RECIPE

SERVES 1

CALORIES PER SERVING: 272

INGREDIENTS

- 1/4 pound beef, sliced thin (tri-tip or sirloin steak work well)
- 3 small bell peppers or 1 medium, sliced
- 1/3 cup onion, sliced
- 1 teaspoon fajita seasoning (packaged or homemade)
- 1 small tortilla (flour or corn)
- Chopped lettuce
- 1 T grated cheese
- 1 T salsa

METHOD

- Mix the beef, onion, peppers and fajita seasoning in a glass dish
- Cover and cook in the Hot Logic mini for 3-6 hours
- Serve with tortilla and toppings

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FAJITA SEASONING MIX

HOT LOGIC MINI RECIPE

SERVES 14

SERVING SIZE: 1 TSP

INGREDIENTS

- 3 T chili powder
- 1/2 tsp garlic powder
- 3/4 tsp onion powder
- 3/4 tsp red pepper flakes
- 3/4 tsp ground oregano
- 1 1/2 tsp paprika
- 4 1/2 tsp ground cumin
- 3 tsp salt¹
- 1/2 tsp black pepper

METHOD

- Measure ingredients into a small bowl
- Mix well
- Store in an airtight container

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THAI GREEN CURRY CHICKEN

HOT LOGIC MINI RECIPE

SERVES 1

CALORIES PER SERVING: 506

INGREDIENTS

- 1/2 cup sliced onion (purple onions preferred)
- 3/4 cup broccoli pieces
- chicken thigh (or breast, boneless, skinless, sliced thin)
- 1 tsp Thai green curry paste
- 2 T peanut butter (any kind you like)
- 1/2 cup water
- 2oz rice noodles
- 1/2 T chopped peanuts (optional)

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THAI GREEN CURRY CHICKEN, CONTINUED

HOT LOGIC MINI RECIPE

METHOD

- Slice or chop onion, broccoli, and chicken
- Place in a 36oz sealable glass container
- Mix curry paste, peanut butter and water in a separate bowl
- Add sauce mixture to the chicken and toss until evenly coated
- Seal lid and set inside the Hot Logic box
- Cook for 1 hour
- Add noodles (make sure the noodles are submerged under the sauce, adding a small amount of water if needed 1 T at a time)
- Re-cover and cook for one more hour
- Test the noodles for doneness and continue cooking in 15-minute increments until done to taste (option: cook the noodles separately)
- Serve topped with chopped peanuts (optional)



CHILI-GLAZED SALMON

HOT LOGIC MINI RECIPE

SERVES 1

CALORIES PER SERVING: 269

INGREDIENTS

- 1 6oz salmon filet
- asparagus (sub. vegetable preference)
- rice (optional)

Glaze:

- 1 T chili-garlic sauce
- 2 tsp soy sauce (use GF brand if needed)
- 1/2 tsp fresh grated ginger
- 2 tsp brown sugar or honey

METHOD

- Mix the glaze ingredients in a small bowl
- Slather the glaze on top of the salmon in a rectangular glass dish
- Place asparagus spears alongside fish
- Cover tightly
- Cook in Hot Logic Mini for 45 minutes-1 hour or until the salmon flesh is opaque and flakes with a fork
- Serve alone or with rice

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ZITI WITH MEATBALLS

HOT LOGIC MINI RECIPE

SERVES 1

CALORIES PER SERVING: 767

INGREDIENTS

- 6oz frozen meatballs (6, 1oz meatballs)
- 1 cup pasta sauce (any)
- 1/2 cup water
- 1/2 cup dry ziti pasta

METHOD

- Combine meatballs, sauce, and water in a glass dish
- Cover and cook in Hot Logic for 3 hours
- Add the pasta, making sure it is submerged under the sauce
- Cook an additional 30 minutes
- Check pasta for doneness, cooking in additional 15-minute increments until done to your taste

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BROCCOLI & CHEESE

FRITTATA

HOT LOGIC MINI RECIPE

SERVES 1

Calories Per Serving: 204

INGREDIENTS

- 2 eggs
- 1/2 T milk
- 1/2oz grated cheese
- 1 T dehydrated broccoli (1.5-2 T finely chopped fresh)
- 1 tsp dehydrated leek flakes (optional, rehydrate in 2 T hot water prior to use)
- salt and pepper to taste

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BROCCOLI & CHEESE FRITTATA, CONTINUED

HOT LOGIC MINI RECIPE

METHOD

- Preheat your Hot Logic Mini by plugging it in for 15 minutes
- Fill 1 inch of hot water in a rectangular glass dish
- Place dish into your Hot Logic Mini
- Butter a 7oz ramekin
- Whisk eggs, milk, salt, and pepper
- Pour into the buttered ramekin
- Add grated cheese and vegetables, mixing lightly (if using, drain leeks before adding)
- Sit ramekin inside the larger dish
- Zip the Hot Logic closed
- Cook for 3 hours
- Wick away any condensed moisture on top of the frittata before serving



CREAMY MAC & CHEESE

HOT LOGIC MINI RECIPE

SERVES 1

CALORIES PER SERVING: 613

INGREDIENTS

- 1/2 cup elbow macaroni
- 4 1/2 T dried whole milk powder
- 1/2 cup water
- 2oz cheddar cheese, grated
- 1/2oz American cheese (one slice)
- 1/2 T butter
- salt & pepper to taste
- hot pepper flakes to taste
- (option: substitution of 1/3 cup whole milk + 2 oz evaporated milk for the dried milk and water)

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CREAMY MAC & CHEESE, CONTINUED

HOT LOGIC MINI RECIPE

METHOD

- Whisk milk powder with water in a rectangular glass dish
- Add all ingredients except butter to milk mixture
- Ensure macaroni is submerged under the liquid
- Top with the butter
- Seal lid and cook in Hot Logic for 1 hour 15 minutes
- Check the macaroni for doneness, cooking longer in 15 minute increments until done to taste

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BLACK BEAN & SWEET POTATO "ALMOST" ENCHILADAS

HOT LOGIC MINI RECIPE

SERVES 1

CALORIES PER SERVING: 476

INGREDIENTS

- 1/2 of a 15 oz can black beans, drained and rinsed (option: 1/4 cup dehydrated (not dried) black beans + 1/4 cup water)
- 6oz diced sweet potato
- 1/4 tsp ground cumin
- 1 T frozen sweet corn (option: 1 T dehydrated sweet corn + 1 T water)
- 2 T green salsa
- 1 tsp diced jalapeno pepper (option: 1/2 tsp dehydrated jalapeno pepper)
- 1/4 tsp salt
- 1 tortilla (corn or flour)

Topping:

- 2 T green salsa
- 2 T grated cheese (Mexican blend or similar)

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BLACK BEAN & SWEET POTATO "ALMOST" ENCHILADAS, CONTINUED

HOT LOGIC MINI RECIPE

METHOD

- Combine all non-topping ingredients in a 36oz rectangular glass dish
- Tear tortilla into strips, topping the dish
- Add green salsa
- Top with cheese
- Cook in Hot Logic Mini for 4-6 hours, checking sweet potato for doneness

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HARISSA CHICKEN

HOT LOGIC MINI RECIPE

SERVES 1

CALORIES PER SERVING: 546

INGREDIENTS

- 1 can sliced potatoes, drained and rinsed
- 1 chicken thigh (boneless, skinless, option: chicken breast)
- 1/2 T Harissa paste
- 1/2 T extra virgin olive oil
- 1/4 tsp ground cumin
- salt to taste
- 1 T dehydrated leek flakes (soaked for 10 minutes in 1 T hot water, option: 2 T chopped leeks)

METHOD

- Mix the Harissa, olive oil, cumin, and salt in 36oz rectangular glass dish
- Add potatoes, leeks, and chicken
- Toss to evenly coat
- Seal dish and cook in Hot Logic Mini for 2 hours

Note: Harissa is a North African chili-based paste. It can be found at Trader Joes and other large grocery stores

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