

# Campfire Medicated Green Beans with Bacon & Onions Recipe



## What You Need :

### Ingredients

- 2 T Cannabis Infused Coconut Oil  
(or Grapeseed Oil)
- 2 lbs. Green Beans,  
Washed and Trimmed
- 1 Large Onion, Halved  
and Thinly Sliced
- 4-6 Slices Thick-Cut Bacon
- 2 Cloves Garlic, Minced
- Sea Salt
- Garlic Pepper
- Lemon Pepper
- Cayenne Pepper
- Fresh Ground Black Pepper

(to taste)

### Supplies

- Dutch Oven
- Cutting Board &  
Sharp Knife
- Tongs
- Oven Mitts

### Time Needed

10-15min - Prep  
30 min - Cook  
.....  
40-45 min - Total Time



\*\*see dosage calculator to figure your oil & serving potency @ [https://www.plant-family.com/thc-dosage-calculator/\\*\\*](https://www.plant-family.com/thc-dosage-calculator/**)

## Directions:

### Step 1: Prep Your Fire, Oil, Veggies & Bacon

- Get your campfire going and rolling hot, in preparation for frying and sautéing.
- If you are using infused coconut oil, measure it out into a small glass container and let it melt into a liquid.
- Wash, dry and snap the stems off the green beans. Peel, halve and thinly slice your onion. Mince your garlic (if not using minced, jarred garlic).
- Cut slices of bacon into about 1 inch pieces.

### Step 2: Fry Your Bacon

- When your fire is ready, place dutch oven on the campfire grate and let it heat up.
- Evenly place bacon pieces in your dutch oven and fry, stirring occasionally, until nearly cooked through. Remove bacon and place on paper plate or paper towel-lined plate.

## Directions Continued:

### Step 4: Sauté Your Veggies & Spices in Infused Oil

- Leaving the leftover bacon grease in your dutch oven, add your washed and trimmed green beans, as well as your thin onion slices and minced garlic.
- Pour your infused coconut oil (or grapeseed oil) over your green beans. Spice to taste with sea salt, fresh ground black pepper, lemon pepper, and cayenne and/or crushed red pepper.
- Using your tongs, toss your vegetables to coat evenly in oil and spices. Cover, and let cook for 5-10 minutes, or until green beans are cooked yet still crisp.

### Step 4: Add Bacon & Finish Cooking

- Once your beans are about ready, add in your nearly-cooked bacon pieces to let all the flavors come together. Sauté for another 3-5 minutes to ensure thoroughly cooked bacon and infusion of flavor. Season with more spices if necessary.
- Give a few more tosses with your tongs to evenly distribute ingredients including your infused oil, take off of heat, and enjoy!

## Cooking with Cannabis-Infused Oil:

A good starting point for ingesting cannabis edibles is to limit yourself to <5mg THC; even less if you are new to THC-infused food. It can have the tendency to be a lot stronger, more intense, and can differ drastically from smoking it. For one, the effects can take anywhere from a half hour to 3 hours to fully metabolize, depending on each individual's body and metabolic rate. In addition, because the THC is digested through your liver, and can therefore more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your edible's potency depends on many factors, from how long and hot it was cooked, to the potency of your starting product, as well as taking into consideration if your strain was indica or sativa leaning. To test the potency and effect of your finished product, try a small amount to begin with see how that dose affects you after an hour or so. Titrate your dose as desired, and you can then use this personalized "standard" dose as a baseline for your recipes.

\*\*Check out our dosage calculator for help in calculating your edible's dosage @:  
<https://www.plant-family.com/thc-dosage-calculator/>\*\*

Happy Cooking!