



# Red Sky Surf Hunters:

## Camping Breakfast Recipe

### One-Pot Camp Chili

Bold, hearty, and perfect for cool coastal nights.

#### Ingredients:

- \* 1 lb ground beef or turkey
- \* 1 can diced tomatoes
- \* 1 can black or kidney beans (or skip for keto)
- \* 1 packet chili seasoning or DIY mix
- \* 1/2 chopped onion, optional peppers
- \* Shredded cheese & sour cream for topping

#### Instructions:

Brown meat in your pot, then add onions and cook until tender. Stir in tomatoes, beans, seasoning, and simmer for 15-20 minutes. Top with cheese, sour cream, or jalapeños.

#### Keto:

Use riced cauliflower instead of beans

