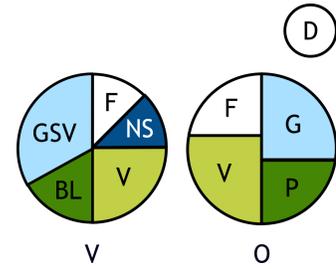


STOVE OR FIRE



One-Pot Sausage and Broccolini Pasta

Shopping and Packing Aid

Number of campers having pasta: _____

Number of people this recipe will serve: 4

How many times do we need to make this recipe to serve everyone? _____ = =

Budget for this meal: \$2.50 * _____ = \$ _____

Item	Recipe amount	Multiplier	Amount needed	Buy, bring, or in tub?	Cost
Avocado oil	2-4 Tbsp	_____			
 Plant-based Italian sausages (or ground plant meat plus Italian seasoning) 	4			Italian seasoning in tub	
 Large shallots	3				
 Garlic cloves	4				
Salt	1 tsp				
Crushed red pepper flakes	1/4 tsp +				
 Pasta, such as penne or orecchiette	8 oz				
 Broccolini	2 small bunches				
 Nutty Parmesan	2 Tbsp +			In tub	
					



Tools

- Camp stove with fuel or 1 bag of charcoal
- Large pot
- Spoon
- Plate or bowl
- Chef's knives
- Cutting boards or hiking boards
- Measuring spoons

