**Damper**

Flour

Salt

Milk (can be done with water if lactose free people are present)

Spreads – butter, jam, vegemite

**Camp stew**

Flour

Salt

Pepper

Vegetable stock (Massel brand)

Beef chuck steak

Brown onion

pumpkin

Carrots

Celery

Garlic

Rosemary

Italian herbs

Paprika

Crushed tin tomatoes

Tomato paste

Curry powder

Soy sauce

Potatoes

**Peach cobbler**

Peach

Caster sugar

Salt

Butter

Baking powder

Milk

Cinnamon