

George Mason District
National Capital Area Council

FAMILY CAMPING COOKBOOK

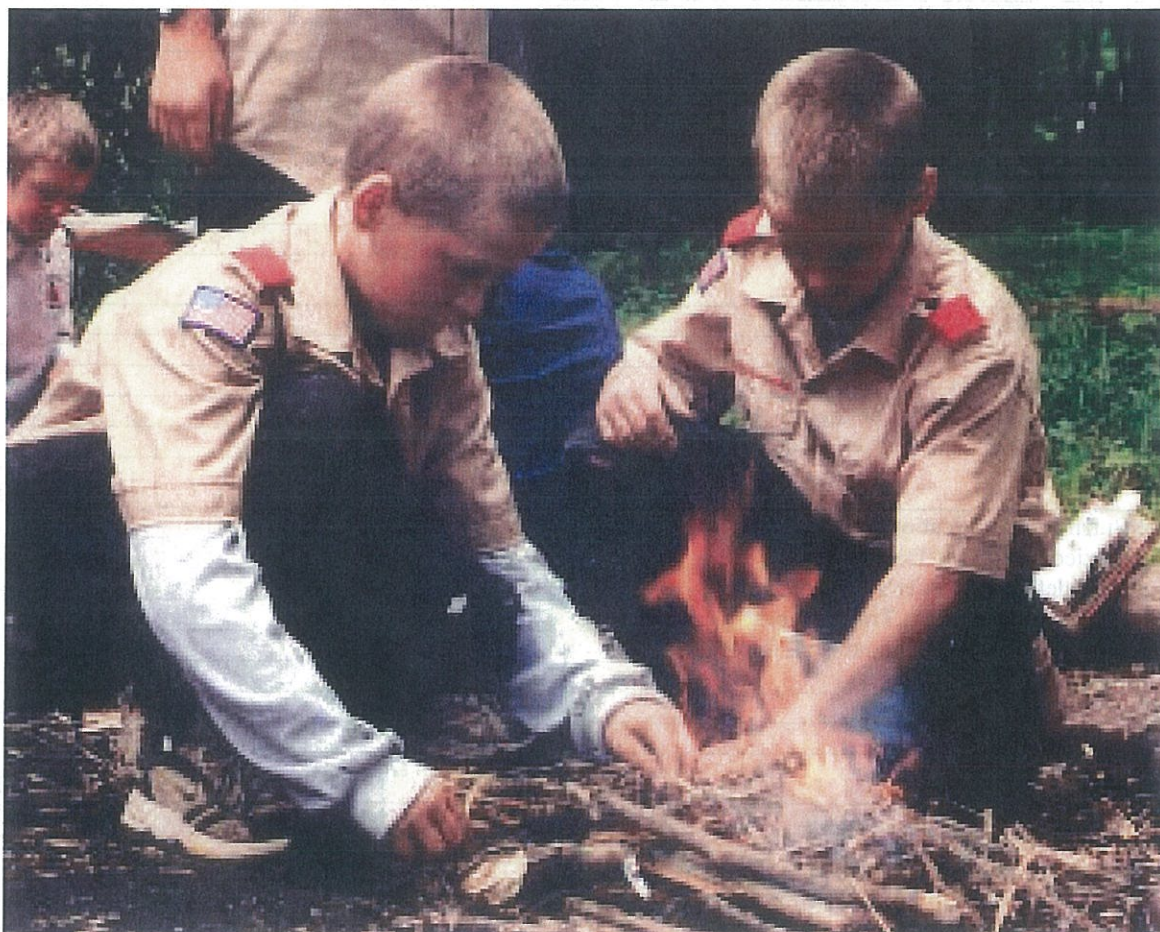


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GRACE BEFORE MEALS

Importance of Grace

Sample Graces

Philmont grace

For Food, For Raiment,
For Life, for opportunity
For Friendship and Fellowship
We thank thee, O Lord

Grace 1

We praise you, O Father,
For food and for fellowship
Give us vigor of body
And strength of the spirit

Grace 2

As we enjoy this earthly food
At this table you have spread
We'll not forget to thank you God
For all our daily bread.

Grace 3

God we thank you for this food
For rest and home and all things good
For wind and rain and sun above
But most of all for those we love.

Grace 4

The bread is on our table
Bless those who have no bread
And give us grace in sharing
This bounty 'round us spread.

Grace 5

Bless us O Lord and these your gifts
Which we are about to receive

From your bounty
This we pray. Amen

Grace 6

God is great and God is good
And we thank him for our food
By his hand we must be fed
Give us, Lord our daily bread.

Grace 7

Let us bow our heads and sat:
We thank you God for food this day
Thank you God for things to eat
For fruit and milk, for bread and meat
Thank you God for words to say
So we can speak and we can pray.

Grace 8

Thank you for the world we see
Thank you for the food we eat
Thank you for the birds and sun
Thank you God for everything

Grace 9

For health and friends and daily food
We give you thanks O Lord.

BREAKFAST

Cereals

Ants in the Oatmeal

Regular oatmeal (not instant) with brown sugar. Add raisins & nuts from GORP bag.

Cream of Freebies

*1/2 cup boiling water,
1/2 cup Cream of Wheat
"freebies"*

Add freebies from the breakfast menus of those fine restaurants: Grape Jelly and Strawberry Jam from MacDonalds, Honey from KFC or Burger King, Sugar packets...

Crunchy Granola (Backpacker's Cookbook)

Categories: Breakfast, Lunch, Snacks or Trail

****Basic Ingredients****

*3 cup rolled oats
1 cup coconut grated
1/2 cup wheat germ
1 cup nuts chopped*

****Optional Ingredients****

*1 cup rolled wheat
1/2 cup sunflower seeds
1/2 cup sesame seeds
1/4 cup margarine or flour
1/4 tsp salt
3/4 cup brown sugar
1 tsp water*

1. Mix the nuts and grains (first 7 items) in a baking pan that is 9 x 13 inches or larger.
2. Mix and heat in a saucepan the margarine, salt, brown sugar and water.
3. Pour over the grain mixture, blending well.
4. Bake in a 325 degree preheated oven for about 40 minutes until golden and crisp. Be careful not to burn.
5. Cool and store in a jar with a tight lid.

NOTE: This is usually eaten with milk. Powdered milk may be added to the mix ahead of time to simplify preparation, and a little water added at meal time. Add 1 1/2 cups dry milk to 5 cups granola.

Granola to Go (Philmont Trail Recipes)

Place the contents of a box of Granola into a zip-lock type plastic bag. Leave the box at home. Mix instant Milk with cold water the night before and chill. Add the cold milk to the Granola the next morning, top with cinnamon sugar and eat.

Nutty Cereal (Backpacker's Cookbook)

Categories: Breakfast, Lunch, Snacks, Trail

1 cup quick oatmeal
1 cup rolled whole wheat
1 cup wheat germ
1 cup nuts -- chopped
½ cup raisins
2/3 cup brown sugar

Mix ingredients together and store in an air-tight jar.

NOTE: Usually eaten with milk, powdered or fresh. Powdered milk may be mixed in ahead of time, and a little water added at meal time. Add 1 ½ cup dry milk to 5 cups of nutty cereal.

Pancakes

Fruit Syrup (Backpacker's Cookbook)

¼ cup dried apples
1 cup brown sugar
¼ tsp cinnamon
2 Tbsp margarine
1 cup water

1. Simmer the apples in the water until they are re-hydrated.
2. Add remaining ingredients and simmer until sugar is melted and thickened.

Pancake Syrup (Backpacker's Cookbook)

1 cup brown sugar
¼ cup water
2 Tbsp margarine

Heat until bubbly and slightly thickened.

Apple Cinnamon Pancakes

with bacon, fruit

Serves 10

*5 cups Bisquick**5 eggs**2¼ cups milk**2 – 3 large apples**10 oranges**2 tablespoons brown sugar**1 stick butter**syrup**1 lb Canadian (or regular) bacon*

Pan fry the bacon and pat dry on paper towels.

Beat eggs; add milk, cinnamon & sugar.

Stir in Bisquick until there are no lumps.

Peel, core and chop up the apples.

Mix the apples into the batter.

Cook pancakes in margarine in hot fry pan.

Millet Pancakes (Backpacker's Cookbook)

Makes about 30-40 2-inch pancakes.

Categories: Bread, Breakfast, Lunch, or Trail

*1/3 cup dried eggs, whole**½ cup nonfat dry milk**1 cup millet meal coarsely ground**1/3 cup whole wheat flour**½ tsp salt**1½ tsp baking powder**4 Tbsp margarine -- melted**1 cup water*

1. Combine, mix and bag the dry ingredients ahead of time.
2. Mix water into the dry pancake mixture to form a creamy batter.
3. Stir in the melted margarine.
4. Add to the fry pan by spoonfuls and cook.

Bake a little slower (cooler pan) than regular flour pancakes.

NOTE: This makes a sweet, crunchy pancake

Whole-Wheat Pancakes (Backpacker's Cookbook)

Categories: Breakfast Breads Lunch

<i>½ cup whole-wheat flour</i>	<i>¼ cup dry milk</i>
<i>½ cup flour, all-purpose</i>	<i>¼ cup dried eggs</i>
<i>2 tsp baking powder</i>	<i>¾ cup water</i>
<i>2 tsp sugar</i>	<i>2 Tbsp margarine</i>
<i>½ tsp salt</i>	<i>2 Tbsp cooking oil</i>

1. Mix dry ingredients together in a bowl. Stir in water, adding a little at a time to make a medium-thin batter. Blend in 2 Tbsp melted margarine.
2. Add margarine or cooking oil to the fry pan. When oil is hot add batter to make about 3 inch diameter cakes.
3. Cook until cakes look dry around the edges and the bubbles don't close up after bursting.
4. Turn neatly and cook until bottom is done.

Eggs**Breakfast Burritos (Modification of Eggs MacMexico below)**

<i>eggs</i>	<i>cheese slices or shredded cheese</i>
<i>bacon bits, or crumbled bacon</i>	<i>salsa sauce</i>
<i>Tobasco or other hot sause</i>	<i>1 Quart Freezer Zip type bag.</i>
<i>flour tortillas</i>	<i>Green peppers chopped</i>
<i>Onions chopped</i>	<i>Salt, Pepper</i>
<i>Mushrooms sliced</i>	<i>Permanent Ink Marker</i>

The heavy freezer bags are needed, not the regular (they will melt...).

1. Bring a large pot of water to a full boil.
2. Each person writes his or her name on a ziplock bag with the permanent marker.
3. Each person cracks 2-3 eggs into his or her ziplock bag
4. Each person adds any of the vegetables or spices he wants to his ziplock bag. (usually salsa and cheese are added after cooking).
5. Each person places their bag into the boiling water. Boil bag for about 5-10 minutes until the egg is cooked. (If you added cheese before cooking the egg will always appear runny even after it is cooked...).
6. Dump cooked egg from ziplock bag onto open tortilla.
7. Add cheese, salsa and more spices to taste.
8. Eat and enjoy. No need to dirty a plate or utensil!

Eggs MacMexico (Philmont Trail Recipes)

<i>2 eggs</i>	<i>1 slice cheese or shredded cheese</i>
<i>bacon bits, or crumbled bacon</i>	<i>salsa sauce</i>
<i>onion flakes</i>	<i>1 Quart Freezer Zip type bag.</i>
<i>flour tortillas</i>	

The heavy freezer bags are needed, not the regular (they will melt...).

9. In the freezer bag place the eggs - minus the shells. Add the bacon, salsa, and onion. Add a little water or milk ~1/8 cup or 2 Tablespoons. Zip up tight, removing most of the air, and mix the eggs and ingredients by fingering vigorously. Scramble in the bag.
10. Place the bag in a boiling pot of water and cook until done. Remove from pot, if no leaks, use the water for hot chocolate or clean-up.
11. Scoop the eggs on the flour tortillas and add some cheese, fold and eat. Makes fillings for about 2 tortillas.

Mushroom Omelet (Backpacker's Cookbook)

Categories: Breakfast, eggs, Trail

**** Package Together ****

1 cup dried egg, whole
¼ cup dry milk
1 tsp salt

**** Package Separately ****

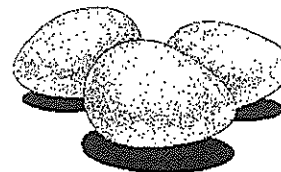
2 Tbsp margarine
2 cup water
½ cup dried mushrooms

12. Pour water over mushrooms to cover and soak to re-hydrate
13. Prepare sour cream mix by adding water to form a thick paste.
14. Mix dried egg with 2 cups water. Melt margarine in pan pour in egg mixture.
15. Cook gently until set. Spread half of the sour cream and mushrooms on one-half of the omelet, fold and spoon remaining over the top.

New Mexico Omelet (Philmont Trail Recipes)

eggs
ground sausage
green pepper

onion
cheese



Sauté onions and green pepper and brown the ground sausage.
Break the eggs into the mixture and scramble.
Add cheese last, melt and serve.

Scrambled Egg Variations (Philmont Trail Recipes)

Mix with a fork: or mix in ZIP lock Bag, zip tight and mash with fingers or shake it up

4 eggs
2 Tbsp dry milk
4 Tbsp water
½ tsp. salt, dash of pepper

Add one of the following:

4 Tbsp shredded Cheddar, Jack, or Swiss cheese
4 Tbsp re-hydrated mushroom pieces
1 Tbsp crushed dry parsley or celery leaves
1 Tbsp Bacon bar (Wilson's) or BACOS
1/2 tsp. chili powder
3 Tbsp. rinsed shredded dried beef
1 Tbsp dried tomato slices, crushed

Sore Tummy Breakfast (Dutch Oven)

Serves 8

<i>12 oz link sausage or bacon</i>	<i>1 cup mushrooms, sliced</i>
<i>2 medium onions, sliced</i>	<i>1 bell pepper, chopped</i>
<i>4 medium potatoes</i>	<i>2 cups grated cheddar cheese</i>
<i>16 eggs</i>	<i>seasonings to taste</i>
<i>½ cup water</i>	

1. Cut sausage/bacon into bite size pieces
2. scrub and chunk potatoes
3. Brown meat in dutch oven over coals.
4. Add onions, cover and cook until tender, about 10 minutes.
5. Add coals to top of dutch oven
6. Add potatoes, cook until tender
7. Add mushrooms and bell peppers and cook until potatoes are fully cooked
8. In a ziplock bag (or bowl) add water and seasonings to eggs and squish or beat well.
9. Pour the egg mixture into the dutch oven, stir gently and continue to cook for 5 min.
10. Stir, sprinkle cheese over the top cover and cook for another 5 min or until eggs are set.

It tastes so good that most people will eat until they get a "sore tummy."

Spanish Omelet

with English Muffins & oranges

Serves 5

Breakfast

<i>10 eggs</i>	<i>½ pkg cheddar cheese</i>
<i>½ lb ham chopped</i>	<i>½ stick margarine</i>
<i>1 small onion chopped</i>	<i>5 English muffins</i>
<i>1 pepper chopped</i>	<i>5 oranges</i>
<i>salt & pepper</i>	

In a fry pan melt a little margarine and cook 1 large omelet or 5 individual omelets with each person's choice of ingredients.

Zip-lock Eggs

Serves 5

<i>10 eggs</i>	<i>1 bunch of onions</i>
<i>5 freezer zip-lock baggies pint size</i>	<i>tortillas</i>
<i>1 bell pepper</i>	<i>shredded cheese</i>
<i>chopped ham – optional</i>	<i>salt & pepper season to taste</i>
<i>tomato - optional</i>	

Mix all ingredients in zip-lock baggie, seal tight and drop into boiling water.
Let cook for about 10 minutes or until done for you.

Miscellaneous

Apple with a Worm (Foil)

*1 apple
1 sausage link
Aluminum foil*

Core an apple, stuff with sausage link, wrap in foil, and cook until soft (~ 40 min.).

French Toast

With Turkey sausage & Fruit

Serves 5

Breakfast

<i>15 slices of bread</i>	<i>½ stick margarine</i>
<i>6 eggs</i>	<i>syrup</i>
<i>1 cup milk</i>	<i>5 oranges</i>
<i>Cinnamon & sugar to taste</i>	

Mix eggs, milk & cinnamon sugar mixture together in dish.

Melt small amount of margarine in pan.

Dip the bread in the mixture and fry in the pan till brown.

Set aside and repeat until all is cooked

Pan fry sausage until browned.

Dry on a paper towel.

Sausage, Apples & Cornbread (Dutch Oven)

<i>3 pkgs Brown 'n Serve Sausage</i>	<i>Non-stick spray</i>
<i>2-3 Apples</i>	<i>ground nutmeg</i>
<i>3 pkgs jiffy cornbread mix</i>	<i>milk or water for mix</i>
<i>Butter</i>	<i>Syrup</i>

Note: You can use regular sausages, but they take much longer to cook and are much greasier.

1. Spray cold 12 inch dutch oven with non-stick spray.
2. Arrange 30 sausages on bottom of oven
3. Put oven over 10-12 coals with 12-15 coals on lid.
4. Check frequently and turn sausages, cook until brown (~5-10 mins)
5. Drain any excess grease.
6. While sausages are browning, core and slice unpeeled apples into ¼ inch rings.
7. Prepare the corn bread batter according to package instructions, except that you can use slightly more milk or water to thin batter a little.
8. When sausages are brown, put two or three layers of apple slices over sausages.
9. Sprinkle with ground nutmeg if desired
10. Pour cornbread batter over all.

11. Remove oven from coals and put 18-20 coals on top.
12. Maintain that number until cornbread is golden brown and pulls away from sides of oven (30-45 minutes)
13. When cornbread is done, remove all coals and allow to set for 5 minutes.
14. Run a table knife around the side, drop a plate or cardboard disc on top of cornbread and flip like a pineapple upside down cake.
15. Service with butter and/or warm syrup. Honey, jelly or jams can also be used as toppings.

True Grits (Philmont Trail Recipe)

½ cup Instant Grits
1 Tbsp. Bacon Bits
Dash Molly McButter

Boil Water, add grits, Bacon Bits, Molly McButter.... eat with an attitude.
Add cheese or cooked egg as well.

Trail Breakfasts

Trail foods should be quick or no-cook foods for a fast sit and eat or eat while walking meal. Here is a table for pick and mix meals. Pick and bag for each meal or keep in a large bag for the trail. Remember that what you don't eat the first couple of days will be left for the last. If you plan for 7 days, don't eat it all the first three.

Breakfast Mix and Match: Pick one from each category.

Dairy	Protein	Grain	Fruit	Fun
Hard cheese	Jerky	Bagel	dried apples	trail mix
Cheese spread	Bacon bar	Crackers	banana chips	choc. granola
String cheese	Hard salami	Melba toast	fruit bits	nuts
	Meat sticks	Graham cracker	fruit roll ups	sunflower seeds
Drinks	Peanut butter	Oatmeal, instant	Raisins	pumpkin seeds
Water	powder eggs	grits, instant	orange	
Tang	eggbeaters	Cream of wheat	dried cranberries	
Tea		pilot bread		
Powder mixes		Cereal mixes		
Hot chocolate		Granola bar		

MAIN DISHES

Beef

Beef & Noodles (Backpacker's Cookbook – One Pot)

Makes about 8 cups.

Categories: beef Main Dish One Pot Meals Supper Trail

**** Package Together ****

*8 oz dried beef
1 oz dried green pepper
2 cubes beef bouillon
8 oz whole-wheat noodles*

**** Package Separately ****

*salt -- as needed
6 cups water*

1. Heat water until simmering, add noodle bag.
2. Cover and simmer for about 20 minutes, stirring occasionally.
3. When noodles are tender add the reconstituted sour cream, salt and serve.

Beef Stroganoff (Pack 889, Dutch Oven/One Pot)

Serves 6

Dinner

<i>2 pounds lean ground beef</i>	<i>3 cans cream of mushroom soup</i>
<i>2 med onions chopped</i>	<i>3 cubes beef bouillon</i>
<i>1 small green bell pepper – chopped</i>	<i>2/3 cup hot water</i>
<i>1/8 cup parsley flakes</i>	<i>1 carton sour cream</i>
<i>½ Tbsp garlic powder</i>	<i>10 oz package wide noodles</i>
<i>1/8 cup flour</i>	

1. Spray cold 12" Dutch oven with non-stick spray. Put chopped onions, bell pepper and garlic powder in oven. Put 10-14 coals under oven and 10-12 coals on the lid. Cook 4-6 minutes until onion is tender, and then mix in ground beef and cook until meat is browned.
2. While meat is browning, dissolve the bouillon cubes in hot water and mix with the cans of soup, the parsley flakes, and the flour.
3. After the meat has browned, drain off (if any) excess fat, then spread the uncooked wide noodles over the meat. **Do Not Stir!**
4. Pour soup mixture over the noodles, and again. **Do Not Stir!**
5. Reduce coals under oven to 8-10 and maintain, put 12-14 coals on the lid and maintain for 20-30 minutes until noodles begin to get tender. Now stir noodles into meat mixture and increase heat by 4-6 coals on the lid for 2-3 minutes.

6. Stir in sour cream and simmer for 3-5 minutes longer.
7. Remove from heat and serve.

Chili Pie (Hormel, DUTCH OVEN)

Serves 4-5

4 cups corn chips

1 19 oz can Name brand Chili

2/3 cup chopped onion

1 1/2 cups shredded Colby or Cheddar cheese

Layer 2 1/2 cups of corn chips; onion; 1/2 cup cheese and chili in 1 1/2 quart casserole or Dutch oven. Top with remaining corn chips. Bake at (375) about 25 minutes. Top with remaining cheese and bake 5 minutes longer. Garnish with sour cream and ripe olives, etc.

Chili Rice Casserole (Hormel, DUTCH OVEN)

Serves 4-6.

3 cups cooked rice

1/2 cup onions, chopped

1 19 oz can plain chili

3/4 cup crushed corn chips

4 oz cheddar cheese, shredded

Place rice in buttered baking dish or Dutch oven. Spread half the onions and crushed corn chips over the rice. Heat chili and pour over rice. Top with remaining cheese, onions and crushed corn chips. Heat in at ~375 for 25 minutes.

Corned Beef and Cabbage (DUTCH OVEN)

2 lb well-trimmed corned beef boneless brisket or round

1 small onion

1 clove garlic

1 small head green cabbage

6 medium carrots

8. Place corned beef in dutch oven, add water to just cover
9. Quarter onion and add to pot
10. Crush garlic and add to pot
11. Heat to boiling, reduce heat, Cover and simmer until beef is tender, about 2 hours
12. Remove beef to warm platter, keep warm
13. Skim fat from broth.
14. Cut cabbage into 6 wedges and add to broth
15. Cut carrots into quarters and add to broth
16. Heat to boiling, reduce heat and simmer uncovered 15 min.

Drumsticks (Stick & Foil)

<i>1 lb. hamburger</i>	<i>salt & pepper</i>
<i>1 cup cornflakes</i>	<i>1 tsp. mustard</i>
<i>1 egg</i>	<i>1 tbs. ketchup</i>
<i>1/2 chopped onion</i>	

Crush the cornflakes and mix with all the rest of the ingredients, except egg shell. Wrap a handful around a green stick and wrap aluminum foil around meat and stick. Cook 20 - 30 min. over bed of coals, turning slowly. Makes about 6-7 drumsticks.

Flank Steak Teriyaki (Pack 889, DUTCH OVEN)

<i>4-6 flank steaks</i>	<i>4-6 pineapple slices</i>
<i>1 tbsp salad oil</i>	<i>½ cup soy sauce</i>
<i>¼ cup sugar</i>	<i>2 tbsp sherry (optional)</i>
<i>1 tsp ginger</i>	<i>1 clove garlic, crushed</i>
<i>1 tsp ginger</i>	<i>½ tsp salt</i>

1. Combine all except steaks and pineapple to make marinade in Ziploc bag.
2. Add steaks to Ziploc bag and marinate 1 to 1 ½ hours.
3. Fry steaks in very hot oven or skillet brushing once with marinade.
4. Add pineapple during the last few minutes, brush with marinade and cover
5. Cook 3-5 minutes
6. Serve over rice

Goulash (Backpacker's Cookbook, ONE POT)

Makes about 8 cups.

Categories: beef Main Dish One Pot Meals Supper Trail

**** Package Together ****

2 oz dried beef
8 oz egg noodles
2 oz tomato crystals
1 tsp basil
1 tsp paprika
¼ cup dried bell pepper
4 cubes beef bouillon

**** Package Separately ****

1 envelope cream of onion soup mix
to make 2½ cups
7½ cups water

1. Bring 7 cups water to a boil. Add all ingredients except soup mix. Simmer for 10 minutes.

2. Mix should mix with $\frac{1}{2}$ cup cold water. Add to pot and simmer for 5-10 minutes longer, or until noodles and meat are tender.

Variation: Canned roast beef may be substituted. Use one less bouillon cube.

Guadalupe Chili Pie (Dutch Oven)

Serves 8

<i>2 lbs ground beef</i>	<i>1 large onion</i>
<i>1 Tbls butter</i>	<i>$\frac{1}{2}$ tsp chili powder</i>
<i>1 15-ounce can chili beans</i>	<i>$\frac{1}{2}$ tsp salt</i>
<i>1 8-oz can tomato sauce</i>	<i>2 6-oz pkgs cornbread mix</i>

Brown beef and onion together in butter in dutch oven over coals.

Add beans, chili powder, salt and tomato sauce.

Cover oven, add coals to top and cook for 10 minutes

Mix the cornbread batter as directed on package and add to top of meat and beans. Do not stir together.

Place lid on oven and cook for 25 minutes, until cornbread is done.

Hamburger & Potatoes in Foil (Foil)

Serves 8

<i>8 hamburger patties</i>	<i>2 large onions</i>
<i>3 large potatoes</i>	<i>3 large carrots</i>
<i>2 celery sticks</i>	<i>salt and pepper</i>

Peel potatoes and slice into small pieces.

Chop onions, carrots and celery.

Make foil pouches.

Place hamburger patty and vegetables in foil pouch.

Season to taste.

Seal foil pouch and cook for 35 minutes.

Mark your pouch!

Hamburger & Rice in Foil (Foil)

Serves 6

6 hamburger patties (about 2 pounds)
 $\frac{1}{4}$ cup rice
 $\frac{1}{4}$ cup water
1 Tbsp cream of mushroom condensed soup
 $\frac{1}{4}$ package of onion Soup mix
season to taste with salt & pepper

Make 5 foil pouches. Form 5 patties from meat. Mix other ingredients together.
Pour mix on top of hamburger.
Seal foil pouch and cook for 35 minutes.
Mark your pouch!

Hearty Goulash (Backpacker's Cookbook, ONE POT)

Makes 8 cups.

Categories: Main Dish One Pot Meals Supper Trail

**** Package Together ****

1 oz dried onion
6 oz dried potatoes
1 package dried Carrot slices
1 Tbsp flour
¼ tsp paprika
½ tsp garlic powder
12 cubes beef bouillon
1 tsp marjoram
1 Tbsp parsley Flakes

**** Package Separately ****

1 package dried beef chips
2 slices bacon, or
2 Tbsp margarine -- if needed
½ cup dried sour cream
2 oz tomato crystals
1 oz Worcestershire sauce
5 cups water

1. Cook bacon first. When done, remove bacon but keep fat.
2. While cooking the bacon, re-hydrate the onion mix.
3. Add onion, potatoes and carrots to the fat and carefully pour in 4 cups hot water.
4. Simmer until vegetables are almost tender. While the pot is simmering:
 - Re-hydrate the beef in its packet according to the directions.
 - Blend the tomato crystals with cool water to make a paste.
 - Mix the sour cream with water to make a smooth paste.
5. When the vegetables are almost tender, add beef, bacon and tomato sauce to the potatoes and blend well.
6. Add the flour package and simmer until mixture thickens.
7. Season and add Worcestershire sauce.

Kit Carson Pie (Philmont, DUTCH OVEN)

Serves 4-6

2 lb. lean ground beef	2 6 oz. cans tomato paste
1 onion	2 cups water
2 pkg. sloppy Joe seasoning mix	1 16 oz. pkg. refrigerator biscuits

Brown the beef and onion. Add seasoning mix, tomato paste and water. Stir and bring to boil.
Place the biscuits over the mixture and bake for 15-20 minutes or until biscuits are brown.

Macaroni and Beef (Backpackers Cookbook, ONE POT)

Categories: Main Dish One Pot Meals Supper Trail beef

Makes 8 - 8½ cups.

**** Package Together ****

9 oz macaroni, whole-wheat
2 oz dried beef chunks, or
4 beef bouillon cubes
1 tsp basil
1 tsp oregano
¼ tsp garlic powder

**** Bag Separately ****

1 envelope cream of onion soup
to make 2½ cups
1 package dried corn
salt – as needed
7½ cups water

1. Bring 7 cups water to boil. Add macaroni-meat package and simmer 10 minutes.
2. Mix about ½ cup cold water into soup. Add to pot and cook 5 minutes longer, or until macaroni and meat are tender.
3. Corn should be re-hydrated according to instructions and added at the proper time.

Noodle Casserole (DUTCH OVEN/ONE POT)

Serves 6

Dinner

1 ¾ pounds lean ground beef
10 oz package wide noodles
1 med onion chopped
4 teaspoons cooking oil

2 cans cream of mushroom soup
1 can green beans
2/3 tsp salt
½ tsp oregano

1. Cook noodles in a pot, drain and set aside.
2. In a Dutch Oven (or pot) brown meat and onion together in oil.
3. When meat is brown, add soup, green beans and seasonings.
4. Mix in noodles and cook 20 minutes (or) until noodles are soft.

Pizza Hot Dish (DUTCH OVEN)

2 pkgs Crescent roll dough
1 jar pizza sauce
1 ½ pounds ground beef

8 oz shredded cheddar cheese
8 oz shredded mozzarella cheese

5. Brown ground beef in hot dutch oven, drain fat, remove cooked beef from oven
6. Spread dough from 1 pkg crescent rolls on bottom of dutch oven.
7. Spread pizza sauce on dough
8. Add browned beef and the cheeses

9. Use second pkg of rolls to form a top crust.
10. Bake 30 minutes at 350°

Spaghetti & Meatballs (Backpacker's Cookbook, ONE POT)

Makes 8 or 9 cups.

Categories: Main Dish One Pot Meals Supper Trail

**** Package Together ****

*8 oz dried beef chips
2 beef bouillon cubes
½ oz dried onions
10 oz spaghetti -- break into 3" pieces
6 cups water*

**** Package Separately ****

*4 oz tomato crystals
1 package spaghetti sauce
4 oz parmesan cheese -- grated*

1. Bring 6 cups of water to a simmer and add the contents of the first bag.
2. Blend the tomato crystals with cool water and mix in a chain shaker or cup.
3. When pot has simmered about 20 minutes, blend in sauce mix and tomato paste.
4. Continue cooking until spaghetti is tender. Serve with cheese.

Swiss Steak (Pack 889, DUTCH OVEN/ONE POT)

*3 lb round steak
3 tbsp butter
1 tsp salt
1 large onion*

*3 stalks celery
½ cup catsup
1 tbsp chopped parsley
½ cup water*

5. Chop onion and celery finely
6. Brown steak in butter
7. Add celery, catsup, parsley and onion
8. Cover and simmer 2 to 2 ½ hours
9. Add water as needed if mixture thickens too much

Two Crew Stew (Philmont Trail Recipes, DUTCH OVEN)

Serves 8-10

<i>2 lb ground beef</i>	<i>2 potatoes</i>
<i>2 onions</i>	<i>2 bell peppers</i>
<i>2 cans green peas or other vegetables</i>	
<i>2 cans cream of mushroom soup or other creamed soup</i>	
<i>2 soup cans water</i>	

Brown the ground beef in a Dutch oven. Retain all the drippings.

Thinly slice the potatoes into circles. Layer onto the top of the meat.
Thinly slice the onions. Layer onto the potatoes. Add a layer of bell peppers.
Add a layer of green peas. Add a layer of creamed soup and water mixture.
Cook for 30-40 minutes or until the potatoes are soft.
To serve, spoon down through all layers

Urraca Stew (Philmont, ONE POT)

*Beef Stroganoff with Wild Rice Mix
Vegetable Soup Mix,
F.D. Corn*

Bring 2 quarts of water to a boil in large pot. Add the soup and corn first to re-hydrate, then the beef stroganoff. Cook until rice is done.

Poultry

Bright Chicken Soup (Backpacker's Cookbook, ONE POT)

Makes about 4 cups.

Categories: Soups Trail Main Dish

*1 envelope chicken noodle soup mix -- makes 4 cups soup
1 Tbsp dried parsley flakes 1/3 dried whole egg powder
1/2 envelope lemon juice crystals 4 cups water*

1. Cook the chicken soup according to package directions.
2. Mix the dried egg with 1/3 cup water to make a cream. When soup is cooked, slowly ladle a thin stream of soup into the egg mix, stirring the egg vigorously, until about 1 cup of soup has been added.
3. Pour the egg mixture into the soup remaining in the pot, mixing well.
4. Remove from heat, add lemon crystals, and serve.

Chicken and Stuffing Bake (Kroger, DUTCH OVEN)

Serves 6.

*4 cups Pepperidge Farm Herb Seasoned Stuffing
Paprika
margarine
6 Skinless Boneless chicken breast halves
1/3 cup milk
1 can Campbell's Cream of Mushroom soup
1 tbs. Chopped parsley*

Mix stuffing with 1 cup boiling water and 1 tbs. Margarine. Spoon the stuffing across the center of 4 qt. Dutch oven. Place the chicken on each side of stuffing. Sprinkle the chicken with paprika. Mix soup, milk and parsley and pour over the chicken. Bake at 400 degree heat for 20 minutes and then open top a bit and bake additional 10 minutes.

Chicken Curry Recipe (Backpacker's Cookbook, ONE POT)

Makes about 8 cups.

Categories: Main Dish One Pot Meals Poultry Rice Supper Trail

**** Package Together ****

6 oz instant rice

2 cubes chicken bouillon

1 package dried chicken

1 pkg cream of mushroom soup mix

6 cup water

**** Package Separately ****

1 tsp curry powder

3 oz coconut -- grated

7 oz peanuts -- salted

1 cup raisins

salt -- as needed

1. Add water and soup mix to pot and bring to a boil.
2. Then add rice and bouillon.
3. Simmer gently for several minutes, until rice is almost tender.
4. Add chicken and continue simmering until done.
5. Add curry powder to taste and add salt if needed.
6. Serve with coconut, peanuts and raisins.

Chicken & Potato In Foil (FOIL)

Serves 8

Lunch

8 chicken breasts

3 large potatoes

2 celery sticks

2 large onions

3 large carrots

season to taste with salt and pepper

1. Peel potatoes and slice into small pieces.
2. Slice the onions, carrots and celery.
3. Make 8 foil pouches
4. Place a chicken breast and vegetables in the foil package and season to taste.
5. Seal pouch and cook for 35 minutes.
6. Mark your pouch!

Chicken & Rice In Foil (FOIL)

Serves 5.

Lunch

5 chicken breasts (or tenders)

1 Tablespoon Cream of chicken soup

¼ pkg onion Soup mix

¼ cup rice

¼ cup water

season to taste with salt and pepper

Make 5 foil pouches

Put cut chicken into foil first.

Mix remaining ingredients together.

Pour mix on top of chicken. Season to taste. Seal pouch and cook for 35 minutes.

Mark your pouch!

Chicken & Wild Rice In Foil (Pack 889, Foil)

Serves 8

8 chicken breasts

4 cups chicken broth

Italian Seasoning

2 large onions

4 cups minute wild rice

salt and pepper

Chop the onions.

Make foil pouches.

Place chicken breast and some onion in the foil pouch, season to taste.

Pour in ½ cup of the broth and ½ cup of the rice.

Seal pouch and cook for 35 minutes.

Mark your pouch!

Philmont Stew (Philmont Trail Recipes, ONE POT)

Serves 4.

8 oz macaroni

8 oz canned chicken

1 can corn

1 can tomatoes with juice

salt & pepper to taste

Cook the macaroni until almost done. Drain the water. Add the tomatoes and juice. Bring to a boil. Add the rest and heat through.

Skillet Chicken (Dutch Oven)

Serves 8

2 lbs chicken breasts, chopped

2 cups water

1 10-oz pkg sliced mushrooms

3 cups "minute rice"

2 Tbsp cooking oil

2 10-oz bags frozen broccoli

2 cans cream of chicken soup

2 cups cheddar cheese

In a hot dutch oven, cook chicken in oil until golden brown. Stir in water, broccoli, mushrooms and soup. Bring to boil. Stir in rice. Cover and simmer 5 minutes. Stir before serving. Sprinkle with cheese.

Chicken w/Soy Sauce and Mustard (Pack 1132, Dutch Oven)

Serves 8

<i>2 lbs chicken breasts</i>	<i>2 Tbsp Grey Poupon Mustard</i>
<i>1 cups water or chicken stock</i>	<i>2 Tbsp Chopped Thyme</i>
<i>1 10-oz pkg sliced mushrooms</i>	<i>2 cans cream of chicken soup</i>
<i>1 cups Soy Sauce</i>	<i>2 cups cheddar cheese</i>

Mix up a cup of soy sauce and a couple tablespoons of mustard: grey poupon is the best, but a couple dashes of dry mustard or regular mustard works OK.

Add in a little thyme

Put the chicken in a frying pan or Dutch oven and brown.

Pour the soy sauce/mustard over the top. From time to time you may want to add a little water to keep things moist especially if you're frying the chicken.

Turkey Vulture Casserole (Philmont Trail Recipes, ONE POT)

<i>2 cans turkey</i>	<i>1 pkg. elbow macaroni</i>
<i>1 can cream of celery soup</i>	<i>1 pkg. vegetable soup mix</i>

Cook the macaroni, drain the water, saving 1 cup. Add the soup mix with the water, simmer for 2 minutes. Add the can of cream of celery soup and the canned turkey. Heat to bubbling and serve.

Fish**Fish Cookery (Backpacker's Cookbook)**

Categories: Fish Main Dish

Fish Fillet

salt and pepper -- to taste

lemon Juice -- to taste, optional

tartar Sauce -- to taste, optional

flour -- as needed

cornmeal -- as needed

margarine or cooking oil -- as needed

Wash prepared fish thoroughly and pat dry with a paper towel.

➤ **PAN FRIED Method 1**

Add enough oil or margarine to cover the pan bottom. When hot, add the fish and reduce heat to a low simmer. Season with salt and pepper. brown fish on one side and then turn it over. Cover the pan for the last minute or two. Fish is done when it flakes when

prodded with a fork. Total cooking time should be 5 - 10 minutes, depending on thickness.

➤ **PAN FRIED Method 2**

Another method is to roll the fish in flour or cornmeal, and then fry as above. The fish may be first dipped in a little water or milk to help the flour stick on the fish better.

➤ **POACHED**

Add about 3/8 - 1/2 inch of water to a pan. Add 1 or 2 Tbsp of lemon juice, or dissolve 1 or 2 packets of lemon crystals in the water. Bring water to a gentle boil, add fish to liquid and season with salt and pepper. Reduce heat and gently simmer for 5 or 6 minutes, or until done.

Devil's Thumb Stew (Philmont Trail Recipe, ONE POT)

Serves 4.

4 cups water

1 box Mac and cheese

1 cup instant rice

1 pkg. vegetable beef soup mix

1 can tuna

To boiling water add soup mix and macaroni. Simmer until macaroni is almost done. Add cheese and tuna- mix. Then add rice. Cook until macaroni and rice are done

Paella (Backpacker's Cookbook, ONE POT)

Makes 8 cups.

Categories: Main Dish One Pot Meals Supper Trail

**** Package Separately ****

1/2 cup tomato crystals

1/2 oz dried peas

1 cup instant rice

4 cups water

*2 oz dried shrimp -- **

*2 oz dried chicken -- **

*1/2 oz dried diced ham -- **

**** Package Together ****

1 Tbsp dried onions

2 Tbsp dried green peppers

2 chicken bouillon cubes

1 tsp basil

1/4 tsp garlic powder

1 tsp paprika

1. Presoak all dried foods, following package directions.
2. Add 3 1/2 cups water to pot, bring to a boil and add rice and onion mixture.
3. When rice is tender and most of the liquid absorbed, add the prepared dried items.
4. Heat for a few minutes, season and serve.

Variations:

- Add a bit of saffron for a traditional Spanish flavor if it is available.
- * May substitute canned shrimp, and soy ham and chicken.

- Cook the meats along with the rice and add extra water to re-hydrate.

Trout Chowder (Backpacker's Cookbook, ONE POT)

Makes about 5 cups, not including fish.

Categories: Fish Trail

**** Package Together ****

1 Tbsp dried onions
1 Tbsp salt
1/8 tsp pepper
1 tsp dill weed
1/4 tsp tarragon
1 tsp chives, -dried

**** Package Separately ****

3 Tbsp margarine
1½ cup instant mashed potatoes
1 cup whole dry milk
1 envelope lemon juice crystals
1 Trout fish fillet

1. Add 1 quart of water and the seasonings to the pot, heat to boiling.
2. Mix the margarine, potatoes, and milk with a little cold water to a creamy consistency.
3. Stir into the boiling water.
4. Cut the trout into bite-sized pieces. Add to the pot and simmer gently until the fish is done, about 5 minutes.
5. Salt to taste, season with lemon crystals.

Variation:

- Use canned, minced clams, whole shrimp, or oysters when the fish aren't biting. Add canned fish at the end, and only cook long enough to warm the fish.

Western Fish Stew (Backpacker's Cookbook, ONE POT)

Serves 3 or 4.

Categories: Fish Trail

**** Package Together ****

3 oz dried onions
2 cubes chicken bouillon
2 cubes beef bouillon
1/4 tsp garlic powder
1/2 tsp thyme
2 package lemon crystals
1 stick cinnamon -- 1" pieces

**** Package Separately ****

2 oz tomato crystals
1 pound fish fillet
5 cups water
salt -- to taste

1. Fillet the fish and cut into chunks.
2. Add everything except tomato and fish to 4 or 5 cups of water.
3. Bring to a boil, reduce heat and simmer gently for 10 to 15 minutes.
4. Blend the tomato crystals with enough cool water to form a smooth paste.
5. Add slowly to the simmering broth.

6. Add fish and cook until it flakes easily.

Ham - Spam

Ham and Green Bean Bake (FOIL)

Serves 3-4 Combine 1 1/3 cups minute rice

<i>1 cup diced ham or SPAM</i>	<i>1 can (8 oz) drained green beans</i>
<i>1/3 cup mayonnaise</i>	<i>2 tsp. dry onion flakes.</i>
<i>1 1/3 cups hot chicken bouillon or chicken soup</i>	
<i>Parmesan cheese.</i>	

Stir in 1 1/3 cups hot chicken bouillon or chicken soup. Sprinkle with grated Parmesan cheese. Shape a triple thickness of heavy foil into a bowl. Add mixture and seal. Leave over hot coals for 30 minutes

Ham and Potatoes (FOIL)

Serves 8

Breakfast

<i>1 stick butter</i>	<i>1 cup crushed pineapple</i>
<i>8 slices cooked ham</i>	<i>8 large potatoes</i>

Peel sweet potatoes and slice into small pieces. Make your foil pouch and place some butter and pineapple in it. Add a slice of ham and some potato. Seal your pouch and cook 25 minutes.

Ham and Potatoes Au Gratin (Backpacker's Cookbook, ONE POT)

Makes about 8 cups.

Categories: Main Dish One Pot Meals Supper Trail Pork

**** Package Together ****

8 oz instant potatoes
2 packages dried diced ham
1 oz dried green pepper
1 oz dried onions
1 oz dried green beans

**** Package Separately ****

8 oz dried cheddar cheese
1 Tbsp margarine
salt -- as needed
4 cups water

1. Follow package instructions for instant potatoes
2. Add margarine and salt.
3. Add the cheese and blend well. Add dried ham if it is being used.
4. Cover and heat for a minute.

Hawaiian Rice (Philmont Trail Recipes, ONEPOT)

2 servings.

*1 can (7oz.) Spam
1-1/3 cups instant rice
1/3-1/2 cup flaked coconut
margarine*

Melt 1 Tbsp margarine in a frying pan. Add cubed Spam and rice and brown slightly. Add 1-1/3 cups water and bring to a boil. Cover and remove from heat for 5 minutes. Add coconut and toss to mix.

Variation Add crushed pineapple &/or skip coconut

MAPS Chili (Fry Pan)

<i>1 can diced SPAM</i>	<i>1/2 onion or 2 T. dried onion flakes</i>
<i>4 oz. green chili</i>	<i>1 Tomato</i>
<i>garlic salt and pepper</i>	<i>1/2 cup cheese</i>
<i>1/3 cup water</i>	

Brown the SPAM and the onion, chili. Add water and tomato wedges. Simmer 20 minutes. Place cheese on top and melt. Serves 2-3.

Pepsi SPAM (ONE POT)

<i>1 can SPAM</i>	<i>1 can Regular Pepsi not Diet</i>
<i>cheese</i>	<i>mustard</i>
<i>tortillas, bread or buns</i>	

Slice the SPAM, place in a 1 quart pan and pour in a can of Pepsi, do not use diet. Boil for about 5 minutes. This gives the SPAM a sweet caramel taste. Wrap the SPAM slices in tortillas with cheese and mustard, or use bread or buns. Sliced ham can also be used.

SPAM, I am (2 POT)

<i>7 oz can SPAM</i>	<i>6 oz Egg and Spinach Noodles</i>
<i>1 can Cream of Mushroom Soup</i>	<i>1 small onion</i>

Dice the SPAM into 1/2 inch chunks. Fry with sliced onion in a light oil. Cook the noodles until done. Drain water, reserve 1 can to mix with soup. Add soup and SPAM mixture. Heat through and serve 4.

The SPAM and I (ONE POT)

*1 can SPAM, sliced and diced
1 cup Minute rice*

1 can cream of Mushroom Soup.

Heat the SPAM in a deep skillet, add the soup and heat. Boil 3/4 cup water and cook the rice as directed. Pour the SPAM and soup over beds of rice. Variations... wild rice, Cream of Corn Soup...

Soup

Cypher Mine Soup (Philmont, ONE POT)

Instant Chicken Noodle Soup or Ramen

Instant Potatoes

Chicken Rice Dinner with Peas & Carrots

Boil 2 quarts of water in big pot to sterilize spoons and cups. Remove utensils and add the rest, bring to boil. Add more water if too thick. If too thin, nuts, try adding instant potatoes.

Garden Vegetable Soup with Beef (Backpacker's Cookbook, ONE POT)

Makes 8-9 cups.

Categories: Soup Trail Main Dish

<i>2 oz dried beef</i>	<i>4 oz pasta shells</i>
<i>1 oz dried peas</i>	<i>1 oz dried carrots</i>
<i>1 oz dried corn</i>	<i>3/8 oz green beans</i>
<i>1 Tbsp instant minced onion</i>	<i>2 Tbsp dried parsley</i>
<i>1/4 cup tomato crystals</i>	<i>4 cubes beef bouillon</i>
<i>1 tsp basil</i>	<i>1/8 tsp garlic powder</i>
<i>3 oz grated parmesan cheese</i>	<i>7 cups water -- as needed</i>
<i>2 envelopes vegetable beef soup making 20-24 oz each</i>	

1. Package all ingredients together, except the cheese, which is bagged separately.
2. To prepare, put ingredients, except cheese, in the pot.
3. Add 7 cups cold water and heat, covered, to boiling.
4. Reduce heat and simmer 10-20 minutes, or until vegetable and meat are the correct tenderness.
5. Add more water if soup is too thick. Add cheese on top of each serving.

NOTE: The dried vegetables make this a special fresh-tasting morale-booster.

Hearty Potato Soup (Backpacker's Cookbook, ONE POT)

Makes about 4 cups.

Categories: Soup Trail

<i>2 slices bacon</i>	<i>1 oz dried onions or chives</i>
<i>5 oz dried potatoes</i>	<i>5 cubes of chicken bouillon</i>

3 cups water

salt -- as needed

1. Fry the bacon in the pot until it's crisp (not black), remove and drain.
2. Add the onion, potato and bouillon to the fat and slowly add about 3 cups warm water.
3. Bring to a simmer until vegetables are tender, 5-10 minutes. Add salt if needed.
4. Serve with bacon crumbles on top.

Spicy Tomato Soup (Backpacker's Cookbook, ONE POT)

Makes 3-4 cups.

Categories: Soups Trail

2 oz tomato crystals

5 cubes chicken bouillon

½ tsp sugar

¼ tsp basil

1 tsp instant minced onion

1 package lemon crystals

1 tsp dried parsley

3 cups water

1. Add all ingredients to a bag and seal tightly.
2. To prepare add ingredients to a pot and gradually add 3-4 cups cold water.
3. Bring to a boil and simmer a few minutes to blend flavors.

Tomato Bisque (Backpacker's Cookbook, ONE POT)

Makes 6-7 cups, not including dumplings.

Categories: Soups Trail

2 oz tomato crystals

5 cubes chicken bouillon

½ tsp sugar

½ tsp basil

1 tsp dried chives

1 Tbsp dried parsley

6 cups water

1 cup dry skim milk, or ¾ cup dry whole milk

1. Put all ingredients except dry milk into pot, add 5 cups cold water, and bring to a boil.
2. Reduce to simmer.
3. Add 1 cup water to dry milk powder and make a smooth cream. Add to simmering soup, cover.
4. Cook 5-10 minutes.

Make dumplings to go with this soup.

NOTE: Use with cheese dumplings.

Pasta/Rice

Ragu alla Bolognese (Tim Artz, MULTIPLE POTS)

24 carrots	12 Spanish onions
1 head garlic, peeled	2 heads celery, divided into stalks
6 pounds prosciutto, 1" cubes	20 pounds ripe Roma tomatoes
12 quarts canned whole tomatoes	8 pounds beef stew meat
5 pounds boneless pork butt, cubed	24 oz. olive oil
3 bunches flat parsley, minced	2 lbs butter
4 small cans tomato paste	3 quarts rich beef stock
¼ cup salt, 2 T fresh ground black pepper	

Freeze the meat cubes until slightly frozen. Grind the Prosciutto first, then the beef and pork through a ½" plate. Place the ground meats in Ziploc bags and refrigerate until use.

Peel and dice the carrots (cut in 1" chunks and chop in food processor). Mince the onions and garlic. Dice celery stalks, including leaves.

Wash and core the Roma tomatoes. Bring a large kettle of water to a boil. Place the tomatoes in the boiling water. When the skins start to shrivel and split, remove from water with a slotted spoon and place into a sink full of ice water. Slip the skins off the tomatoes and discard. Cut the tomatoes in half lengthwise to reveal the seeds and use fingers to scoop out the seeds. Chop the tomato flesh.

Drain the canned tomatoes and place in a large bowl. Use hands to crush up the tomatoes.

In a large kettle, heat the olive oil. Add the carrot, onion and garlic. Cook to brown, allowing it to stick a little bit, but stir to make sure it does not burn. Add the celery and parsley. Cook until all is soft and translucent, and liquid is evaporated. Add the meats. Stir to break up any lumps and evenly brown. Stir in one pound butter. Once the butter is melted, add the chopped tomatoes (fresh and canned). Bring to a boil and then simmer until the tomatoes start to break down in the sauce. Add tomato paste. Divide into multiple pots if needed. Add the beef stock. Add salt and pepper to taste once the sauce is heated through.

Simmer the sauce in lightly covered pots for 2-3 hours. Stir periodically to make sure it's not sticking. Add the second pound of butter and taste again for seasoning. Allow to cool and then place in containers. Place the containers in an ice chest with plenty of ice to cool quickly. Sauce may be frozen.

At the camp site, reheat the sauce over medium heat in multiple smaller pots. Make sure it does not stick or scorch on the bottom.

Makes about seven gallons of sauce to feed about 140 people with 24 pounds of pasta. I used a 15 gallon crab boil pot with a strainer basket to cook eight pounds of pasta (penne) at a time. Serve bread and salad as side items.

Cheesy Chili Success (Success Rice)

*1 bag Success Rice
1 can Chili No Beans
1 cup process cheese spread
1/2 cup sour cream
Chopped red bell pepper
Tomato slices*

Cook rice according to package. Drain and set aside. Combine other ingredients in pan and heat until cheese is melted. Stir to blend well. Serve over rice. Garnish with peppers & tomato. Serves 4

Cimarroncito Carbonara (Philmont, ONE POT)

<i>2 1/4 cups elbow macaroni</i>	<i>1 pkg. white sauce mix</i>
<i>1/4 cup powder milk</i>	<i>1/4 cup dried vegetable mix</i>
<i>salt & pepper to taste</i>	<i>5 cups water</i>
<i>1/4 cup bacon bits</i>	

Place the bacon bits in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the bacon bits before serving or as a topping.

Easy Peanut Noodles (Pack 1537, ONE POT)

<i>1 Box Spaghetti</i>	<i>1 lb. Grilled/Cooked Chicken Cut into Strip</i>
<i>1 1/2 cup peanut butter</i>	<i>1/2 cup roasted peanuts</i>
<i>1 Cup Teriyaki Sauce</i>	<i>1/2 cup carrots cut into matchsticks</i>
<i>2 Tbsp. Sriachi Sauce (more to taste)</i>	<i>1/2 cup red peppers cut into matchsticks</i>
<i>1/2 cup green pepper cut into matchsticks</i>	

Cook pasta according to directions. Mix peanut butter, teriyaki, siracha w/grilled chicken. Sauté vegetables, add chicken mixture, add to pasta.

LIPTON And More

Use LIPTON packaged noodles and rice. Prepare noodles and rice as directed and add more
Serves 2-3.

Lipton Alfredo Carbonara AND 1/2 cup milk, 1 T. margarine, 1 T. onion flakes

Lipton Alfredo AND 1/2 cup milk, 1 T. margarine, 1 T. onion flakes, 1 can chunk chicken.

Lipton Cajun Style Rice & Beans AND 1 T. onion flakes, 2 T. margarine, 1 T. dried green peppers, 1 package Tomato Cup of Soup Mix, 1 can shrimp.

Lipton Stroganoff AND 1 T onion flakes, 1 package freeze dried (FD) beef, 1/2 cup milk.

Lipton Chicken & Rice AND 1 package freeze dried (FD) chicken, or 1 small can chicken, 1 package Vegetable soup mix.

Lipton Mushroom & Rice AND 1 package Pea Cup of Soup, 1/3 cup crumbled bacon or bacon bits.

Lipton Chicken Broccoli & Noodles AND 1/2 cup milk, 1 T. dried green peppers, 2 T. parmesan cheese, garlic salt, 2 T margarine.

Lipton Beef Rice AND 1 package freeze dried (FD) beef, 1 T. onion flakes.

Mac and..... (Kraft, ONE POT)

~ 4 servings

1 box macaroni & cheese

1 can of tuna, chicken, or turkey

1 sm can vegetable.

Cook the macaroni and add some onion flakes, drain noodles and add the cheese mix.
Add the can meat and vegetable., add pepper. Heat and eat.

MAC and	1 cup Meat	1 cup Vegetables	some EXTRAS
1 box of Mac & Cheese	Ground beef	stewed tomatoes	1 t. chili powder
	Chicken	broccoli	2 t. mustard
	ham or SPAM	red pepper	1/4 cup Miracle Whip
	Tuna	peas	1/4 t. Italian seasoning
	Ground beef or turkey	peas & carrots	1/8 t. pepper

Quick Rice (Minute Rice, Bag)

1/2 cup Minute rice
salt

Butter buds

Place 1/2 cup Minute rice in a heavy freezer zip lock bag, add 1/2 cup boiling water to bag, Wait 3 minutes. Makes 1 serving 3/4 cup cooked. Add butter buds and salt. Multiply recipe by # of serve. **No pot No mess!**

Add a package of Cup-of- Creamed Soup and have the better part of a meal.

Rice in Just a Minute (PTR, ONE POT)

A cup of Minute Rice or other quick cooking rice can be made in a freezer bag. But add an equally quick instant soup mix and you can create a meal.

Rice	Soup Mix	Protein
	vegetable soup mix	can tuna
1/2 cup Minute Rice	onion soup mix	can ham
= 1 serving	chicken bouillon	can chicken
	gravy mix	TVP
	vegetable beef soup mix	can turkey

Rice on the Coals (PTR, FOIL)

1 1/2 cups minute rice
1 T. margarine
dash pepper

1 1/2 cups water
1/2 tsp. salt
4 tsp. instant bouillon

Place two sheets of foil (14" sq.) on top of each other in a cooking pot. Press into a bowl or pouch. Add ingredients and seal tightly. Remove from pot and place on coals for 15 minutes. serves 4

Ute Park Pot (PTR, ONE POT)

2 1/4 cups elbow macaroni
2 #27 cans whole tomatoes
1/2 lb. bacon
5 cups water

3 tsp. salt
1 onion
salt and pepper

Dice the bacon and onions, fry bacon and onions until crisp. Boil the macaroni in salted water until al dente. Drain, add bacon, onions, and whole tomatoes. Stir, breaking up tomatoes. Bring to boil. Salt and pepper to taste.

Zastrow-roni (Philmont, ONE POT)

2 1/4 cups elbow macaroni
1/4 cup powder milk
5 cups water
salt

1 pkg. taco sauce mix
1/4 cup dried vegetable mix
1/2 cup grated Parmesan cheese
a touch of cayenne pepper to taste

Place the cheese in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the Parmesan before serving or as a topping.

Vegetables**Baden Baked Sliced Potatoes (FOIL)**

Potato
Foil

margarine
salt, pepper, garlic salt

Scrub potatoes - do NOT peel the potatoes, and cut potatoes into thick slices. Use one potato per person. Place each one on a double sheet of heavy foil. Add 1 T. margarine. Sprinkle with garlic, onion salt and pepper. Seal and bake on the grill, turning often for an hour, or 15-20 minutes on coals.

Beaubian Beans (Philmont, ONE POT)

1 can Pork and Beans
1/4 cup BBQ sauce

1/4 cup Brown Sugar
2 Tbsp onion flakes

Mix all in one pot, remove can, heat for a few minutes until onions re-hydrate.

Foiled Onions (FOIL)

(1 onion for 2 persons)

Large onion
salt & pepper
foil

margarine
bacon

Peel a large onion and cut in half. Place a pat of margarine on the cut side and sprinkle with salt and pepper. Top with a half strip of bacon on each half onion. Wrap each in double heavy foil and seal tightly. Bake on coals 35-45 minutes.

Potatoes (FOIL)

Potato
Small onion
margarine

Carrot
Salt & Pepper

Slice the Potato into 1/4 inch slices. Peel and slice the onion and carrot. Place in the middle of a drugstore foil wrap with salt, pepper, & a dollop of margarine. Add 1 tbs. water. Seal the Wrap and place on coals for 45 minutes to an hour.

Cheesy Potatoes (Pack 1132, DUTCH OVEN)

<i>1 dozen Potato – cut in cubes</i>	<i>1 dozen button mushrooms</i>
<i>2 Small onions</i>	<i>Salt & Pepper</i>
<i>Margarine</i>	<i>Shredded Cheese</i>

Caramelize the onions in a frying pan or Dutch oven with a little bit of butter or olive oil add the mushrooms and potatoes, add a dash of pepper.

When the potatoes are done, add shredded or diced cheese and heat until the cheese is melted.

Sweet, Sweet Potatoes (FOIL)

Serves 3-4

<i>1 can sweet potatoes</i>	<i>margarine</i>
<i>maple flavored syrup</i>	

Remove completely the top from a 18 oz. can of sweet potatoes. Strip off Label. Drain some of the liquid into a cup, and add 1/4 cup maple flavored syrup and 1 T. margarine. Return liquid to cover the sweet potatoes. Cover can with foil. Place on a grill or near coals and heat until bubbly, about 20 min.

Miscellaneous

Cajun Jambalaya (Pack 889, DUTCH OVEN)

The listed amounts are for one large Dutch oven

- one pound thick link sausage, cut up*
- one pound chicken, cut up*
- one pound shrimp*
- 2-3 boxes Zatarains Jambalaya rice mix*
- 4 bay leaves*
- one pound chopped onion*
- one pound chopped celery*
- one pound chopped bell peppers*
- garlic cloves to taste (approx. 4-6)*
- #10 can tomato sauce*
- #10 can diced tomatoes*

one tbsp. thyme, sage, oregano, cayenne pepper

Dump it all into Dutch oven - about 12 coals on bottom and 15 on top - cook for about 45 minutes and enjoy!!

Cheddar Cheese Spread (1 POT)

Categories: Lunch Snacks Trail

*** Package Together ***

1 cup cheddar cheese powder

*½ cup powdered milk – **

*** Package Separately ***

1 Tbsp butter or margarine – as needed

½ tsp onion powder – optional

1/8 tsp garlic powder – optional

1 Tbsp bacon bits – optional

½ tsp sweet paprika – optional

½ tsp marjoram --optional

1. Mix dry ingredients together ahead of time and store in an air-tight container.
2. To use, gradually add enough water to the mix to make a smooth paste, about ½ to ¾ cup for all of the mix.
3. Add a small amount of butter or soft margarine to enrich and smooth the mixture.
4. Spread on crackers or bread, or use in cooking other dishes.

NOTE: Instant milk powder makes a lumpy spread.

NOTE: This dry mix will keep for a long time on the trail.

Prepare only as much as you need at a time.

Sandwich Melts (PTR, FOIL)

Rolls (any kind)

Cheese (sliced)

Meat (thinly sliced)

Mustard

Cut and butter rolls. Fill to taste with cheese, meat, and mustard. Wrap each roll in foil. Place rolls on the edge of the coals or on grill above the coals for about 1/2 to 1 hour.

Trail Meals Lunch

Trail foods should be quick or no-cook foods for a fast, sit and eat or eat while walking meal. Here are a couple of tables for pick and mix meals. Pick and bag for each meal or keep in a large bag for the trail. Remember that what you don't eat the first couple of days will be left for the last. If you plan for 7 days, don't eat it all the first three.

Trail Lunches Mix and Match: Pick one from each category.

dairy	meat	Grain	fruit	fun
hard cheese	jerky	Bagel	dried apples	hard candies
cheese	can tuna	Crackers	banana chips	GORP
spread				
string cheese	canned	Melba toast	fruit bits	trail mix
	spread	Graham	fruit leathers	candy bar
	hard salami	cracker		
drinks	meat sticks	corn chips	raisins	choc granola
water		flour tortillas	walking apple	nuts
kool aid	peanut butter	Wheat bread	orange	sunflower
				seeds
gator types	jelly	pilot bread		pumpkin
				seeds
powder mixes		Pretzels		cereal mixes
		Granola bar		

One Pot Dinners

Dinners Mix and Match: Pick one from each Category.

BASE	VEGETABLE	MEAT	SAUCE	SPICE	TOPPING
Spaghetti	Fresh	Ground beef	cheese	oregano	nuts
Thin Spaghetti	Carrots	Can beef	sour-cream	herbs	toasted
Vermicelli	Potatoes	Can chicken	stroganoff	sage	sunflower
Capellini	summer squash	Can turkey	spaghetti	basil	pumpkin
Fettuccini	Onions	Dried chipped beef	dry soup mix	Poultry seasoning	coconut
Macaroni Ribbons	cucumbers	Can meat spread	miso powder	salt & pepper	sesame seeds
Egg Noodles	frozen	Stew meat	gravy mixes	garlic salt	margarine
Linguine	for short trips &	Hard salami	curry	onion salt	cheese
Elbow Macaroni	cold weather	Vienna sausage	sweet & sour	chili powder	catsup packets
Rotini	freeze dried	SPAM	au jus	butter buds	bacon bits
Small Shells	peas	Jerky	teriyaki	soy sauce	croutons
Juniorettes	gr. beans	Canned fish		bouillon	dumplings
Pasta Nuggets	corn	clams	thickeners	chicken	
Kluski noodles		tuna	cornstarch	beef	wheat germ
Rigatoni	home dried	salmon	flour	vegetable	
Mostaccioli	onions	sardines	cornmeal	mixes	
Ziti	mushrooms	crab	SOUPS	chili	
Ready-cut Spaghetti	mixed vegetable flakes	shrimp	Cream of Mushroom	taco	dried fruit bits
Rotelle	soup blends	Pepperoni	Tomato	sloppy Joe	raisins
Rainbow Rotini	pepper flakes	Freeze dried	creamed corn		
Medium Shells	celery flakes	ham	Tomato juice		
Cous Cous	can onion rings	beef			
Acini di Pepe		chicken	Cheddar		
Rosmarina		shrimp	cheese		
A-B-C- noodles		Dried fish	soup		
Rings		Smoked fish			
Ramen	chow mien	Bacon bar			
Noodles	noodles				
Quick Rice	### Helper	TVP			
Rice-A-Roni	Stuffing	Beef flavor			
Instant Potatoes	box mixes	Chicken flavor			
Quick Grits	Mac & cheese				
	rice & ###				
	noodles & ###				

DESSERTS

Cobblers

Apple Cobbler (Pack 889, DUTCH OVEN)

Serves 10

*20 oz can apple pie filling
¼ cup brown sugar
½ stick margarine*

*1 box white cake mix
4 Tbsp Cinnamon
1 small bag raisins*

1. In a Dutch Oven dump in can of apple filling and raisins. On top of these put half of the brown sugar.
2. Mix the cinnamon with the DRY cake mix in a bowl and then sprinkle evenly over the apples.
3. Slice butter and place evenly over cake mix and cover with remaining brown sugar.
4. Cook 20-30 minutes until crust is light brown and when apple filling bubbles slightly through crust.

Fruit Cobbler (Pack 889, DUTCH OVEN)

*2 cups flour
2 tsp baking powder
1/2 tsp salt
3 cans fruit in heavy syrup*

*1 cup sugar
1 stick margarine
2 cups milk*

(Can substitute 2 cups of baking mix for flour, salt and baking powder)

1. Melt margarine in a 12" Dutch oven. Mix dry ingredients and stir milk into them.
2. Pour mixture over the melted margarine. **DO NOT stir.**
3. Drain Fruit. Pour fruit over mixture. **DO NOT stir**
4. Bake for 45 minutes or until the dough is firm.

Philmont Ranger Cobbler (Dutch Oven)

*2 cups biscuit mix
½ cups sugar*

*2 16-oz cans peaches in heavy syrup
½ teaspoon cinnamon*

Preheat a Dutch oven over a bed of coals. Gently pour into the oven one can of peaches and syrup. Drain the syrup from the second can into the first and save it. Place the peaches from the second can into the oven. Sprinkle ¼ teaspoon of cinnamon over the fruit. Combine biscuit mix with the sugar and remaining cinnamon and enough of the reserved syrup to make a soft dough. Layer the dough mixture over the fruit in the oven. Place the lid on the oven, cover it with coals, and bake until the dough is golden brown. Serves 8.

Trail Cobbler (Dutch Oven)

*2 cups biscuit mix
2 cups sugar
2 cups milk or water*

*1 cup margarine
1 can fruit, drained*

Mix the biscuit mix, sugar, milk, and margarine. Add fruit and stir. Bake in covered oven about 1 hour. Serves 8.

Cakes**Black Forest Cake (Pack 889, DUTCH OVEN)**

Serves 10

<i>1 Devil's food cake mix</i>	<i>3 eggs</i>
<i>1/3 cup oil</i>	<i>1/2 cup water</i>
<i>2 20 ounce cans cherry pie filling</i>	<i>1 can whipped cream</i>

1. In a Dutch Oven combine the dry cake mix, eggs, and oil. Add just enough water to make a stiff batter.
2. Very carefully fold in, without mixing, the cherry pie filling.
3. Cover and bake for 30 minutes.
4. Serve covered with whipped cream.

Method 1: Simmer apples in water according to package directions. When well heated, but not completely cooked, add the sugar/flour mixture and spread in a fry pan. Continue cooking until mixture is bubbly and thickened.

Method 2: This may be baked in a reflector oven. Spread the apple mixture in a baking pan and pat out the flour/sugar mixture over them. Bake in front of a good high fire, turning the pan once or twice to assure even baking.

Dutch Oven cake (PTR, DUTCH OVEN)

<i>1 box cake mix (your choice)</i>	<i>2 cans fruit pie filling</i>
<i>margarine</i>	<i>eggs if needed for cake</i>

1. Empty the cake mix into a large zip-lock type bag, add water and eggs according to box directions. Close the bag and mix by squishing the bag.
2. Line the Dutch oven with heavy foil, (saves on clean-up). Empty the 2 cans of fruit pie filling into the lined Dutch oven. Pour the cake mix over the top. Don't stir.
3. Cover and place on coals, add 5-10 hot coals on top. Bake 30-45 minutes. Check with tooth pick or cleaned green stick.

Combinations: Chocolate cake and cherry pie filling

Yellow cake and peach pie filling with maraschino cherries (no stems)
White cake and apple pie filling with cinnamon

Orange-Sesame Cake (BC)

Serves 4.

Categories: Cakes Dessert Trail

<i>1½ cup whole-wheat flour</i>	<i>½ cup soy flour</i>
<i>1 tsp salt</i>	<i>2 tsp baking powder</i>
<i>¼ cup sesame seeds</i>	<i>¼ cup whole dried egg</i>
<i>2 Tbsp orange peel -- grated</i>	<i>½ cup sugar</i>
<i>½ cup margarine</i>	<i>¾ cup water</i>
<i>2 Tbsp shortening or margarine to grease pan</i>	

1. Put all of the dry ingredients in a large zip-lock bag. Squish to mix thoroughly.
2. Grease the baking pan with margarine.
3. Blend liquid ingredients in the zip-lock bag by squishing until it makes a stiff batter.
4. Spread batter in pan and bake about 30 minutes, or until it's done.

Pineapple Upside-Down Cake (Pack 889, DUTCH OVEN)

Serves 10

<i>½ stick margarine</i>	<i>½ cup brown sugar</i>
<i>1 can sliced pineapple</i>	<i>1 small bottle Maraschino cherries</i>
<i>1 box yellow cake mix</i>	<i>3 eggs</i>
<i>1/3 cup oil</i>	<i>juice from pineapples and cherries</i>
<i>Tray to serve cake on</i>	

1. In a mixing bowl combine dry cake mix, eggs, oil, and half the juice from the pineapples and cherries, save the remainder of the juice. Stir until all the lumps are gone.
2. In a hot Dutch Oven, melt butter and brown sugar, stirring until sugar is dissolved.
3. Place pineapple rings on the bottom of the oven. Place one cherry inside each ring.
4. Pour cake batter evenly over the rings.
5. Cover and bake 35 minutes until cake tests done in center. (Test by inserting a knife, when knife come out clean it is done.)
6. When done, remove and immediately invert cake onto serving tray.

Pies

Cheap Pie (FOIL)

<i>2 slices bread</i>	<i>margarine</i>
<i>cinnamon sugar</i>	<i>jam or fruit pie filling</i>



heavy foil

Butter two slices of bread, place buttered side down on foil. Spoon fruit filling and cinnamon sugar onto bread. Place on top the other slice of buttered bread and pinch the edges together. Seal in foil and lay it on the coals for 10 minutes or so, turn over for another 5 minutes.

Choco-Chip Pie (PTR)

Serves 6

*1 graham cracker crust pie shell
1 package instant chocolate pudding and pie filling
Cool Whip instant Mix
1/2 cup chocolate chips (or pick out from your GORP)
dried milk powder.*

Mix the pudding mix, water, and milk. Let set for a few minutes and then fold in the chips. Pour into the crust. Whip up the Cool Whip mix and top the pie. Sprinkle a few chips on top. Great for that surprise birthday party at camp

Fruit Pie (PTR, DUTCH OVEN)

Pie Crust

*2 cups Flour
1/2 tsp Salt
2/3 cup Shortening
5 to 7 T Water*

Filling

2 cans Fruit Pie Filling

1. Mix flour and salt
2. Cut in shortening till pieces are the size of small peas. (Early June Variety)
3. Sprinkle 1 tbs. water over part of mixture. Gently toss with fork. Repeat till all is moist. (or let rain take care of it)
4. Form into a ball. Divide in half. (Not you, the ball of dough)
5. Roll out one half on a floured surface.
6. Fit pastry in a small frying pan. (less than 12" diameter, without handle)
7. Add 2 cans of fruit pie filling. (don't over fill)
8. Roll out second half, Cut into strips. Lattice-top of the pie.
9. Cook in a 12" Dutch oven until hot and the crust is brown.

Instant Pie

Serves 3-4.

*1 box instant pudding mix
graham crackers.*

1/4 cup instant milk

Mix the pudding and dried milk with the right amount of cold water and beat with a whisk until thick. Pour into cups. Top with crushed graham crackers.

Fruit Desserts

Apple Crisp (BC, FRYPAN)

Makes about 6 cups. Categories: Dessert Fruit Trail

*** Package Together ***

¾ cup flour

¾ cup brown sugar

½ tsp cinnamon

½ cup margarine

*** Package Separately ***

¾ cup dried apples

water – as needed

Apples Foiled Again (FOIL)

Apple

1 T crushed pineapple

cinnamon sugar

heavy foil

1 T raisins

Cinnamon candies (optional)

10. Place a peeled and cored apple on a double square of heavy foil.
11. Fill center with 1 T crushed pineapple and raisins.
12. Sprinkle generously with cinnamon sugar.
13. Fold foil around each apple and seal tightly.
14. Place in glowing coals and bake 20-40 minutes depending on size.

You can also try cinnamon candies for filling.

Apricot Bombs (BC)

Makes 14 Bombs

Categories: Dessert Lunch Snacks Trail 8 oz dried apricots - moist

¼ cup coconut – dry, shredded

4 tsp powdered milk

4 tsp sesame seeds (optional)

2 Tbsp orange marmalade

5 tsp roasted sunflower seeds (optional)

4 tsp chopped nuts (optional)

1. Steam apricots to soften if they are stiff. Chop into small pieces.
2. Mix and mash apricots together with remaining ingredients.
3. Shape into 1 inch balls, roll in powdered sugar and coat thickly.
4. After half of an hour, roll in powdered sugar or use coconut instead.

NOTE: Delicious, but sticky. Package separately, with a little extra powdered sugar.

Baked Apple (PTR, FOIL)

*1 apple per person,
1 tablespoon brown or white sugar per apple*

Wash apple. Cut a slice off the top, remove the core, and put the sugar in the hollow. Wrap in foil. Cook in hot ashes about 1 hour.

Baked Apples (Foil)

Serves 10

<i>10 large apples</i>	<i>1 stick margarine</i>
<i>1 cup brown sugar</i>	<i>1 box raisins or cinnamon candy</i>

1. Make 10 foil pouches.
2. Mix brown sugar, margarine and raisins or candy
3. Core apples and fill the centers with the mixture.
4. Place one apple into each pouch, seal and cook for 15 minutes over coals.

Baked Pears (Foil)

Serves 8

<i>8 large pears</i>	<i>1 stick margarine</i>
<i>1 cup brown sugar</i>	<i>1 box raisins</i>

1. Make 8 foil pouches.
2. Mix brown sugar, margarine and raisins or candy
3. Core pears and fill the centers with the mixture.
4. Place one pear into each pouch, seal and cook for 15 minutes over coals.

Banana Split Cookie (FOIL)

<i>10 bananas</i>	<i>1 bag chocolate chips</i>
<i>1 package ready cookie dough</i>	<i>1 bag miniature marshmallows</i>

1. Make 10 foil pouches.
2. Cut cookie dough into 10 pieces and then flatten as best as you can.
3. Peel and slice bananas lengthwise. Place some chocolate chips and marshmallows between the two halves of the banana then wrap the cookie dough around the banana and place in a foil pouch.
4. Seal and cook for 20 minutes.
5. Serve covered with whipped cream.

Fruit Compost (PTR, ONE POT)

*1 cup dried fruit bits
1 teaspoon cinnamon*

*½ cup sugar
graham cracker*

Re-hydrate the fruit in enough boiling water to cover the fruit. Let simmer with the sugar and cinnamon till fruit is soft and the liquid is thick. Don't let the sugar burn. Top with graham cracker crumbs.

Other Treats**Chocolate Tortillas (PTR, FRYPAN)**

*2 flour tortillas
mini Marshmallows*

*chocolate bar or chips
vegetable oil*

Heat the skillet with the vegetable oil. Add tortilla. Add chocolate chips or pieces of bar and the marshmallows. Cover with second tortilla and flip. Cover until chocolate melts.

Joy's Joy

*1/2 cup sugar
1 cup peanut butter
shortening*

*3/4 cup light Karo syrup
6 cups Corn Flakes
waxed paper*

Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a large lightly greased bowl, pour the sauce over the 6 cups of Corn Flakes and fold in. Form or scoop into balls and cool on waxed paper.

Variety: add 1/4 cup miniature chocolate chips.

Skillet Pudding (FRYPAN)

*1 can evaporated milk
3/4 cup water
10-12 Graham crackers or cookies*

*1/4 cup sugar
3/4 cup instant cocoa mix*

Put the first 4 ingredients in a skillet and bring to a boil, stirring constantly. Add 10-12 coarsely broken graham crackers; cover. Cook over low heat for about 10 minutes, stirring occasionally.

S'More's in Foil (Foil)

*Graham crackers
1 bag chocolate chips*

1 bag mini marshmallows

Make 8 foil pouches.

Place some chocolate chips and marshmallows between the graham crackers as you like.

Put it in a foil pouch and seal.

Cook 7 minutes.

S'More's (All Scouts)

Graham crackers

Hershey's chocolate bars

marshmallows (not mini)

and one campfire

Place large marshmallow (not the mini's) on a long peeled green stick and heat over campfire until gooey. Prepare the graham cracker by breaking into two squares. Place a chocolate square and the hooey-gooey marshmallow between the graham crackers and allow the chocolate to melt. Eat and have *SomeMore* S'mores!

Spoon (Ziploc) Fudge

1 Gal size ZipLoc bag

1 stick butter

½ tsp vanilla

1 lb powdered sugar

1 3-oz cube of cream cheese

¼ to ½ cup of cocoa

Place all ingredients in the Ziploc bag and squeeze out all of the air.

Squish and "moosh" the bag until all the ingredients are well mixed and there is a creamy consistency.

Add any favorite flavors or other stuff (raisins, M&Ms, Peanut butter etc.)

You can spoon the fudge right from the ziplock bag.

A variation is to flatten out the fudge and place the bag on ice until it hardens, then you can cut it like fudge and avoid the mess of the spoon method.

Another variation is to replace the cocoa with any flavor of instant pudding mix.

Rice Krispies Treats and Variations (Kellogg's)

yields ~24 treats.

6 cups Rice Krispies cereal

1 10 oz package marshmallows

vegetable cooking spray

1/4 cup margarine

(Can substitute 1/2 cup sugar and 3/4 cup Karo syrup for the marshmallows and margarine)

Optional for Variations:

Treat Name	Added Ingredients
Caramel Treats	1/3 cup caramel ice cream topping
Choco Treats	1/3 cup mini chocolate chips
Peanut Butter Treats	1/4 cup peanut butter
NoSlowMor Power Bars	1/3 cup Mini chocolate chips
	1/2 cup sunflower seeds
	1/2 cup peanut butter
GORP Bars	1 cup peanut butter
	1/4 cup peanuts
	1/4 cup M&M's
	1/4 cup raisins

Melt margarine in a large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add variation ingredients to the melted marshmallows at this time if desired (see chart above). Add Rice Krispies and stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool.

BREADS

Master Mix Recipes

Master Mix (BC)

*4 cups whole-wheat flour
1½ tsp salt
2 Tbsp baking powder*

*1 cup powdered skim milk
1 cup powdered whole egg
1 cup margarine*

Thoroughly combine dry ingredients in a bowl. Cut in margarine as for pastry. Use mix within a week, or refrigerate for longer storage. Make about 8 ½ cups.

Master Mix Biscuits

2 cups Master Mix

½ cup water

Makes about 15 2-inch biscuits, rolled or patted ¼ inch thick.

Bake in reflector oven, Dutch oven, or fry pan over slow fire, turning once.

Master Mix Coffee Cake

*2 cups Master Mix
½ cup sugar*

*½ tsp cardamom or coriander
¾ cup water*

Pour into greased pan, distribute topping, and pour 3 Tbsp melted margarine over. Bake in oven.

Jam Topping for Master Mix Coffee Cake

*½ cup brown sugar
¼ tsp lemon peel*

*¼ cup sesame seeds or chopped nuts
½ cup breakfast Gorp or Apple Jack Gorp*

Master Mix Pancakes

Makes about 30 2-inch pancakes.

2 cups Master Mix

1 cup water

Variations:

- Add ½ cup cornmeal and a little more water.
- Add ½ cup chopped nuts or raisins.

Master Mix Savory Dumplings (BC)

2 cups Master Mix-- see recipe above ¾ cups water

**** Savory Dumplings ****

*1 Tbsp instant minced onions
2 Tbsp dried parsley
½ tsp sage*

**** Cheese Dumplings ****

*¼ cup powdered cheddar cheese, or
¼ cup Parmesan cheese -- grated
¼ tsp oregano*

1. Mix ingredients and add water, as needed, to make a stiff dough.
2. Spoon out dough by teaspoon and drop into gently simmering soup or stew.
3. Cover the pan and simmer gently until dumplings have risen and are cooked in the center, about 5-10 minutes.

Try varying seasonings, as with biscuits, for different flavors.

Other Breads

Bannock Camp Bread (Ancient Trailperson's Standby)

*1 cup flour
dash salt
water*

*1 teaspoon baking powder
oil or margarine*

At home: package the flour, baking powder, and salt together in a large, tough plastic bag.

In the field: put a little oil or margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, and fry it in a little oil, very slowly. Note: If you end up with a bread that has its outside a delicious, golden brown and its inside an uncooked, doughy mass, do not despair. Just pretend you're an ancient trailperson.

Bisquick Bannock Camp Bread (Modern Trailperson's Standby)

*6-8 tablespoons water
3-4 Tablespoons oil or margarine*

1 cup Bisquick buttermilk baking mix

At home: Package the baking mix in a large, tough plastic bag.

In the field: Put 3-4 tablespoons oil or margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, about 1/2 inch thick and fry it in a little oil, very slowly over coals or lowest possible flame. Fry it, as gently as possible, turning it often. After the bottom is browned, prop the pan up in front of the fire's flames to brown the top.

- The batter should not be too thick - 1/2 inch is enough
- Use straight sided fry pan, curved sides allow slips when propped before the fire.
- Aluminum skillets get too hot too quick.
- Don't prop up the pan until the bottom is browned.

Also try putting the dough in a zip-lock freezer bag. Place on rack in covered pot of boiling water. Let the steam 'bake' the bread. Add raisins and cinnamon, or serve with honey when done.

Cimaron Cinnamon Rolls (PTR, Dutch Oven)

*2 6-oz pkg. biscuit mix flour
3 4-oz boxes of raisins*

*1 cup brown sugar
cinnamon*

Mix the biscuit mix as directed and pat out in a rectangular shape on a floured, flat surface. Spread raisins and brown sugar over the dough and sprinkle with cinnamon. With floured hands roll the dough into a cylinder and cut slices from the rolled cylinder. Place in bottom of Dutch oven. Cover with lid and bake about 15-20 minutes. serves 8.

Crescent Rolls on a Stick (Modern time favorite)

tube of refrigerated Crescent rolls Butter or margarine
Jam, jelly or honey

Using a thick green stick about 1 inch in diameter, wrap the dough for a crescent roll spiral fashion around the tip of the stick. Leave space with the spiral for the heat to reach all of the dough. Press the ends of the dough to the stick to stick to the stick..... Hold the stick over coals for 15-20 min., turning frequently as you salivate. When golden brown, slip the roll off the stick and spread with butter, jam, jelly, or honey. Plan for 1-3 rolls per Scout.

Dan Beard Camp Bread (PTR, Foil)

Yield: 1 loaf

2 cups biscuit mix

1/2 cup milk (use pre-measured powder milk in a zipped bag)

1. Stir the ingredients together; this will make a very thick dough. Add a few teaspoons of milk if necessary.
2. Shape it like a bread loaf, and dust with additional biscuit mix or flour.
3. Grease a large sheet of foil heavily. Place the dough on the foil and wrap it loosely so the foil package will not burst when the dough rises. Wrap the dough loosely again to cover the seams and crimping
4. Place the bread package at the edge of the coals and turn every 10 minutes for about 1 1/2 hours, depending on the intensity of the heat.

Honey Banana Bread (BC)

Categories: Bread Lunch Trail

3 bananas -- ripe

1 tsp baking soda

1/4 cup butter or margarine

1/4 cup yogurt, unflavored

1/4 cup honey

3/4 cup granulated sugar

shortening to grease pan

1 egg

1 cup whole-wheat flour

1/4 cup wheat germ

1/4 cup flour, all-purpose

1/2 tsp salt

3/4 cup nuts -- chopped

1. Grease the inside of 3 small pans (3x6 in.) or 1 regular bread pan with shortening.
2. Beat bananas to a pulpy foam, add baking soda, stir well and set aside.
3. Cream together in a large mixing bowl the yogurt, margarine, honey, and sugar.
4. Beat in the egg. Add the remaining ingredients and the banana mixture.
5. Place the dough in the pan(s) and bake in a pre-heated oven at 350 F for about an hour.
6. Let cool in the pan for a little while, and then turn out on a rack.

Rayado Biscuits (PTR, Dutch Oven)*Biscuit Mix**Flour*

Mix 12 - 18 oz biscuit mix as directed and pat out on a floured, flat surface. Cut biscuits with a small open end can and place 20-24 biscuits in oven. Cover and bake about 15 minutes. Can also use floured hands and balls of dough 1 1/2 ", flatten and placed in oven. Or spoon the mixed dough and drop into oven without shaping.

Sturdy Rounds (BC)

Categories: Bread Lunch Trail

<i>4 cups whole-wheat flour – unsifted</i>	<i>2 Tbsp sugar</i>
<i>¼ cup warm water</i>	<i>1 Tbsp dry yeast</i>
<i>3 Tbsp vegetable oil</i>	<i>2½ cup flour, unbleached, enriched</i>
<i>-- as needed</i>	
<i>2 cups warm water</i>	
<i>2 tsp salt</i>	
<i>2 Tbsp instant minced onion -- *</i>	

1. Dissolve yeast and sugar in ¼ cup warm water and let sit for several minutes.
2. Add whole-wheat flour, ½ cup unbleached flour, salt, and onion to a large mixing bowl.
3. Add yeast, oil and 2 cups water to bowl. Mix very thoroughly.
4. Add 1½ cup unbleached flour more, mixing with heavy spoon.
5. Turn out dough onto floured surface; knead until smooth and elastic, about 10 minutes, adding more flour as needed to prevent sticking.
6. Put dough in an oiled bowl, cover, and let rise until doubled in size.
7. Punch dough down, divide into 24 equal parts.
8. Shape each into a ball, and then flatten to ½ inch thick.
9. Place onto a greased cookie sheet and let rise until doubled, about 30 minutes.
10. Bake at 425 F until lightly browned. Remove and cool on a rack.
11. Split each like an English muffin, return halves to oven, split side up, and bake at 150-200 F until crisp and dry throughout, about 2-3 hours.

Tasty Bread (BC)

Categories: Bread Trail Snacks

<i>1 cup flour, all-purpose</i>	<i>4 cups flour, whole-wheat</i>
<i>1 cup honey</i>	<i>3 Tbsp molasses</i>
<i>¾ cup brown sugar</i>	<i>¾ cup dry milk</i>
<i>¼ cup salad oil</i>	<i>1 tsp salt</i>
<i>1 tsp baking powder</i>	<i>2-4 cups dried fruit and nuts</i>

Bake at home.

1. Mix all ingredients together using your hands. Add water if the dough will not stick together without it.
2. Pat or roll out onto cookie sheets to a thickness of ½ inch.
3. Score into squares with a sharp knife.

4. Bake 1 hour at 300 F.

Makes 2 - 9 x 13 in. pans.

May substitute grated orange peel and ½ tsp cumin.

NOTE: Use with cheese spreads, peanut butter, jam or hunks of salami.

Twist on a Stick (old time favorite)

1 cup Bisquick mix

water

cinnamon sugar

Mix the Bisquick with enough water to form a dough. Roll into a long piece and wrap or twist around a clean green stick (not dried out). Sprinkle cinnamon sugar on twist. Place or hold stick over a fire and bake on all sides. Bake until golden brown. Break off a piece to check if inside is done. EAT

Whole-Wheat Trail Bread (BC)

Categories: Bread Trail

2¼ cup warm water -- about 155 F

1 Tbsp active Yeast

2 tsp salt

½ cup dry milk

2 Tbsp honey

2 Tbsp molasses

¼ cup sugar, white

½ cup vegetable shortening

2 eggs

3 cups flour, all-purpose

2 cups whole-wheat flour

½ cup wheat germ

1. Combine water and yeast and let set for about 5 minutes.
2. Mix in salt, milk, honey, molasses, sugar, shortening and eggs.
3. Add the white flour and blend in well.
4. In another large bowl add the whole-wheat flour and wheat germ.
5. Pour the yeast mixture over this flour and blend very thoroughly.
6. Cover and let rise in a warm place for about an hour.
7. Turn dough out onto a well-floured surface and knead vigorously.
8. Divide dough into 6 equal portions and shape into loaves.
9. Grease 6 small bread pans (3 x 5 in.) and place dough into them.
10. Brush tops of loaves with oil and let rise for about an hour.
11. Bake in a pre-heated oven at 375° F. for about 30 minutes.
12. Turn loaves out onto a rack to cool.

SNACKS AND DRINKS

Snacks

Chocolate Crunch Bars (Backpacker's Cookbook)

Categories: Dessert Lunch Snacks Trail

<i>½ cup honey</i>	<i>1/3 cup margarine</i>
<i>¼ cup cocoa powder, sweetened</i>	<i>1 cup granola</i>
<i>1 cup dry milk</i>	

Blend together everything except the granola to a stiff dough.
Knead in the granola, or roll the shaped bars in granola.

Date Bombs (BC)

Categories: Dessert Lunch Snacks Trail

<i>1 cup dates – chopped fine</i>	<i>½ cup walnut, sesame, or almond meal</i>
<i>½ cup coconut flakes</i>	<i>2 tsp rum flavor – optional</i>

Mix and mash ingredients until well blended.
Form into 1-inch balls and roll in nut meal or coconut.

Honey-Nut Cookie Bars (BC)

Categories: Desserts Lunch Snacks Trail

<i>2 eggs -- separated</i>	<i>2/3 cup honey</i>
<i>4 Tbsp nonfat dry milk</i>	<i>¼ cup whole-wheat flour</i>
<i>¼ tsp coriander</i>	<i>¼ tsp nutmeg</i>
<i>1 tsp baking powder</i>	<i>1 cup walnuts or almonds -- chopped</i>
<i>¾ cup sesame seeds</i>	

1. Beat egg yolks and honey together.
2. Combine well the dry ingredients except nuts and seeds. Add to the honey mixture.
3. Add the nuts and seeds and mix well.
4. Beat egg whites until they hold stiff peaks, and fold into the dough.
5. Spread batter in oiled 9x13 inch baking pan.
6. Bake for 25-30 minutes at 350 F in preheated oven.
7. Cool in pan and then cut into bars.

NOTE: This is a chewy cookie that offers a lot of food value and a not-so-sweet, nutty flavor.

Jerky (BC)

Categories: beef Lunch Trail

*1½ pound Flank steak**1/3 cup Worcestershire sauce**¼ tsp black pepper**½ large onion -- sliced**¾ cup red Wine**1 tsp salt**¼ tsp garlic powder*

Prepare at home

1. Trim all fat from steak. Slice the meat very thin across the grain.
2. Lay the strips of meat in a non-metal pan and cover with marinade made from mixing the remaining ingredients.
3. Cover and place in refrigerator for several hours.
4. Drain meat strips and place on racks in the center of the oven. Put foil or cookie sheets below the meat to catch the drips.
5. Set the oven for 200 F and dry the meat for 8 to 10 hours. Meat should be dry enough to break when bent.
6. Cool and bag in an air-tight container.

Macho Nacho (PTR, ONE POT)*1 can Chili, no beans**1/2 cup shredded cheese**1/2 pkg. tortilla chips*

Spoon chili over chips. Sprinkle with cheese. Heat in reflector oven to melt cheese.

Oatmeal-Plus Cookies (BC)

Makes 3 dozen.

Categories: Dessert Lunch Snacks Trail

*¼ pound margarine**1 egg**1 cup whole-wheat flour**½ tsp salt**½ cup nuts -- chopped**¾ cup raisins**1 cup brown sugar**1 tsp vanilla**½ tsp baking soda**½ cup rolled oats**½ cup coconut -- grated*

1. Blend together the margarine and brown sugar.
2. Add the remaining ingredients one at a time while blending. Add each one as the preceding one disappears.
3. Drop generous teaspoons onto greased cookie sheets. Bake about 12 minutes at 350° F.

Walking Apple (PTR)

*1 large apple
raisins*

Peanut Butter (plain or chunky)

Take a large crisp, juicy apple and cut the top and stem off.
Scoop out the core, leaving the bottom on.
In the hole place several tablespoons of peanut butter and raisins.
Place the top back on and wrap in foil or other wrapping.
Eat while walking down the trail.

GORP (Good Old Raisins & Peanuts)

Ingredients you can pick from:

<i>Fruit</i>	<i>dried pears, dried apples, dried pineapple, dried dates – chopped fine, raisins</i>
<i>Nuts/Seeds</i>	<i>soy nuts, cashews, oil-roasted sunflower seeds, roasted peanuts, salted walnuts – chopped</i>
<i>Miscellaneous</i>	<i>caramel corn, cinnamon, granola, cheese fish crackers, gumdrops, Cheezits crackers, M&Ms, pretzel sticks, dry cereal (Cheerio's, Chex, rice/corn/wheat) sugar brown, white</i>

ALL Gorp: Substitute dried fruits, seeds, and nuts as desired, with or without sugar added. Gorp may be mixed to taste. When making a batch keep in mind that sugars are for quick energy and proteins/fats are for the long haul. Balance the mix in a 50-50 proportion of quick and "long" energy sources. Avoid salty or excessively sweet mixes because they will unnecessarily increase water consumption. Mix ingredients together in a zip-lock bag.

Gorp Balls (Helen Singh)

1/3 cup each raisins, apples, apricots, dates and coconut.
Add 1/2 cup sesame seeds, 1/3 cup walnuts and 2 cups peanuts.
For the glue, use 1 cup chocolate chips, 1/3 cup honey and 1/2 cup peanut butter.

Energy Balls (The Leader, June/July 1994)

Mix together 1 cup chopped dates 1/2 cup peanut butter, 1 3/4 cups chopped figs, and 1 cup chopped apricots. Roll into balls. Recipe should make about 33 servings, each weighing 0.9 oz. (Calories per serving: 72; shelf life: 14 days.)

Quick Snacks (Off the Shelf)

granola bars, fruit roll-ups, hard candies, fruit swirl bars, tootsie rolls, caramels, "hard" cookies like ginger snaps (make sure hard cookies aren't too spicy - they'll cause thirst.), apples and oranges (heavy but provide liquid, vitamin c, fructose and fiber), dried fruits like apples, figs, apricots, peaches and raisins are better for long trips.

Drinks

Hot Chocolate Drink Mix (PTR)

1 lb. instant powdered milk 1/2 lb. powdered sugar or regular
1/2 lb. powdered coffee creamer 1 1 lb. can of Nestle's Quick

Mix in large bowl with wooden or plastic spoon. Store in air-tight, dark container. Pack in plastic bags for camping. 3 Tablespoons in 8-12 oz hot water.

Hot JELL-O (PTR)

Jell-O mix water

Mix 1-2 Tbsp JELL-O in a cup of hot water for a different breakfast drink. Cherry, Lime, and Orange are good to try.. **Beware not to drink boiling water.**

Hot TANG (PTR)

Mix TANG in a cup of hot water for a different breakfast drink

LA River Water (PTR)

1 packages Cherry Drink Mix
1 Packages Orange Drink Mix

Mix and add water, if not pre-sweetened add the sugar.

Maxwell's Chocolate Bar (PTR)

1 cup Hot chocolate and add 1 Snickers bar, Mix, Melt, and drink or spoon.

Swamp Water (PTR)

1 package Grape Drink Mix 1 Package Lemon-Lime Drink Mix

Mix and add water, if not pre-sweetened add the sugar.

Trail milk Shakes (BC)

Categories: Beverages

1/2 cup whole (for more fat) or nonfat (for more protein) dry milk
1 Tbsp flavoring -- as needed 1 Tbsp malted milk powder
1 cup water

➤ Fill the one-cup chain shaker with cool water, shake and serve.

- Flavorings: Blueberry syrup mix, Cocoa, Instant coffee, Kool-Aide fruit flavors, Fruit jam
- For extra-high protein add 1 Tbsp dry egg white to mix using non-fat dry milk.

INFORMATION

Food

Off The Shelf Foods

Drink mixes	pre-sweetened with vitamin C, Tang, cocoa mix, cider mix, dehydrated milk, instant soup
Hard Cheeses	Parmesan, dry Monterey jack, well aged cheddar.
Meats	jerky, salami and other dry sausages, dried meats, pork rind (Chicharrones), dried fried pork, canned meats and seafood, dried squid, dried anchovies, puffed fish snax
Textured Vegetable Protein (TVP)	This Soy based product is imitation meat such as BACOS. The product can sometimes be found in the health foods or specialty sections. It can be found as "beef, ham, chicken, or bacon". It is a lower cost substitute for Freeze dried meats. But I would always plan to add a well-seasoned sauce. Or try to re-hydrate in bouillon broth. Some TVP must be cooked, while others like BACOS are ready to eat.
Vegetables	tomato puree, tomato sauce
Potatoes	potatoes-dried and packaged, mashed, au-gratin etc, potato crisps
Grains	Hamburger helper, Tuna helper, Chow-mien, rice, instant, flavored, with dried veggies (eg Vegi-rice), Rice-a-Roni, crackers, small and hard, Stove-Top Stuffing, granola mix, pancake mixes, (If you must have bread, don't want to fool with Bisquik, and don't mind the weight, take BAGELS. They are heavy but they don't crush easily.), crackers also work and are light but require a rigid container. You can also use hamburger or hotdog buns (they are sturdier than bread) or English muffins For bread try tortillas and pita -- hint sandwich them between plates or pot lids to improve integrity
Sweets	candy, cocoa powder, Pop-Tarts, Jell-O pudding, dried fruits, banana chips, prepared gorp (Costco) etc
Snacks	nuts and seeds, power bars, granola bars, peanut butter
Seasonings	seasoning packets, dried chopped onion, dried mushrooms
Margarine	Squeeze margarine

NOTE: Most of the foods listed here may be purchased at any well stocked grocery store. In general, the cost differential between these and specialty backpacking foods is substantial. The drawback is that these items are sometimes a bit weightier than freeze-dried specialties. Most of these foods require water in their preparation. However, in BC recipes, items like noodles or spaghetti that require large amounts of water have not been included. Any "noodle-type" dishes included here were chosen only if they use very little water. Keep in mind that almost everything in this list needs to be repacked. Heavy-duty Zip-Loc type bags are usually the obvious choice.

Dried Foods

Besides owning a dehydrator, it is easy enough to dry your own foods instead of paying outdoor store prices.

Example: hash browns - slice potatoes thin and place in oven 100 or 125 for 4 or 5 hours, add peppers for added fun. When you are ready to use, place in water for 20 or 30 minutes to re-hydrate. When they are soft, fry'em up.

This process works great with nearly all veggies and even things like spaghetti sauce. Spread thin on plastic wrap , dry it , crumble it into a bag.

Cooking Methods

Dutch Oven / Coal Cooking

Coals

Coals are produced in two ways. Charcoal comes in bags not suited for backpacking but great for car camping. Place the Bag in a 5 gallon bucket to keep dry. The other method is producing coals from a wood fire. Hardwoods make better coals than softwoods such as pine. Twigs do not produce coals very well, if at all. 1 1/2 - 2 inch thick limbs make better coals. They are small enough to burn down, and large enough to make coals. The cooking can be done directly on the coals using foil wrapped food or Dutch Oven, or use a grate over the coals. The temperature can be determined by holding the back of your hand over the coals. Allow 30-40 minutes to get the coals ready before cooking.

Approximate Temperature	Type of Fire	8" cast iron coals		12" coals		Seconds over coals
		Under / Top	Under / Top	Under / Top	Under / Top	
250-325 degrees	Slow	2	4	3	5	6-8
325-400	Medium	3	5	4	6	4-5
400-500	Hot	4	6	5	7	2-3
> 500	Very Hot	5	7	6	8	1

The following chart is from a training handout.

Oven Size	Coal Position	Temperature					
		325°	350°	375°	400°	425°	450°
8"	Top	10	11	11	12	13	14
	Bottom	5	5	6	6	6	6
10"	Top	13	14	16	17	18	19
	Bottom	6	7	7	8	9	10
12"	Top	16	17	18	19	21	22
	Bottom	7	8	9	10	10	11
14"	Top	20	21	22	24	25	26
	Bottom	10	11	12	12	13	14
16"	Top	22	24	25	27	28	30
	Bottom	12	12	13	13	14	14

All Dutch oven cooking is done by hot coals, never in a flaming fire. The coals may be from hardwoods like oak and hickory or from charcoal. Hardwoods yield long-burning coals which

are necessary for the lengthy cooking process in most Dutch oven recipes. Soft woods like pine are unsatisfactory.

Charcoal is more convenient to use and is necessary in areas where there is no downed hardwood. Use a fire pan under the coals to prevent killing ground cover. The pan can be metal or plywood with a thick layer of mineral soil (sand). Three or four stones can be used to prop up the pan above the ground. The amount of charcoal needed will vary with the weather (wind and temperature)

Please note that ambient temperatures (wind or cold temperature) may and usually will require additional charcoal.

Rotate the lid $\frac{1}{4}$ turn every 15 minutes. If baking, remove from bottom heat after 20-25 minutes.

Almost anything you can cook at home on the stove can be cooked in a Dutch oven.

Shopping for a Dutch Oven

When shopping for a dutch oven you should look for one that is obviously well made. Look at the bail handle, it should be of heavy gauge wire and securely attached to molded tangs on the side of the oven. Ovens that have riveted tabs should be avoided. Most oven handles will lay down against the side of the oven in both directions, but if you look hard enough, you will find some that allow the handle to stand up at a 45 degree angle on one side. This allows you easier access to it when positioning and removing the oven from the fire. Another area that bears close examination is the handle on the lid. It should be a loop attached to the lid on both ends and hollow in the center allowing it to be easily hooked. Stay away from the ones that have a molded solid tab on the lid for a handle. These are very difficult to grasp and manage with a load of coals. The lid should have a lip or ridge around the outer edge to keep the coals from sliding off. Choose an oven with three legs over four or flat bottomed. Avoid a second handle on the lid, it is awkward.

Pre-Treatment Procedure

All new dutch ovens need to be pre-treated and if you let your oven get rusted or soaped it will need to be pre-treated.

Step 1. Scrub entire oven and lid with steel wool.
Remove all coating.

Step 2. Rinse and dry (start w/towel then let air dry)

Step 3. Preheat regular oven to 350°



Step 4. Place dutch oven in center of oven with lid ajar

Step 5. Allow dutch oven to heat until it is barely too hot to handle w/bare hands

Step 6. Using a paper towel apply thin layer of olive or vegetable oil to all surfaces of dutch oven and lid

Step 7. Replace dutch oven in regular oven and bake it for about an hour

Cleaning your Dutch Oven

NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust!

NEVER use soap on cast iron. It will taint your next meal!

To remove stuck on food, heat some warm clean water in the oven until almost boiling

Use plastic mesh scrubber or sponge, gently break loose the food and wipe away

Rinse with clean warm water

Dry completely

If desired, Heat over the fire and apply thin coating of oil to the inside of the oven

One Pot Dinner Information

The idea is to create a stew or casserole in one pot. A mixture of starches, proteins, vegetables, and spices or a delectable sauce can become a gourmet feast. The following recipes are examples. Use the Chart to help create your own specialties.

One pot dinners can be easy to prepare with a little thought before hand. Which foods need to cook longer? - Start them first. How much water is needed? Is the pot big enough? Try to maintain texture in the food. Mush is mush and no amount of spices will dress it up. Plastic freezer bags can serve for carrying and mixing items such as instant potatoes. Reduce the cleanup; add the boiling water to the bag and mix. This works with quick rice as well.

Directions:

1. Select and assemble your ingredients from the grocery store, camping outlet or food co-op. Amounts of each ingredient can be adjusted to suit individual preferences and appetites.
2. Determine the order of preparation based on the cooking times of each ingredient. Items with similar cooking times and methods may be dumped together in a plastic bag. Put the bulkiest or main items in a large bag, and put the other items in smaller bags and seal them. Place these smaller bags inside the large bag and seal it.
3. Check the instructions for each component to be sure you include any extra items such as butter, dry milk, etc. that are needed.
4. Decide how much water you need to start with based on what is needed for each ingredient.
5. Write instructions for each package in the meal down, based on the items determined above. Include order of preparation, cooking times, ingredients not included in the bags, etc.
6. Include the instructions for each package with the package. Include the instructions for the whole meal with the large bag, in addition to the instructions for that bag.
7. Label each bag
 - i.e. Large bag can be labeled "dinner Day 3" with list of contents: "Orange drink, chicken soup, Mac & cheese, chocolate pudding"
 - Inside might include separate bags for drink, soup, and pudding. Instructions can be written on bags or cut from boxes and placed in bag
 - Use a marker that will **NOT WASH** off!

Foil Cooking

- Cut 2 pieces of lightweight foil or 1 piece of heavy-duty foil, twice the circumference of the item to be wrapped.
- Place food in middle of foil, shiny side in. Food must be moist or add 4 T. of fluid.
- Bring opposite sides of foil together, and fold 1/2 inch, repeat turning down to item.

- Flatten top of package, Fold corners of open ends in and roll ends in small folds into center. The edges must seal to keep steam in.

Miscellaneous

Trail Menu Samples (Philmont Trail Recipes)

All Meals are for four people, FD = freeze dried

BREAKFAST #1

Scrambled Eggs with Bacon
Bits
Raisin Crunch Bar
Hash Browns O'Brien
P.A. Orange Juice
Instant Cocoa

LUNCH #1

Peanut Butter

Graham Crackers
Beef Jerky
Chunky Pineapple
Grape Beverage

SUPPER #1

Cheese Enchilada

Peas F.D.
Beef Bouillon
Chocolate Pudding
Lemon Lime Beverage

BREAKFAST #2

Hi Energy cereal
Banana chips
Orange Juice
Beef Sticks
Instant Cocoa

LUNCH #2

Tuna Salad Spreadables
Saltine Crackers
Granola Cookies
Trail Candy
Gatorade Beverage.

SUPPER #2

Spaghetti with Meat Sauce
Beef Noodle Soup
Applesauce
Bread Sticks
Lemonade Beverage

BREAKFAST #3

Oatmeal w/Peaches & Creme
Apricot Nut Chews
Instant Milk
Apple Juice
Instant Cocoa

LUNCH #3

Cheese Spread (B.F.)
Sesame Crackers
Beef Jerky
Cashew Almond Bar
Cherry Beverage

SUPPER #3

Chicken Teriyaki
Chicken Soup
Cheese Cake
Fruit Punch

BREAKFAST #4

Food Bar (CA)
Dry Cereal
Grape Juice
Instant Milk
Instant Cocoa

LUNCH #4

Ham Salad Spreadables
Wheat Crackers
Chocolate Candy
Cookies (Peanut Butter)
Orange Beverage

SUPPER #4

Lasagna with F.D. Beef
Green Beans
Bread Sticks
Banana Creme Pudding
Grape Beverage

BREAKFAST #5

Buttermilk Pancakes
Sliced Bacon
Maple Syrup
orange Juice
Instant Cocoa

LUNCH #5

Cheese, Sharp
Club Crackers
Chocolate Cookies
Raisins
Lemon Lime Beverage.

SUPPER #5

Chicken Noodle Dinner
With F.D. Peas
Chicken Bouillon
Cobbler, Apple
Cherry Beverage

BREAKFAST #6

Cereal Cream of Wheat
Granola Cookie
Instant Milk
Beef Jerky
Instant Cocoa

LUNCH #6

Peanut Butter
Ritz Crackers
Beef Sticks
Walnut Bar
Gatorade Beverage.

SUPPER #6

Beef Stroganoff
with wild Rice
Vegetable Soup
Corn F. D.
Mixed Fruit

Lemonade Beverage

BREAKFAST #7

Hi Energy Cereal
Orange Juice
Chunky Pineapple
Beef Jerky
Instant Cocoa

BREAKFAST #8

Oatmeal / Raisins
Apple Slices
Instant Milk
Beef Sticks
Grape Juice
Instant Cocoa

BREAKFAST #9

Western Omelet
Hash Brown Potatoes
P.A. Orange Juice
Oats & Honey Bar
Instant Cocoa

BREAKFAST #10

Food Bar (FN)
Dry Cereal
Apple Juice
Instant Milk
Instant Cocoa

LUNCH #7

Turkey Spreadables
Wheat Crackers
Chocolate Candy
Fruit Punch

LUNCH #8

Cheese Spread (SM)
Beef Jerky
Rye Crackers
Fig Bar Cookies
Lemonade Beverage.

LUNCH #9

Chicken Spreadables
Club Crackers
Oreo Cookies
Orange Beverage

LUNCH #10

Jalapeno-Sharp
Cheese
Ritz Crackers
Pecan Bar (RB)
Grape Beverage

SUPPER #7

Chicken Rice Dinner
with Peas & Carrots
Chicken Cup-A-Soup
Apple Dessert
Orange Beverage

SUPPER #8

Mashed Potatoes
with F.D. Beef
Pinto Beans
Vegetable Soup
Lemon Pie w/Gram Cr.
Fruit Punch

SUPPER #9

Turkey Noodle Dinner
with F.D. Peas
Chicken Noodle Soup
Peaches & Creme Pie
Lemonade Beverage.

SUPPER #10

Mac. & Cheese Dinner
Onion Soup
Fruit Cobbler
Bread Sticks
Cherry Beverage

As you may tell, the above meals are a mixture of freeze dried and store bought foods. These are included as suggestions for the possibility of doing your own from the grocery store.

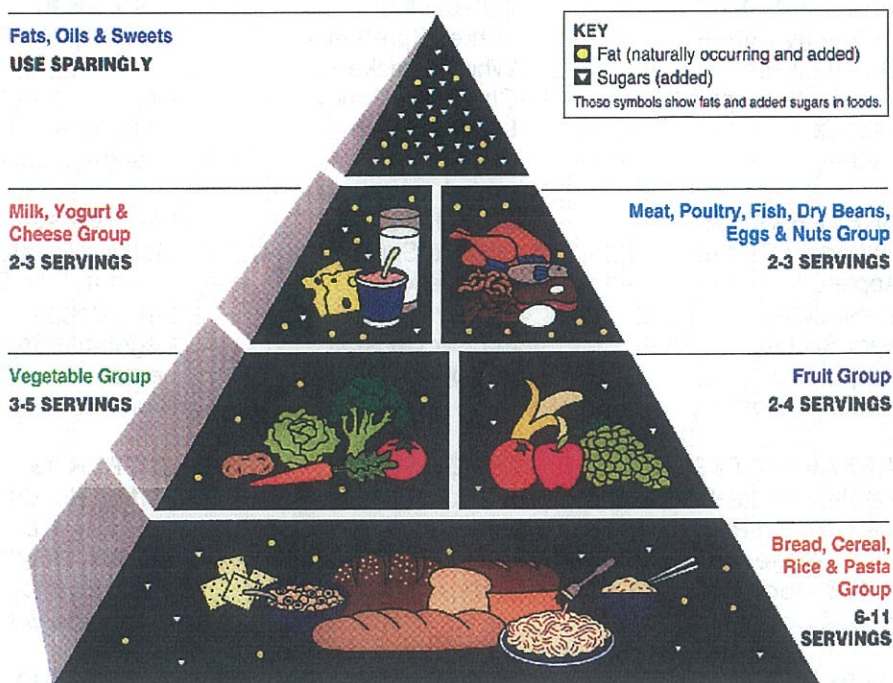
Nutrition Notes

Eating well is not just part of the fun of camping. It is important to eat well to replace the energy used in the hiking and activities that busy Scouts are prone to do. High fluid intake and high caloric intake are needed. Seasonal changes may demand over 3,000 calories per day. The food pyramid is a guide for meal planning. The Pyramid can change with camping. The high calorie diets of

campers use more fats during colder weather. During Spring, Summer, and Fall try to reduce Fat in menus. Try to take the bulk of the food from the carbohydrate group.

The following recipes and charts are for the adventuresome who would like to try different things. Great, but try them at home first, not 20 miles out on the trail.

Take special note of any dietary needs of the Scouts and adults. Allergies to foods are common.



Shopping Lists

Once you have made a menu of the meals you plan to make, you need to make a shopping list. Start by listing the food items and the amount based on 1 Scout or group of Scouts. Then multiply by the number of campers. Keep Group items to a small size to reduce waste.

Sample of a shopping list

	number to buy	\$\$
Hot Chocolate	4x number of Scouts	_____
Cookies	4x number of Scouts	_____
White Bread	4x (slices)20-22/loaf	_____
Jam	1 small jar per 8 Scouts	_____
Eggs	4x number of Scouts	_____
Cinnamon	1 small can per group	_____
Sugar	1 pound per group	_____
Oil	2 quart per group	_____
Powdered sugar	1 pound per group	_____
Applesauce	1 small can per 4 Scouts	_____
Cinnamon red hots	1 small package 4 oz.	_____
Macaroni and Cheese	1 box per 2 Scouts	_____
Chunky Ham	1 can per 4 Scouts	_____
Milk	1 quart (group) powdered OK	_____
Lettuce	1 small head per 4 Scouts	_____
French dressing	1 small bottle per 8 Scouts	_____
Kool ade	3-4 quarts per Scout	_____
Hamburger	1 pound per 3 Scouts	_____
Pork and Beans	1 medium can per 3 Scouts	_____
Brown Sugar	1 pound (group)	_____
Onions	3-4 medium (group)	_____
Pita Bread	2x number of Scouts	_____
Watermelon	1 large (group)	_____
Canned Biscuits	1/2 (5) can per Scout	_____
Spiced Apple Cider packets	2x number of Scouts	_____
Instant Oatmeal	1 1/2 serving per Scout	_____
Syrup	1 small bottle (group)	_____
Tomato Juice	8 oz per Scout	_____

Plan your budget as well. Use Coupons and leftover stock from last camp out.

Menu Sheet

for _____ Scouts

date: _____

Breakfast

	amount	equipment	cost \$
drink			
meal			

Lunch

	amount	equipment	cost \$
drink			
meal			
fruit			

Dinner

	amount	equipment	cost \$
drink			
meal			
dessert			
fruit			

Kitchen Accessories

water proof matches:	with their safety striker box
Match safe:	water proof with strike anywhere wooden matches
camp stove lighter:	Again with the fire.
fire starter, fire ribbon, primer:	for starting cranky stoves
tinder:	for starting cranky fires
fuel bottles / containers:	for fuel only, not for anything else.
funnel:	for pouring fuel into itty bitty stove tank openings
pouring cap:	for pouring fuel into itty bitty stove tank openings
pliers:	for fixing cranky stoves
bandanna:	for holding hot pots when you forget your gloves
Pot grippers:	for holding hot, hot pots when you forget bandanna
grid /grate:	for holding pots higher over the burner or coals.
splatter shield / wind shield:	the wind is always blowing
2'x3' plastic 6 mil sheet:	Clean area to put things down on and catch spills
nylon spatula:	for frying on Non-Stick surfaces
whisk:	for mixing batters and puddings
aluminum foil:	several sheets for cooking, wind screens
handy-wipes:	for drying dishes, reusable
scouring pad / sponge:	clean up
scrubie	for Teflon pans
pine cone	for the forgotten scrubie
Soap:	small bottle biodegradable dish soap, in a zip bag.
trash bags:	several for bag in bags
"spice rack":	collection of spices in small bottles or film containers, salt, pepper, garlic powder, onion flakes, bell pepper flakes, cinnamon, Italian seasoning, etc.
Butter Buds:	Seasonings, not for frying
Cooking oil:	In a small plastic bottle and in another zip bag
Small can opener:	better than the one on your knife.
Spring Steel Handle:	Hand made for when you forgot the pot grippers, pliers, and bandanna
ZIP bags	for all kinds of things, wet and dry, all sizes.

Camper's Measurements without utensils

1 Open Fistful	=	1/2 cup
Five-Finger Pinch	=	1 Tablespoon
Four-Finger Pinch	=	1 Teaspoon
One-Finger Pinch(with thumb)	=	1/8 Teaspoon
One-Finger Gob of shortening	=	1 Tablespoon
Palm of hand (center)	=	1 Tablespoon

Fluid Standard Measures

3 Teaspoons	=	1 Tablespoon	=	1/2 oz	=	29.57 milliliters
16 Tablespoons	=	1 Cup	=	8 oz	=	0.236 liters
2 Cups	=	1 Pint	=	16 oz	=	0.473 liters
2 Pints	=	1 Quart	=	32 oz	=	0.946 liters
4 Quarts	=	1 Gallon	=	128 oz	=	3.785 liters
		1 Gallon	=	8 lbs.		

Substitutions and Equivalents

1 lb. butter / shortening	=	2 cup
4 oz. cheddar cheese	=	1 cup grated
1/2 pt. whipping cream	=	1 cup (2 c. whipped)
8 oz. sour cream	=	1 cup = 1 cup plain low-fat yogurt
1 lb. flour	=	app. 3 1/2 cup
1 cup marshmallows	=	11 large or 110 miniature
1 lb. brown sugar	=	2 1/4 cup (packed)
1 lb. granulated sugar	=	2 1/4 cup
1 cup milk	=	1/2 cup evaporated milk + 1/2 cup water
	=	1 cup reconstituted dry milk + 2 tbs. butter
1 cup buttermilk	=	1 cup milk + 1 tbs. vinegar
	=	3/4 cup milk + 1/4 cup butter + 1 1/2 tsp. corn starch
1 cup sour milk	=	1 cup sweet milk + 1 Tbs. vinegar / lemon juice
1 stick butter	=	1/4 lb. or 1/2 cup or 8 tbs.
1 lb. loaf bread	=	about 17 slices
1 cup of fine crumbs	=	22 vanilla wafers, 4 slices of bread, 26 saltine crackers, 14 graham crackers
1 Tbs. instant minced onion	=	1 small fresh onion
1 Tbs. prepared mustard	=	1 tsp. dry mustard
1 cup sugar	=	2/3 to 3/4 cup honey
1 cup honey	=	1 cup molasses
1 whole egg	=	2 egg whites = 1/4 cup egg substitute
	=	1 egg white + 1 tsp. oil
1 oz baking chocolate	=	3 Tbs. cocoa powder + 1 Tbs. oil
1 Tbs. cornstarch (for thickening)	=	2 Tbs. flour

ACKNOWLEDGEMENTS

This book is dedicated to Scott Truax, the person who (after 3 tries and several major personal injuries) got me to attend Wood Badge – a course that will go with me for the rest of my life.

The recipes are listed with the title, author (if known) and the type of cooking method.

All the packs and troops in the George Mason District – National Capital Area Council

BC recipes are from “Backpacker’s Cookbook”

PTR Recipes are from Philmont Trail Recipes in the “Philmont Country Cookbook”

Other recipes with Proper names are from the Philmont Trail Recipes book

