

# Boil In The Bag Camping Meals: Omelets

Homemade boil in the bag omelets are a fun and mess-free breakfast for your next camping trip. Prep at home then simply boil at the campsite. These omelets are the perfect introduction to freezer bag cooking in just 15 minutes. Gluten-free.



5 from 1 vote

Prep Time  
5 mins

Cook Time  
10 mins

Course: Breakfast Cuisine: American

Keyword: boil in the bag meals, freezer bag cooking, quick camping meals Servings: 4

Calories: 346kcal Author: Jodi Danen, RDN / Create Kids Club

## Equipment

- 4 quart sized Freezer Ziplock Bags

## Ingredients

- 12 eggs see note for camping tips
- 1/2 cup chopped ham ☒
- 1 cup shredded cheddar cheese ☒
- 1 pepper, diced
- salt and pepper to taste

## Instructions


1. **Boil the water.** In a large pot or dutch oven, bring water to a boil
2. **Divide the eggs and add mix-ins.** Evenly distribute the whisked eggs between the ziplock bags. Add mix-ins of choice such as ham and cheese or veggies and cheese.  
12 eggs, 1/2 cup chopped ham, 1 cup shredded cheddar cheese, 1 pepper, diced, salt and pepper to taste
3. **Boil.** Boil for 5 minutes for 3 egg omelets or 10 minutes for 6 egg omelets. Check to make sure the inside of the omelet is firm. If it is still runny, place the ziplock back into boiling water and cook a couple more minutes, or until set.



## Notes

### Ziplock Bag Note

You **MUST** use Freezer bags. These are the only bags that will hold up to the high heat.

CCK Features both **Gluten-Free Guidance and Kids Cooking Instructions:** If you're new to eating gluten-free we understand it's overwhelming trying to figure out which foods may contain gluten

and which ones don't. All of our gluten-free recipes marked with this symbol  represent foods that need to be checked for gluten or cross-contamination.

The  symbol in the recipe below denotes the steps in which kid cooks may need a helper (depending on age). If there is no  symbol, that step (or recipe) doesn't require a helper.

### **Nutrition**

Calories: 346kcal | Carbohydrates: 1g | Protein: 27g | Fat: 25g | Saturated Fat: 11g | Cholesterol: 532mg | Sodium: 571mg | Potassium: 260mg | Fiber: 1g | Sugar: 1g | Vitamin A: 996IU | Calcium: 278mg | Iron: 3mg

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