

**"No Boy Scout ever starved to death on a weekend campout."  
-- Roger Morris, Scouter**

## Forward

Like many Woodbadge Ticket items, this project was undertaken in response to a need with my troop. We had fallen into a rut with our menus and cooking techniques. I would make great meals for the adults and have forlorn looks from our scouts working in their patrols having “Taco Bell” yet again.

This cookbook is a compilation of work submitted to several Scouting cooking and recipe websites including Geezer, MacScouter, The Philmont Cookbook, The Dutch Oven Cookbook etc. Where credit for individual recipes was available, credit is given. I have corrected numerous typos, combined similar recipes and have reviewed most of the recipes for usefulness. I have tried to group the recipes together in somewhat of a logical order and have added an index to try to make lookups easier. As part of the first section I’ve collected “pearls of wisdom” from numerous sources and then combined them with my own experiences to try to provide some basic background and theory of using the basic scouting cooking tools and techniques including using AL Foil, Dutch & Box ovens and working with open fires.

### General Commandments on trail cookery:

#### **go light, no fuss, no mess**

- |                                   |   |
|-----------------------------------|---|
| 1. Nutritious                     | <i>What! pop-tarts for supper again?</i>        |
| 2. Low in weight                  | <i>Less than a 11 yr. old Scout.</i>            |
| 3. Taste Great                    | <i>Scouts sure are great cooks.....</i>         |
| 4. Cooks fast with no fuss        | <i>Hurry up, the batteries are going...</i>     |
| 5. Meets BSA's handling standards | <i>Packed by a 11 yr. old Scout</i>             |
| 6. Compact                        | <i>Smaller than a 11 yr. old Scout</i>          |
| 7. Cheap                          | <i>No the Money Tree is not in the Forestry</i> |
|                                   | <i>Merit...</i>                                 |

Review the National BSA policy on fuels and the local regulations on fires and fuels. Some Airlines have a problem with transporting empty liquid fuel stoves and fuel bottles. Liquid and gas fuels are banned from airlines. Call Ahead and plan to pick up fuel and stoves at your destination.

The recipes in this cookbook span from the heaviest cooler camping where the whole weekend is devoted to cooking and eating to quick lightweight backpacking/ high adventure meals.

The following explains the term “Geezer” that is associated with many of these recipes:

You may be asking yourself, what is a Geezer? Well thoughts of older folks, sitting around a porch and telling stories of yesteryear comes to my mind, so if you have a moment, Ill spin a little tale of the Medicine Man and the Geezer's Cookbook.

Dwayne Pritchett (aka by his OA vigil name, the 'Medicine Man'), was a father, a Scoutmaster, a husband and a man who loved spicy foods and Dutch oven cooking among other things in life. This passion led him to compile a collection of his favorite recipes on bits of paper, 3x5 cards, napkins and such. Over his Scouting years, whenever he would go on a camporee, summer camp, conclave or Scouting event he was always on

the prowl for good Dutch oven and great spicy recipes. So in Dwayne's eyes, a 'Geezer' was anyone that shared a penchant for spicy cooking, one who truly loved the hot stuff, whooo-eeee!!

Now as Dwayne sought to put the accumulated recipes into a format that others could enjoy, he found an electronic medium to put them into and once he found this, his next quest was sharing these 350+ recipes with his fellow Scouts & Scouters, so that they might enjoy and share his love of spicy cooking.

I first met up with Dwayne on the Scout board on Prodigy in 1993. I had been posting some items under the heading "the final word", that were short items, inspirational in tone. Dwayne, enjoyed these and immediately started up his own thread of longer inspirational messages, stories and Scoutmasters minutes under the heading of "the Medicine Man's minute" everyone on the BSA board on Prodigy loved these and he continued to post these as time went on.

Dwayne began to offer his compilation of recipes, to the Scouting fraternity, all he asked in return for his effort was a council shoulder patch to keep track of all the different councils he was communicating with. The news spread far and wide and Dwayne was kept busy, posting his 'minutes' and shipping discs with his Geezer Cookbook on them to Scouters around the country.

In April of 1995, Dwaynes' family posted a note on the BSA board on Prodigy, that Dwayne had been diagnosed with a tumor on his esophagus and would be off-line for a time, due to chemo-therapy treatments he would be taking, to try and rid him of the cancer. In august of 1995, I was informed that Dwayne had passed away due to the cancer. His death came as a shock to all of us.

As I never had a chance to say a proper good-bye to Dwayne and to thank him for his Cyber-friendship, I resolved myself to continue to spread his recipes in the spirit of the medicine man. This on-line compilation, is the result of that resolution. From the Medicine Man to you, in the Spirit of Friendship please enjoy this effort.

Here's to you Medicine Man!

Mark Michalski, [mam@ah.ds.adp.com](mailto:mam@ah.ds.adp.com)

These Recipes tend to include Tabasco as a spice agent – feel free to use other ingredients to spice things up - Lee

I hope you have fun making and enjoying the hundreds of recipes that follow.

E. Lee Hutchins, Troop 295, Woodbridge, VA.

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## Clean Sweep:Food Safety Tips

The biggest party crasher at summer picnic and camp outs is food borne bacteria. You can't see them, you can't taste them;but you sure can feel them if illness occurs hours or days later.

Each year about one in every ten Americans has an illness caused by food. Most of these cases result in simple stomachaches or diarrhea. If you prepare and then store foods properly, they will never leave their calling card behind. It's up to you to select, store, prepare, and then serve safe foods for you and your family. The most important steps to keep these uninvited guests away are very easy to do.

### The Golden Rules Of Food Safety

**ALWAYS WASH YOUR HANDS BEFORE AND AFTER HANDLING FOOD.**

**ALWAYS WASH YOUR HANDS AFTER USING THE REST ROOM, etc.**

When preparing food, keep surfaces and utensils clean. Use one cutting board for raw meats, another for fruits and vegetables that won't be cooked.

**WASH YOUR HANDS BETWEEN EACH TASK!**

Keeping a clean kitchen area saves on cleaning up after the meal and keeps food related illnesses at a minimum. A clean heavy plastic sheet can declare kitchen boundaries.

**Read the preparation directions twice before beginning.**

- **WASH YOUR HANDS**

- Pick up trash as you create it.

- Soak pots and pans after using, Saves on that stuck on food mess after the meal.

A simple trick is to fill dishpans with hot, sudsy water. This serves two purposes for me.

- When preparing food, you can toss the dirty dishes into the hot water to soak while you cook. This makes for easier cleanup.
- As you cook, stick your hands in the water to clean.

### Keep cold food cold and hot food hot.

- 140 degrees F or above and 40 degrees F or below. Do not leave food at room temperature longer than 2 hours (1 hour when summer room temperatures are hot). Thaw foods in the refrigerator, not on the counter. Also make sure that meat juices can't drip onto other foods. To store hot foods, refrigerate immediately in shallow containers to cool them more quickly.
- Keep chicken and chicken products, juices away from other foods.
- Clean cutting boards between each use.
- Be considerate of the cleaning crew while cooking, your next on the duty roster.
- Clean the dishes with soap, sanitize, rise **all** the soap off.
- Put utensils and pots back in the right places.
- **Keep dry items dry**, Don't place wet towels in with the dry goods.
- **WASH YOUR HANDS**

**ALWAYS SERVE FOOD ON CLEAN PLATTERS.** Now, you are probably thinking:"I know that! Why are they saying that to me?"But think? Have you every taken raw meat to the barbecue

on a plate and then put the cooked meat back on the same plate to serve? Don't do this unless you have washed the dish in between. Raw meat has bacteria that will spread to the cooked meat.

**IF IN DOUBT, THROW IT OUT!** If you have any question in your mind about the freshness or safety of eating a food product, throw it out. It is better to be safe than sorry!

**Cook all the Food.** Leftover raw meats spoil faster than cooked meat.

### Why is this more of a problem in camping?

Did you pack the refrigerator? Temperatures are harder to control in the out-of-doors. Too Hot or Too Cold are what the campers say, But not your food. Camping temperatures usually range in the ideal temperatures for bacteria growth. Also Bugs and Dirt are naturally at home at the campsite.

### Salmonella and Food Safety

Chicken, turkey, pork, beef, and other meat and poultry products are important sources of protein and other nutrients. Unfortunately, these foods -- like eggs, raw milk, and all raw foods of animal origin -- may also carry salmonella and other bacteria. The good news is that these bacteria don't have to cause illness. Routine food safety can destroy salmonella and other bacteria.

**Hamburger and any ground meat has increased surface area and a increased risk for contamination.**

### What is salmonella?

The salmonella family includes abbot 2,000 different strains of bacteria, but only 10 strains cause most reported salmonella infections. Strains that may cause no symptoms in animals can make people sick, and vice versa. A salmonella bacterium is a one-celled organism that can't be seen, touched, or tasted. The bacteria are common in the intestinal tracts and waste of livestock, poultry, dogs, cats, rats, and other warm-blooded animals.

### What is salmonellosis?

Salmonellosis, or a salmonella infection, is the illness that can occur if live salmonella bacteria enter the body -- usually through food. Most reported outbreaks of food-born illness are caused by bacteria, and salmonellosis is the most common bacterial food-borne illness. Salmonellosis is usually preventable.

### How can salmonella bacteria on raw meat, poultry make people sick?

First,"food abuse"allows bacteria to survive and often to multiply. For example, if the meat knife is used to cut the salad lettuce without first being washed, the lettuce can be contaminated by any bacteria on the meat. The person who eats the salad then also eats the bacteria.

Next, if the bacteria survive the stomach acid, they reproduce themselves in the small intestine. One cell becomes two, two become four, four become sixteen and so on. When there are"enough"bacteria, they cause a salmonella infection.

### How many bacteria does it take to make people sick?

There is no exact number, but the more bacteria consumed, the more likely a person is to get sick. Healthy adults have eaten food containing millions of bacteria without getting sick. Other people have gotten sick from as few as 10 bacteria in the food.

### What are the symptoms of salmonellosis?

According to the Centers for Disease Control, stomach pain occurs within 6 to 48 hours after the food was eaten. Most people get diarrhea, and many people have upset stomachs, chills, fever or headache. Most people feel better within 3 to 5 days. Many persons with salmonellosis may believe they have the flu and may never see a doctor.

### How many people get sick from salmonellosis?

At least 40,000 salmonella infections are reported every year, but experts believe that between 500,000 and 4 million persons each year actually contract salmonellosis.

### How does the doctor know a person has salmonellosis?

The only way to tell for sure is to conduct laboratory test on the stools of the person who got sick, a process that takes several days.

### How many people die from salmonellosis?

Salmonella infections can be life-threatening for the very young, the very old and for persons already weakened by other serious diseases, such as AIDS. Reports show about 2 deaths for every 1,000 known cases of salmonellosis, but experts believe that about 500 persons each year actually die from salmonella infections.

### What foods are most likely to make people sick?

Foods don't make people sick -- bacteria do. Any raw food of animal origin -- meat, poultry, raw milk, fish, and shellfish -- may carry salmonellae. The bacteria can survive to cause illness if these specific foods are not thoroughly cooked. the bacteria can also cause illness if they contaminate any other food that comes in contact with the raw food, either directly or by way of dirty hands or dirty equipment. Salmonellosis is a world- wide, food-chain problem that can't be "blamed" on any one food.

### Anti-Salmonella Strategy

Bacteria on raw foods of animal origin do not have to cause illness. Investigations of actual outbreaks reported to the Centers for Disease Control show that:

***bacteria + food safety mistakes can = illness.***

Errors during food shopping, transport, preparation, serving, or storage can enable bacteria to grow or even just survive. If foods are prepared a day or more ahead of time and food handlers make mistakes, the chance of illness can increase, because bacteria have more time to multiply. In outbreaks traced to bacteria or other organisms in meat or poultry, one or more of the following eight food handling mistakes enabled bacteria on raw products to survive and cause food-borne illness:

•Improper cooling •Improper hot storage of cooked foods •Undercooked •Cross-contamination of cooked foods by raw foods •Inadequate cleaning of equipment •Infected person touching cooked food •Eating raw meat or poultry •Inadequate reheating of cooked and chilled foods

Therefore, the key to preventing illness -- at home, in a restaurant, at a church picnic, anywhere - is to destroy the bacteria. Below are some hints, based on information from actual outbreaks, that can destroy or stop growth of salmonella bacteria and other bacteria that can cause illness.

### CLEAN IT.

Salmonella bacteria can survive in water, soil, and on the kitchen counter, so sanitation can make a big difference -- especially in preventing bacteria that could be on raw products from contaminating other foods. (This is called cross-contamination.)

- **Wash your hands frequently with SOAP and water for at least 20 seconds** -- after you use the bathroom, before you start food preparation, before you start working with a new food or a new tool, when you finish food preparation, and before you serve food.
- **Prevent cross-contamination.** Never let raw meat and poultry, or their juices, come into contact with cooked meat or any other food -- raw or cooked.
- **If you use a dishcloth for cleaning kitchen surfaces, switch to a clean one after you work with raw meat or poultry.** Choose a type that will stand up to a laundering in hot water and bleach. Otherwise, use paper towels and throw away after use.
- **Cut raw meat or poultry on an acrylic cutting board that is thoroughly cleaned** after each use. Use that favorite (but porous) wooden one only for cutting bread or vegetables.
- **Wash cutting boards, knives, counter, and other implements with detergent and hot water** immediately after you use them with raw meat and poultry.
- **After washing and rinsing equipment and counter, professional food service workers also sanitize and rinse them.** Consumers who want to sanitize implements after washing can use a solution of 2 to 3 teaspoons household bleach in 1 quart of water, followed by a cold water rinse. (Note: Sanitizing doesn't work on dirty surfaces, so clean them first.)
- **Serve cooked meat and poultry on clean plates.** When you replenish the banquet, replenish the serving plates. Don't put grilled meat or poultry back on the plate with raw juices.
- **Keep pets and other animals away from food**, and away from cooking and eating surfaces and equipment. Squirrels and mice contaminate, as do insects.

### COOK IT.

Salmonellae -- however many there are -- do not survive when beef or pork is cooked to an internal temperature of at least 160 degrees F, or when poultry is cooked to 185 degrees F. (Some experts believe that this country's passion for rare beef explains why beef -- which carries very low levels of salmonella bacteria -- is involved in more reported salmonellosis outbreaks than poultry.) Always cook meat and poultry thoroughly, and be just as careful when microwaving as when using traditional ovens.

- **Using a meat thermometer** to check "doneness." If meat is too thin for a thermometer, follow the recipe and cook till the juices are clear.
- **Never interrupt cooking** -- it's a "half-baked idea" that can make you sick. After thawing foods in the microwave, cook them immediately.
- **If reheating** leftovers, cover and reheat thoroughly to 165°F just in case bacteria survived in the food during refrigeration or freezing. Let sauces and gravies reach a rolling boil.
- **Don't store the latecomer's cooked meat and poultry dinner in an off or warm oven.** Hold the food above 140°F. (But, within 2 hours after cooking, refrigerate the food.)

### COOL IT.

Refrigeration and even freezing do not kill all salmonella or other bacteria, but proper cooling can usually prevent salmonellae from multiplying.

- **Refrigerate raw meat and poultry as soon as possible** after you take it out of the grocery meat case. Ice it down in the camp cooler
- **Refrigerate food containing cooked meat or poultry within 2 hours after cooking.**
- **Refrigerate or freeze cooked meat or poultry casseroles in covered shallow pans** rather than deep pots. leave space around the containers to let cold air circulate.
- **Never thaw frozen meat and poultry on the kitchen counter.** Thaw it in the refrigerator or, if you are in a hurry, in a bag under cold running water. It will thaw in a cooler.
- **Remember that refrigeration or freezing cannot be counted on to kill many salmonella bacteria.** it can't "fix" a mistake such as leaving cooked turkey at room temperature for more than 2 hours -- it can only postpone the risk of illness. If in doubt, throw food out.

Do you have other questions about meat and poultry food safety or labeling?

Consumers:Call the toll free **Meat and Poultry Hotline at 1-800-535-4555**, 10 a.m. to 4 p.m., Eastern Standard Time. Press Inquires:(202) 447-9113.

## Tips/ Techniques

### Foil Pouches

- A shallow bed of glowing coals that will last the length of cooking time is necessary.
- Use hard wood for making your charcoal resinous wood like pine or cedar doesn't make long lasting charcoal.:from Clif Golden
- Do NOT, REPEAT NOT use cheese in your recipes, unless put on after cooking.
- The cheese will warm and separate and the oil will catch fire or cook the food faster than expected:From:Jess Olonoff
- It may cost a bit more too, but try to keep your meats lean and let the veggies add the moisture necessary.
- Also, have some extra bread and cheese slices available as there will inevitably be an accident or two (broken foil-food in fire)
- Don't forget extra utensils as you'll be moving allot of packages around.
- Drugstore Wrap:Use heavy foil three times the width of the food. Fold over and roll up the leading edges. Then roll sides for a steam-proof seal.
- Cooking Times:
  - Hamburger:8-12 minutes, Carrots:15-20 minutes
  - Chicken pieces:20-30 minutes, Whole Apples:20-30 minutes
  - Hotdogs:5-10 minutes, Sliced potatoes 10-15 minutes

### Drugstore wrap:

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

### Dutch Ovens

Dutch Ovens are a traditional cooking method using a Cast Iron (or AL) pot with a lid and legs. They are very versatile allowing you to use them as a large pot, a small oven or even using the inverted lid as a griddle. Any time you see a Dutch Oven listed for baking, you can use a Box Oven (see below) to accomplish the same baking requirements.

- Before we get started, we should review some of the things you will need to know before purchasing your first Dutch oven. There are literally hundreds of option and size combinations available, so it would be impractical for me to tell you which oven is the one for you. Because each type of oven is designed for a different type of cooking situation. I will go over the various options and you will have to decide which ones you will look for. In shopping for an 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 or 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 loop style offers much better control. While examining the lid, check that it has a lip or ridge around the outer edge. The lip keeps the coals from sliding off of the lid. Don't get me wrong, the ridgeless ones can be used but it is difficult to keep coals on the lid and if you are not meticulous in cleaning the ash from the lid each and every time you open the oven, you will end up with ash and/or sand in your food. The lip virtually illuminates the problem and the lid can be lifted even fully loaded with ash and coals with little difficulty.
- Another feature to look at is the legs. The most common variety is one with three legs, although flat-bottomed ones and four legged ones can also be had. For outdoor cooking, legs are a necessity, they maintain the height of the oven above ground allowing air for the coals underneath. The flat bottomed ones can be set up on rocks(which are scarce as hen's teeth here in Florida) or up on steel tent pegs. If you figure in Murphy's Law here, the flat bottom ovens are best left in the store or on the kitchen stove where they were intended. I highly recommend three legs over four simply for the stability factor. It is much more stable with three legs sitting on rough ground than with four.
- The last option to look at is a second handle attached to the lid or upper rim on the oven base. Some ovens are offered with a skillet type handle attached to the lid. This, in theory, is a good idea, but in reality they seem to be more in the way than of assistance. The handle does assist in using the lid upside down as a skillet or griddle but when using it as a lid, they get in the way of the bail handle and also misbalance the lid when lifting by the center hoop. They also tend to be in the way during storage and packing situations. Fixed handles on the oven base, with one exception, should be absolutely avoided. I believe the theory behind these handles was to make the oven easier to position in a deep fire pit. If you insist on considering the handle, take a couple of red bricks with you to the store and place them in the oven. Then give her a lift by the handle and you will see the uselessness in the handle. A loaded 12"oven can weigh 20 to 25 pounds, a real wrist breaker. The one exception is a small tab sometimes offered which is about 1 to 1-1/2"deep and 2-3"wide on the upper lip of the oven. This tab makes pouring liquids from the oven very easy and its small size has never caused storage or packing problems for me.
- When someone mentions"Dutch Oven"most people immediately think"Cast Iron", but Dutch ovens are supplied in aluminum also. An aluminum oven weighs only 6-1/2 to 7 pounds opposed to around 18 pounds for the cast iron oven. There are advantages and disadvantages to each.
- The most obvious aluminum advantage is weight, 11 pounds lighter. Additionally, because aluminum doesn't rust, care is restricted to simple washing with soap and water. Aluminum tends to heat faster requiring less preheating time but they don't retain the heat very long after the coals are removed. Also because aluminum reflects more heat than cast iron, more coals will be required to reach and maintain a set temperature. Also on windy days, you will see a greater variation in temperature than one of cast iron. Where weight is very critical, most of the disadvantages can be overcome. For canoeing, backpacking or trips where weight is a problem, aluminum ovens are the answer.
- Be careful with aluminum, it will melt! The melting point of aluminum is (cast alloy 43 is 1065 to 1170 degrees F Ref Perry's Handbook of Chemical Engineering 6th edition p 23-40

Table 23-6). Other alloys are higher melting point up to 1200 degrees F. The melting point of cast iron is 2100 degrees F to 2200 degrees F (same reference). It is possible to generate that kind of temperature if the oven is in direct contact with the coals below it or if there are too many coals below the oven.

#### First Time Use:a.k.a. initial seasoning

1. Before you use your cast-iron Dutch oven for the first time, you must season it to ensure continuous use over a long period. Most good quality Dutch ovens are shipped with a protective coating that should be removed before seasoning. To remove the coating, use some steel wool, soap and hot water and scrub the oven thoroughly. When you're done scrubbing, rinse it well then towel it down and allow to air dry. Take note that is the only time you will be using soap on the oven, unless you have to strip it down if it has rusted or gone rancid!
2. The seasoning process requires a source of heat. This can be your kitchen oven, but this has the slightly adverse result of smoking up your house at the same time. I season my ovens on an outdoor barbecue at 375° F (200° C). After completing step 1, once the oven is dry, preheat it on the heat source with the lid ajar, until it is just about too hot to handle with your bare hands. The preheating will drive out any remaining moisture in the metal and open the pores of the metal.
3. Remove from the heat source and apply a thin coating of vegetable oil using a paper towel. I do not use olive oil for this, because the burning point is higher than that of vegetable oil, and will therefore set up and harden at higher temperatures. Ensure the oil layer coats every square inch of the Dutch oven, inside and out, and then return it to the heat source, only upside down this time. Rest the lid on the legs. Bake for about an hour to harden the oil and form a protective coating on the metal. Allow to cool, add an additional coating, and repeat the baking and cooling process.
4. When you are done, and the oven is cool enough to touch, apply an additional thin coating of oil. Ensure you do not leave any oil residue in the oven, as this can turn rancid and ruin your protective coating. You should now have three layers of oil, two that were baked and one applied when the oven was warm. Once it cools down completely, the oven is ready for use. There is no need to go through the seasoning procedure again, unless rust form or the protective coating becomes damaged. Cooking foods with a high acid or sugar content should be avoided the first 2:3 times you use your oven, as this may break down the protective coating before it has had time to harden sufficiently.

#### Charcoal

Use Kingsford charcoal, this is not a commercial, but the bargain brands seem not to last as long. If not Kingsford, try lump charcoal instead of briquettes. It lights easier and burns hotter.

Charcoal placement for a Dutch oven:

- **ROASTING:**The heat should come from the top and bottom equally. Use a 1 to 1 ratio.
- **BAKING:**Done with more heat from the top than the bottom. Use a 1 to 3 ratio with more on the lid.
- **FRYING, BOILING, ETC.:**All heat should come from the bottom. Use coals on the bottom only.

- **STEWING, SIMMERING:** Almost all heat should be on the bottom. Use a 4 to 1 ratio with more underneath.
- ! Don't place an empty cast iron pan or oven over a hot fire. It will crack or warp. Don't get in a hurry to heat cast iron, you'll end up with burnt food or a damaged utensil.
- ! Never put cold liquid into a very hot cast iron pan or oven. They will crack on the spot

### Temperature Control

The general rule of thumb to produce about a 350° F. heat (about 180° C.), is to take the diameter of the Dutch oven in inches, double the number, and use that many total briquettes. So, for a 12" oven you would use 24 briquettes, for a 14" oven you would use 28 briquettes, etc.

**Remember this is just a rule of thumb**, and does not work for all ovens (some may have a larger volume) or under all circumstances. For example, various external factors influence cooking time and placement of briquettes. Cool air temperatures, high altitudes, and humidity decrease heat generated by the briquettes, while low altitudes, wind and direct sunlight will increase the heat. I'm sure you get my drift here. This means you'll have to play around a little to see what works best for you. *But that's all part of the fun, right?*

	Temperature/ # briquettes					
	325°F	350°F	375°F	400°F	425°F	450°F
Oven size	160°C	180°C	190°C	200°C	220°C	230°C
<b>8"</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
TOP	10	11	11	12	13	14
BOTTOM	5	5	6	6	6	6
<b>10"</b>	<b>19</b>	<b>21</b>	<b>23</b>	<b>25</b>	<b>27</b>	<b>29</b>
TOP	13	14	16	17	18	19
BOTTOM	6	7	7	8	9	10
<b>12"</b>	<b>23</b>	<b>25</b>	<b>27</b>	<b>29</b>	<b>31</b>	<b>33</b>
TOP	16	17	18	19	21	22
BOTTOM	7	8	9	10	10	11
<b>14"</b>	<b>30</b>	<b>32</b>	<b>34</b>	<b>36</b>	<b>38</b>	<b>40</b>
TOP	20	21	22	24	25	26
BOTTOM	10	11	12	12	13	14

### Fire Pan

We got one of the local sheet metal contractors to give us an unused (scrap) HVAC or Hot Water Heater drip pan that is 2'x3' with 1"lip all the way around. This is large enough to accommodate 6 Dutch ovens (12"). Placing the pan on 6:12"sq patio bricks will allow you to cook with Dutch Ovens ANYWHERE w/o impacting the ground. As an alternative, try placing heavy duty aluminum foil on the ground between the oven and the charcoal. Next best is to carefully loosen the sod in a 14in circle down to a depth of 4in. Put the charcoal in the pit and then place the oven in the pit. Be sure to cover the pit after cooking to leave no trace of your fire.

### Cooking

Breads and sugary desserts will tend to carbonize on the inside of the Dutch Oven if they are in direct contact with the surface making for a much more challenging cleanup. There are a number of liner techniques in use:

- Preformed AL foil liners (limited to specific Oven sizes; single use)
- Heavy Duty AL Foil placed into the Oven
- Parchment Paper placed directly into the Oven
- Placing a separate pan inside the Oven and treating it as a cake pan in a traditional home oven (the old BSA Patrol kit tops:the frying pan:was ideal for the traditional BSA 12"Dutch Oven). You can use 2 of the Dutch Oven pliers to put the pan into and take it out of a Hot oven w/o getting burned. The important thing to remember is that air needs to circulate around the whole pan. I use 3 pebbles placed under the pan to keep the pan off the bottom of the oven.

I prefer the last method and have purchased high quality AL cake baking pans (Made by Fat Daddio) for the purpose. The pans clean easily and don't generate a lot of waste cleanup materials. Also the pans make it real convenient for serving the food away from Hot Dutch Ovens.

Stews, soups, roasts and other similar foods can be cooked directly in the Oven w/o any kind of liner. In fact it's these kinds of foods that give ovens their distinctive flavor because each use adds additional flavor to the seasoning.

### Cleaning

Cleaning a Dutch oven is done with water and some sort of scrubbing material:I prefer the green"brillo"scrubby pads (without the sponge backing). A full size pad can be cut into smaller squares:6 or more per original pad. Heat some water in the Oven and then use a stick or some sort of cooking utensil to move the scrubby around the inside surface to dislodge any stuck or baked on food. Dispose of the water via an appropriate sump for your location. Dry out the oven and then season it with oil as described in the Seasoning discussion. There are other alternative methods using crumpled AL foil or salt in place of the green scrubby. Be careful if you use salt to get it ALL out before doing the seasoning step or you will end up with rust:remember salt and cast iron don't mix real well!

- ! Don't scrub so hard that the seasoning layer comes off (i.e. exposing the underlying cast iron). A properly seasoned Oven should easily release cooked on food as long as it does not have a high sugar content. If cast iron is exposed, you must redo ORIGINAL seasoning process as if it were a new piece of cast iron cookware!

- ! Never, never allow cast iron to sit in water or allow water to stand in it. It will rust despite a good seasoning.
- ! Never use soap on cast iron. The soap will get into the pores of the iron and won't come out very easy, but will return to taint your next meal.

### Seasoning

Make sure after each use, the Cast Iron gets a fresh coating of some sort of cooking oil. I like to use the Crisco bars. Occasionally, clean the ashes off the lids and do the outside lid surfaces also. Don't leave too much oil in the bottom. If any rust develops, use a green scrubby (no soap) with some water and scrub the rust off and reseason.

### Tools

To successfully use a Dutch Oven there are a number of tools that will make your experience easier.

- Charcoal chimney:essential for rapidly getting charcoal started and hot for use
- Charcoal tongs:you something to be able to pick up briquettes and position on the lid of the oven
- Dutch Oven Pliers:these are AL pliers that have a hook built in to be able to lift the oven by the handle. Using the jaws upside down, you can easily lift a lid in a controlled manner. The AL won't scratch that beautiful black seasoned finish on the lid!
- Lid lifter:I ran across a long handled lid lifter when we lived in UT and have found this to be the most useful tool I own. I can pick up a lid full of coals w/o needing to protect my hands with heavy gloves and not burn myself. It also holds the lid securely enough that I can lift the lid and rotate it up 90 degrees to drop the coals and ash off the lid and maintain complete control of the lid the entire time. Even on my 16 qt Oven lid!
- Leather gloves:at some point you are going to want to grab the feet or handle the oven to dump it or move it easily while it's still hot.
- Cake Pans:explained above
- Seasoning oil and rags/ paper towels.

### Personal Note on Aluminum:

- With charcoal on and under when a strong wind came up a blast furnace effect caused the bottom to sag and the lid was dripping molten aluminum into the cake! The top held its shape, but there are little metal balls stuck all over the inside of the lid. I always thought they were indestructible until then. Milt Forsberg, SM, Troop 7, Champaign, IL
- Aluminum is OK if properly used. Keep coals from contact with the bottom of the Dutch oven. Only use the number of coals needed to prepare the meal. Spread the coals below the oven out to evenly distribute the heat. Train the boys in the proper method of using an aluminum Dutch oven. Spread the coals below the oven out to evenly distribute the heat. Train the boys in the proper method of using an aluminum Dutch oven. --Ralph Romig, Scouter
- When weight is not a problem, the cast iron oven has the upper hand. Cast iron reacts more slowly to temperature changes so don't burn food as easily if the fire flares up and they retain heat for quite a while after the coals have been removed, keeping food warmer longer. Also, because they retain heat well, they fair better on windy days with smaller variations in temperature. Cast iron absorbs a great deal of heat, consequently, they

require fewer coals to reach and maintain a set temperature. Weight is its obvious disadvantage, but there are others. Clean up is not as simple, but done regularly and correctly, it is not much of a chore. Rust is the other, bare cast iron will literally rust overnight if not protected. This protection naturally must be done each time it is used but is part of the cleanup procedure and fairly simple. After all, I've got Tenderfoot Scouts that are 11 years old that do it like clockwork.

- The last thing you must consider is the size of the oven. They range from the tiny 4" to the giant 24" monsters. Personally, I have ovens ranging in size from 6" to 18". For small group or patrol situations, 10"-12" will serve rather adequately for almost all circumstances.
- As a review, you should look for a 10"-12" oven that is obviously well made and of good design. It should have three legs, loop type handle and a lip on the lid and a strong bail type handle for the bottom. You can choose other options but those are personal preferences and totally up to the user. Whether to choose cast iron or aluminum should be based on the service conditions the oven is going to be MOST used in.
- Now that you have decided the type, style and options, where do you find one? Check your Boy Scout Troop Equipment Catalog or your local Boy Scout Equipment Center. Many good sporting goods or camping supply stores also will carry them. Also, restaurant supply houses may stock them or will have a catalog they can order them from. From my experiences, the restaurant houses typically cost a bit more but the ovens are commercial quality and they usually have a better selection to choose from. Another option is mail order. Companies such as REI, Campmor, etc may carry them but look out for the shipping charges on the cast iron ones. In your shopping around by mail, it is best to request their shipping charges and add that in when comparing to local prices.
- If you go into the store armed with information, you should have little problem in selecting an oven for your needs and it will be the start of some long lived happy memories. One word of fair warning, SHOP AROUND! I have seen the same 10" oven by the same manufacturer range in price from \$25 up to their mighty proud \$60, so be careful. Demand quality, a poorly made oven with lots of options is not worth the time to carry it to the car.

### **Box or Reflector Ovens**

Cut off the flaps so that the box has four straight sides and bottom. The bottom of the box will be the top of the oven.

Cover the box inside COMPLETELY with foil, placing the shiny side out.

To use the oven, place the pan with food to be baked on a footed grill over the lit charcoal briquettes. The grill should be raised about ten inches above the charcoal. Set the cardboard oven over the food and charcoal. Prop up one end of the oven with a pebble to provide the air charcoal needs to burn: or cut air vents along the lower edge of the oven.

Control the baking temperature of the oven by the number of charcoal briquettes used. Each briquette supplies 40 degrees of heat (a 360 degree temperature will take 9 briquettes).

Experiment! Build an oven to fit your pans: or your menu: Bake bread, brownies, roast chicken, pizza or a coffee cake. Construct a removable oven top or oven door. Punch holes on opposite sides of the oven and run coat hanger wire through to make a grill to hold baking pans. Try the oven over the coals of a campfire.

Box Ovens and Dutch Ovens can be used interchangeably for baking, although the box oven is going to accommodate larger pans and trays.

### Campfires

- Soap the bottom and side of your pots and pans before putting on the fire. This will reduce the amount of scouring you will need to do when cleaning up. Liquid soap is easier to use than bar soap.
- If cooking on a wood fire, wait for the flames to burn down. The coals are where the heat comes from. Also the flames will blacken the bottom and sides of the pot making clean up more difficult.
- The Hand Thermometer enables you to try on your campfire, recipes which specify a cooking temperature. Of course, the secret of any campfire cooking is to try and maintain steadily glowing coals, but once you have your fire in this state, you can gauge its approximate temperature by using your hand. Hold your bare hand over the coals and count off second ("1 and 2 and 3..."). Your temperature guide is the number of second you can hold your hand over the fire.
  - If you have to remove your hand between four and five seconds, you have a low heat (about 300 degrees F)
  - If you have to remove your hand between three and four seconds, you have a low heat (about 350 degrees F)
  - If you have to remove your hand before you can count to three seconds, you have a low heat (about 400 degrees F)
  - To find the temperature you want, raise or lower your hand and you will know where to set your cooking utensils. No matter what you are cooking, the results will be more consistent if you maintain an even or near-even heat. And, by using your hand thermometer, you will assure that your meal cooks at the rate which will produce the tastiest results every time.
- You need even heat for griddle cooking, so use the griddle only over coals or on a stove. It won't work successfully over a campfire.
- When broiling bacon over an open grill, try cooking it on foil. It will prevent charring, which often happens when you cook bacon on a grill.
- Racks from an old oven make good lightweight grills. Spray with Teflon spray for easier cleaning. Don't use racks from old refrigerators. Some were made with cadmium plating, which when heated can give off toxic fumes or spill its way into your food. Cadmium is a heavy metal that is toxic when ingested or inhaled.
- Tightly roll four newspaper sheets together, tie with string at 2in intervals, then cut off each segment between the strings. Melt paraffin (sold in 1 lb boxes as canning wax). Dip each segment into a pot and cool. Makes "fire bugs", a cinch fire starter.

### Propane or other compressed gas

- When using a propane or gas stove you have a variety of heat settings, wide open is not the best way to cook.
- Propane doesn't flow readily when the temp drops down freezing and below
- Butane is common for backpacking; the canisters work well at lower altitudes and for warmer temperatures. For colder temps, it's best to warm the canister up before use and then to isolate it from the cold ground.



**White Gas (A.K.A Coleman Fuel)**

White gas has the advantage that it is a very dense fuel and will work consistently at higher altitudes and colder temperatures. Its downside is that there are more moving parts and requires more maintenance to keep appliances operating correctly. Depending on the appliance lighting can be a bit tricky due to requiring the burning of raw fuel to heat up the fuel generator for the appliance to light correctly. Also the fuel container must be pressurized (normally by some sort of hand pump) before lighting. The final consideration is that White Gas is a liquid and can spill. While backpacking, it's critical to ensure containers are tightly closed and stored so spills do not contaminate food or clothing.

**Kitchen accessories:mostly shared between Scouts as patrol gear**

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
scrubbie	for Teflon pans
pine cone	for the forgotten scrubbie
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.



### Food readiness

- Just because what you are cooking is black on the outside it does not mean that it is cooked all the way through. Check the insides before serving.
- If you continually have burnt on the outside and raw on the inside food. Lower the cooking temperature so the food will cook more evenly.

### Recipes

- Get copies of your favorite recipes at home and suggest them for camping trips.
- Follow the recipe and box directions to prepare food.
- Many camping books have recipes. Check them out from the library and copy the ones that sound good.

### Cooking at Altitude with attitude

The boiling point of water decreases with increasing elevation due to decreasing air pressure. The boiling point of water decreases 1 degree C for each 1,000 feet of elevation. Cooking times increase with increasing elevation at 6,000 feet to about 125% of the time needed to cook at sea level. Time is dependent on the type of food and the method of cooking.

Camper's  
without

Altitude	Fahrenheit	Celsius
Sea Level	212	100
2,000 ft	208	98
5,000 ft	203	95
7,500 ft	198	92
10,000 ft	194	90
15,000 ft	185	85

measurements  
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 & 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 milk	=	1 cup reconstituted dry milk + 2 tbs. butter		
1 cup buttermilk	=	1 cup milk + 1 tbs. vinegar		
1 cup buttermilk	=	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 whole egg	=	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		

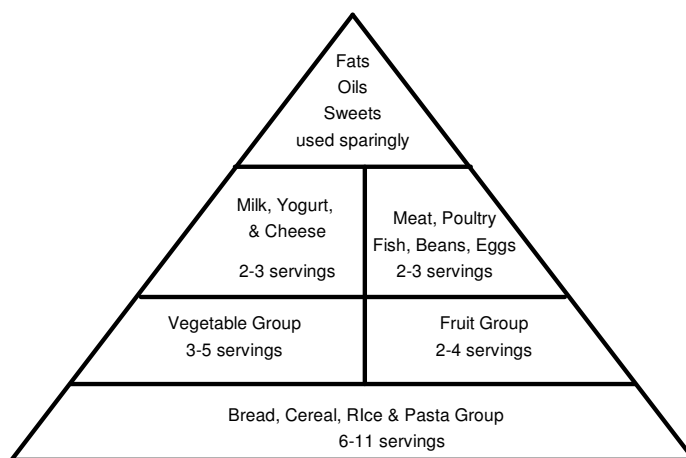
### Abbreviations:

oz:Ounce	tsp:Tea Spoon
lb:Pound	Tbs:Table Spoon
pt:Pint	c:Cup (8 oz)
qt:Quart	pkg:Package
gl:Gallon	

**Measurement conversions:**

1 Tbs = 3 tsp	1 Stick Butter = 1/4 lb or 1/2 c or 8 Tbs
2 Tbs = 1 oz	
1/4c = 4 Tbs	1 lb bread loaf = About 17 slices
1/3c = 5 1/3 Tbs	1 1/4 lb loaf = About 20
1/2c = 8 Tbs	1 1/2 lb loaf = About 23
1 c = 8 oz	
1 qt = 4 c	
1 gal = 4 qt	
2 c = 1 pt	
Stick butter	
Bread loaf, 1-1/4 lb loaf and 1-1/2 lb	

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 diet 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.



We have tried not to duplicate the many books available on camp cooking (see additional reading list). We have tried to place our own stamp on the type of cooking, but do not limit yourself to the recipes, invent your own. The following tables 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.

Don't forget the duty roster. It will save time on determination of whose turn to do what.

When	Water	Fire / Stoves / Cook	Clean Up	Food Bags

**Menu Sheet**

for \_\_\_\_\_ Scouts

date:

**Breakfast**

	amount	equipment	cost \$
drink			
meal			

**Lunch**

	amount	equipment	cost \$
drink			
meal			
fruit			

**Dinner**

	amount	equipment	cost \$
drink			
meal			
desert			
fruit			

## 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.

Here is an example of a shopping list from 1991

		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. No one likes to dig deep at the checkout line.

## Food Preparation

- Do as much preparation as possible at home.
  - Dice your onions, green peppers, etc. at home and store them in plastic bags. Place in the cooler before leaving.
  - Dry goods (flour, spices, etc) can be mixed into small ziplock baggies at home and then just dumped into a pot or bowl to combine with the wet/ cold ingredients

- When packing zip-lock bags for individual pack meals, color code each bag with a Magic Marker, then record each color to each meal on a 3x5 card and put it in your map compartment.
- To cut down on grease in camp food, fry meats in a fine dusting of salt in the skillet instead of fat or shortening.
- Scrambled eggs go further if bread crumbs and a little milk are added.
- Drop a small pat of butter or one tablespoon of oil in your spaghetti water to prevent it from boiling over.
- Stir pancake batter instead of beating it, don't worry about the lumps. they will disappear.
- On a cold day, butter may be too hard to spread easily. Invert a heated bowl or pan over the butter dish for a few minutes. This will soften the butter but not melt it.
- By using lids whenever possible, you will greatly reduce the cooking time required for many foods
- Removing a single strip of bacon from a package is difficult. Roll the packaged tightly. The slices will come off easily.
- Don't salt meats while (or before) they are broiled. Salt starts the juices running and you'll lose flavor.
- To test the griddle temperature before cooking, let a drop of water fall onto the surface. If the water simply lies there and bubbles, the griddle is too cool. If the drop pops and jumps, it's time to cook. If it splatters and disappears, the griddle is too hot and should be raised a bit from the heat source.
- When popping corn, you'll get better results if you place corn in the freezer for a day, or as long as you care, beforehand.
- To keep marshmallows from burning dip them in water before holding them over the flame.
- To refreshen a pack of marshmallows place them in a brown paper bag and place in a warm oven for a few minutes.
- If you can't stand the taste of powdered milk, try adding two tablespoons of non-dairy creamer to each quart.

### Food Storage

- Vegetables such as celery carrots, radishes, cabbage, and lettuce will keep fresh longer if wrapped in foil and several layers of brown paper bag.
- To keep cheese from molding, wrap it in cheese cloth dipped in vinegar.
- A piece of apple or orange inside a covered container of brown sugar will keep it soft.
- To keep salt shaker from spilling while traveling, Screw a piece of plastic wrap under the lid.
- Cheese cut in small strips or narrow slices will keep well in a covered glass jar.
- Cover the ice in a picnic cooler with foil to help it last longer. Keep the water in your canteen cooler by wrapping the canteen in foil.
- Eggs dipped in boiling water for 10 seconds will last for weeks in a camp ice chest.
- If you carry along eggs, avoid cracks (and worse) by packing them in your flour or sugar.
- Store eggs with large end up, they will stay fresh longer.

- If you want to save room in your cooler and still have to keep eggs fresh, make a mixture of one pound of lime to one gallon of water in a plastic one gallon jug, put your eggs in the jug, and add the lime water. The eggs will keep without refrigeration for some time.

### Cleanup

- A little vinegar will remove onion and fish odor from a skillet.
- A little dab of butter in oatmeal while its cooking will make pot easier to clean.
- Pancakes are less likely to stick if you add a tablespoon of melted fat to each 1.5 cups of batter.
- To remove fishy odor from your hands, rub a little vinegar on them and rinse with cold water.
- If you burn the inside of a cook pot, shake cream of tartar into the pot, fill with water and bring to a boil. Boil for a few minutes, pour out water, and wipe clean.
- Lightly grease a cast-iron fiddle before making first pancakes. Then rub a raw peeled potato between batches. This will produce golden brown flapjacks that will not stick.
- If you're having a problem cleaning a pan, rub the area with salt.
- Save clean-up time by lining casserole, baking and frying pan with heavy duty foil before cooking in them.
- When it is time for washing up, a crumpled ball of foil makes an excellent scouring pad for pots and pans.
- Wipe dishes and pans with a paper towel, to get the grease off before cleaning.
- Lining your cooking equipment with foil will save cleanup.

### Rescuing Mistakes

- Bouillon cubes can be substituted for meat stocks when making camp soup, stews, and gravies.
- Sprinkle a few drops of water on sliced bacon to keep it from shriveling in the pan.
- Place bread in a shoe box to keep it from being smashed.
- Rice in the salt shaker will absorb moisture and keep salt from lumping.
- Adding a pinch or two of salt to water when boiling a cracked egg will prevent the whites from running out, or wrap the eggs tightly in aluminum foil.
- Biscuits, breads and corn cakes which are dried out can be freshened by placing in a brown paper bag after sprinkling lightly with water. Place the bag near the heat or in a reflector oven for a few minutes.
- If vegetables or cereal scorch, plunge the pan and all into cold water for a few minutes. Much of the burned taste will be dissipated.
- If your stew or gravy is too salty, cut pieces of raw potato and add to the mix. Remove after a few minutes. The potato will absorb the salt.
- To check if an egg is fresh place it in water, if it sinks it is fresh if it floats it is bad.

### Alternative utensils

- To tenderize tough cuts of meat, as for stew, add a little vinegar to the water in which the meat is being boiled.
- A little lemon juice added to the boiling water will make rice whiter and keep the grains from sticking.
- A can or bottle can be used as a rolling pin.



- Eggs can be removed from the shell, whole, and stored in an oil jar with lid. They won't break and can still be poured out on at a time.
- Use fingernail polish to mark foil dinners. It won't burn off in the coals.
- A small soft drink bottle can be used as a potato masher.
- Use plastic bags for mixing foods.
- Use a clean stick as a stirring spoon.
- For a fun and extremely messy break in a long term camp, order a couple of chilled watermelons from the commissary. Spread out a large clean poly tarp. Have each patrol hold the melons above their heads and then on a signal drop them onto the tarp. Yes, we said BUST them and let them eat the melon with their fingers.

### Safety

- Do not spray non-stick coatings for pans on a hot skillet / pan or near coals or flames. The spray can ignite causing the can to explode.
- Vegetables can be warmed directly in their own can, but you must first open the lid part way to vent off steam. Otherwise, the can might explode.
- A pinch of flour sprinkled on fat while frying will stop the spattering.
- Hand sanitizer contains alcohol and hands must be DRY before working with any open flame. Scouting has experienced a number of serious burn injuries because scouts applied hand sanitizer and then light a stove while their hands were still "wet".

### Sample Meal Evaluation Sheet

- \_\_\_ Was the food good?
  - \_\_\_ Was there enough food for everyone?
  - \_\_\_ Was there not too much food wasted?
  - \_\_\_ Did everyone get his fair share of food?
  - \_\_\_ Was the duty roster posted and used?
  - \_\_\_ Did everyone do his job without complaining?
  - \_\_\_ Did everyone offer to help others with their jobs when they could?
  - \_\_\_ Was it a well-balanced meal?
  - \_\_\_ Did you say grace before the meal?
  - \_\_\_ Did you give your patrol yell?
  - \_\_\_ Is the patrol area clean after the meal?
  - \_\_\_ Was there enough water for the meal?
  - \_\_\_ Was there enough water to put out the fire?
  - \_\_\_ Was the fire prepared on time?
  - \_\_\_ Did you use a fire starter?
  - \_\_\_ Was it a "legal" fire starter?
  - \_\_\_ Was there a ready means for putting out the fire in case it got out of control?
  - \_\_\_ Was there enough firewood for the entire meal (without having to go get more)?
  - \_\_\_ Was the fire kept going through the meal until the KPs were through?
  - \_\_\_ Was the fire properly extinguished when KPs were done?
  - \_\_\_ Was the fire always attended (never left alone)?
  - \_\_\_ Was the fire the right size for the job?
  - \_\_\_ Did anyone who was not busy offer to help the fire/water crew?
  - \_\_\_ Was the meal prepared on time?
  - \_\_\_ Was the food warm when it was served?
  - \_\_\_ Did the cooks wash their hands before they started?
  - \_\_\_ Did the cooks have the food ingredient list for this meal?
  - \_\_\_ Did the cooks have all the food ingredients they needed?
  - \_\_\_ Did the cooks know how to prepare the meal?
  - \_\_\_ Were the cooks ready to cook when the fire was ready?
  - \_\_\_ Did you have the right hardware to do the job (for example, pots, pans, utensils, can opener, gloves, HPTs)?
  - \_\_\_ Were missing hardware items written down by the Patrol Quartermaster so that you will have them next time?
  - \_\_\_ Was the fire right for cooking (not too cold or too hot)?
  - \_\_\_ Were the outside of cooking pots soaped before they went on the fire?
  - \_\_\_ Did the cooks serve the food?
  - \_\_\_ Was the entire meal ready and served at the same time?
  - \_\_\_ Did the cooks have enough help?
  - \_\_\_ Was a little water put in emptied pots to keep food from hardening?
  - \_\_\_ Did the cooks make sure the kitchen area was clean when the meal was done?
  - \_\_\_ Did anyone who was not busy offer to help the cooks?
  - \_\_\_ Was KP completed on time?
  - \_\_\_ Was a sump hole used for the wash water?
  - \_\_\_ Was the sump hole located in a proper place?
  - \_\_\_ Was the wash water hot when the patrol finished eating?
  - \_\_\_ Was there enough fire to heat the water quickly?
  - \_\_\_ Did everyone AP his own personal gear?
  - \_\_\_ Did the KPs AP the kitchen gear?
  - \_\_\_ Was everything AP'd before it was washed?
  - \_\_\_ Was the gear washed and rinsed properly?
  - \_\_\_ Was the Dutch oven properly cared for?
  - \_\_\_ Was the sump hole filled in if this was the last meal of the day?
  - \_\_\_ Did anyone who was not busy offer to help the KPs?
- KP = Kitchen Police                      AP= Area Police?

**Substitutions**

1 cup Milk	= 1/2 cup evaporated milk + 1/2 c water, or
	= 1 cup reconstituted dry milk + 2 tsp margarine or butter
1 cup Buttermilk	= 1 tbs vinegar + 1 cup sweet milk, or
	= 1/4 cup butter + 3/4 cup milk
1 1/2 tsp cornstarch	= 1 tbs all purpose flour
1 cup Honey	= 1 1/4c sugar + 1/4c water or other liquid

Emergency should be the only excuse for substituting ingredients in a recipe.

**Dried Beans and Peas Yield Values**

<b><u>When you start with:</u></b>	<b><u>You will get at least:</u></b>
1 cup black beans	2 cups cooked beans
1 cup blackeye beans	2 1/2 cups cooked beans
1 cup Great Northern beans	2 1/2 cups cooked beans
1 cup kidney beans	2 3/4 cups cooked beans
1 cup lentils	2 1/2 cups cooked lentils
2 cup large lima beans	2 1/2 cups cooked beans
1 cup small lima beans	2 cups cooked beans
1 cup pea (or navy) beans	2 1/2 cups cooked beans
1 cup split peas	2 1/2 cups cooked peas
1 cup pinto beans	2 1/2 cups cooked beans

Source:Utah State Extension

**Can Sizes**

<b><u>Can Size</u></b>	<b><u>Net Weight</u></b>	<b><u>Cups</u></b>	<b><u>Servings/Can</u></b>
#1	10 1/2:12 oz.	1 1/4	1
#300	14:16 oz.	1 3/4	2 or 3
#303	16:17 oz.	2	4 or 5
#2 1/2	1lbs 13 oz.	2 or 3	4 or 6
#3 cylinder	3lbs 3 oz. or	5 3/4	12
	1 qt 14 oz		
#10	6.5lbs to 7lbs 5 oz.	2:13	25

#5	48 oz	6	
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SOURCE: Purchasing Food for 50 Servings, Cornell Ext. Bulletin 803

## Food Handling and Storage

### Storage Times

STAPLES	STORAGE AT	HANDLING HINTS
	70 DEG F.	
Baking Powder	18 months	Keep dry and covered
	or expiration.	
Baking soda	2 years	“ “ “ “
Cereals		
unopened	6:12 months	Refold package liner
		tightly after opening
opened	2:3 months	
cooked	6 months	
Chocolate		
semi-sweet	2 years	Keep cool
unsweetened	18 mon	“ “
Cocoa mixes	8 months	Cover tightly
Chocolate syrup		
unopened	2 years	“ “
opened	6 months	Refr. after opening
Coffee		
cans		
unopened	2 years	
opened	2 weeks.	Refr. after opening
instant		
unopened	1:2 years	
opened	2 weeks.	
Cornmeal	18 months	Keep tightly closed
Cornstarch	6:8 months	“ “ “
Flour		
white	6:8 months	Keep in air tight cont.
whole wheat	6:8 months	Keep refr. Store air tight
Honey	12 months	Cover tightly. Refr. after
		opening to extend life
Molasses		
unopened	12 months	Keep tightly closed
opened	6 months	Refr. to extend life
Marshmallows	2:3 months	Keep air tight
Mayonnaise		
unopened	2:3 months	Refr. after opening
Milk		
condensed or		

evaporated	12 months	Once opened, store air tight
non-fat dry		
unopened	6 months	
opened	3 months	
Pasta	2 years.	Once opened, store air tight
Salad dressings		
bottled		
unopened	10-12 months	Refr. after opening
opened	3 months	
made from mix	2 weeks.	
Salad oils		
unopened	6 months	Refr. after opening
opened	1-3 months	“ “ “
Shortenings		
solid	8 months	Refr. not needed
Sugar		
brown	4 months	Airtight containers
confectioners	18 months	“ “
granulated	2 years.	Cover tightly
Vinegar		
opened	1 yr.	“ “

SOURCE: Cupboard Storage Chart:Michigan State University

### Mixes and Packages Foods

MIXES AND	STORAGE AT	HANDLING HINTS
PACKAGED FOODS	70 DEG F	
Biscuit, brownie, & muffin		
	9 months	Keep cool and dry
Cake mixes	9 months	“ “ “ “
angel food	1 yr.	
Casseroles complete or add own meat		
	9:12 months	“ “ “ “
Cookies		
homemade	2:3 weeks.	Airtight containers
packaged	2 mon	Keep box tightly closed
Crackers	8 mon	“ “ “ “
Frosting		
canned	3 months	Ref. leftovers
mix	8 months	
Hot roll mix	18 months	Airtight container
Pancake mix	6:9 months	“ “
Pie crust mix	8 months	Keep cool and dry
Potatoes		

instant	6:12 months	“ “ “ “
Pudding mixes	12 months	“ “ “ “
Sauce and gravy		
mixes	6:12 months	“ “ “ “
Soup mixes	12 months	“ “ “ “

SOURCE:Cupboard Storage Chart:Michigan State University

### Canned and Dried Foods

CANNED AND	STORAGE AT	HANDLING HINTS
DRIED FOODS	70 DEG F.	
Canned foods,		
unopened	12 months	Keep cool
opened		
baby food	2:3 days	Refr. after opening*
fish and seafood	2 days	
fruit	1 wk.	
meats	2 days	
pickles, olives	5 days	
vegetables	3 days	
Fruits:dried	6 months	Keep cool, air tight
Canned fruit juices	9 months	“ “
Vegetables:dried	1 yr.	“ “ “ “

\*The FDA is concerned about storing foods in opened cans because of cans using lead solder. FDA now recommends acid foods like fruits and tomatoes once opened should be transferred to glass or plastic

SOURCE:Cupboard Storage Chart:Michigan State University

### Storage Times of Spices, Herbs, Condiments and Extracts

SPICES, HERBS, & CONDIMENTS	STORAGE AT	HANDLING HINTS
	70 DEG F	
Catsup, chili sauce		
unopened	12 months	
opened	1 months	
Mustard, prepared yellow		
unopened	2 years.	
opened	6-8 months	May be refrigerated
Spices and herbs		
whole	1-2 months	Store airtight, dry,
ground	6 months	away from sunlight and
herbs	6 months	heat
herb/spice blend	6 months	

Vanilla		
unopened	2 years.	Keep tightly closed
opened	1 yr.	“ “ “
Other extracts		
opened	1 yr.	“ “ “

SOURCE:Cupboard Storage Chart:Michigan State University

## Trail Meals:

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 Breakfast

**Mix and Match:**Pick one from each category.

dairy	meat	grain	fruit	fun
hard cheese cheese spread string cheese	jerky bacon bar hard salami meat sticks  peanut butter powder eggs eggbeaters	bagel crackers melba toast graham cracker	dried apples banana chips fruit bits fruit leathers raisins	trail mix choc. granola nuts sunflower seeds pumpkin seeds
drinks		oatmeal, instant	orange crasins	
water Tang tea powder mixes hot chocolate		grits, instant cream of wheat pilot bread cereal mixes granola bar		

### Trail Lunches

Pick one from each category.

dairy	meat	grain	fruit	fun
hard cheese cheese spread string cheese	jerky can tuna canned spread hard salami meat sticks  peanut butter jelly	bagel crackers melba toast graham cracker	dried apples banana chips fruit bits fruit leathers raisins	hard candies GORP trail mix candy bar choc granola
drinks		corn chips flour tortillas	walking apple orange	nuts sunflower seeds pumpkin seeds cereal mixes
water kool aid gator types powder mixes		wheat bread pilot bread pretzels granola bar		

### One Pot Dinners

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 grommet 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 beforehand. 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
  - a. i.e. Large bag can be labeled "dinner Day 3" with list of contents
  - b. Orange drink, chicken soup, Mac & cheese, chocolate pudding
  - c. Inside might include separate bags for drink, soup, and pudding. Instructions can be written on bags with a marker that will **NOT WASH** off or cut from boxes and placed in bag.

## take one from each column

BASE	VEGETABLE	MEAT	SAUCE	SPICE	TOPPING
Spaghetti	<i>fresh</i>	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	salt, pepper	coconut
Macaroni	cucumbers	can meat spread	miso powder	poultry seasoning	sesame seeds
Ribbons	<i>frozen</i>	stew meat	gravy mixes	garlic salt	margarine
Egg Noodles	for short trips &	hard salami	curry	onion salt	cheese
Linguine	cold weather	Vienna sausage	sweet & sour	chili powder	catsup
Elbow Macaroni		SPAM	au jus	butter buds	packets
Rotini	<i>freeze dried</i>	jerky	teriyaki	soy sauce	bacon bits
Small Shells	peas	<i>canned fish</i>		<i>bouillon</i>	croutons
Juniorettes	gr. beans	clams	<i>thickeners</i>	chicken	dumplings
Pasta Nuggets	corn	tuna	cornstarch	beef	wheat germ
Kluski noodles		salmon	flour	vegetable	
Rigatoni	<i>home dried</i>	sardines	cornmeal	<i>mixes</i>	
Mostaccioli	onions	crab	SOUPS	chili	
Ziti	mushrooms	shrimp	Cream of Mushroom	taco	dried fruit bits
Ready-cut Spaghetti	mixed vegetable. flakes		Tomato creamed corn	sloppy Joe	raisins
Rotelle	soup blends	pepperoni			
Rainbow Rotini	pepper flakes	<i>freeze dried</i>			
Medium Shells	celery flakes	ham	Tomato juice		
Cous Cous	can onion rings	beef			
Acini di Pepe		chicken	Cheddar cheese		
Rosmarina		shrimp	soup		
A-B-C- noodles		dried fish			
Rings		smoked fish			
Ramen noodles	chow mien noodles	bacon bar			
Quick Rice	### Helper's	TVP			
Rice-A-Roni	Stuffing	beef flavor			
Instant	box mixes	chicken flavor			
Potatoes	Mac & cheese				
Quick Grits	rice & ###				
	noodles & ###				

## Appetizers

### Armadillo Eggs

#### Ingredients

24oz pickled hot jalapeno peppers	2 lb hot pork sausage
2 cup biscuit mix	2 pkg Shake 'n Bake pork seasoning
12 oz shredded Mozzarella cheese	

#### Equipment

Skillet

#### Directions

1. Cut off stem ends and gut seeds from the peppers.
2. Stuff peppers lightly with cheese, then set aside.
3. Thoroughly mix sausage, biscuit mix, and remaining cheese.
4. Make small patties from the mixture.
5. Place a pepper in the center of each patty, then wrap and seal the dough around the pepper.
6. Coat one or two "eggs" at a time by shaking them in the pork seasoning.
7. Put the "eggs" into a lightly greased large skillet over medium heat.
8. Fry until brown.

Thanks to Dale Elders, Troop 491, Montgomery, Texas

### Chicken Nachos

#### Ingredients

1 16 oz jar salsa	2 cans chunk chicken, drained
2/3 cups sour cream	2 cups shredded cheddar cheese
2 7 1/2oz bags tortilla chips	

#### Equipment

Pot

#### Directions

1. In medium pot, combine salsa and sour cream.
2. Spread tortilla chips on a baking sheet.
3. Layer salsa mixture, chicken, and then cheddar cheese on chips.
4. Place on hot grill or in cardboard oven at 425 until cheese melts.

### Chili Cheese Nachos

#### Ingredients

1 large can chili mix	1 8oz jars Cheez Whiz
-----------------------	-----------------------

1 lb tortilla chips  
1 head lettuce, shredded  
4 tomatoes, chopped  
1 cup sour cream

½ tsp dried red pepper  
¼ cups jalapenos, chopped  
1 tsp Tabasco

### **Equipment**

Pot

### **Directions**

1. Pour chili mix into medium pot and heat until just simmering.
2. Add Cheez Whiz and blend well.
3. Add dried red pepper, jalapenos, and Tabasco.
4. Stir well to blend.
5. Layer ½ of chips on a baking sheet, add ½ of chili mixture.
6. Layer rest of chips, then rest of chili mixture.
7. Top with lettuce, tomatoes, and sour cream.

### **Come and Get it!**

### **Ingredients**

1 lb ground beef  
1 lb hot pork sausage  
1 pkg hot taco seasoning mix  
1 tsp cumin  
1 medium onion, chopped  
2 cloves garlic, minced

1 small jar jalapenos  
1 can refried beans  
8oz shredded Monterey jack  
8oz shredded cheddar  
1 jar salsa

### **Equipment**

Dutch Oven

### **Directions**

1. Brown ground beef, pork sausage, onions, and garlic in large skillet.
2. Drain.
3. Add cumin and taco seasoning mix.
4. Use only ¼ cups water and simmer until seasoning mix sets.
5. Pour into bottom of Dutch oven.
6. Layer refried beans over meat mixture, then the cheeses, then the jalapenos.
7. Spoon salsa over the top evenly.
8. Bake at 325 for ½ hour.
9. Use as dip with tortilla chips.

### **Dip:Beefy Onion**

### **Ingredients**

2 packages cream cheese  
2 envelopes onion soup mix

16oz French onion dip  
1 tbs onion powder

1 tbs garlic powder

### **Equipment**

Bowl

### **Instructions**

1. Mix cream cheese and French onion dip together in a small pot.
2. Stir well to blend thoroughly.
3. Stir in onion soup mix and then onion and Garlic powder.
4. Blend well.
5. Cover and store in cooler several hours to let soup mix re-hydrate.

### **Dip:Chili Cheese**

#### **Ingredients**

2 lb loaf Velveeta cheese	1 tbs dried red pepper
2 cans chili without beans2 envelopes dry	1 tbs coriander
chili seasoning	1 tbs cumin
2 tbs onion powder	½ bottle Tabasco sauce
2 tbs garlic powder	water
1 tbs red pepper	

#### **Equipment**

Dutch Oven

#### **Directions**

1. Heat 2 cups water in Dutch oven.
2. Cut Velveeta into 1in squares and melt over medium heat stirring constantly.
3. Add more water if too thick.
4. Stir in chili without beans.
5. Stir in dry ingredients.
6. Add Tabasco sauce.
7. Serve warm over nachos, tortilla chips, or dip with Fritos.

### **Dip:Green Onion**

#### **Ingredients**

2 cups mayo	2 tsp Dijon mustard
1 cup yogurt	1 tsp minced garlic
1 cup sliced green onions	1 tsp salt.
¼ cups parsley flakes	

#### **Equipment**

Bowl

#### **Directions**

1. Combine all ingredients in small pot and blend with fork or whisk until smooth.
2. Cover and chill until ready to serve.

### **Dip:Honey Mustard**

#### **Ingredients**

2 cups mayo  
½ cups Dijon mustard

¼ cups honey  
2 drops Tabasco.

#### **Equipment**

Bowl

#### **Directions**

Combine all ingredients well. Cover and chill.

### **Dip:Hot Mexican Bean**

#### **Ingredients**

2 can pork and beans  
2 cups shredded cheddar cheese  
2 tsp garlic powder  
2 tsp chili powder  
1 tsp red pepper  
¼ cups jalapenos, chopped

1 tsp salt  
4 tsp cider vinegar  
4 tsp Worcestershire sauce  
1 tsp liquid smoke  
½ lb crisp bacon, crumbled

#### **Equipment**

Pot

#### **Directions**

1. Pour pork and beans in large pot.
2. Crush beans into paste with large spoon or meat tenderizing mallet.
3. Heat beans until just simmering, stirring constantly.
4. Add remaining ingredients and blend well.
5. Serve hot with tortilla chips or dip sized corn chips.

### **Dip:Mexican**

#### **Ingredients**

2 can refried beans  
4 cups shredded cheddar cheese  
1 cup mayo  
1 cup sour cream

1 cup hot picante sauce  
1 can pitted black olives, sliced  
1 lb tortilla chips

#### **Equipment**

Dutch Oven

#### **Directions**

1. Layer a Dutch oven with heavy-duty aluminum foil.
2. Spread beans in bottom of oven evenly.
3. Combine sour cream and mayo.
4. Spread over bean layer.
5. Cover with picante sauce.
6. Top with olives and then top with cheese.
7. Bake at 350 for 30 minutes.
8. Serve with tortilla chips.

### Dip:Pepperoni Pizza

#### Ingredients

2 pkg cream cheese, softened  
1 cup sour cream  
2 tsp oregano  
¼ tsp garlic powder  
¼ tsp dried red pepper

1 cup pizza sauce  
1 cup chopped pepperoni  
½ cups green onion, chopped  
1 green pepper, chopped  
1 cup shredded mozzarella cheese

#### Equipment

Dutch Oven

#### Directions

1. Combine with fork in medium pot cream cheese, sour cream, oregano, garlic powder, and red pepper.
2. Spread evenly on a pie plate.
3. Spread pizza sauce over the top.
4. Sprinkle pepperoni, green onion, and green pepper evenly over sauce.
5. Top with mozzarella cheese.
6. Bake in Dutch oven or cardboard oven at 350 for 10 minutes.
7. Serve with Ritz or Waverly wafer crackers.

### Dip:Stanley Cup

#### Ingredients

1 can refried beans  
1 can green chilies, chopped  
¼ cups jalapenos, chopped  
16oz sour cream  
1 pkg taco seasoning mix  
½ tsp red pepper  
½ tsp Tabasco

½ cups green onions, chopped  
1 red onion, diced  
1 cup guacamole dip  
1 small jar green olives, drained and chopped  
1 jar pimentos, chopped  
1 cup grated Monterey jack

#### Equipment

Pot

#### Directions

1. In a medium pot, combine ingredients in order and mix well.
2. Cover pot and chill in cooler for 1 hour.
3. Serve with taco chips or dip sized corn”chips

### Dip:Tex-Mex

#### Ingredients

1 cup guacamole dip	¼ cups jalapenos, chopped
1 cup refried beans	1 medium tomato, chopped-
1 cup sour cream	1 medium green pepper, chopped
1 pkg taco seasoning mix	1 lb shredded Monterey jack
1 tsp red pepper	1 can pitted ripe olives, sliced
1 tsp Tabasco sauce	1lg. bag taco chips

#### Equipment

Dutch Oven

#### Directions

1. Mix sour cream, taco seasoning, red pepper, and Tabasco together in medium pot.
2. Line Dutch oven with foil and layer refried beans, then guacamole dip, then sour cream mixture.
3. Top with cheese, then jalapenos, tomato, green peppers, and olives.
4. Bake for 10 minutes at 350.
5. Let cool to warm and serve with taco chips.

### Quesadillas

#### Ingredients

8 flour tortillas	1 cup shredded cheddar cheese
olive oil	1 cup finely chopped fresh tomato
2 cups shredded Monterey jack	1 onion, finely chopped
¼ cups jalapenos, chopped	parsley flakes
1 can green chilies, chopped	salsa

#### Equipment

Skillet

Box oven

#### Directions

1. Fry each tortilla in ¼in olive oil until crisp and golden, turn once, drain.
2. Place tortillas on paper towels.
3. Combine cheeses, jalapenos, and chilies.
4. Spread in even layer on each tortilla.
5. Top with tomato and onion.
6. Sprinkle with parsley flakes and top with small amount of salsa.
7. Place on cookie sheet and bake in cardboard oven at 350 for 10 minutes.



8. Serve with remaining salsa.

## Tex-Mex Wontons

### Ingredients

½ lb ground beef	1 ½ tsp chili powder
1 medium onion, chopped	¼ tsp garlic powder
¼ cups chopped green pepper	4 dozen wonton skins
1 can refried beans	cooking oil
¼ cups shredded cheddar cheese	taco sauce or salsa

1 tbs ketchup

### Equipment

Skillet

### Directions

1. Combine beef, onion, and green pepper in large skillet and brown.
2. Drain drippings and discard.
3. Add beans, cheese, ketchup, chili and garlic powder.
4. Stir well.
5. Place one tsp beef mixture in each wonton skin.
6. Fold top corner over filling, fold side corners over, then roll up like a jelly roll.
7. Moisten edges with water to seal.
8. Heat 1 ½ in oil to 375 degrees in a large skillet or Dutch oven.
9. Place 6 wontons at a time in hot oil and fry 30sec on each side or until golden brown.
10. Serve with taco sauce or salsa.

## Wings

### Ingredients

3oz Durkee's Red Hot Sauce	¼ tsp garlic powder
½ stick margarine, melted	1/8 tsp black pepper
1 tbs white vinegar	1/8 tsp salt
1/8 tsp celery seed	¼ tsp Worcestershire sauce
¼ tsp red pepper	2 tsp Tobasco sauce
¼ tsp dried red pepper	peanut oil

### Equipment

Dutch Oven

### Directions

1. Mix all ingredients except peanut oil in small pot over low heat until margarine is completely melted.
2. Stir occasionally.
3. This makes enough for about 30"wingettes".
4. Pour peanut oil in Dutch oven and heat until just smoking-350 degrees.

5. Fry wings 15 at a time for 12-15 minutes.
6. Let drain and put into medium pot.
7. When all wings have been cooked, pour sauce over them, cover pot and shake to completely coat wings.

### Wings:Extreme Garlic Chicken

#### Ingredients

3 lb.. chicken wings	¼ tsp rosemary
¼ cups olive oil	¼ tsp thyme
40 cloves garlic or 2 jars chopped garlic	¼ tsp oregano
¼ tsp salt	1 loaf crusty Italian bread
¼ tsp pepper	

#### Equipment

Dutch Oven

#### Directions

1. Place wings in single layer in bottom of Dutch oven.
2. Combine remaining ingredients and pour over wings.
3. Cover and bake at least 1 hour.
4. Serve with bread dunk in oil-garlic mixture.

### Wings:Say Hello!

#### Ingredients

2 lbs cut up chicken wings	10 tbs cayenne pepper
6 whole Serrano peppers	10 tbs Red Hot Pepper Sauce
6 whole red chili peppers	1 tbs salt
10 whole jalapeno peppers	3 tbs black
2 cups red wine vinegar	pepper
1 bottle Tabasco sauce	peanut oil
½ bottle Worcestershire sauce	

#### Equipment

Home Prep!

Dutch Oven

#### Directions

1. At home, carefully puree all ingredients except the wings and peanut oil in a blender.
2. Be careful that none gets into your eyes and wash hands after handling peppers.
3. Put wings into double gallon zip-lock and pour marinade over them.
4. Let sit 5 days.
5. At camp, heat peanut oil to just smoking (350 degrees) and fry in batches for 12-15 minutes.
6. Put into medium pot and let drain.

7. Put the left over marinade into a small pot, add  $\frac{1}{4}$  cups sugar and boil until thickened.
8. Pour over wings and serve.
9. Fire extinguishers are optional.

## Breakfast

### Ain't no Golden Arch Burritos

#### Ingredients

2 lb. hot pork sausage	2 tbs margarine
2 tbs garlic powder	2 dozen eggs, beaten
2 tbs onion powder	16 flour tortillas
2 tbs chili powder	3 cups shredded Jack cheese
2 large onions, chopped	4 tbs melted margarine
2 medium green peppers cubed	1 jar salsa, warmed in pan

#### Equipment

Dutch Oven

#### Instructions

1. Cook and stir sausage, onion, and green pepper in large skillet over medium heat.
2. Drain and set aside in a pot.
3. Heat 2 tbs margarine in skillet over medium heat until bubbly.
4. Mix garlic powder, onion powder, and chili powder into eggs.
5. Pour eggs into skillet, stir and cook until set.
6. Pre-heat Dutch oven with large pot lid at bottom and lined with foil.
7. Spoon about ¼ cup sausage mixture onto each tortilla.
8. Top with ¼ cup eggs and 2 tbs cheese.
9. Roll tortilla and fold ends.
10. Brush each with melted margarine and arrange in layers in Dutch oven.
11. Bake 10 minutes or until golden brown.
12. Serve with warmed salsa.

### Ants in the Oatmeal

#### Ingredients

Regular oatmeal (not instant) with brown sugar.

#### Equipment

#### Instructions

1. Add raisins & nuts from GORP bag.

Dick Ross

### Bacon, Avocado & Cheese Omelet

#### Ingredients

Omelet:

16 eggs, beaten	½ cups water
-----------------	--------------

2 sticks margarine, melted-1 lb bacon,  
cooked and crumbled

4 small avocado, peeled and chopped into  
½in cubes  
2 cups grated Monterey Jack cheese

Salsa:

8 fresh tomatoes, chopped fine  
3 onions chopped fine  
1 jar chopped jalapeno peppers  
1 can green chilies  
2 cloves garlic, minced

4 tbs ground coriander  
4 tbs lemon juice  
½ tsp caraway seeds  
1 tsp cumin  
½ tsp red pepper

### **Equipment**

Dutch Oven

### **Instructions**

1. In a large pot, combine all omelet ingredients and pour into foil lined greased Dutch oven and bake at 375 until set.
2. In a medium pot, combine all salsa ingredients and stir well.
3. Serve salsa as topping for each serving of omelet.

## **Baked Asparagus and Mushroom Omelet**

### **Ingredients**

2 pkg frozen asparagus  
2 cups fresh mushrooms, sliced  
½ cups green onion, chopped  
2 gloves garlic, minced  
1 onion, chopped  
12 eggs, beaten  
1 cup milk

½ tsp salt  
¼ tsp nutmeg  
1 tsp red pepper  
½ tsp Tabasco  
2 cups shredded Swiss cheese  
4 tbs parsley flakes

### **Equipment**

Dutch Oven

### **Instructions**

1. Cook asparagus, mushrooms, green onion, onion, and garlic in a small amount of water about 7 minutes or until tender.
2. Drain.
3. In a large pot, combine eggs, milk, salt, nutmeg, red pepper, pepper, and Tabasco.
4. Beat until blended well.
5. Stir in cooked veggies and Swiss cheese.
6. Pour into foil lined greased Dutch oven and bake at 375 for 20-25 minutes or until set.

## **Biscuit & Gravy**

### **Ingredients**

2-cans of biscuits

1-stick of butter

4-packages of preferred gravy (add water)

### **Equipment**

Dutch Oven

### **Instructions**

1. Rub the inside of the Dutch Oven with cooking oil.
2. Place 15 pieces of charcoal under the oven and 10 pieces on top.
3. Place in the Biscuits rub some better on top of the biscuits.
4. Put the lid on the oven and bake for about 20 mins.
5. While they are cooking you get the gravy ready as on package.
6. Check them after 10 mins if they are golden on top they are done.

## **Biscuits & Gravy**

### **Ingredients**

1/2 lb ground sausage  
3 tbs chopped onion  
2 tbs flour

2 c hot milk  
Black pepper to taste

### **Equipment**

Skillet

### **Directions**

1. Prepare Homemade Biscuit recipe.
2. Brown sausage and onion together.
3. Pour off excess grease.
4. Stir in flour.
5. Slowly add milk while stirring.
6. Cook until thickened.
7. Serve biscuits split with gravy on top.

## **Boiled Eggs (No Pot)**

### **Ingredients**

eggs

### **Equipment**

news paper

### **Instructions**

1. dampen newspaper wrap raw egg in newspaper
2. roll up
3. bury in coals and wait 5 to 8 mins depending on how you like it
4. take package out of coals and unwrap and eat yum

## Breakfast Pizza

### Ingredients

biscuit dough (pre-made)  
eggs

ham or bacon or sausage  
cheese.

### Equipment

Dutch Oven

### Directions

1. First stretch the biscuit dough thin a spread it over the bottom of the Dutch oven so none of the oven can be seen.
2. Then pour a small layer of scrambled eggs over the dough.
3. Add your preference of ham, bacon or sausage or all on top of the eggs if you use bacon pre-cook it.
4. Then spread the cheese over that and cook for 10 to 15 minutes and the Scouts will eat it up.

Joe Maxwell, Scouter, OA Lodge Advisor

## Burritos

There are lots of variations on the basic breakfast Burrito. Figure 1-2 eggs/ burrito. Think in terms of what you might put in an omelet except it's going into a tortilla shell to eat. This is a great breakfast if you are feeding lots of people and don't want a lot of cleanup. We have a big wok that makes this easy to make when we are feeding the whole camp.

### Ingredients

Basic Ingredients:  
Tortillas

Eggs

Optional Ingredients:  
Bulk Sausage  
Chopped Ham, chicken, Bacon, etc  
Chopped Onion

Chopped Bell Peppers  
Chopped Mushrooms  
Chopped Potato

Spices:  
Minced Garlic

Ground Black Pepper  
Salt, etc.

Garnishes/ Condiments:  
Salsa

Catsup  
Shredded Cheese

### Equipment

Skillet/ Wok  
Spatula

### Instructions

1. Heat Meats:add a little oil to prevent sticking
2. Push to side of heat
3. Sauté Veggies, add spices while sautéing
4. Add whisked eggs to everything in skillet/ wok:scramble together
5. Once everything is cooked, add whatever you want to a tortilla, roll it up and eat it.

### California Egg Crackle

#### Ingredients

Eggs

Cheese Nips

Bacon

#### Equipment

Skillet

#### Instructions

1. Crumble Cheese nips into small pieces.
2. Cook bacon until crisp, remove from pan, cool and crumble, set aside.
3. Drain off some of the bacon fat.
4. Scramble eggs and cook just before eggs set add bacon and cheese nips cook eggs until set.
5. Serve warm.

### Camper's Breakfast

#### Ingredients

4 medium potatoes, sliced

¼ cups milk

2 onions, sliced

oil

2 cans Spam

salt and pepper to taste

12 eggs, beaten

#### Equipment

Skillet

#### Instructions

1. Heat 1in oil in large skillet.
2. Cook potatoes and onions until potatoes are soft.
3. Drain oil.
4. Add eggs, milk, and Spam.
5. Stir constantly until eggs are set.
6. Serve.

Thanks to Randy Wright:the Inside Geezer



## Casserole

There are lots of variations on the basic breakfast Casserole. Figure 1-2 eggs per serving. Ingredients can be customized to anything you might want to eat for breakfast. In this case we are going to bake everything together in a casserole in an oven.

### Ingredients

Basic Ingredients:

Eggs

Optional Ingredients:

Chopped Bell Peppers

Bulk Sausage

Chopped Mushrooms

Chopped Ham, chicken, Bacon, etc

Chopped Potato

Chopped Onion

Spices:

Ground Black Pepper

Minced Garlic

Salt, etc.

Garnishes/ Condiments:

Catsup

Salsa

Shredded Cheese

### Equipment

Dutch Oven

### Instructions

1. Pre-heat the Dutch Oven to 375
2. Cook the meat
3. Sauté the veggies
4. Add the eggs, potatoes, bacon, and cheese into the Dutch Oven
5. cook for 15 minutes or until everything is are hot and eggs are done

## Casserole:Little Smokies

### Ingredients

Half a loaf of bread

twelve eggs

two packages of little smokies

two packages of Mexican cheese

### Equipment

Dutch Oven

### Instructions

1. Whisk the eggs
2. Cut the little smokies in half
3. Tear the bread into pieces
4. Mix all ingredients into a Dutch Oven

5. Then cook for ½ an hour.

### Casserole:STRATA

#### Ingredients

White sandwich bread (crusts removed)	onions
Swiss cheese	16 Eggs
American (or cheddar) cheese	3 cups milk

Filling (example):

Diced ham	diced tomatoes
smoked sausage	green peppers

#### Equipment

Dutch Oven

#### Instructions

Spray 12' Dutch Oven with Pam. Layer bread, cheese, filling, bread, cheese, filling. Beat the eggs and milk together and pour over the top. Bake approx 1 hour. This should feed 14 people easy.

### Chocolate Pancakes

#### Ingredients

Chocolate bars  
Pancake mix (prepare according to directions)

#### Equipment

Griddle/ Skillet  
Double Boiler

#### Instructions

1. Melt chocolate with double boiler or conventional glass bowl over boiling water
2. when melted mix with batter and cook
3. Put more chocolate on top of pancakes when finished.

### Cholesterol Free Breakfast

#### Ingredients

Carton/package of egg substitute.  
Various omelet fixin's, i.e. celery, onions, CF"bacon"bits, etc.  
Sandwich-size Ziplock (TM) plastic bag for each omelet.

#### Equipment

Pot

### Directions

1. Fill large pot (2-3qt) 4/5 full of water.
2. Bring water to boil.
3. Pour some egg substitute into Ziplock bag.
4. Add favorite omelet fixin's to contents of Ziplock bag.
5. Seal Ziplock bag.
6. Mix contents thoroughly by squeezing.
7. Drop Ziplock bag of omelet into boiling water.
8. Check occasionally.
9. When done, open bag, dump omelet on plate, and dig in.
10. This takes about 8-10 minutes to cook.

Chuck Bramlet, ASM, Troop 323, Thunderbird District, Grand Canyon Council, Phoenix, Az

### Corn Cakes

#### Ingredients

6 slices of bacon, cooked and broken up into pieces	1 cup flour
2 cup creamed corn	1 tsp salt
6 eggs	1 tbs baking powder

#### Equipment

Griddle

#### Instructions

1. Combine all ingredients and drop by spoonfuls onto hot greased griddle.
2. Serve with hot sugar syrup or hot pancake syrup.

### Country Breakfast

#### Ingredients

1 pound bulk pork sausage	1 dozen eggs
1 box dehydrated (NOT FROZEN) hash brown potatoes	1/2 pound shredded cheddar cheese

#### Equipment

Dutch Oven

#### Directions

1. In the bottom of the Dutch Oven, crumble the pork sausage.
2. Cover with a water and boil until sausage is cooked.
3. Add hash brown potatoes, cover with water, boil until water is dissolved.
4. Fry potato/sausage mixture until potatoes are browned.

5. Remove the Dutch oven from the coals.
6. Using a large spoon, make several depressions in the top of the potatoes.
7. Crack one or two eggs in to each of the depressions.
8. Cover the Dutch Oven.
9. Add heat to the top to cook the eggs.
10. When the whites are white, sprinkle cheese over the top and return the heat to the top of the
11. Dutch Oven long enough to melt the cheese.
12. The yolks should be liquid.

Bob Harrold, Council Commissioner, Potawatomi Area Council (Wisconsin)

### **Cream of Freebies**

#### **Ingredients**

1/2 cup boiling water, and freebies  
1/2 cup Cream of Wheat

#### **Equipment**

Dutch Oven

#### **Instructions**

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

Michael Vesely

### **Doughnuts:Canned Biscuit**

#### **Ingredients**

Cooking oil (Butter flavor adds more taste) powder sugar  
Can biscuits' cinnamon  
Vanilla flavoring

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Put cooking oil in pan & begin heating it.
2. Put powder sugar and about 2 tablespoons cinnamon into Ziploc bag and shake. (add cinnamon to your taste ).
3. Set this bag aside until your donut is cooked.
4. Open biscuits and make a hole in each one.
5. Dip each biscuit into a bowl of vanilla flavoring.
6. Then drop biscuits into hot oil carefully! (oil will pop up so be careful) Using long fork turn donut over so each side cooks evenly.
7. Don't overcook.
8. When donut is cooked take out of oil and drop in sugar/cinnamon mixture.

9. Shake donut well.
10. Take out and place on a paper towel to cool. Eat when ready.

### **Doughnuts: Cinnamon Sugar Donuts**

#### **Ingredients**

Several tubes of refrigerator biscuits                      Cooking oil  
Mixture of sugar and cinnamon

#### **Equipment**

Dutch Oven

#### **Directions**

1. Heat about one and a half inches of cooking oil in the Dutch Oven.
2. Be careful not to allow it to become too hot.
3. Heat over coals, NOT FLAMES!
4. Prepare the biscuits by sticking your thumb through them to make a ring.
5. CAREFULLY drop them from a spoon into the hot oil.
6. Turn them once.
7. Remove them from the oil and roll them in the cinnamon and sugar mixture.

Bob Harrold, Council Commissioner, Potawatomi Area Council (Wisconsin)

### **Doughnuts:Honey**

#### **Ingredients**

1 envelope dry yeast	1 tbs oil
½ cups warm water	1 tsp sugar
3 cups flour	Cooking oil
1 egg, beaten	Cinnamon
½ tsp salt	Honey

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Dissolve yeast in warm water, mix with other dry ingredients.
2. Knead or several minutes and set aside in warm place until dough doubles, about 2 hours.
3. Roll flat, cut into 1 ½in squares and allow to rise 1 hour.
4. Heat 4in of oil in Dutch oven.
5. Drop squares into oil and cook to a golden brown.
6. Drain and dredge in sugar & cinnamon mixture.
7. Heat honey and drizzle over doughnuts and serve.

### **Down on the Farm**

#### **Ingredients**

1 lb bacon cooked  
2 cans new potatoes  
2 medium onions, diced  
1 green pepper, diced

### Equipment

Skillet

### Instructions

1. Cook bacon and reserve grease.
2. Drain potatoes and slice not more than ¼ in thick.
3. Brown potatoes in reserved bacon grease.
4. Add onions and Green peppers.
5. Beat eggs and add milk.
6. Break cooked bacon into small chunks and add to mixture.
7. Add garlic powder and Tabasco to taste.
8. Add to potatoes and onions.
9. Stir often until set.
10. Great with Red Chili Biscuits.

18 eggs, beaten  
1 cup milk  
1 tbs garlic powder  
Tabasco to taste

## Drop Cakes

### Ingredients

1 egg, beaten  
1 tbs sugar  
1 pint milk

### Equipment

Skillet

### Instructions

1. Mix ingredients well and drop by teaspoons into hot oil.
2. Roll in powdered sugar after browning.

1/8 tsp salt  
2 tsp baking powder  
Enough flour to make a stiff dough

## Early Morning Sausage Ring

### Ingredients

2 lbs hot pork sausage  
2 eggs, beaten  
1 onion, chopped fine  
2 cloves garlic, minced  
1 ½ cups Italian bread crumbs

### Equipment

Dutch Oven

### Instructions

¼ cups parsley flakes  
1 tsp red pepper  
1 tsp cumin  
1 tsp coriander

1. Mix ingredients well in large pot.
2. Place small pot in center of Dutch oven.
3. Mold sausage mixture around inside wall of Dutch oven and pot to form ring.
4. Bake at 350 for 20 minutes.
5. Drain off grease.
6. Bake 20 minutes more.
7. Remove small pot and turn ring upside down onto plate.
8. Fill with scrambled eggs or EGGS ALA KING (see entry)

### Egg in an Onion

#### Ingredients

Good-sized Onion

Egg

#### Equipment

None

#### Instructions

1. Cut one half off of an unpeeled onion and scoop out most of the interior, being careful not to hole the onion.
2. Break an egg into the cavity, place the onion directly on the coals and replace the 'lid'.
3. Cooking time depends on the thickness of the remaining onion walls, but you'll end up with a basically hard-boiled egg and a couple of layers of onion to eat.

### Egg-Cheese-Bread

#### Ingredients

Rye Bread

Block of Cheddar Cheese

Eggs (1-2 Dozen)

#### Equipment

Large Frying Pan

Knife

Spatula

#### Instructions

1. Cut crust off rye bread. Then cut slices into pieces no bigger than 1"X 1".
2. Place pieces flat and cover entire bottom of the frying pan. Pieces can be stacked to max of two pieces high.
3. Slice cheddar cheese block into ¼"thick strips. Then cut strips into 3 or 4 pieces. Layer on top of rye bread one piece of cheese high.
4. Beat eggs in a bowl. Then pour into pan filling all space between the bread and cheese, with a thin coating over the cheese.

5. Cover frying pan. When the egg in the bottom of the pan has cooked, flip over and cook the other side.
6. Remove from pan and serve once the cheese has melted and egg is cooked on the other side.

### Eggs Ala King

#### Ingredients

12 hard-boiled eggs	1 green pepper, chopped
2 pkg white sauce mix	¼ cups pimentos, chopped
2 can mushrooms	1 can green chilies, chopped

#### Equipment

#### Instructions

1. Peel eggs and cut into ¼s.
2. Make white sauce according to package directions.
3. Add eggs and rest of ingredients.
4. Stir and serve over toast or in center of EARLY MORNING SAUSAGE RING (see entry)

### Eggs In Toast

#### Ingredients

slice of bread	butter
one egg	precooked meat bits:optional

#### Equipment

a frying pan and circular cookie cutter or screw on jar lid

#### Instructions

1. cut a circular hole in the center of the bread and butter one side of the piece with the hole in it.
2. Place the bread, butter side down, in the pan and crack the egg into the hole.
3. Butter the corners of the top side of the bread.
4. After the bottom of the egg is cooked, flip over the toast.
5. You can butter the cut out piece of bread and toast it as well.

### Eggs MacSanches

#### Ingredients

2 eggs	flour tortillas
bacon bits, or crumbled bacon	1 slice cheese or shredded cheese
onion flakes	salsa sauce

#### Equipment

Zip Lock



## Instructions

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

## Eggs On Horseback

### Ingredients

Eggs

Mushrooms

Mushroom Soup

Steak (RIBEYE)

### Equipment

Skillet, Stick

### Instructions

1. Butterfly The Steak
2. Place stake on a stick over fire
3. Scramble eggs in a skillet
4. Add cream of mushroom soup
5. Spice to taste

## Flap Johns

### Ingredients

2 Large eggs

2 cups milk

¼ cup vegetable oil

2 cups all purpose flour

2 Tbsp sugar

4 tsp baking powder

1 tsp salt

2 Tbsp vanilla, syrup.

### Equipment

large bowl, griddle, large spoon, spatula

### Instructions

1. Mix all the ingredients together
2. stir and add more milk as needed to meet the consistency you like.
3. Place one large spoonful of batter per pan cake on hot griddle.

## Foil Pouch Breakfast

### Ingredients

Basic Ingredients:

Eggs

Optional Ingredients:

Bulk Sausage

Chopped Bell Peppers

Chopped Ham, chicken, Bacon, etc

Chopped Mushrooms

Chopped Onion

Chopped Potato

Spices:

Ground Black Pepper

Minced Garlic

Salt, etc.

Garnishes/ Condiments:

Catsup

Salsa

Shredded Cheese

**Equipment**

AL Foil

Mitts

**Instructions**

1. Double-layer the Meat on bottom sheet of foil, staying about 1.5" away from edges (for folding up to seal the package),
2. put sliced veggies on top of bacon,
3. add garlic salt & or personal preference seasonings.
4. Cover with another layer of foil, and roll up the top & bottom edges of foil together to make a tight seal.
5. Poke a single hole in top to vent.
6. Cook on coals or on grill top (preferred) until bacon is done.

**French bagel**

**Ingredients**

4-5 bagels cut in half

Vanilla extract

6 eggs

oil or butter (for the pan)

Cinnamon

**Equipment**

Skillet/ Griddle

**Instructions**

1. scramble eggs in bowl,
2. add cinnamon, and vanilla extract, mix in well.
3. dip open side of bagel in eggs.
4. then through in hot pan that has the butter or oil in it, egg side down.
5. flip to warm other side.
6. eat alone or with syrup

### French Toast

#### Ingredients

eggs	bread
milk	oil

#### Equipment

frying pan

#### Instructions

1. Crack the eggs into a bowl. Whisk. Add milk and whisk again.
2. Put a little oil into the frying pan and while it is heating up soak the bread on both sides with the egg mixture.
3. Then when you can feel the heat above the pan put the bread into the pan.
4. Cook until brown, then turn over with the slice and cook the opposite side until brown.
5. Make sure it is properly cooked before eating.

### French Toast:Coconut

#### Ingredients

1 loaf white bread	1 ¼ cups milk
1 7oz pkg. flaked coconut	1 tbs cinnamon
12 eggs, beaten	1 tbs sugar

#### Equipment

Griddle

#### Instructions

1. In a medium pot, whisk together eggs, milk, cinnamon, and sugar.
2. Place coconut in pie pan.
3. Heat griddle, keeping well greased.
4. Dip each slice bread in egg mixture, then dip in coconut.
5. Pat each side to coat well.
6. Fry on griddle until each side is golden brown.
7. Serve with powdered sugar or syrup.

### French Toast:Peanut Butter

#### Ingredients

Peanut butter	1doz eggs
Jelly of choice, if desired	1 cup milk

#### Equipment

Griddle

#### Instructions

1. Make peanut butter sandwiches (or peanut butter & jelly) to fit size of patrol.
2. Beat eggs and milk to make batter.
3. Dip in beaten egg and fry as you would French toast.
4. Serve with hot brown sugar syrup or hot pancake syrup.

### Fruit Chimichangas

#### Ingredients

2 pkg (8oz) cream cheese, softened	1 large jar apricot preserves
1 cup ricotta cheese	1 can sliced apricots, drained
½ cup sugar	2 eggs beaten
2 tsp grated orange peel	4 tbs margarine, softened
16 flour tortillas	

#### Equipment

Dutch Oven

#### Instructions

1. Pre-heat Dutch oven with large pot lid on bottom and line with foil.
2. Thoroughly mix together cream cheese, ricotta cheese, sugar, and orange peel.
3. Spoon about ¼ cups mixture onto center of each tortilla.
4. Top with ¼ cups mixture of apricot preserves and sliced apricots.
5. Roll tortilla.
6. Brush both ends with eggs and fold to seal.
7. Brush each with melted margarine.
8. Place layer in Dutch oven and sprinkle with sugar.
9. Continue layering until all are in oven.
10. Bake 8-10 minutes.
11. Spread with strawberry preserves and 2 pkgs (defrosted frozen strawberries can be substituted for the apricots.)

### Fruity Rice

#### Ingredients

2 cups minute rice	1 tsp salt
2 can fruit cocktail, drained	½ cups raisins
1 tsp cinnamon	

#### Equipment

Pot

#### Instructions

1. Drain liquid from fruit cocktail into measuring cup.
2. Pour into medium pot.
3. Add enough water to make 2 cup.
4. Add other ingredients and bring to boil.

5. Let sit 5 minutes.
6. Stir to fluff and serve.

### Geezer Rocking Chair

#### Ingredients

½ cup margarine	12 eggs
2 tbs onion flakes	1 tsp salt
2 tbs garlic flakes	1 tsp red pepper
6 medium potatoes, boiled, cooled then cut into cubes	½ cup shredded sharp cheddar cheese
2 cups Spam or Treat, cubed	Tabasco to taste

#### Equipment

Skillet

#### Instructions

1. Melt margarine in large skillet and sauté' onion, garlic, potatoes, and Spam.
2. Beat eggs with salt and pepper and Tabasco and pour over potatoes.
3. Lift edges as it cooks to let egg flow underneath.
4. When eggs are set, top with cheese to serve.

### Gherky

#### Ingredients

1 lb sausage	1 onion
dozen eggs	large onion
1 green pepper	fresh mushrooms
16 oz. bag frozen hash browns	1 bottle salsa

#### Equipment

Dutch Oven

#### Instructions

1. Cook hash browns in LARGE skillet until brown and tender.
2. Either remove hash browns when done or push to one side of skillet and
3. brown sausage, mushrooms, onion and green pepper.
4. Transfer hash browns to D/O then add sausage on top.
5. Cook for 10 minutes in D/O.
6. Carefully add eggs to top of sausage mixture.
7. Do not stir or scramble eggs.
8. Cook until eggs are set:15 minutes.
9. Add salsa as needed.

### Granola Colorado

#### Ingredients

6 shredded wheat biscuits, crushed  
4 cups Grape Nuts cereal  
2 cups All Bran cereal  
2 cups slivered almonds

1 cup toasted coconut  
1 cup brown sugar  
2/3 cups wheat germ  
1 lb figs, cut into pieces

### **Equipment**

Zip Lock

### **Instructions**

1. Combine all ingredients in gallon zip-lock bag.
2. Seal and shake well.
3. Serve dry out of the bag for trail mix or in bowls with milk for breakfast.

## **Granola to Go**

### **Ingredients**

Granola  
Instant Milk

Cinnamon  
Sugar

### **Equipment**

none

### **Instructions**

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

Fred Wisenheimer

## **Hot Hobo Breakfast**

### **Ingredients**

2 lb. hot pork sausage  
2 pkgs Ore-Ida O'Brien frozen potatoes, defrosted  
12 eggs, beaten

### **Equipment**

Skillet

### **Instructions**

1. Brown pork sausage in large skillet.
2. Drain grease, but leave enough to brown potatoes.
3. Add O'Brien potatoes (these already have onion and green pepper added) Brown potatoes.

4. Add eggs.
5. Stir until eggs are set.
6. Serve with biscuits.

Thanks to Bob Smejkal, Troop 38, Troy.

### Hot Peach Crumble

#### Ingredients

12 shredded wheat biscuits	½ cup chopped nuts
2 cups sliced peaches, drained	2 tbs lemon juice
1 cup brown sugar, packed	1 tsp cinnamon
½ cup margarine, melted	

#### Equipment

Dutch Oven

#### Instructions

1. Melt margarine in large skillet.
2. Combine brown sugar, nuts, lemon juice, and cinnamon and add to margarine.
3. Place biscuits in layers in lined Dutch oven and arrange peach slices on top.
4. Spoon margarine mixture over the top.
5. Heat until hot.
6. Add peach juice if too dry.

### Impossible Breakfast Pie

#### Ingredients

1 pound diced ham or bulk pork sausage	4 eggs
¼ c chopped onion	1 c baking mix (Bisquick or Jiffy)
2-½ c frozen loose-pack hash browns	¼ tsp salt
1 c shredded Cheddar cheese (4 oz)	1/8 tsp pepper
1-¾ c milk	¼ c shredded Cheddar cheese (1 oz)

#### Equipment

Dutch Oven

Large pot

#### Instructions

1. Brown meat and onion, stirring occasionally, in Dutch Oven. Drain.
2. Mix meat, potatoes, and 1 cup Cheddar cheese.
3. Combine remaining ingredients except ¼ cup Cheddar cheese with fork until smooth.
4. Pour into Dutch Oven.
5. Bake at about 400 degrees for 40 minutes or until knife inserted in center comes out clean.
6. Sprinkle with ¼ cup cheddar cheese.
7. Bake about 2 minutes longer or until cheese melts.

8. Cool 5 minutes.

6 to 8 servings

### Mountain Man 1

#### Ingredients

1/2 lb bacon (or pre-cooked sausage)  
Med onion  
2 lb. bag of hash brown potatoes

1/2 pound of grated cheddar  
1 dozen eggs  
Small jar of salsa (optional)

#### Equipment

Dutch Oven

#### Directions

1. The following requires 6-9 bottom coals and 12 -15 top coals:
2. Pre-heat 12”Dutch Oven.
3. Slice bacon and onion into small pieces and brown in the bottom of the DO until onions are clear.
4. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes)
5. Scramble the eggs in a separate container and pour the mixture over the hash browns.
6. Cover and cook until eggs start to set.(10:15 minutes)
7. Sprinkle grated cheese over egg mixture,
8. cover and continue baking until eggs are completely set and cheese is melted.
9. Optional:cover cheese/egg mixture with a small jar (~ 1 cup) of SALSA.
10. Cover and cook for an additional 3-5 minutes.
11. Slice and server like quiche.
12. Cooking times will vary with the weather

Serves 6.

Rich Locke, Adviser, Post 486, Williamsburg, VA

### Mountain Man 2

#### Ingredients

1 lb bacon  
1 large onion, chopped  
1 32oz bag O’Brian potatoes  
12 eggs, beaten

1 ½ lbs grated cheddar cheese  
½ lb pepper cheese, grated  
1 jar salsa

#### Equipment

Dutch Oven

#### Instructions

1. Pre heat Dutch oven.
2. Cut bacon into small pieces and cook bacon and onion until clear.



3. Remove mixture and add O'Brian potatoes.
4. Do not rain bacon drippings.
5. Fry until golden brown.
6. Stir bacon mixture back in, then add eggs.
7. Cover and cook until eggs are almost solid.
8. Sprinkle with cheese and continue cooking until eggs are set and cheese melted.
9. Serve with salsa.

Geezer style -- add 1 tbs chili powder, 2 tsp red pepper, and 1 tsp tobasco sauce to egg mixture before cooking.

Thanks to Liz Stiles:a Prodigy Scouter

### Omelets

There are lots of variations on the basic breakfast Omelet. Figure 1-2 eggs/ omelet. This is more work than the Burrito because you need to make each omelet separately, however it's easier to customize for each Scout/ Scouter/ Parent eating.

#### Ingredients

Basic Ingredients:

Eggs

Optional Ingredients:

Chopped Bell Peppers

Bulk Sausage

Chopped Mushrooms

Chopped Ham, chicken, Bacon, etc

Chopped Potato

Chopped Onion

Spices:

Ground Black Pepper

Minced Garlic

Salt, etc.

Garnishes/ Condiments:

Catsup

Salsa

Shredded Cheese

#### Equipment

Skillet/ Wok

Spatula

#### Instructions

1. Heat Meats:add a little oil to prevent sticking
2. Push to side of heat
3. Sauté Veggies, add spices while sautéing
4. Add whisked eggs to everything in skillet/ wok:mix together and treat as an omelet

### Omelets:Chicken Fajita

#### Ingredients

Dozen Eggs

2 Chicken breasts

Butter

1 cup Shredded Cheese

Sour Cream  
**Equipment**

Salsa

Skillet

**Instructions**

1. Start with the two grilled chicken breasts, these can be seasoned with Cajun seasoning or salt and pepper.
2. Slice them into ¼ inch pieces and set aside.
3. Place small amount of butter in the skillet.
4. Heat until butter melts and begins to sizzle.
5. Add 3 eggs and stir with spatula until yolks are mixed in.
6. As soon as egg cooks enough to be flipped, flip it and place chicken on the eggs.
7. Cover with cheese, sour cream, and salsa.
8. Fold over.

Makes 4 servings.

**Omelet in a bag**

**Ingredients**

See ingredient list for Omelets serve on tortillas on or on a plate

**Equipment**

Quart size plastic zip lock bags

Boiling Water

**Instructions**

1. Brown the sausage in a frying pan. If desired, sauté onion, green peppers and jalapenos.
2. Put all ingredients into the zip lock bag
3. Seal the Zip-Lock bag. Mix the bag's contents by squishing the outside of the bag with your fingers.
4. Place bag in boiling water. Cook until egg is done. Egg should be in the shape of a hot dog.
5. Place tortillas between two sheets of aluminum foil and place atop boiling water while eggs are cooking. This will soften the tortillas.
6. Roll tortilla into a burrito.
7. Open the bag and eat no plate needed.

**Omelet:New Mexico**

**Ingredients**

Eggs

onion

ground sausage

cheese

green pepper

**Equipment**

Skillet

### Instructions

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

PTC

## Orange Peel Breakfast

### Ingredients

oranges (2 per person)  
eggs  
muffin mix

cooking oil (if needed for muffin mix)  
salt and pepper (optional for eggs)  
water

### Equipment

Aluminum foil  
Ziploc Storage bags  
straws

### Instructions

1. Cut an orange in half and remove orange fruit being careful not to break the rind "cup".
2. Place orange fruit into a ziploc bag, seal and squeeze to make fresh juice.
3. Drink out of bag with a straw.
4. Take one of the empty orange "cups" and break an egg into it. (you may leave whole or stir to make a scramble).
5. Season with salt and pepper.
6. Carefully wrap with foil right-side-up and place on coals for about 10 minutes.
7. Take the other empty orange "cup" and fill about 2/3 full with prepared muffin batter.
8. Muffin batter: place muffin mix, eggs, oil and water as directions state on package into a storage bag and squeeze to mix thoroughly.
9. Wrap muffin cups in foil and place upright on coals for about 10 minutes until done.

## Ozark Corncob Syrup

### Ingredients

18 red corncobs, broken into pieces  
3 cups sugar

1 cup brown sugar  
water

### Equipment

Pot

### Instructions

1. Put corncobs into a large pot and add enough water to cover corncobs when pressed down.

2. Bring to boil and boil for 1 hour.
3. Strain liquid and bring to another boil.
4. Discard strained corncobs.
5. Add sugar and brown sugar.
6. Stir frequently until mixture boils down to desired thickness.
7. Serve over sourdough pancakes.

### **Pancakes:Honey Apple**

#### **Ingredients**

2 ½ cups flour	2 eggs
4 tbs baking powder	1 ½ cups apple juice
½ tsp salt	4 tbs honey
½ tsp apple pie spice	2 tbs cooking oil
¼ tsp baking soda	

#### **Equipment**

Griddle

#### **Instructions**

1. In a large pot, mix dry ingredients well.
2. In a medium pot, mix liquid ingredients well.
3. Add egg mixture to dry ingredients.
4. Stir until blended, but still slightly lumpy.
5. For each pancake, pour ¼ cups batter onto hot greased griddle.

### **Pancake Scramble**

#### **Ingredients**

pancake mix	sausage
water	bacon
eggs	butter

#### **Equipment**

griddle, stove, spatula, two prong fork, Wisk, stirring pot, plate, aluminum foil

#### **Instructions**

1. cook pancakes till golden brown while cooking the pancakes also cook eggs.
2. remove eggs and pancakes and put them on a plate covered with aluminum foil.
3. cook bacon and sausage.
4. Put the eggs and pancakes back on the griddle after draining the grease.
5. Cut up pancakes to one inch squares.
6. Chop eggs, bacon, and sausage.
7. Mix all ingredients together.
8. Put a little butter on the griddle and let it sit for one minute.

## Paper Bag Breakfast

### Ingredients

1-2 Strips of Bacon  
1-2 Handfuls Frozen Hash Browns  
1-2 Eggs

### Equipment

Lunch Sized Paper Bag  
Pointed Stick  
Fork

### Instructions

1. Open paper bag and place bacon strips on bottom.
2. Toss in potatoes.
3. Break in egg(s).
4. Close by folding down top of paper bag at least three times but leaving 3"-4" of air space above the food.
5. Insert pointed stick only through the top folded part of the bag.
6. Prop with rocks, or hold bag on the stick about 4"-5" over the hot coals for about 8-10 minutes (careful not to touch the coals or hold over flames or you'll set your breakfast on fire.)
7. Remove from heat and pull out the stick with an oven mitt.
8. Open the bag and fold down the paper. Eat right out of the brown bag.

## Pecan Caramel Rolls

### Ingredients

1 tube of refrigerator biscuits (10 count)	Generous amount of chopped pecans
1/2 cup brown sugar	Cinnamon
1 stick butter or margarine	Raisins (optional, but good)

### Equipment

Dutch Oven

### Directions

1. Melt butter, brown sugar, cinnamon, and a tablespoon of water in the cover of a chef kit. (large frying pan)
2. Stir well until sugar/butter becomes a caramel.
3. Add pecans and raisins to the caramel mixture.
4. Cut the biscuits into quarters.
5. Stir into the caramel mixture, coating each part with caramel.
6. Place the pan in the Dutch Oven using the "three stone method" bake the biscuits until they are golden brown.
7. About 15 minutes.

Bob Harrold, Council Commissioner, Potawatomi Area Council (Wisconsin)

### Pita Pocket Breakfast

#### Ingredients

1 lb sausage (pork, turkey or ground beef)	1 bell pepper, diced
1 medium onion, minced	12 eggs, beaten
6 Pita breads, medium	1 jar salsa
1 clove garlic	

#### Equipment

Dutch Oven

#### Directions

1. Pre-heat Dutch Oven (@12 coals on the bottom).
  2. Brown sausage drain fat, saving 2 TBS.
  3. Stir in onion, garlic, pepper, sauté with sausage.
  4. Add eggs, sausage fat and cook together until eggs are scrambled.
  5. Spoon into Pita Pockets top with salsa to taste.
- (Hints: Brown sausage and sauté garlic onions and peppers in advance, refrigerate or freeze in Ziplock bags. Add 2 TBS of Olive Oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that will need to dispose of).

David Drabkin, Scouter, Washington, DC

### Prenatal hot wings

#### Ingredients

Eggs	shredded cheddar cheese
hot sauce	salt and pepper to taste
ranch dressing powder	

#### Equipment

skillet

#### Instructions

1. Scramble eggs
2. Add hot sauce, cheese, ranch dressing powder and salt and pepper to taste.
3. Cook over fire or on gas grill

### Quiche

#### Ingredients

Pre-made pastry shell	1 bay leaf
1 onion, chopped	½ lb bacon, cut into pieces
1 tbs margarine	5 eggs
1/8 tsp ground thyme	2 egg yolks

1 cup half & half  
1/8 tsp ground nutmeg

1/3 lb shredded Swiss cheese

### **Equipment**

Dutch Oven

### **Instructions**

1. Sauté onion in 1 tbs margarine.
2. Add thyme and bay leaf.
3. Remove bay leaf after onion is transparent.
4. Cook bacon in separate skillet until crisp, then drain.
5. Blend eggs, extra yolks, half & half, and nutmeg.
6. Place bacon, onion, and cheese in pastry shell.
7. Cover with egg mixture.
8. Place large pot lid upside down and pre-heat Dutch oven.
9. Bake in Dutch oven until knife inserted near center comes out clean.

### **Quiche:Crustless**

#### **Ingredients**

1/4 lb Butter  
3 oz Cream cheese  
1/2 c Flour  
2 c Cottage Cheese (approx. 1 lb)  
10 Eggs

1 tsp Baking Powder  
1 c Milk  
1 tsp Salt  
1 lb Monterey Jack Cheese  
1 tsp Sugar

#### **Equipment**

Dutch Oven

#### **Directions**

1. Melt butter and add flour.
2. Cook into a light rue.
3. Beat eggs, milk, 3 cheeses, baking powder, salt and sugar together.
4. Stir into rue until well blended.
5. Pour into Dutch oven
6. Bake 350 for 45 min.

### **Quiche:Pizza Supreme**

#### **Ingredients**

2 Pre-made deep dish pastry shell  
3oz pepperoni quarter sliced  
1 cup shredded mozzarella cheese  
1/2 cup sliced black olives  
1 cup grated parmesan cheese  
1 cup chopped onion

1 tbs garlic flakes  
3 eggs, beaten  
1 cup mushrooms, chopped  
1 cup tomato sauce  
1/2 lb pork sausage  
1 cup milk

1 tsp dried basil

1 green pepper, diced

1 tsp oregano

### **Equipment**

Dutch Oven

### **Instructions**

1. Sauté onion and garlic in margarine.
2. Brown and shred pork sausage.
3. Bake pastry shell 5 minutes in pre-heated Dutch oven.
4. Remove shell and sprinkle 1/3 cups mozzarella over bottom evenly.
5. Top with olives, green pepper, and layer of pepperoni.
6. Beat eggs until smooth.
7. Add milk, pork sausage, mushrooms, sautéed onion and garlic, 1/3 cups mozzarella, 1/2 cup parmesan, several pieces of pepperoni, basil, oregano, and tomato sauce.
8. Stir until well blended.
9. Pour mixture into pastry shell.
10. Top with remaining mozzarella cheese and pepperoni.
11. Sprinkle with parmesan cheese.
12. Bake in Dutch oven 20-30 minutes or until knife inserted in center comes out clean.
13. Let stand 10 minutes before cutting.
14. Any combination of pizza ingredients can be used in filling.
15. This is for the supreme "garbage can" quiche.

## **Quick & Easy Breakfast Casserole**

(a.k.a.:Cholesterol Casserole)

### **Ingredients**

8 slices of bread

1 qt. Milk

2 pounds of sausage

1-1/2 tsp. Dry mustard

16 oz grated cheddar cheese

1 tsp salt

12 eggs

### **Equipment**

Dutch Oven

### **Directions**

1. Line a 12"Dutch Oven with heavy-duty foil.
2. Lightly grease the foil with butter.
3. Break up bread into the oven.
4. Crumble cooked sausage meat over bread and cover with cheese.
5. In a separate bowl, mix eggs (lightly beaten), milk, dry mustard, and 1 tsp. salt (to taste).
6. Pour the egg mixture over the layered bread/sausage/cheese in the oven, cover, and bake for 35:40 minutes, checking occasionally.



7. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!

Frank Chesson, Cubmaster:Pack 82, Assistant Scoutmaster:Troop 92, Stonewall Jackson Area Council

## Rolled Oats Griddle Cakes

### Ingredients

2 cups rolled oats	1 tsp baking powder
1 ½ cups flour	2 ½ cups buttermilk
1 tsp salt	2 eggs, beaten
1 tsp baking soda	2 tbs margarine, melted
2 tbs hot water	1 cup sugar

### Equipment

Griddle

### Instructions

1. Soak oats in buttermilk overnight.
2. Then add rest of ingredients and stir well.
3. Cook batter as pancakes.

## Sandwiches

There are lots of variations on the basic English Muffin Breakfast Sandwich. Figure 1 egg/muffin. Think in terms of what you might buy for breakfast at your favorite fast food restaurant. Some sort of form (soda can etc) for the eggs will make this a bit easier to manage. Note you can use sliced bread in place of the Muffins

### Ingredients

Basic Ingredients:  
English Muffins or sliced bread

Eggs

Optional Ingredients:  
Sausage Patties  
Sliced Ham, chicken, Bacon, etc  
Chopped Onion

Chopped Bell Peppers  
Chopped Mushrooms  
Chopped Potato

Spices:  
Minced Garlic

Ground Black Pepper  
Salt, etc.

Garnishes/ Condiments:  
Salsa

Catsup  
Sliced Cheese

### Equipment

Skillet/ Griddle  
Spatula

Eggs Form (Soda can Ring, etc)

### Instructions

1. Cook meat
2. Prepare Eggs (Sunny Side up or scrambled with sautéed veggies in form)
3. Toast Muffins (spread some butter on muffin half's and place on griddle/ skillet butter side down:cook til golden brown
4. Stack muffin with Egg, Meats, Cheese, Condiments

### Scrambled Egg Variations

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

- 4 eggs
- 2 tbs. Dry Milk
- 4 tbs. water
- 1/2 tsp. Salt, dash of pepper

Add one of the following:

- 4 Tbs. Shredded Cheddar, Jack, or Swiss cheese
- 4 Tbs. Rehydrated mushroom pieces
- 1 Tbs. Crushed dry parsley or celery leaves
- 1 Tbs. Bacon bar (Wilson's) or BACOS
- 3 Tbs. Rinsed shredded dried beef
- 1/2 tsp. Chili powder
- 1 Tbs. Dried tomato slices, crushed

### S.O.S.

#### Ingredients

- |   |                        |
|---|------------------------|
| 1/4 lb of ground beef/turkey per person | 1 cup milk             |
| 2 tbs butter                            | salt & pepper to taste |
| 2 tbs flour                             | 1 tbs oil              |

#### Equipment

- |                      |                         |
|----------------------|-------------------------|
| A large deep fry pan | a rack to make toast on |
| 1 small sauté pan    |                         |

#### Instructions

1. heat & oil pan
2. fry ground beef & drain off fat
3. in sauté pan, melt butter & add flour
4. to make a paste, bring paste to a bubble. It must boil, or it won't work right.
5. Meanwhile in the large pan, add milk & heat through, add your butter and flour paste to the milk & ground beef, keep heating and stirring until it bubbles, as it heats it will thicken.
6. Pour over toast. A hot and hearty breakfast, also great with home fried potatoes.

### Sourdough Pancakes

#### Ingredients

2 cups sourdough starter (see entry)  
2 cups lukewarm water  
2 ½ cups flour  
1 tbs sugar

### Equipment

Giddle

### Instructions

1. Combine first three ingredients in large pot, cover and let stand overnight.
2. Add remaining ingredients,
3. let stand 5minutes,
4. then ladle onto hot griddle

### Sticky eggs

### Ingredients

Eggs  
Salt  
Pepper

hot sauce  
parmesan cheese

### Equipment

Several rocks the same height  
matching number of sweet sticks (maple, apple, etc) one eighth to one quarter inch in diameter and about 6 to 8 inches long.  
sharp pointed knife

### Instructions

1. Sharpen the sticks on one end. n carefully drill a hole in the small end of the egg about the same size of the stick to be used.
2. Place the big end of the egg on a flat surface and carefully punch the stick through the egg.
3. Prop each end of the stick on rocks or any other support and place near but not over the coals.
4. Cook until the escaping part of the egg is done or until done to individual taste.
5. Remove from fire and season to taste.

### Sugar Overdose Oatmeal

### Ingredients

8c water  
1 tbs salt  
3 cups quick oatmeal

2 cups brown sugar  
2 sticks margarine

### Equipment

Pot

### Instructions

1. Bring water and salt to boil.
2. Add brown sugar and margarine.
3. When at rolling boil, add oatmeal.
4. Cook 5minutes, stirring constantly.

### Swiss Scrambled Eggs

#### Ingredients

4 tbs margarine	2 tsp Worcestershire sauce
2 tbs onion flakes	12 eggs, beaten
½ cups water	Salt and pepper to taste
4 tbs dry milk	Tabasco to taste
1 cup shredded Swiss cheese	

#### Equipment

Skillet

#### Instructions

1. Melt margarine in large skillet.
2. Add onion flakes.
3. Combine water, dry milk, Worcestershire sauce, and cheese, and add to eggs.
4. Pour into skillet and cook over low heat, stirring until set.
5. Season with salt, pepper, and Tabasco to taste.
6. Great with Red Pepper Biscuits.

### The Denver

#### Ingredients

Plain Bagel	red pepper
Ham	red onion
green pepper	Swiss cheese

#### Equipment

none

#### Instructions

1. Take 2-3 slices of ham and place it on a plain bagel
2. Add green and red pepper, red onion
3. Top it off with a slice of Swiss cheese.

### Train Wreck Breakfast

#### Ingredients

Left-overs!

## Equipment

Dutch Oven

## Directions

1. Take the Dutch Oven you used for Cherry Cobbler the night before.
2. Scrape out the big chunks of uneaten cobbler.
3. Toss in the left over hamburger from last night's foil packs.
4. Cook it up so that the grease is rendered.
5. Toss in the chopped onions left over from last night's foil packs.
6. Stir.
7. Pour the grease into the lid upside down over the coals and brown up the leftover thin-sliced potatoes from last night's foil packs.
8. Once the potatoes are brown, dump them into the Dutch Oven.
9. Stir, being careful to flip over the potatoes so that you don't mash them all up.
10. Once the potatoes are cooked, put in about 6 eggs.
11. Stir.
12. Serve once the eggs are cooked.
13. Sprinkle liberally with Tabasco (TM) sauce.
14. If you've got some shredded Taco Cheese, throw that on top.

Ron Fox, Cubmaster, Pack 69, Des Plaines Valley Council

## True Grits

### Ingredients

1/2 cup Instant Grits

dash Molly McButter

1 T. Bacon Bits

### Equipment

Pot

### Instructions

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

A. J. Anonymous

## Worm in the Apple Canadian Scouts

### Ingredients

1 Apple

aluminum foil

1 sausage link

### Equipment

Foil Pouch

### **Instructions**

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

Canadian Scouts

## Beef Dishes

### Australian Beef 'N' Beer

#### Ingredients

1 lb. Chuck steak or similar (diced)	Pinch of dry mustard
1 packet of French Onion Soup mix	1 can non-alcoholic beer
1 tablespoon brown sugar	

#### Equipment

Dutch Oven

#### Directions

- 1 Combine ingredients in the oven and cook slowly for 3:4 hours.

Bruce Ward, Australian Scouter

### BBQ

#### Ingredients

3 lb chuck steak, cut into 1in wide pieces	4 tbs Worcestershire sauce
2 clove garlic, minced	1 cup ketchup
½ cups red wine vinegar	2 tsp salt
2 tbs brown sugar	2 tsp dry mustard
2 tsp paprika	½ tsp black pepper

#### Equipment

Dutch Oven

#### Instructions

1. Place beef in Dutch oven.
2. In a medium pot, combine all other ingredients and pour over beef.
3. Mix well.
4. Cover and cook over very low heat for 3-5 hours.
5. Mash meat with fork.
6. Heat to steaming and serve on buns.

### BBQ Beef Ribs

#### Ingredients

4-5 lbs beef short ribs  
3 cups Black Jack BBQ sauce

#### Equipment

Skillet

## Instructions

1. Place ribs in a flat pan or dish.
2. Pour sauce over ribs, turning so as to coat both sides; pierce meat with a large fork.
3. Marinate 8 hours, turning once.
4. Remove ribs from marinate and brush off excess sauce to avoid burning.
5. Grill over coals for 10 minutes.
6. Brush with marinade and cook 4-5 minutes more.
7. Heat remaining sauce and serve with ribs.

## Beef Bourguignon

### Ingredients

4 lb. beef roast, cubed	1 lb bacon, cut into pieces
1 ½ cups red sparkling grape juice	3 cloves garlic, minced
1/3 cups olive oil	1 onion, sliced
1 tsp thyme	1 lb mushrooms, sliced
1 tsp black pepper	1/3 cups flour

### Equipment

Dutch Oven

### Instructions

1. Mix grape juice, olive oil, thyme, and pepper in small pot.
2. Place beef in gallon zip-lock and add grape juice mixture for marinade.
3. Double bag and place in cooler overnight.
4. In large skillet, cook bacon until soft.
5. Add garlic and onions, sautéing until clear.
6. Add mushrooms and cook until slightly wilted.
7. Drain beef saving marinade and place in bottom of Dutch oven.
8. Sprinkle flour over beef, stir until well covered.
9. Add mushroom mixture on top.
10. Pour reserved marinade over all.
11. Cover and cook at low 7-8 hours.

## Beef Burgundy

### Ingredients

2 lb beef round roast	3 medium onions, sliced
2 cans beef gravy (or pkgs of instant)	1/2 c burgundy wine
1 clove of Garlic	4 tbs butter
1/4 tsp oregano	1/2 pt sour cream

### Equipment

Pot

### Directions



- 1 Cut beef into 1 inch cubes.
- 2 Sprinkle with tenderizer.
- 3 Sauté garlic and onions in butter slowly until onions are clear or slightly browned.
- 4 Remove onions and brown meat slowly in the drippings.
- 5 Add beef gravy, salt, pepper and onions to pan.
- 6 Simmer 15 min.
- 7 Serve over rice.

### Beef Sausage w/Kidney Beans

#### Ingredients

2 lbs beef sausage, cut into 2in lengths	1 tbs Worcestershire sauce
2 slices bacon, chopped	1 tbs brown sugar
2 onions, chopped	1 tsp salt
1 can tomato sauce	1 tbs garlic powder
¼ cups ketchup	1 tsp chili powder
1 tbs lemon juice	½ tsp red pepper

#### Equipment

Dutch Oven

#### Instructions

1. Fry chopped bacon in Dutch oven until crisp.
2. Remove and reserve bacon.
3. Sauté onions in bacon fat until light brown.
4. Add tomato sauce into which 1 tsp flour has been added.
5. Cook until slightly thickened, stirring constantly.
6. Add kidney beans and liquid.
7. Add rest of ingredients except sausage and bacon and stir well.
8. Cover and simmer 15 minutes.
9. Add sausage and bacon.
10. Cook 8 minutes longer and serve.

### Blue Ribbon Roast

#### Ingredients

Charcoal pan ¾ full	1 tbs Worcestershire sauce
Water pan full	1 cup A-1 sauce
5-6 lb boneless chuck or rump roast	1 cup Black Jack BBQ sauce (see entry)
3 tbs brown sugar	

#### Equipment

Smoker

#### Instructions

1. Combine ingredients and marinate roast in double gallon zip-lock in cooler overnight.

2. Pour excess marinade in water pan and cook 5-6 hours.

## Brisket

### Ingredients

Charcoal pan full	1 tsp red pepper
Water pan full	½ cups vinegar
1 boneless beef brisket, about 8-10 lbs	1/3 cups Black Jack BBQ sauce (see entry)
1 tbs garlic salt	½ cups Worcestershire sauce
1 tsp pepper	½ cups teriyaki sauce
1 tsp onion salt	

### Equipment

Smoker

### Instructions

1. Combine all ingredients, stir well, and heat until simmering.
2. Let cool.
3. Then marinate brisket in double gallon zip-lock in cooler overnight.
4. Place brisket on smoker grill and pour remaining marinade in water pan.
5. Cook 8 hours.

## Campfire Kabobs

### Ingredients

4 cans pineapple chunks	2 lbs bologna, folded in quarters
2 can condensed tomato soup	2 green peppers, cut into 1in squares
½ cups olive oil	1 pkg frankfurter buns, split
2 tbs chili powder	8 large wooden skewers

### Equipment

Pot

Open Fire

### Instructions

1. Drain pineapple.
2. Reserve ½ cups juice.
3. In medium pot, combine soup, reserved pineapple juice, olive oil, and chili powder.
4. Heat, stirring occasionally.
5. On skewers, arrange alternately bologna, green pepper, and pineapple.
6. Grill 4 in above coals.
7. Brush with sauce.
8. Cook 8 minutes or until hot, brushing with sauce frequently.
9. Serve on buns with remaining sauce.

### Casserole:Beef w/ Edam

#### Ingredients

2 onion, chopped	½ cups sweet gherkin pickles, chopped
½ cups margarine	2 cans mushrooms
2 lbs sirloin steak, sliced thin	5 tsp flour
1 can tomatoes	1 cup beef broth
2 red bell peppers, diced	½ tsp oriental chili paste
1 green pepper, diced	1 tsp chili sauce
2 eggs, hard-boiled, chopped	1 tsp ketchup
½ cups raisins	1 tsp Tabasco
½ cups black olives, pitted and halved	1 lb edam cheese, sliced ¼in slices

#### Equipment

Dutch Oven

#### Instructions

1. In a large skillet, sauté onion in margarine until golden.
2. Add steak, tomatoes, and peppers.
3. Cook, stirring, until veggies are softened.
4. Add egg, raisins, olives, gherkins, and mushrooms.
5. Cook, stirring for 1 minutes.
6. Stir in flour and cook for 2minutes, stirring constantly.
7. Stir in broth, chili paste, chili sauce, ketchup, Tabasco, and salt and pepper to taste.
8. Simmer, stirring constantly for 5 minutes.
9. Line the sides of a medium pot with some of the cheese slices.
10. Pour the beef mixture into the pot and cover it with remaining cheese slices.
11. Put a pie pan upside down in a pre-heated Dutch oven.
12. Place the pot on the pie pan.
13. Cover the pot and the Dutch oven.
14. Bake at 325 for 15 minutes.

### Casserole:Chuck Wagon

#### Ingredients

1 pound lean ground beef	1 package(8 ½oz) corn muffin mix
1 can(15 ½oz)mild chili beans in sauce	½ cup of chopped onion
1 can(11oz) Mexican style corn(draind)	½ cup chopped green bell pepper
¾ cup barbecue sauce	½ teaspoon salt

#### Equipment

Dutch Oven

#### Instructions

1. Preheat Dutch Oven over hot coals until a drop of water sizzles.
2. Brown ground beef along with onions and bell peppers in Dutch Oven.

3. Stir in chili beans, barbecue sauce, and salt. Bring to a boil.
4. Prepare corn muffin mix per package directions then stir in corn. Spoon mixture over boiling meat mixture.
5. Put Dutch Oven lid on. Make sure you have 8-10 charcoal briquettes on the top and 8-10 on under the bottom. Bake for 25 -30 minutes until corn muffin mix is golden brown ( knife comes out clean )
6. Dish out and enjoy:will feed a patrol of 6.

### **Casserole:Firebird**

#### **Ingredients**

3 lb. ground beef	12 corn tortillas
2 small onions, diced	2 lb. shredded Cheddar cheese
2 tbs olive oil	2 cans diced green chilies, drained
4 cans condensed cream of mushroom soup	1 tsp Tabasco
2 soup cans milk	

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Brown beef and onion in oil.
2. Stir to crumble meat.
3. Combine soup and milk in large pot.
4. Stir over medium heat until smooth.
5. Then add chilies and Tabasco sauce.
6. Cut tortillas in 1in squares.
7. Put large pot lid upside down in Dutch oven and line with foil.
8. Make layer of tortilla squares in bottom.
9. Spread with layer of ½ cooked meat, then ½ of soup mixture, then ½ of cheese.
10. Repeat layers and top with remaining tortilla squares.
11. Bake 20-30 minutes.
12. For more fire, use ½ Jalapenos and ½ green chilies

### **Chop Suey**

#### **Ingredients**

1lb raw Hamburg.	1 small box of spaghetti.
1 Small can of peas.	2or3 small onions (cut up)
1 small can of tomatoes.	1 stalk of celery.

#### **Equipment**

Sauce Pan

#### **Instructions**

1. Break up raw hamburger, place in bottom of Dutch Oven,

2. add remaining ingredients, juices and all
3. cook 1hr slowly.

### Coney Dogs w/Geezer Sauce

#### Ingredients

1 can tomato soup	2 bay leaves
¼ tsp dry mustard	½ tsp paprika
1 tbs Worcestershire sauce	¼ tsp ground cloves
1 ½ lb ground beef	1 onion, chopped
1 onion, minced	½ tsp sugar
1 clove garlic, minced	1 tsp chili powder

#### Equipment

Skillet

#### Instructions

1. Brown ground beef, minced onion, and garlic in large skillet.
2. Drain.
3. Add rest of ingredients and simmer until thick.
4. Serve with cooked wieners on a bun.
5. To make ultra Geezer style, increase chili powder to 2 tsp.
6. Add ½ tsp Tabasco sauce, and sprinkle of caraway seeds and fennel seeds.

### Corned Beef & Cabbage

#### Ingredients

2 lb well trimmed corned beef	1 small head green cabbage, cut into 6 wedges
1 small onion, quartered	6 medium carrots cut into quarters
Boneless brisket or round	
1 clove garlic, crushed	

#### Equipment

Dutch Oven

#### Directions

- 1 Pour enough cold water on corned beef in Dutch oven to just cover.
- 2 Add onion and garlic.
- 3 Heat to boiling, reduce head.
- 4 Cover and simmer until beef is tender, about 2 hours.
- 5 Remove beef to warm platter, keep warm.
- 6 Skim fat from broth.
- 7 Add cabbage and carrots, heat to boiling.
- 8 Reduce heat and simmer uncovered 15 min.

## Corned Beef Hashburgers

### Ingredients

2 cans corned beef hash, cut into 4 slices each can	8 slices onion
2 tbs olive oil	8 slices tomato
2 cans condensed golden mushroom soup	8 pieces lettuce
1 cup water	8 hamburger buns
	8 oz shredded cheddar cheese

### Equipment

Skillet

### Instructions

1. In large skillet, brown hash in olive oil.
2. Pour off grease.
3. Add soup and water, top with onion.
4. Heat, and stir soup occasionally.
5. Serve on 8 buns.
6. Top with tomato and lettuce.
7. Serve with A-1 sauce.

## Corned Beef w/Dijon Glaze

### Ingredients

3 lb corned beef brisket	4 cups water
¼ cups white vinegar	¼ cups Worcestershire sauce
2 bay leaves	8 whole cloves
3 cloves garlic, minced	½ cups Dijon mustard
½ cups orange marmalade	2 tsp horseradish
2 tbs Worcestershire sauce	

### Equipment

Dutch Oven

### Instructions

1. Place brisket in Dutch oven.
2. Add water, vinegar, bay leaves, garlic, cloves, and 2 tbs Worcestershire sauce.
3. Bring to a boil.
4. Cover, reduce heat and simmer 2½ to 3 hours or until tender.
5. In a small pot, combine Dijon mustard, marmalade, horseradish, and ¼ cup Worcestershire sauce.
6. Cook over medium heat, stirring constantly, until bubbly.
7. Remove brisket and drain.
8. Discard liquid.
9. Return brisket to oven and spread with glaze.
10. Bake at 350 degrees for 20 minutes.

Thanks to Mike Audleman -- a Prodigy Scouter

### Country Style Ribs

#### Ingredients

Brinkman or similar smoker  
Charcoal pan full  
Water pan full  
6 lbs country-style ribs

1 cup Black Jack BBQ sauce (see entry)  
1 cup pineapple juice  
1 cup apple cider

#### Equipment

Smoker

#### Instructions

1. Combine BBQ sauce, pineapple juice, and apple cider.
2. Cut ribs apart and marinate in mixture several hours.
3. Use double gallon zip-lock bags.
4. Arrange on grill in smoker and cook 3-4 hours or until tender.

### Dogs Body Mess

#### Ingredients

1 ½ lb ground beef  
1 can tomato soup  
1 can mushrooms

1 can green beans  
1 onion, chopped  
1 clove garlic, minced

#### Equipment

Dutch Oven

#### Instructions

1. In Dutch oven, brown ground beef, onion, and garlic until onion is clear.
2. Drain and add other ingredients.
3. Heat until simmering.
4. Serve over egg noodles.

### Drumsticks

#### Ingredients

1 lb. hamburger  
1 cup cornflakes  
1 egg  
1/2 chopped onion

salt & pepper  
1 tsp. mustard  
1 tbs. ketchup

#### Equipment

AL Foil

## Directions

1. Crush the cornflakes and mix with all the rest of the ingredients, except egg shell.
2. Warp a handful around a green stick and wrap aluminum foil around meat and stick.
3. cook 20:30 min. over bed of coals, turning slowly.

Makes about 6-7 drumsticks.

## Dutch Oven Delight

### Ingredients

2 lbs ground beef	1 can tomato sauce
3 tbs olive oil	2 cups water
8oz elbow macaroni	2 tbs Worcestershire sauce
12 onion, chopped	8 drops Tabasco sauce
1 green pepper, diced	1 tsp salt
¼ cups celery, chopped	½ tsp lemon pepper
¼ cups green onion, chopped	½ tsp celery salt
1 can stewed tomatoes	2 cans kidney beans

### Equipment

Dutch Oven

### Instructions

1. In Dutch oven brown meat in olive oil.
2. Drain and retain drippings.
3. Return 3 tbs of drippings to oven and sauté macaroni, onion, green pepper, celery, and green onion for 5minutes, stirring constantly.
4. Return meat to oven, add tomato sauce, stewed tomatoes, and water.
5. Mix well.
6. Add remainder, except kidney beans, and mix well.
7. Cover and simmer for 25 minutes.
8. If ingredients are dry, add more water.
9. Add kidney beans and simmer for another 10 minutes.

## Eastern Horizon Spareribs

### Ingredients

2 cup water	1 tbs cornstarch
½ cup soy sauce	1 tbs sesame seeds
1 tbs garlic flakes	2 tbs chopped green onion
3 lb. spareribs, cut into 2in pieces	¼ tsp ground ginger
2 tbs brown sugar, packed	

### Equipment

Skillet

### Instructions



1. Combine water, ¼ cups soy sauce, and garlic in large pot.
2. Place ribs in liquid and bring to boil.
3. Reduce heat, cover and simmer over low heat (1 hour).
4. Remove cover and bring to boil and cook 20 minutes longer.
5. Drain and reserve ¼ cups cooking liquid.
6. Mix remaining ¼ cups soy sauce, brown sugar, cornstarch, sesame seeds, green onion, and ginger.
7. Place spareribs and reserved cooking liquid in large skillet over medium heat.
8. Pour soy sauce mixture over ribs and cook, turning ribs often and spooning sauce over ribs until sauce is thickened and adheres to ribs (10min).
9. Serve from warm skillet.

### Easy Beef in the Pot

#### Ingredients

Large round steak	2 tbs olive oil
1 can Pepsi or Coke	Salt
¾ cups ketchup	Pepper
1 large onion, sliced	1 lb egg noodles, cooked
1 green pepper, sliced	

#### Equipment

Dutch Oven

#### Instructions

1. Heat Dutch oven over medium heat.
2. Add olive oil.
3. Cut round steak into 8 strips.
4. Brown steak and add onions.
5. When onions are soft, remove meat and onions.
6. Drain oil from oven.
7. Add meat, onions, and green pepper.
8. Add can of Pepsi and ketchup.
9. Salt and pepper to taste.
10. Cover and place coals on bottom and top of oven in 1 to 3 ratio.
11. Cook 1 hour or until sauce thickens.
12. Serve over egg noodles.

Thanks to Bob Smejkal, Troop 38, Troy.

To make Geezer style, Add 4 tbs teriyaki sauce and 2 tbs garlic powder while browning. Do not drain. Add ¼ cups jalapeno peppers and 1 tsp red pepper to mixture before baking.

### Enchiladas

#### Ingredients

1 small can sliced black olives, drained (optional)

1 small onion, chopped (optional)  
1-18 pack Mission soft taco size flour tortillas  
2 large cans mild enchilada sauce  
1-1 ½ lb grated cheddar cheese (can use jack, Colby, etc.)  
1 can Cream of Mushroom soup

1 ½# ground beef  
½ can milk  
1 can chopped green chilies  
8 ounces Sour cream  
(optional)

### **Equipment**

Dutch Oven

### **Instructions**

1. Add hamburger, and onions, fry until hamburger browned.
2. Add enchilada sauce, mushroom soup, milk and chilies bring to a boil, stirring until soup is dissolved.
3. In the meantime, grate cheese and wrap about 2 tbsps in each tortilla(you can add the black olives, too).
4. Layer the filled tortillas in the boiling enchilada mixture, making sure to cover each enchilada in the sauce.
5. Cover and boil about 20 minutes, or until cheese is melted.
6. Remove from oven, scoop up some of the sauce and hamburger and spread on top of your enchilada, add sour cream and enjoy!

## **Fajitas**

### **Ingredients**

2 lbs steak sliced into thin strips  
1-2 packs flour tortillas

2 green peppers  
1 large onion

### Salsa

2T oil  
grated cheese  
sour cream (optional)

1 cup salsa  
1 cup Newman's Own Italian dressing  
1 lime  
dash Worchester sauce

Marinade:

### **Equipment**

2 frypans or woks

### **Instructions**

1. Place strips of steak and marinade in ziplock bag,
2. place in fridge or cooler overnight before cooking (we do it the night before our campout).
3. Slice onions and green peppers. Fry steak and onions/peppers in separate pans (use oil for onions/peppers).
4. Wrap tortillas in foil and heat on fire, turning occasionally.
5. Everyone can grab a tortilla, add ingredients, roll up and enjoy

Variation:cook the meat and veggies in a foil pouch as opposed to a frying pan

### Foil Dinner:Hamburger Variations

Basic Hamburger recipe: Lay slices of potatoes, onion, and carrots on a sheet of heavy-duty foil then place hamburger patty on top. Cover with slices of potato, onion, and carrots. Season with butter, salt and pepper. Cook 20-30 minutes over hot coals, turning twice during cooking.

1. Cabbage leaves to wrap it all in before I wrap in foil:From:Don E. Robinson, M.D.
2. Cream of Mushroom soup:It adds taste as well as additional moisture. A couple of tablespoons will do just fine. From:George N. Leiter II
3. Sauces:(BBQ, Heinz 57, Worchester, Soy, Teriyaki,) or even Italian dressing?
4. Spices:a measuring teaspoon of Italian seasoning, curry powder or chili powder.:From:Ben Alford
5. Instead of hamburger, try Ground turkey, Pork Loin, Beef cubes, or Boneless Chicken Breast!
6. Vary the vegetable ingredients to include slices of tomato, and/or bell peppers.
7. If you use chicken, try pineapple slices with mild BBQ sauce.:From:Alan Wolfson
8. Try adding small dough balls of biscuit mix for dumplings.:From:James H. McCullars
9. Bouillon granules. These add significantly to the flavor.
10. Onions. Anything in the onion family can add lots of flavor, try scallions or green.
11. Garlic (salt, powder, crushed) can add a nice flavor.

### German Sauerbraten

#### Ingredients

4 lbs beef rump roast	3 bay leaves
1 ½ cups vinegar	2 tbs sugar
1 cup Coca-Cola	1 ½ tsp salt
¾ cups water	3 tbs olive oil
3 onions, sliced	Gravy
2 stalks celery, sliced	3 cups drippings plus strained marinade
2 carrots, sliced	5 tbs flour
10 peppercorns	5 tsp ginger snap crumbs
10 whole cloves	

#### Equipment

Dutch Oven

#### Instructions

1. 2 to 3 days before serving, combine vinegar, Coke, water, onions, celery, carrots, pepper, cloves, bay leaves, sugar, and salt to make marinade.
2. Place meat into a gallon zip-lock, pour in marinade, double bag and place in cooler.
3. Turn occasionally.
4. When ready to cook, heat olive oil in Dutch oven.
5. Remove meat from bag, saving marinade, rub with flour and brown.
6. Add 1 cup of marinade plus veggies and bay leaves.
7. Cover and simmer 2 hours. Remove.
8. Strain drippings and make gravy.
9. Slice meat into serving pieces and serve with gravy over top.

### Goulash:Beef

#### Ingredients

3 lb beef, cubed  
1 tsp salt

2 tbs Cooking oil  
1 can mushroom soup

#### Equipment

Pot

#### Directions

- 1 Brown the beef in cooking oil.
- 2 Add salt and soup.
- 3 Cover and simmer about 1 hour.

### Goulash:Hungarian (Coke)

#### Ingredients

3 lbs beef chuck, cut into 1in cubes  
2 tbs olive oil  
3 onions, chopped  
2 cloves garlic, minced  
1 tbs paprika  
2 ½ tsp salt

½ tsp caraway seeds  
½ cups Coca-Cola  
1 large can tomatoes, chopped  
3 tbs flour  
water

#### Equipment

Dutch Oven

#### Instructions

1. Heat olive oil in Dutch oven and brown meat.
2. Remove meat when browned.
3. Sauté onion and garlic in drippings until soft.
4. Stir in paprika, salt, and caraway seeds.
5. Cook for 1 minutes.
6. Stir in meat, Coke, and tomatoes.
7. Cover and simmer about 1 ½ hours.
8. Blend flour with a little water to make a smooth paste and add to meat mixture.
9. Stir well.
10. When thickened, serve over noodles.

### Grilled Geezerbobs

#### Ingredients

2 lb. ground beef, pork, veal mix  
2 tbs parsley flakes  
2 tbs basil  
2 tsp salt

2 tsp pepper  
2 small onions, chopped  
2 tbs garlic flakes  
2 eggs, beaten

2 large green peppers, cut into 1 1in squares

2 small onions, cut into quartered slices

### **Equipment**

Open Fire

### **Instructions**

1. Mix together all ingredients except pepper squares and onion quarters.
2. Shape into 1in balls.
3. Alternate meatballs, pepper squares, and onion quarters on 8 metal skewers.
4. Grill bobs about 4 in from coals 10 minutes until meat is done.
5. For best results, use venison burger instead of veal.

## **Grilled Stuffed Peppers**

### **Ingredients**

2 cans stewed tomatoes

2 cups pre-cooked rice

4 cans roast beef spread

1 cup catsup

½ cups water

1 tsp salt

½ tsp pepper

1 medium onion, minced

2 cloves garlic, minced

8 medium green peppers

heavy duty aluminum foil

### **Equipment**

Foil Pouch

### **Instructions**

1. In a medium pot, mix together tomatoes, rice, roast beef spread, catsup, water, salt, and pepper.
2. Sauté onions and garlic in olive oil and add to mixture.
3. Cut thin slice from stem end of each green pepper.
4. Remove all seeds and membranes.
5. Wash inside and outside.
6. Lightly stuff each pepper with rice mixture and place on square of heavy duty aluminum foil.
7. Wrap securely and cook over medium hot coals 30 minutes.
8. Turn once.

## **Hamburger, Beans & Biscuits**

### **Ingredients**

2 lb lean Hamburger or Turkey Hamburger

2 2 lb cans of Pork & Beans

1 jar Hickory Smoked BBQ sauce

1 jar Mesquite BBQ sauce

1 jar Regular BBQ sauce

1 cup shredded Cheese

Ketchup

Mustard

Onions

Your favorite Rollout Biscuit Mix

### **Equipment**

## Dutch Oven

### Directions

- 1 Brown and drain the Hamburger.
- 2 Add both cans of Pork & Beans.
- 3 Mix well.
- 4 Add as much or as little of the three BBQ sauces to the mix.
- 5 Again, mix well.
- 6 Add Ketchup and Mustard to taste.
- 7 Once all is mixed, add a handful of chopped onions (the finer the better).
- 8 Let simmer on low heat for 15 minutes.

Make your Rollout Biscuits.

- 1 Cut out in circles.
- 2 Cut circles in half giving two half circles.
- 3 Stir the Beans & Hamburger.
- 4 Arrange biscuit halves on top of simmering beans.
- 5 Stand biscuit halves on end so that round halves are up.
- 6 Cover the complete top of the beans and hamburger mix with biscuit halves.
- 7 Add all shredded cheese on top of biscuits.
- 8 Bake for 30 minutes at 400 degrees.
- 9 It's done when the biscuits are done.

From TINGBLTN@CNSVAX.UWEC.EDU

## Hamburger:High on Life

### Ingredients

2 tbs olive oil	8 thin slices red onion
2 small onions, minced	8 slices tomato
2 tsp pepper	8 sandwich-size zip-lock bags
1 tsp ground nutmeg	1 gallon-size zip-lock bag
2 tsp ground coriander	Bottle A-1 steak sauce
4 lb. ground beef	2 tbs garlic flakes
8 buttered toasted hamburger buns	

### Equipment

Skillet

### Instructions

1. Combine oil, minced onion, and garlic in large skillet over medium heat until onions soften.
2. Add pepper, nutmeg, and coriander.
3. Cook 1 min.
4. Scrape mixture into large pot and mix well.
5. Form into 8 patties.
6. Seal each in sandwich zip-lock.

7. Seal all bags into gallon zip-lock.
8. Put in cooler for ½ hour.
9. Grill on hot griddle until desired doneness.
10. Serve on hot buttered toasted buns with a slice of onion and tomato.
11. Top with A-1.

### **Hamburger:Jack**

#### **Ingredients**

3 lb. ground beef	½ tsp salt
2 cans chopped green chilies, drained	1 jar salsa
1 cup Monterey Jack cheese	8 hamburger buns
1 tsp red pepper	

#### **Equipment**

Open Fire

#### **Instructions**

1. Mix ingredients together except salsa.
2. Shape into 8 patties and grill on hot coals until desired doneness.
3. Serve on buns.
4. Top with salsa.

### **Hamburger:Jambo Burgers Ala Trails West**

#### **Ingredients**

3 lb. ground beef	2 tbs garlic powder
3-4 medium onions, diced	1 tsp red pepper
2 cans vegetable soup	3 cups pre-cooked rice
2 cans vegetable-beef soup	olive oil
1 envelope onion soup mix	salt to taste

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Put 2 tbs olive oil in large skillet and heat.
2. Add onions and sauté until soft. Reserve.
3. Mix ground beef, garlic powder, red pepper, and onion soup mix.
4. Form into small balls and fry until done in large skillet with ¼in olive oil.
5. Drain and reserve.
6. Open soup and pour into Dutch oven.
7. Add one can of water and bring to boil.
8. Add onions and beef meatballs.
9. When mixture begins to simmer, add cooked rice and reduce to just below simmer.
10. Cover and cook 10minutes, adding water when necessary.

### Hamburger:Peppermint

#### Ingredients

3 lb. ground beef  
4 tsp garlic flakes  
2 eggs, beaten  
½ cup bread crumbs

½ cup onion flakes  
1 tsp pepper  
6- tbs minced mint leaves  
4 tsp salt

#### Equipment

Skillet

#### Instructions

1. Combine beef, garlic, egg, onion, bread crumbs, salt, pepper, and mint.
2. Shape into 8 oblong patties and fry 8-10 minutes on each side in lightly greased large skillet.
3. Serve with garlic toast.

### Hamburger:Not Just another Cheeseburger

#### Ingredients

2 lb ground beef  
4 tbs teriyaki sauce  
4 tsp chili powder

1 tsp pepper  
1 tsp garlic powder  
Shredded cheddar cheese

#### Equipment

Open Fire

#### Instructions

1. Combine teriyaki sauce, chili powder, pepper, and garlic powder.
2. Mix well.
3. Use ½ of mixture and mix well into ground beef.
4. Form 8 patties and grill.
5. Baste with remainder of sauce.
6. Top each patty with cheddar cheese just before serving, keeping on grill until cheese is melted.

### Hamburger:Veggie Burgers

#### Ingredients

2 lb. ground beef  
1 ½ cup minced onions  
1 ½ cup diced green peppers  
1 ½ cup chopped fresh tomatoes  
¼ cups chopped stuffed olives  
2 cups shredded Cheddar cheese

1 tsp salt  
1 egg, beaten  
8 toasted hamburger buns  
Soft margarine  
8 sandwich-sized zip-lock bags  
1 gallon-sized zip-lock bag

#### Equipment



## Open Fire

### Instructions

1. Thoroughly mix ground beef, onions, green peppers, tomatoes, olives, cheese, salt, and egg.
2. Shape into 8 patties and seal each in a sandwich zip-lock bag.
3. Seal all into gallon zip-lock and put in cooler for 1 hour.
4. Grease hot grill.
5. Add patties and brown on each side.
6. Turn heat to low and cook for 10 minutes on a side.
7. Serve on hot buttered toasted buns.
8. Use A-1 for topping instead of ketchup.

## Hot Sausage and Shrimp Jambalaya

### Ingredients

1 lb hot link sausage, cut in ½ in pieces	1 can tomatoes
2 onions, chopped	1 tsp thyme
1 cup parsley	salt to taste
4 cloves garlic, chopped	2 cups rice
2 cups water	1 lb frozen peeled shrimp

### Equipment

Dutch Oven

### Instructions

1. Cook sausage and onions in large skillet until onions are clear.
2. Add garlic and parsley.
3. Cook until parsley is limp.
4. Transfer to Dutch oven, add water, tomatoes, thyme and salt.
5. Bring to boil.
6. Add rice and shrimp.
7. Stir once, lower heat, cover, and simmer.
8. Cook until rice is tender.
9. Add more water if necessary.

## Hungarian Goulash

### Ingredients

2 lb beef tips, cubed	2 tsp paprika
1 small onion, chopped	1 ½ tsp salt
3 tbs olive oil	¼ tsp pepper
1 large can tomatoes	1 cup sour cream
1 can mushrooms	2 tbs flour

### Equipment

Skillet

### Instructions

1. Brown beef tips and onion in olive oil, add tomatoes, mushrooms, and seasonings.
2. Cover and simmer.
3. Stir occasionally until meat is tender, about 1½ hours.
4. Blend flour and sour cream.
5. Gradually stir into meat mixture.

Thanks to Mike Audleman, a Prodigy Scouter

### Kishkakon Stuffed Beef Rolls & Gravy

#### Ingredients

2 large boneless round steaks	4 tbs oil
Salt & pepper	3 cups cold water
8 tbs mustard	1 tsp salt
8 slices bacon, cut into ½'s	1 tsp pepper
2 medium onions, chopped	2 tbs flour
½ cups parsley flakes	Sandwich size zip-lock bag
8 dill pickle halves	Toothpicks

#### Equipment

Skillet

### Instructions

1. Pound beef until ¼in thick.
2. Cut each steak into 4 equal pieces.
3. Lightly sprinkle with salt and pepper.
4. Spread each piece with 1 tsp mustard.
5. Place ½ strip bacon down center of each.
6. Sprinkle with onion and parsley.
7. Place pickle half on narrow end of each and roll up.
8. Wrap rest of ½ strip of bacon around each roll.
9. Fasten with toothpicks.
10. Heat oil in large skillet until hot.
11. Cook rolls over medium heat until brown.
12. Add water, 1 tsp salt, 1 tsp pepper, and heat to boiling. Reduce heat.
13. Cover and simmer about 45 minutes.
14. Remove rolls and keep warm.
15. Add enough water to skillet to measure one cup.
16. Shake 2 tbs cold water and flour in zip-lock bag until mixed well.
17. Open bag and add to skillet.
18. Heat to boiling and stir constantly until gravy -sets.
19. Serve gravy over rolls.

### Kit Carson Pie

#### Ingredients

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

#### Equipment

Dutch Oven

#### Directions

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

**Serves 4-6** or one Scoutmaster

### Kolbase Krauts

#### Ingredients

Brinkman or similar smoker	1 cup sauerkraut
Charcoal pan ½ full	1 cup Black Jack BBQ sauce (see entry)
Water pan ½ full	Caraway seed
3 lbs Polish sausage	1 lb bacon

#### Equipment

Smoker

#### Instructions

1. Split Polish sausages lengthwise to about ½ in from each end.
2. Toss sauerkraut, sprinkle of caraway seed, and ¼ cups Black Jack sauce together.
3. Stuff mixture into sausages.
4. Wrap with bacon.
5. Anchor with toothpicks.
6. Cook 1-2 hours.

### Mac-A-Treat

#### Ingredients

2 cans Treat	2 cans stewed tomatoes
2 boxes Macaroni & Cheese	2 cans mixed vegetables

#### Equipment

Skillet

## Instructions

1. Dice and brown Treat in large skillet.
2. Prepare mac & cheese according to box instructions.
3. Add stewed tomatoes and juice.
4. Add mixed vegetables (drained).
5. Reduce heat and cook until vegetables are hot.

Thanks to Dennis Luescanheide, NC-533, Cakokia Mounds Roundtable Staff

## Magic Mushroom Beef Rolls

### Ingredients

2-2 ¼ lbs round steak	½ cups parsley flakes
8-10 large mushrooms	1 tsp garlic flakes
½ cups melted margarine	1 tsp salt
4 cups Italian bread crumbs	¼ tsp red pepper
½ cups minced onion	½ cups olive oil

### Equipment

Skillet

### Instructions

1. Pound the steak to thinness of 1/8in.
2. Cut steak into pieces about 4x6in and set aside.
3. Cut the stems from the mushrooms and reserve the caps.
4. Mince the stems coarsely, combine with margarine, bread crumbs, onion, garlic, parsley, olive oil, and red pepper.
5. If mixture is too dry and crumbly, add a dash more olive oil.
6. Divide the mixture evenly between the pieces of steak, roll the meat around the filling, and old together with toothpicks.
7. Heat ¼ in olive oil in large skillet, add beef rolls and caps of mushrooms.
8. Cook 20-25 minutes.
9. Turn until desired doneness.

## Meat Loaf 1

### Ingredients

3 lb ground beef	2 eggs
1/2 c bell pepper	1-1/2 tsp salt
1-1/2 c quick oats	1/2 tsp dry mustard
2 pkg onion soup mix	1/4 tsp marjoram

### Equipment

Dutch Oven

### Directions

- 1 Mix all ingredients and put in casserole pan.
- 2 Place in Dutch oven.
- 3 Bake 1 hour, covered.

## Meat Loaf 2

### Ingredients

2 lb ground beef	2 tbs instant beef bouillon
2 eggs	1 tbs onion powder
2 small potatoes, shredded	1 tbs garlic powder
2 onions, shredded	2 cup tomato sauce
2 tsp oregano	olive oil

### Equipment

Dutch Oven

### Instructions

1. At home, combine beef, potatoes, onion, eggs, and dry ingredients and store in double gallon zip-lock bag.
2. At camp -- heat 2 tbs olive oil in Dutch oven.
3. Shape beef mixture into loaf and brown on all sides.
4. Pour tomato sauce onto loaf and bake ½ hour.

## Mess

### Ingredients

1-1/2 lb ground beef	1 small onion chopped
1 can(16 oz) French style green beans	1 can mushrooms
1 can tomato soup	

### Equipment

Dutch Oven

### Directions

- 1 In Dutch oven or large pot, brown ground beef and onion until onion is clear.
- 2 Drain and add other ingredients.
- 3 Heat through and salt to taste.
- 4 Serve plain or on top of noodles or spaghetti.

Lynne Waltz, Troop 546, Niceville, FL

## Mexican Smoked Chili Marinade

### Ingredients

1 cup orange juice	¼ cups juice from jalapenos
¼ cups lime juice	4 cloves garlic, minced
½ jar jalapenos, minced	1 tsp grated orange rind

2 tsp oregano  
1 tsp cumin

2 tbs red wine vinegar  
½ tsp each salt & pepper

### **Equipment**

Pot

Open Fire

### **Instructions**

1. Combine orange and lime juice in small pot and boil until reduced to ½ cup.
2. Add remaining ingredients and blend very well.
3. Let cool and spread on beef (preferably steaks).
4. Place in double gallon zip-lock and let set for 1 hour.
5. Grill on coals.

## **Old Fashioned Beef Pot Roast**

### **Ingredients**

1 4 lb beef chuck roast  
2 tbs flour  
1 tbs olive oil  
2 tsp salt  
½ tsp marjoram  
¼ tsp thyme

¼ tsp pepper  
½ onion, sliced  
½ cups water  
3 medium carrots, cut in sixths  
1 lb carrots, cut in chunks  
1 lb small potatoes, cut in ½s

### **Equipment**

Dutch Oven

### **Instructions**

1. Sprinkle roast lightly with flour, rub in.
2. In Dutch oven, brown meat slowly on all sides in hot oil.
3. Season with dry ingredients.
4. Add sliced onion and water.
5. Cover and roast about 2 hours.
6. Add rest of veggies and another ½ cups water.
7. Cover. Continue cooking for another 1-1 ½ hours.
8. To make gravy, skim fat from oven.
9. Add water to juices to make 1 ½ cup.
10. Heat large skillet and add juice mixture.
11. Combine ½ cup cold water and ¼ cups flour.
12. Stir well and add to skillet.
13. Cook and stir until thickened and bubbly.
14. Season with salt and pepper to taste.

## **Pinto Bean Tamales**

### **Ingredients**

3doz green or dry corn husks  
2:1 lb cans refried beans  
1/3 cup corn meal  
1 lb ground beef, cooked  
1 6oz can tomato paste

2 tsp chili powder  
2 tsp red pepper  
1 tsp dried peppers  
½ tsp salt  
2-2½ cup water

### **Equipment**

Dutch Oven

### **Instructions**

1. Boil corn husks in hot water to soften; drain and pat dry.
2. Mix refried beans and corn meal.
3. Roll each tamale; lay three overlapping corn husks on a flat surface.
4. Spread 1/3 cup bean mixture on center of the husk.
5. Spoon about 1 tbs beef down center of beans.
6. Lift sides of other two corn husks to wrap beans around beef.
7. Tie ends securely with string.
8. In a Dutch oven, combine tomato paste, and other ingredients and bring to a boil.
9. Place a single layer of tamales in sauce; cover and simmer 30 minutes.
10. Lift out cooked tamales and repeat with remainder, adding water if needed.

## **Beef Potatoes &Gravy**

### **Ingredients**

Instant Potatoes  
Dried Beef

Package gravy mix  
Butter Buds

### **Equipment**

Single Pot

### **Instructions**

One box instant potatoes, two pkgs instant gravy mix, one small butter buds, put all ingredients in plastic bag for ease of transportation on trail. Two small jars of dried beef.

1. Boil water
2. Place ingredients into each crew members bowl.
3. Add water & stir.

You have Beef Gravy & mashed potatoes on the trail.

## **Pueblo Fire**

### **Ingredients**

20 red chili pods  
6c water-1 lb round steak cut into small pieces

2 tbs oil  
½ cups black jack BBQ sauce (see entry)  
2 tsp garlic powder

### **Equipment**

## Dutch Oven

### Instructions

1. Rinse chili pods in cold water after removing stems and seeds.
2. Tear pods into pieces.
3. Brown meat in oil in Dutch oven.
4. Add chili pod mixture, garlic powder, and BBQ sauce.
5. Cook over low heat for 1 hour.
6. Can be served as soup.

## Red Beans and Rice w/Smoked Sausage

### Ingredients

1 lb dried red beans	1 tsp thyme
1 ½ lbs smoked sausage, cut into 1 ½ in pieces	1 tsp black pepper
8oz ham shanks	1 tsp red pepper
2 onions, chopped	½ tsp sage
2 cloves garlic, minced	2 cups cooked rice

### Equipment

## Dutch Oven

### Instructions

1. Place beans in Dutch oven and cover with water.
2. Let soak 30 minutes.
3. Add remaining ingredients to beans except salt and rice.
4. Bring to boil over medium high heat.
5. Reduce heat to medium low, cover and simmer 2 ½ hours.
6. Add water if necessary.
7. Add salt to taste.
8. Discard ham bones.
9. Remove 4 tbs of beans from mixture and mash.
10. Return to oven and 1 stir.
11. Simmer 15 more minutes.
12. Add rice and serve.

## Roast Beef:French Style

### Ingredients

3 lb boneless chuck or rolled rump roast	5 peppercorns
6 whole cloves	1 tsp salt
1 bay leaf	1 tsp thyme
4 cups water	1 large clove garlic
2 medium onions, quartered	4 med. carrots, quartered
2 stalks celery, cut 1 in pieces	



## Equipment

Dutch Oven

## Instructions

1. Place roast, salt, thyme, clove, peppercorns, bay leaf, and garlic in Dutch oven and add water.
2. Heat to boiling, reduce heat and simmer covered 2½ hours.
3. Add remaining ingredients, cover and simmer another 30 minutes.
4. Remove roast, cut into ¼ in slices.
5. Strain broth from vegetables and serve.
6. Retain broth to spoon over beef.

## Russian Beef Stroganoff

### Ingredients

1 ½ lbs chuck steak, cut into 1 ½in strips	2 tbs flour
3 tbs flour	½ cups water
1 tsp salt	1 tbs Worcestershire sauce
2 tbs olive oil	2 can mushrooms with liquid
2 onions, finely chopped	1 cup sour cream
2 cloves garlic, minced	2 tbs parsley flakes
½ cups Coca-Cola	Enough mashed potatoes to make 8 servings
¼ cups water	

### Equipment

Dutch Oven

## Instructions

1. Put flour, salt, and beef into a gallon zip-lock bag and shake to coat each piece.
2. In a Dutch oven, heat olive oil, add meat and brown slowly.
3. Add onion, garlic, Coke, and ¼ cups water.
4. Mix well.
5. Cover and simmer 30 minutes.
6. In a small pot, mix 2 tbs flour with ½ cups water.
7. Stir until smooth and add to meat mixture along with undrained mushrooms.
8. Stir and cook until thickened.
9. Stir in sour cream and heat gently until gravy simmers.
10. Serve over mashed potatoes.

## Sausage Balls 1

### Ingredients

1 lb Sausage (Mild or hot)	6 oz Grated Cheddar Cheese
1 Egg	3 c Bisquick

### Equipment

## Dutch Oven

### Directions

- 1 Mix all ingredients together.
- 2 Mixes best with your hands.
- 3 Pinch off small pieces and form into balls.
- 4 Cook 10-15 min at 350 in Dutch oven.

Makes 6 dozen.

## Sausage Balls 2

### Ingredients

2 lbs sausage	2 tsp red pepper
12 oz shredded cheddar cheese	1 tsp dried red pepper
2 eggs, beaten	1 tsp garlic powder
6c biscuit mix	1 tsp onion powder
2 tsp cumin	

### Equipment

Dutch Oven

### Instructions

1. Mix all ingredients together:don't be afraid to use your hands.
2. AFTER WASHING. Pinch off small pieces and form into balls.
3. Cook 10-15 minutes in Dutch oven.

## Sausage Creole

### Ingredients

2 lb smoked sausage links, sliced in ½in pieces	4 tbs olive oil
½ cups chopped onion	1 red bell pepper, diced
2/3 cups chopped celery	½ cups sliced green olives
1 ½ cups water	2 pkg. Spanish rice Mix
2 can stewed tomatoes with pepper peppers	¼ tsp cayenne pepper

### Equipment

Dutch Oven

### Instructions

1. In Dutch oven, sauté onion, pepper, and celery in olive oil.
2. Combine all ingredients in oven and bring to boil.
3. Cover, reduce heat, and 'simmer until liquid is absorbed.

## Shepherd's Pie

### Ingredients

ground beef	shredded cheese
one can of corn	salt
one can of tomato soup	pepper
one box of instant mashed potatoes	

### Equipment

Dutch Oven

### Instructions

1. Brown meat.
2. Drain grease from oven.
3. Add tomato soup and corn until "stirred" together.
4. Make instant mashed potatoes, following directions on box.
5. Spread potatoes over meat and cook until they have made a "crust" over the meat and corn.

## Skillet Beef 'n' Noodles

### Ingredients

2 3-oz packages beef ramen noodles	½ soup can water
1 pound ground beef	1 tsp Worcestershire sauce
½ c chopped onion	1 tsp prepared mustard
1 can Italian Tomato Soup	

### Equipment

Large pot

### Instructions

1. Cook noodles according to package directions. Add seasoning packets; drain off most of liquid. Set aside.
2. Meanwhile, in the Dutch Oven over medium heat, cook beef and onion until beef is browned and onion is tender, stirring to separate meat. Drain off fat.
3. Stir in tomato soup, water, Worcestershire sauce, mustard, and pepper. Stir in reserved noodles. Heat through, stirring occasionally. Serve with additional parmesan cheese if desired.

Makes about 5-½ cups or 4 servings

## Skillet Hash

### Ingredients

4 cups ground beef, cooked	1 cup chopped onion
2 cups chopped potatoes, cooked	1 tsp salt

¼ tsp red pepper  
¼ tsp sage  
1 pkg brown gravy mix, dissolved to directions

¼ cups bacon grease or shortening  
1 tbs garlic flakes

### **Equipment**

Skillet

### **Instructions**

1. Mix meat, potatoes, onions, garlic and seasonings; mix with brown gravy mixture.
2. Heat bacon grease or shortening in large skillet.
3. Add hash and fry slowly until brown and crisp.

## **Spanish Rice w/Beef**

### **Ingredients**

2 lbs lean ground beef  
2 medium onions-chopped  
2 medium green pepper-chopped  
4 (16 oz) cans stewed tomatoes-undrained  
2 c uncooked long-grain white rice  
2 c water

3 tsps chili powder  
1-½ tsp dried oregano  
1 tsp salt  
½ tsp red pepper  
¼ tsp garlic powder

### **Equipment**

Dutch Oven

### **Instructions**

1. Cook ground beef, onion, and green pepper in Dutch Oven until meat is browned.
2. Drain off fat. (If you use lean ground beef you will not need to drain off fat.)
3. Add remaining ingredients
4. cook 30-45 minutes or until rice is tender
5. stirring occasionally.

Serves 10-12

## **Steak and Mushrooms**

### **Ingredients**

1 lb mushrooms, sliced  
2 cups onions, diced  
¼ cups margarine  
8oz can tomato sauce  
1 tbs Worcestershire sauce  
½ tsp salt

½ tsp pepper  
½ tsp onion powder  
½ tsp garlic powder  
1 round steak, cut into ¼s  
flour

### **Equipment**

Skillet

## Instructions

1. Mix salt, pepper, onion and garlic powder with flour and put into a gallon zip-lock.
2. Put one ¼ steak at a time into bag, shake and coat thoroughly.
3. Sauté in large skillet in margarine for 5 minutes.
4. Add onion and mushrooms.
5. Cook another 5 minutes.
6. Add remaining ingredients and stir well.
7. Simmer 45 minutes.

## Steak:Chinese Pepper

### Ingredients

2 lbs round steak, cut into thin strips 2 in long	2 onions, thinly sliced
4 tbs olive oil	1 can Coca-Cola-
2 clove garlic, minced	3 tomatoes cut into 8 wedges each
2 tsp salt	½ can Coca-Cola
2 cups beef broth	4 tbs cornstarch
2 green peppers, sliced into thin strips	2 tbs teriyaki sauce
2 cups celery, thinly sliced	8 servings rice cooked to package directions

### Equipment

Dutch Oven

### Instructions

1. Heat oil in Dutch oven and brown meat and garlic.
2. Add beef broth, cover and simmer 15 minutes.
3. Stir in green pepper, celery, onions, and Coke.
4. Cover and simmer for 5 minutes.
5. Do not overcook veggies.
6. Gently stir tomatoes into mixture.
7. Blend cornstarch into ½ cups Coke and teriyaki sauce.
8. Stir into meat mixture until sauce is thickened.
9. Serve over hot rice.

## Steak:First Class Grilled

### Ingredients

3 lb boneless sirloin steak	¾ tsp ground turmeric
1 ½ tsp pepper	¼ tsp cardamom
¾ tsp caraway seeds	2 gallon zip-lock bags

### Equipment

Open Fire

### Instructions

1. Mix all ingredients except steak.
2. Sprinkle on both sides of steak and lightly press into beef.
3. Place into zip-lock bag.
4. Squeeze out air and seal.
5. Place in second zip-lock and seal.
6. Put in cooler at least 1 hour.
7. Grill over coals 25-30minutes, turning 2 or 3 times.
8. Cut into serving pieces.

### Steak:Flank:Pinwheels

#### Ingredients

2 1-1 ½ lb flank steaks	2 tsp salt
2 cup onions, chopped	½ tsp thyme
4 tbs garlic flakes	½ tsp marjoram
1 cup oil	1/8 tsp red pepper
2/3 cup vinegar	

#### Equipment

Open Fire

#### Instructions

1. Diagonally slice steaks across grain into ¼in thick slices.
2. Roll up slices and secure with toothpicks.
3. Place pinwheels in a medium pot and sprinkle with chopped onion.
4. Combine remaining ingredients, stirring well.
5. Pour marinade over pinwheels.
6. Cover and put in cooler at least 8 hours.
7. Remove pinwheels from marinade.
8. Grill over medium-hot coals 14 to16 minutes or until desired degree of doneness, turning pinwheels frequently.

Thanks to Judy Lausch, a Prodigy Wood Badger.

### Steak:Flank:Southwest

#### Ingredients

6 fresh chili peppers	¼ tsp salt
2 tbs garlic flakes	¼ tsp red pepper
1 tbs brown sugar	2 lb beef flank steak
1 tsp thyme	2 gallon-size zip-lock bags

#### Equipment

Pot

#### Instructions

1. Place chili peppers and enough water to cover in medium pot.

2. Heat to boiling.
3. Boil uncovered 5 minutes.
4. Drain.
5. Remove stems and chop.
6. Mix chili peppers and remaining ingredients except steak.
7. Rub mixture on both sides of steak.
8. Place in gallon zip-lock.
9. Squeeze air out and seal.
10. Place in another gallon zip-lock and seal.
11. Put in cooler for 1 hour.
12. Grill over coals 5 minutes on a side.
13. Cut beef diagonally across grain into thin slices.
14. Serve with beef Rice-a-Roni as side dish.

### Steak:Flank:Teriyaki

#### Ingredients

4-6 flank steaks	¼ cups teriyaki sauce
1 tbs olive oil	1 clove garlic, diced
¼ cups sugar	1 tsp cumin
1 tsp ginger	½ tsp red pepper
4-6 pineapple slices	½ tsp lemon pepper
¼ cups soy sauce	

#### Equipment

Skillet

#### Instructions

1. Combine all ingredients except steaks and pineapple to make marinade.
2. Mix well and pour over steaks.
3. Marinate 1:1½ hours.
4. Fry steaks in large skillet and brush with rest of marinade while cooking.
5. Brown, and add pineapple during last few minutes.

### Steak:Geezer

#### Ingredients

2 large round roasts	1 lb thick bacon
pepper	2 cup salt
garlic powder	2 tbs water
onion powder	½ lb margarine

#### Equipment

Skillet

#### Instructions

1. Season steak with pepper, garlic and onion powder.
2. Wrap bacon around sides of steak but leave top and bottom exposed.
3. Tie bacon to steak with string near top and bottom securely anchoring bacon to steak.
4. Combine salt and water to make paste.
5. Mound about  $\frac{3}{4}$  of mixture over top of steak, covering meat completely.
6. Place steak Bon rack over hot coals, salt side down, and char-broil 8 minutes.
7. Turn steak over and carefully remove salt crust.
8. Turn over again and place salt crust on side not cooked, patching crust if necessary.
9. Turn over again and broil another 8 minutes.
10. Remove steak from grill and discard crust and bacon.
11. Slice meat on diagonal every 2in.
12. Heat margarine in large skillet until foaming and lightly brown.
13. Place a few slices at a time in skillet and cook to desired doneness:1 minutes on each side for each degree.

### Steak:Onion Swiss

#### Ingredients

3 lb round steak, cut into $\frac{3}{4}$ in strips	2 cloves garlic, minced
1½ tsp salt	1 large can tomatoes
¼ tsp pepper	1 tsp oregano
2 pkg dry onion soup mix	

#### Equipment

Dutch Oven

#### Instructions

1. Season steak with salt and pepper and place into Dutch oven.
2. Sprinkle onion soup mix over top.
3. Add garlic, oregano, and tomatoes.
4. Cover and cook over slow fire for 2:3 hours until meat is tender.

### Steak:Poor Man's

#### Ingredients

2 lb pkg Ground beef	1/4 tsp Pepper
1 1/3 c Milk	2 cans Mushroom Soup
2 tsp Salt	2 c Cracker Crumbs
Margarine	1 c Water

#### Equipment

Dutch Oven

#### Directions

- 1 Mix together meat, salt, pepper, crumbs, and milk.
- 2 Pack into loaf pans.



- 3 Let stand in refrigerator overnight or at least 6 hours.
- 4 Cut into slices and brown in margarine.
- 5 Mix soup with 1 c of water and pour over meat placed in Dutch oven.
- 6 Bake at 350 for 1-1/2 hours.

### **Steak:Round Hawaiian**

#### **Ingredients**

1/4 c cooking oil	1 bell pepper cut into strips
1 can sliced water chestnuts, drained	Chow mein noodles
1-1/2 lb round steak	1 lb mushrooms, sliced
1 jar homestyle beef gravy	1/2 tsp salt

#### **Equipment**

Pot

#### **Directions**

- 1 Cut steak into 1/4" strips.
- 2 Heat oil over medium-high heat.
- 3 Add steak, onion, green pepper, mushrooms and salt.
- 4 Cook until meat is brown, stirring constantly.
- 5 Drain and add water chestnuts and gravy.
- 6 Cover and simmer 1-1/2 to 2 hours, stirring occasionally.
- 7 Serve over rice and sprinkle with chow mein noodles.

### **Steak:Round:Oriental**

#### **Ingredients**

1/3 cups olive oil	1 large can chow mein noodles
1 1/2 lb round steak	1/2 tsp salt
1 green pepper cut into strips	1 large onion, sliced
1 lb fresh mushrooms, sliced	2 cloves garlic
1 can water chestnuts, drained	1 pkg. long grain brown rice
1 jar home style beef gravy	soy sauce

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Cut steak into 1/4in strips.
2. Heat oil in Dutch oven over medium-high heat and add steak, onion, garlic, green pepper, mushrooms, and salt.
3. Cook until meat is brown, stirring constantly.
4. Add water chestnuts and gravy.
5. Reduce heat, cover and simmer 1 hour.
6. Stir occasionally.

7. Serve over cooked long grain brown rice and sprinkle with chow Mein noodles.
8. Use soy sauce to taste.

### Steak:Round:Taste Tingling

#### Ingredients

2 large onions, chopped	4 tsp brown sugar, packed
4 tbs garlic flakes	½ tsp ground cardamom
4 tsp ground ginger	½ tsp ground cinnamon
4 tbs oil 3 lb beef round, cut into 1 ½in cubes	½ tsp red pepper
2 ½ cup water	¼ tsp ground nutmeg
4 tbs lemon juice	¼ tsp ground cloves
4 tbs soy sauce	hot cooked rice

#### Equipment

Skillet

#### Instructions

1. Cook and stir onion, garlic, and ginger in oil in large skillet over medium heat until onion is tender.
2. Remove with slotted spoon and set aside.
3. Add beef to skillet.
4. Cook, stirring frequently until all liquid is evaporated and beef is brown (25min).
5. Stir in onion mixture and remaining ingredients except rice.
6. Heat to boiling.
7. Reduce heat to low.
8. Cover and simmer until sauce is thickened.
9. Serve with rice.

### Steak:Salisbury

#### Ingredients

2 lb ground beef	½ tsp pepper
1 tsp salt	2 large onions, sliced
2 eggs, beaten	2 cloves garlic, minced
2 cans condensed beef broth	2 cans mushrooms, drained
4 tsp cornstarch	¼ cups water
2/3 cups Italian bread crumbs	

#### Equipment

Skillet

#### Instructions

1. Mix ground beef, bread crumbs, salt, pepper, and eggs.
2. Shape into 8 oval patties, each about ¾ in thick.

3. Cook patties in large skillet over medium heat until brown and drain.
4. Add onions, garlic, broth and mushrooms.
5. Heat to boiling, then reduce heat to simmer.
6. Cook another 10 minutes.

Thanks to Mike Audleman -- a Prodigy Scouter

### Steak:Sourdough

#### Ingredients

3-4 lb round steak	1 tsp red pepper
1 cup flour	1 cup sourdough starter
2 tsp onion powder	¾ cups oil
2 tsp paprika	

#### Equipment

Skillet

#### Instructions

1. Using a meat-tenderizing mallet, pound steak to ½in thick.
2. Cut into serving pieces.
3. Combine flour and seasonings.
4. Dip pounded steak in sourdough starter, then into flour mixture.
5. Fry in oil in large skillet.

### Steak:Star

#### Ingredients

2 lbs ground beef	2 tsp onion powder
2 tsp salt	2 tsp garlic powder
½ tsp pepper	olive oil
2 cups Italian bread crumbs	2 cans mushroom soup
1 1/3 cups milk	1 cup water

#### Equipment

Dutch Oven

#### Instructions

1. Mix first seven ingredients together.
2. Put into double gallon zip-lock and place in cooler overnight.
3. Form into loaf and cut into slices and brown in olive oil.
4. Mix soup with water and pour over meat placed in Dutch oven.
5. Bake at 350 for 1 ½ hours.

### Steak:Swiss

#### Ingredients

3 lb round steak sliced  
3 tbs margarine  
1 tsp salt  
1 large onion, sliced  
3 stalks celery, chopped fine

½ cups ketchup  
1 tbs parsley flakes  
1 tbs garlic flakes  
1 tsp oregano

### Equipment

Dutch Oven

### Instructions

1. Heat Dutch oven and add margarine.
2. Brown steak.
3. Add rest of ingredients, cover, and simmer 2:2½ hours.
4. Half cup water may be added if mixture thickens too much.

### Stroganoff

#### Ingredients

2 lbs boneless sirloin, cut into 2 x ½in strips  
1 cup flour  
½ tsp salt  
¼ tsp pepper  
1 can beef broth  
1 large onion, sliced  
2 cloves garlic, minced

1 tbs Worcestershire sauce  
1 ¼ cups water  
2 bay leaves  
¼ tsp paprika  
½ cups olive oil  
½ lb fresh mushrooms, sliced  
2 packages brown gravy mix

#### Equipment

Dutch Oven

### Instructions

1. Mix flour, salt, and pepper in small pot.
2. Coat meat with mixture and brown in Dutch oven in olive oil.
3. Stir in broth, Worcestershire, water, bay leaves, and paprika.
4. Bring to simmer.
5. Cook for 1 -1 ½ hours or until meat is almost tender.
6. Add mushrooms.
7. Thicken with gravy mix.
8. Serve over cooked egg noodles or mashed potatoes.

Thanks to Liz Stiles:a Prodigy Scouter

### Stuffed Bell Peppers

#### Ingredients

Bell Peppers

Ground beef

Onion  
Cooked Rice  
**Equipment**

Butter  
Seasoning

AL Foil

### Instructions

1. Cut off Top of Bell Pepper
2. Clean out inside
3. Mix together Ground meat, diced onion, diced pepper, rice
4. Stuff pepper with mixture
5. Top with butter
6. Wrap in AL Foil
7. Place in Fire coals for about 20 mins

## Stuffed Peppers

### Ingredients

8 large green peppers	½ tsp basil
2 lb ground beef	½ tsp oregano
3 tbs olive oil	½ tsp garlic powder
2 medium onions, chopped	2 tbs Worcestershire sauce
2 tsp salt	1 cup celery, chopped fine
½ tsp pepper	1 cup uncooked rice
½ tsp cumin	2 cup tomato soup
½ tsp coriander	1 cup water

### Equipment

Dutch Oven

### Instructions

1. Cut stem from green peppers, remove stem, seeds, and veins.
2. Wash and blanch in boiling water for two minutes.
3. Remove, drain, and cool.
4. Heat olive oil in large skillet.
5. Add meat, onion, and celery.
6. When meat is browned, drain, put back in skillet and add spices and Worcestershire sauce.
7. Stir until mixed well then remove from heat.
8. Prepare rice according to package directions.
9. When done, add to meat mixture, stir to mix well, then heap mixture into peppers.
10. Arrange in Dutch oven and cover with soup and water mixture.
11. Bake at 350 for 1 hour.

## Sweet and Sour Meatballs

### Ingredients

Ketchup (approx. 2 tbsp)	Pepper
Garlic & Onion powder, Oregano and Basil	2 lbs ground beef
Instant rice (enough for approx 2”servings per person)	1 26 oz. tomato sauce
2 15 oz. tomato sauce (this is your”sour”)	2-3 eggs
2 cans jellied cranberry sauce (this is your”sweet”)	Salt
Bread crumbs	

### Equipment

1 8-quart cooking pot	Whisk
1 2-3 quart cooking pot (or larger)	Mixing bowl
2 large spoons	Ladle

### Instructions

1. Beat eggs, ketchup, spices in mixing bowl until eggs well-beaten.
2. Add ground beef and work with hands until mixed.
3. Add bread crumbs to this until meat sticks together well.
4. Shape meat into balls about 2”across and place in large cooking pot.
5. Add tomato sauce and cranberry sauce.
6. cook over low to medium heat for about 1-1½ hours, stirring somewhat frequently.
7. With about ½ hour to go, begin cooking rice per box instructions. (You need to allow for time to get the water boiling, the rice usually only takes about 5 minutes to cook once the water is boiling).
8. Serve meatballs and sauce over rice

## Taco Pie 1

### Ingredients

1-1/2 lb ground beef	1 8 oz pkg shredded cheddar cheese
1 medium jar Taco sauce	1 can (8 oz) tomato puree
4 large corn tortillas	

### Equipment

Dutch Oven

### Directions

- 1 Brown ground beef, drain.
- 2 Combine taco sauce and tomato puree.
- 3 Line Dutch oven with aluminum foil.
- 4 Place 2 tortilla shells in Dutch oven.
- 5 Place 1/2 of ground beef on top, pour 1/2 taco sauce over top.
- 6 Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top.
- 7 Sprinkle with cheese.
- 8 Cover and bake until cheese is melted.
- 9 Variations:
- 10 Add chopped onions, mushrooms or tomatoes to meat.

Lynne Waltz, Troop 546, Niceville, FL

## Taco Pie 2

### Ingredients

1½ lbs ground beef  
4 large corn tortillas  
1 can tomato puree  
1 jar taco sauce  
1 can green chilies

1 medium onion, chopped  
¼ tsp red pepper  
¼ tsp cumin  
8 oz shredded Monterey jack cheese

### Equipment

Dutch Oven

### Instructions

1. Brown ground beef with onions and drain.
2. Combine taco sauce, tomato puree, red pepper, cumin, and green chilies.
3. Line Dutch oven with aluminum foil.
4. Place 2 tortillas in oven.
5. Pour ½ of ground beef, then ½ sauce mixture on top of tortillas.
6. Place 2 more tortillas on top and pour in rest of beef and sauce mixture.
7. Top with cheese.
8. Cover and bake until cheese is melted.

## Taco Salad To Go

### Ingredients

Small (individual) Frito bag for each boy  
grated cheese  
chopped lettuce  
chili

chopped olives  
chopped tomatoes  
sour cream

### Equipment

Pot (to warm chili)

### Instructions

1. Warm chili.
2. Open top of Doritos bags
3. add spoonfuls of each ingredient to the Fritos.
4. The boys can eat taco salad:and throw the bags away when done.

## Taco Supreme

### Ingredients

3lb hamburger  
taco seasoning

salsa  
chopped lettuce,

diced tomatoes  
cheese

Fritos

### **Equipment**

Dutch Oven

### **Instructions**

1. brown hamburger
2. drain grease and add taco seasoning.
3. put in Dutch Oven
4. add remaining ingredients except cheese.
5. sprinkle cheese on top.
6. put lid on and bake until cheese is melted.

## **TeoBurger**

### **Ingredients**

1/8:¼ ground beef per person  
½ ear of corn  
¼ onion

1 medium carrot, quartered  
Spices (i.e. salt/pepper)

### **Equipment**

AL Foil

### **Instructions**

1. Make two patties from ground beef, each will be a "sandwich cover" for the other ingredients.
2. Place corn and carrots and/or onion between the between patties (OK if overflow).
3. QUADRUPLE wrap in heavy-duty foil.
4. Place in campfire COALS (a little flame is OK) for 15 minutes, then turn over for another 15 minutes.
5. Remove from fire with tongs.
6. Unwrap (carefully) or slice packet open.

## **Tin Plate Special**

### **Ingredients**

1 lb dry pinto beans  
3 lb beef rump roast  
1 tsp olive oil  
1 cup banana or green pepper strip  
2 medium onions, sliced  
2 cups tomato juice

1 can tomato sauce  
½ cups water  
2 tsp cider vinegar  
2 tsp brown sugar  
2 tsp salt  
1 tsp each dry mustard & thyme

### **Equipment**

Dutch Oven



### **Instructions**

1. Wash beans. Cover with cold water and soak overnight.
2. Bring beans to boil and cook 1 hour.
3. Drain and discard water.
4. Cut roast into 1in cubes.
5. Brown roast in hot oil in a Dutch oven.
6. Add peppers and onion and cook until tender.
7. Add beans and remaining ingredients.
8. Cover and bake 3 hours or until beans are tender and meat is done.

## Poultry Dishes

### Arroz con Pollo

#### Ingredients

3-4 lb chicken, cut up	3/4 tsp chili powder
2 bouillon cubes	1 tsp salt
1 c chopped onion	1 jar (3-1/2 oz) stuffed green olives, drained
1 c diced ham	1/2 tsp white pepper
1 c green pepper, chopped	1 tsp paprika
1 can (14 oz) tomatoes	2 cloves garlic, minced
1 jar (2 oz) pimento, diced	1 c raw rice (long grain)
1 pkg (10 oz) frozen peas, thawed	

#### Equipment

Dutch Oven

#### Directions

- 1 Mix salt, pepper, and paprika together.
- 2 Season chicken with this mixture.
- 3 Put all ingredients except rice and peas in Dutch oven.
- 4 Cover and cook at 300 for about 2 to 3 hours.
- 5 Add rice and peas and cook at 375 for 1 hour.
- 6 Water may be needed near end of cooking.

### Baked Chicken

#### Ingredients

Chicken cut up	oil
2 cans cream of mushroom soup	garlic 2 cloves
1.5 cups rice	1/4 t. hot sauce
1/2 cup water	

#### Equipment

Dutch Oven

#### Instructions

1. grill chicken in bottom of oven with oil and garlic until brown
2. add rest of ingredients mix cover and cook 45min in hot coals

### Baked Chicken w/Cheese

#### Ingredients

8 chicken breasts, deboned	salt
2 tbs lemon juice	8 slices boiled ham

8 slices tomato  
6 tbs olive oil  
2 tbs thyme

salt & pepper  
8 slices Swiss cheese  
Aluminum foil

### **Equipment**

Dutch Oven

### **Instructions**

1. Cut foil into 12in squares, place chicken in center.
2. Combine oil, lemon juice, thyme, and mix well.
3. Spoon over breasts.
4. Seal foil well and place in a 350 Dutch oven for 30 minutes.
5. Open foil and place one slice ham, cheese, and tomato over each breast.
6. Bake open for 3-5 minutes.

Thanks to Mike Audleman -- a Prodigy Scouter

### **Casserole:Easy Chicken**

#### **Ingredients**

1 whole chicken, cut up  
1 box Stove Top chicken flavor

2 cans cream of chicken soup  
1 cup mayonnaise

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Combine soup and mayonnaise in large pot.
2. Add seasoning package from stuffing mix and  $\frac{3}{4}$  stuffing crumbs.
3. Add chicken and mix well.
4. Place in Dutch oven and top with remaining crumbs.
5. Bake at 350 for 30 minutes or until bubbly and crumbs are brown.

Thanks to Mike Audleman -- a Prodigy Scouter

### **Casserole:Tenderfoot Chicken**

#### **Ingredients**

1 whole chicken, cooked, boned, then  
chopped  
1 box Stove Top stuffing, chicken flavor

2 cans cream of chicken soup  
1 cup mayonnaise

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Cut up chicken and boil in Dutch oven for  $\frac{1}{2}$  hour.

2. Let cool, then bone and chop.
3. Combine soup and mayonnaise in a large pot.
4. Add seasoning packet from stuffing mix and  $\frac{3}{4}$  cups stuffing crumbs.
5. Add chicken and stir well.
6. Place in Dutch oven and top with remaining crumbs.
7. Bake at 350 for 30 minutes.

### **Casserole:Turkey Vulture**

#### **Ingredients**

2 cans turkey,  
1 pkg. elbow macaroni

1 can cream of celery soup  
1 pkg. vegetable soup mix

#### **Equipment**

Pot

#### **Instructions**

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

### **Chicken and Rice**

#### **Ingredients**

Chicken Breast  
Cream of Celery Soup (undiluted):2 Tablespoons  
Instant Rice: $\frac{1}{4}$  cup

#### **Equipment**

AL Foil

#### **Instructions**

Prepare according to basic Foil Dinner guidelines

### **Chicken and Sausage Creole**

#### **Ingredients**

1 to 2 pounds of chicken tenders (or thighs and legs if you like)  
1 to 2 pounds of smoked sausage  
2 onions, diced  
2 bell peppers, diced  
2 stalks of celery, diced  
green onions to taste (3 or 4)  
parsley to taste (good handful)

two or three cloves garlic (more if you like)  
2-15 oz. cans Cajun-style crushed tomatoes (ro-tel can be used here)  
1-15 oz. can of tomato sauce  
lea and perrins sauce, to taste  
hot sauce to taste  
Tony's seasonings (when it is salty enough, then you need no more)

plain tap water (or chicken stock if you have it available)

olive oil  
flour

### **Equipment**

Dutch Oven

### **Instructions**

1. dip chicken in mixture of flour and Tony's seasonings
2. sauté in olive oil until just browned.
3. remove and drain chicken.
4. add more flour and oil and make a dark roux.
5. add onions, peppers, celery and sauté for few minutes.
6. add tomatoes and tomato sauce.
7. add the chicken and sausage.
8. add enough water to cover the vegetables and meats.(it will cook down and you may have to add more anyway).
9. add remainder of spices.
10. let it come to a boil and then turn down to simmer.
11. let it simmer as long as you can.
12. taste best when done for 3 or 4 hours.
13. add water as needed to prevent sticking.
14. serve over cooked rice.

## **Chicken and Stuffing Bake**

### **Ingredients**

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

### **Equipment**

Dutch Oven

### **Directions**

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

Serves 6.

Kroger

## Chicken Cacciatore

### Ingredients

3 lb frying chicken, cut up	1 can (1 lb) tomatoes
1/4 tsp black pepper	1/2 tsp celery salt
3 tbs oil	1 can (8 oz) tomato sauce
1/4 tsp cayenne pepper	1 bay leaf
2 medium onions, thinly sliced	1/3 c minced green pepper
1 tsp oregano	1/4 c Chianti wine
2 cloves garlic, minced	1 tsp salt
1/2 tsp basil	

### Equipment

Dutch Oven

### Directions

- 1 Brown chicken pieces in hot oil in lid of oven.
- 2 Layer onions in oven.
- 3 Put browned chicken pieces on top of onions and add remaining ingredients.
- 4 Cover and cook 1 to 2 hours.
- 5 Discard bay leaf and serve chicken and sauce over buttered spaghetti.

## Chicken & Dumplin's

### Ingredients

1 LB Boneless Chicken Tenders	1 TSP oil
½ Bag Carrots	2 Cans Cream of Chicken Soup
1 Large Onion	1 Can Biscuits or Mix up 2 cups of Bisquick
6 Stalks of Celery	Mix
6 Medium Sized Potatoes	

### Equipment

Dutch Oven

### Instructions

1. Cut up Chicken, Carrots, Onions, Celery.
2. Place Dutch Oven on coals, add oil then Chicken.
3. Cook until slightly browned.
4. Add Onion, Celery, Carrots and Potatoes and cup of water.
5. Cover and simmer 15 minutes.
6. Add 2 cans of Cream of Chicken Soup and water to the consistency of gravy.
7. Cover and simmer an additional 15 minutes or until vegetables are tender.
8. Add biscuits to top of mixture, cook covered 20:25 minutes.
9. Bisquick dropped by spoonfuls can be used in place of biscuits.

## Chicken & Dumplings

### Ingredients

4 pkgs dry chicken noodle soup mix	4 cups biscuit mix
4 6oz cans boned chicken	8 tbs powdered milk

### Equipment

Dutch Oven

### Instructions

1. Put biscuit mix and powdered milk in gallon zip-lock and shake to mix thoroughly.
2. Double bag to store.
3. In large pot or Dutch oven, add soup mix and chicken to 12 cups boiling water and lower heat to simmer.
4. Mix 1 1/3 cups water to dry ingredients in zip-lock to make a dough.
5. Drop dough by spoonfuls into the soup mixture.
6. Simmer 10 minutes uncovered, then 10 minutes covered.

Thanks to Tom Maughn -- a Prodigy Scouter

## Chicken Dinner

### Ingredients

12 pieces of chicken of your choice of parts	8 sliced potatoes
Flour	4 sliced carrots
Margarine	1 full stalk chopped celery
2 sliced onions	1/2 cup water

### Equipment

Dutch Oven

### Instructions

1. Flour chicken.
2. Melt margarine in Dutch oven and brown chicken.
3. Add onions and continue to brown.
4. Top with remaining ingredients.
5. Cover and let steam until tender.

Thanks to Dennis and Ann Adcock, Cahokia Mounds District Staffers

## Chicken Fricassee

### Ingredients

2 frying chickens, cut up	1/2 cups flour
4 onions, chopped	1/2 tsp red pepper
1 cup olive oil	1 tsp salt
1 bunch parsley, chopped	1 tsp black pepper

1 ½qt water

### **Equipment**

Dutch Oven

### **Instructions**

1. Put flour, red pepper, black pepper, and salt into gallon zip-lock.
2. Shake each piece of chicken to coat well.
3. Brown in large skillet with onions and olive oil.
4. Move all to Dutch oven and add 1 ½qt water.
5. Cook until chicken is tender.
6. Stir often.
7. Liquid should turn into gravy.
8. Ten minutes before serving, add parsley and season with more red pepper and Tabasco to taste.

## **Chicken Geezer Gumbo**

### **Ingredients**

2 lb chicken breasts, cubed	2 green peppers, chopped
2 medium onions, chopped	4 tbs olive oil
½ cups celery, chopped	3 tomatoes, cut up
3 tbs flour	1 tsp red pepper
2 cloves garlic, minced	1 tsp Tabasco sauce
2 lb fresh okra, sliced ¼in	

### **Equipment**

Dutch Oven

### **Instructions**

1. Prepare a rue with olive oil and flour.
2. Cook in skillet until brown, stirring often.
3. Heat Dutch oven over medium heat and add rue.
4. Add onion, pepper, and garlic.
5. Slowly stir in 1 quart water.
6. Add salt, pepper, red pepper, and Tabasco sauce.
7. Add cut up tomatoes, okra, and celery.
8. Cover and cook about 30 minutes.
9. Add chicken and simmer about 15 minutes.

## **Chicken Geezerore**

### **Ingredients**

3 lb frying chicken, cut up	2 cloves garlic, minced
3 tbs olive oil	1 can tomatoes
2 onions, thinly sliced	



1/3 cups green pepper, minced	1 tsp	1 tsp oregano
salt		1/2 tsp basil
1/4 tsp black pepper		1/2 tsp celery seed
1/4 tsp cayenne pepper		1 bay leaf
1/4 tsp cumin		

### Equipment

Dutch Oven

### Instructions

1. Brown chicken in large skillet.
2. Layer onions in Dutch oven.
3. Put: browned chicken pieces on top of onions and add remaining ingredients.
4. Cover and cook 1-2 hours.
5. Discard bay leaf and serve chicken and sauce over buttered spaghetti

## Chicken Gumbo

### Ingredients

2 lb chicken breasts, 1" cubes	4 tbs cooking oil
2 lb fresh okra, sliced 1/4" slices	3 tbs flour
2 medium onions, chopped	3 medium tomatoes, cut up
2 medium bell peppers, chopped	2 cloves garlic, minced
1/2 c celery, chopped	Salt & pepper to taste

### Equipment

Pot

### Directions

1. Prepare a roux with cooking oil and flour.
2. Cook until brown, stirring often.
3. Add onion, bell pepper, and garlic.
4. Slowly stir in 1 quart of water.
5. Add salt and pepper to taste.
6. Add cut-up tomatoes, okra and celery.
7. Cover and cook about 30 min, until vegetables are done.
8. Add chicken and simmer an additional 6 min.

## Chicken in a bucket

### Ingredients

whole chicken  
salt, pepper or other seasonings

### Equipment

aluminum foil	metal bucket
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## Instructions

1. Place a sheet of aluminum foil on the ground.
2. Pound the stake into the ground in the center of the foil.
3. Place the chicken over the stake.
4. Place the bucket/tin over the chicken, making sure that the bucket covers the chicken without touching it.
5. Pile hot coals around the edge of the bucket and up the sides as high as possible (usually about 4 coals high) and on top of it.
6. After about 1 hour to 75 minutes your chicken will be brown and tasty.

## Chicken Jambalaya

### Ingredients

2 chickens, cut up	1 tsp Tabasco
1 cup olive oil	2 stalks celery, minced
8 onions, minced	2 green peppers, minced
1 can Italian tomatoes	2 pimentos, minced
4 cloves garlic, minced	1 tsp oregano
2 ½ cups rice, uncooked	1 tsp rosemary
1 tsp salt	1 tsp thyme
1 tsp red pepper	

### Equipment

Skillet

### Instructions

1. Boil chicken 1 ½ hours in water to which onions, celery, and green pepper has been added.
2. Then add olive oil, garlic, and salt.
3. Allow to boil 1 hour longer.
4. Add tomatoes, rice, pimentos, and seasonings.
5. Simmer slowly covered for 30 minutes.
6. Add more water if necessary.
7. Stir occasionally.

## Chicken Pie w/Biscuit Crust

### Ingredients

#### Filling:

8c chicken broth	12 tbs margarine
6 carrots, in ¼in slices	12 tbs flour
1 ½ lbs potatoes, diced	½ tsp thyme
5 cups cooked chicken breast, cubed	½ tsp nutmeg
2 onion, chopped	1 cup fresh parsley, minced

#### Crust:

2 2/3 cups flour	4 tbs shortening
3 tsp baking powder	2/3 cups cheddar cheese, shredded
1 tsp baking soda	2 large eggs, beaten
1 tsp salt	2/3 cups buttermilk
4 tbs margarine, softened	

Egg Wash

2 large egg yolk	2 tbs milk
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**Equipment**

Dutch Oven

**Instructions**

1. In a large pot, bring broth to a boil.
2. Add carrots, potatoes, and parsley and simmer for 10-15 minutes.
3. Transfer veggies to large bowl, reserving broth, and add chicken to mixture.
4. Mix well. In a skillet, sauté onion in margarine until clear.
5. Add flour and cook into a roux, stirring, for 3 minutes.
6. Add 6 cups broth and stir.
7. Bring mixture to a boil, stirring constantly.
8. Add thyme and simmer 5 minutes.
9. Stir in nutmeg, and salt and pepper to taste.
10. Pour sauce over the chicken/veggie mixture.
11. Stir gently and pour into Dutch oven.
12. In a large pot, combine flour, baking powder, baking soda, and salt.
13. Add margarine and shortening.
14. Blend until it resembles meal.
15. Add cheese and mix well.
16. Add eggs and buttermilk, stirring until dough is formed.
17. On a floured surface, pat dough out 1/2in thick and cut biscuits.
18. Arrange biscuits on the chicken mixture.
19. Mix egg wash and brush tops of the biscuits.
20. Bake at 450 for 10-15 minutes, or until the biscuits are puffed and golden.

**Chicken Pot Pie**

**Ingredients**

3 lb chicken breasts, cubed	4 hard-boiled eggs, cut into wedges
2 1/2 tsp salt	1 onion, chopped
1 stalk celery, chopped	4 potatoes, peeled, cut
1/2 tsp turmeric	1/3 tsp pepper
chopped parsley	

Dough:

2 cups flour	2 eggs, beaten
1/2 tsp salt	4-6 tbs water

**Equipment**

## Dutch Oven

### Instructions

1. Place chicken in Dutch oven, add salt, pepper, celery, onion, and turmeric.
2. Bring to a boil, reduce heat, cover and simmer about 1 hour.
3. Do not overcook.
4. Remove chicken from broth.
5. To make dough, place flour in a medium pot.
6. Make a well in the center of the flour and add the eggs and salt.
7. Gradually work eggs into the flour, adding only enough water to make a soft but not sticky dough.
8. Knead 5 minutes.
9. Cover the dough and let rest 30 minutes.
10. Divide the dough in half and roll out each as thinly as possible into a 15in square and cut each square into 2in squares with a sharp knife.
11. Add potatoes and celery to the broth.
12. Simmer 25 minutes until veggies are tender.
13. Add chicken pieces and bring to boil.
14. Slide the squares of dough into the broth a few at a time, pushing them down gently.
15. Cover and simmer 20 minutes.
16. Serve with parsley.

## Chicken Tetrazzini

### Ingredients

4 lb chicken, cut up	1 lb spaghetti
1 lb fresh mushrooms, thinly slice	4 tbs flour
Sliced	2 cups heavy cream
6 tbs margarine	1 can parmesan cheese, grated
4 tbs olive oil	nutmeg to taste
3 cloves garlic, minced	

### Equipment

## Dutch Oven

### Instructions

1. In a Dutch oven, combine chicken with enough salted water to cover meat by 2in.
2. Bring to boil, simmer for 20 minutes.
3. Let cool.
4. Separate the meat from the skin and bones.
5. Return the skin and bones to broth.
6. Cut meat into strips and reserve.
7. Simmer broth until reduced by ½.
8. Strain and discard solids.
9. Boil stock until reduced to 2 cup.

10. In a large skillet, sauté mushrooms and garlic in 2tbs margarine and 2 tbs olive oil until soft.
11. Add remaining margarine and olive oil.
12. Add flour and stir well into a roux.
13. Stir in reserved broth and cream.
14. Add nutmeg, salt and pepper to taste.
15. Bring sauce to boil, reduce heat and simmer 5 minutes.
16. Cook spaghetti in large pot until soft.
17. Drain well.
18. Stir ½ mushroom sauce into spaghetti and place into Dutch oven.
19. Add chicken meat to remaining sauce.
20. Spoon into center of spaghetti.
21. Sprinkle well with parmesan cheese and bake at 350 for 25-30 minutes.
22. Serve with rest of parmesan cheese.

### Chicken w/Cream Sauce

#### Ingredients

1 chicken, cut up	1 carrot peeled and sliced
1 stalk celery, sliced	1 tsp salt
1 onion, halved	1 bay leaf, crushed
4 tbs parsley flakes	½ tsp thyme
2 whole cloves	water

#### Sauce

1 can chicken stock	½ tsp salt
1/8 tsp pepper	1 tbs parsley flakes
½ cups heavy cream	4 tbs margarine
½ cups flour	

#### Equipment

Dutch Oven

#### Instructions

1. Put chicken in Dutch oven and cover with water.
2. Add celery, carrot, onion, and salt.
3. Tie parsley flakes, bay leaf, cloves, and thyme in a small square of cheese cloth and add to pot.
4. Cover and cook at low 7-9 hours.
5. Melt margarine in medium pot.
6. Stir in flour and cook over low heat, stirring often until well blended.
7. Gradually add in stock.
8. Simmer until smooth.
9. Add rest of ingredients.
10. Remove chicken from oven, place into a large pot, pour sauce over chicken and serve.

## Coca-Cola Chicken

### Ingredients

Skinless Boneless Chicken Breasts  
Can of Coca-Cola  
Bottle of Catsup

### Equipment

Dutch Oven

### Instructions

1. Add catsup and pop to oven
2. Stir to form a sauce.
3. Add Chicken, cover, and let sit.
4. Stir Every half hour.

## Cornish Hen

### Ingredients

Cornish Hen (Parboil at home)  
Oil

Salt, pepper, etc  
Veggies (potato, onion, etc)

### Equipment

AL Foil

### Instructions

1. At home, parboil (3 mins) a Cornish hen. oil it up, salt and pepper and wrap in foil.
  2. Cook as you would a foil pack (15 min/side).
  3. Do another pack of just thin sliced potatoes and onion, salt/pepper with a bit of olive oil.
  4. BTW, differentiate your foil pack by wrapping a length of foil in with the folded seam;
- From:Michael C. Horowitz

## Cornish Hens:Apricot Glazed

### Ingredients

6 Cornish hens  
salt  
paprika  
garlic powder

onion powder  
wild rice and sausage dressing mix  
1 jar apricot preserves  
½ cups water

### Equipment

Dutch Oven

### Instructions

1. Rinse hens, remove giblets, and pat dry.

2. Sprinkle cavity with salt, paprika, onion and garlic powder.
3. Lightly stuff each hen with dressing.
4. Tie legs together with string.
5. Turn large pot lid upside down in Dutch oven and place hens on pot lid.
6. Bake hens at 350 for 1 ½ hours.
7. In small pot, combine preserves and water and bring to boil.
8. During last ½ hour of baking, baste hens frequently with mixture.
9. Serve remaining mixture on side with hens.

### Cornish Hens:Geezer

#### Ingredients

5 Cornish hens, thawed, rinsed & dried  
paprika  
sage  
4 carrots sliced into halves, the then  
quartered

4 celery stalks, sliced into halves  
2 ears frozen or fresh corn, cut into halves  
olive oil

#### Equipment

Dutch Oven

#### Instructions

1. Sprinkle each hen with paprika, then very lightly with sage.
2. Stuff with corn ears, carrots, and celery.
3. Coat bottom of Dutch oven with olive oil.
4. Place hens in oven.
5. Cover spaces between hens with remaining corn, carrots, and celery.
6. Bake 30-45 minutes or until corn is tender.
7. Even better when used with quail (sorry, Bobwhites), dove, or pheasant.

### Cornish Hens:Native American

#### Ingredients

4 Cornish game hens, split in ½  
2 onions, quartered  
2 bay leaves  
12 peppercorns  
2 small carrots, sliced  
2 stalks celery, sliced  
2 tsp salt

8 tbs margarine  
1 tsp thyme  
½ tsp rosemary  
½ cups chopped mushrooms  
4 tbs flour  
4 tbs black walnut meats, finely chopped

#### Equipment

Dutch Oven

#### Instructions

1. Place hens in a large pot and barely cover with water.

2. Add bay leaf, onion, carrot, celery, salt, and peppercorns.
3. Bring to rolling boil, turn down heat and simmer for about 30 minutes.
4. Remove birds from broth and reserve broth.
5. Using a large skillet, sauté the birds in 4 tbs of margarine until golden.
6. Place birds into Dutch oven, sprinkle with thyme and rosemary and bake slow for 30 minutes.
7. Bring broth to rolling boil and cook down to 4 cups.
8. Sauté mushrooms in large skillet with remaining margarine.
9. Add broth and flour.
10. Stir well.
11. Add chopped 1 walnuts.
12. Serve with birds over cooked brown rice.

### Duck w/Sauerkraut

#### Ingredients

2 qt sauerkraut	2 onions, quartered
3 tbs brown sugar	salt
1 duck	1 cup water

#### Equipment

Dutch Oven

#### Instructions

1. Bake duck in Dutch oven at 375 for 25 minutes.
2. Pour sauerkraut, water, onions, brown sugar, salt, and pepper over duck and stir well.
3. Simmer for 1 ½ hours.

### Easy Italian Chicken

#### Ingredients

1-2 chickens, cut up	basil
1 large jar spaghetti sauce	minced garlic
oregano	

#### Equipment

Dutch Oven

#### Instructions

1. Place chicken pieces in bottom of Dutch oven.
2. Add spaghetti sauce and stir to coat each piece.
3. Add oregano, basil, and minced garlic to taste.
4. Cook at low 5-7 hours.
5. Serve with Wild Onion Bread (see listing)



## Egg Foo Canoe

### Ingredients

2 can bean sprouts, drained	1 tsp salt
2 can chicken, diced	1 tsp red pepper
1 onion, diced	1 tbs teriyaki sauce
1 clove garlic, minced	2 tbs olive oil
6 eggs, beaten	2 pkg chicken gravy mix

### Equipment

Skillet

### Instructions

1. Chop bean sprouts, add onions, garlic, chicken, and seasonings.
2. Blend well.
3. Add eggs.
4. Fry by spoonfuls in large skillet in olive oil.
5. Make chicken gravy according to package directions and serve as topping for patties.

## Festive Chicken Bake

### Ingredients

¼ cups flour	2 tbs olive oil
1 tsp paprika	1 can sliced pineapple
1 tsp onion powder	2/3 cups light molasses
1 tsp garlic powder	1 tbs mustard
1 tsp each salt and pepper	1 tbs cider vinegar
3 lb chicken, cut up	1 can sweet potatoes, drained

### Equipment

Dutch Oven

### Instructions

1. Combine flour, paprika, onion powder, garlic powder, salt and pepper in gallon zip-lock bag and shake well to mix.
2. Add chicken pieces and shake well to coat.
3. Brown in large skillet with olive oil.
4. Drain pineapple, saving juice.
5. Combine juice, molasses, mustard, and vinegar in small pot and mix well.
6. Place chicken in Dutch oven, and arrange potatoes around chicken.
7. Brush with ½ of the sauce.
8. Cover and bake at 350 for 30 minutes.
9. Top with pineapple, brush with remaining sauce, and cook 30 minutes more.

## Fly Like an Eagle Chicken

### Ingredients

3-4 lb chicken, cut up  
2 onions, chopped  
1 green pepper, chopped  
1 jar pimento, diced  
¾ tsp chili powder  
1/8 tsp dried red pepper  
1 small jar stuffed green olives, drained  
2 cloves garlic, minced

2 chicken bouillon cubes  
1 cup diced ham  
1 can tomatoes  
1 cup peas  
1 tsp salt  
½ tsp red pepper  
1 tsp paprika  
1 cup long grain rice

### **Equipment**

Dutch Oven

### **Instructions**

1. Mix salt, pepper, and paprika together.
2. Season chicken with this mixture.
3. Put all ingredients except rice in Dutch oven.
4. Cover and cook at 300 for about 2-3 hours.
5. Add rice and cook at 375 for 1 hour.
6. Water may be needed near end of cooking.

## **Foil Stir Fry**

### **Ingredients**

Chicken Breasts (par cooked)  
Shrimp  
Snow Peas  
Celery

Bean Sprouts  
Teriyaki Sauce  
Spices

### **Equipment**

AL Foil

### **Instructions**

1. Prepare according to basic foil dinner with the following exceptions:
  - a. Place the meat was place on the bottom (by the way, the chicken had been slightly cooked prior to going)
  - b. Place the the vegi's on top.
2. A couple of dashes of Teriyaki sauce, some spices (tarragon and others from a pre-mix spice jar).
3. Don't turn it over while cooking:the vegi's cook in the heat from the meat. They were still slightly crunchy, almost steamed.

From:Peter Van Houten

## **Fried Turkey**

### **Ingredients**

12 to 16 lb bird

### Marinade

#### Vegetable Oil

About 3-4 gal. get 5 to be sure.

### Equipment

Turkey Frier

### Instructions

1. Use injection marinade, I cut mine 50/50 with Italian dressing.
2. heat oil to 375.
3. use gloves when dropping bird into oil, it splashes.
4. Cook 3 ½ min per lb.
5. Bird will be very dark and very moist, you'll never want a dry oven baked bird again.

### Garlic Honey Marinade

#### Ingredients

1 small onion, minced	2 cloves garlic, minced
¼ cups lemon juice	1 tbs ginger
¼ cups olive oil	2 tbs honey
2 tbs soy sauce	2 tsp parsley flakes

#### Equipment

Pot

### Instructions

1. Mix together in small pot.
2. Let chicken marinate in cooler in double 4gallon zip-lock overnight.
3. Grill chicken over coals.

### Geezer Chicken Oriental

#### Ingredients

2 cans condensed golden mushroom soup	2 cans chow mien noodles
4 cans chunky chicken spread	2 tsp ginger
2 cans fancy mixed Chinese vegetables, drained	2 tsp cumin sauce
2 cans cut green beans, drained	2 tbs teriyaki sauce
	soy sauce

#### Equipment

Pot

### Instructions

1. In a medium pot, mix together mushroom soup, chicken spread, Chinese vegetables, and green beans.

2. Cook over medium heat 10-15 minutes until bubbly hot.
3. Stir in ginger, cumin, and teriyaki sauce.
4. Serve over chow mien noodles and with teriyaki or soy sauce to taste.

### Grilled Chicken w/Pineapple Salsa

#### Ingredients

2 lbs boneless chicken breast	2 green onion, sliced
1 pkg chicken mesquite marinade	1 tbs lime juice
Salsa	1 tsp teriyaki sauce
1 can crushed pineapple	¼ tsp pepper
1 red bell pepper, chopped	¼ tsp red pepper

#### Equipment

Open Fire

#### Instructions

1. Marinate chicken according to package directions.
2. Grill.
3. Combine salsa ingredients and serve over chicken.

### Honey Chicken

#### Ingredients

6 chicken breasts	2 cups flour
3 cups hot oil	2 tablespoons lemon pepper
½ cup honey	1 cup water

#### Equipment

Dutch Oven

#### Instructions

1. Place flour and seasonings in paper sack and shake chicken.
2. Deep fry chicken about 10 minutes until golden brown and tender.
3. Drain grease
4. Add 1 cup water and ½ cup honey
5. Cook in Dutch Oven for 45 minutes on med heat.

### Honey Mustard Marinade

#### Ingredients

1 cup Dijon mustard	¼ cups honey
1 cup red wine vinegar	1 clove garlic, minced
¾ cups olive oil	2 tbs soy sauce

#### Equipment

## Open Fire

### Instructions

1. Mix in small pot.
2. Marinate chicken overnight in cooler in double /gallon zip-lock bags.
3. Grill chicken over coals.

## Hot Stuff Chicken

### Ingredients

2 lb. boneless chicken breasts

oil

2 cup flour

### MARINADE

2 tsp chili powder

4 tsp ground ginger

2 tsp Tabasco

2 tbs onion flakes

2 tsp soy sauce

2 tsp sugar

2 tsp teriyaki sauce

2 tsp vinegar

### Equipment

Skillet

### Instructions

1. Cut chicken into strips 2in by ½in and put in gallon zip-lock bag.
2. Blend marinade ingredients and pour into bag.
3. Squeeze air out and seal bag.
4. Marinate for 1 hour at room temp.
5. Heat 1in of oil in large skillet until quite hot.
6. Take pieces out of bag and lightly sprinkle with flour.
7. Fry for 4 minutes.
8. Turn once and fry for another 4 minutes.
9. Remove and drain on paper towels.
10. Serve while hot.

## Italian Chicken

### Ingredients

5 lbs of Cut up Chicken (Leg quarters work the best)

1 Bottle (12-15oz) of cheap Italian Dressing

### Equipment

Dutch Oven

### Instructions

1. Place skinless chicken in oven.
2. Pour dressing over chicken.

3. Cook for 2hrs with good supply of charcoal on bottom and top of oven.
4. Remove the chicken and serve.

### Lacquered Chicken

#### Ingredients

1 whole chicken cut up	1/8 tsp pepper
3 large onions, chopped	1/2 cups water
1 large can tomatoes	1 tsp instant chicken bouillon
1 orange, unpeeled, seeded and chopped	3 heaping tbs grape jelly
1 tsp sugar	olive oil
1 tsp salt	

#### Equipment

Dutch Oven

#### Instructions

1. In a large skillet, heat olive oil and sauté chicken until browned.
2. Remove chicken and sauté onions until golden.
3. Place into Dutch oven.
4. Add tomatoes, orange, sugar, salt and pepper.
5. Set chicken pieces on top.
6. Rinse skillet with the water and scrape into Dutch oven.
7. Sprinkle instant bouillon on top.
8. Cover and cook slow 5-7 hours.
9. Before serving, remove chicken and wrap in foil to keep warm.
10. Change heat to high and simmer until thick enough to mound on a spoon.
11. Stir in the jelly until the sauce just boils.
12. Add chicken, making sure to cover 2each piece with sauce.
13. Remove from heat and serve.

### Lemon Chicken

#### Ingredients

Whole Chicken	Lemon Juice
Butter (melted)	Spices

#### Equipment

AL Foil

#### Instructions

1. Take a whole chicken.
2. Brush with melted butter.
3. Take a whole lemon, slice, squeeze juice over chicken.
4. Sprinkle generously with Lemon & Herb spice.
5. Put leftover lemon peel & pulp inside chicken with slices of onion.

6. Wrap in foil.
7. Cook until done. 40-60 minutes.

### Native American Chicken Curry

#### Ingredients

2 ½ lbs chicken breasts, cut into 1 ½in strips  
water  
salt  
celery tops  
3 tbs margarine  
1 tart apple, peeled and diced  
1 onion, thinly sliced  
1 tbs curry powder

1/3 cups raisins  
1 cup chicken broth  
½ cups Coca-Cola  
3 ½ tbs flour  
1 cup evaporated milk  
1 tsp salt  
¼ tsp pepper  
8 servings rice cooked to package directions

#### Equipment

Skillet

#### Instructions

1. Cook chicken and a few celery tops in a large pot of boiling salted water.
2. Cover, reduce heat to simmer and cook 45 minutes.
3. In a large skillet, melt the margarine and add apple, onion, and curry powder.
4. Sauté for 5 minutes.
5. Stir in raisins, chicken broth, and Coke.
6. In a medium pot, mix flour with cream.
7. Stir until smooth.
8. Add salt, pepper, and apple/onion mixture.
9. Cook over low heat until thick and creamy.
10. Add drained cooked chicken.
11. Cool and pour into gallon double zip-lock.
12. Store in cooler overnight.
13. Reheat slowly and serve over cooked rice.

### Oven-Fried Chicken

#### Ingredients

Chicken pieces  
cooking oil  
Bisquick

salt,  
pepper  
paprika

#### Equipment

Dutch Oven  
Brown paper bag(grocery type)

#### Instructions

1. Heat oil in hot oven.

2. Combine Bisquick, salt, pepper and paprika in brown paper bag and coat chicken pieces by shaking them in the bag.
3. When oil is hot arrange chicken in oven
4. Cook 'til done, turning once to brown evenly.

### **Parmesan Chicken**

#### **Ingredients**

Skinless, boneless chicken for each person.  
2:26oz cans Spaghetti sauce or large jar.

1lb Grated mozzarella.  
Country Pasta Egg Noodles

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Heat Dutch Oven with coals on top and bottom.
2. Place chicken in oven.
3. Cook for a few minutes on each side. (Meat will begin to turn white)
4. Pour sauce over chicken.
5. Cook for 30 to 45 minutes stirring frequently.
6. While chicken cooks, put noodles on to boil. Cook according to directions or until soft.
7. Take oven off bottom heat.
8. Take cheese and cover top of meat and sauce.
9. Replace lid and allow to melt cheese.
10. Place noodles on plate and cover with chicken, sauce, and cheese.
11. Season to taste.

### **Pheasant:Roast**

#### **Ingredients**

Charcoal pan ¾ full  
Water pan full  
Salt and pepper  
Bay leaf

Lemon sliced thin  
3-4 stalks celery with leaves  
3-4 parsley sprigs  
Onion sliced into quarters

#### **Equipment**

Smoker

#### **Instructions**

1. Season bird inside and out with salt and pepper.
2. Stuff cavity with bay leaf, lemon slices, celery leaves, parsley sprigs, and onion.
3. Cook 5-6 hours.

### **Salad:Grilled Szechwan Chicken Salad**

#### **Ingredients**



2 lbs boneless chicken breast  
1 can pineapple slices  
6 tbs olive oil  
4 tbs teriyaki sauce  
1 tsp Tabasco sauce  
1 tbs white vinegar

2 tbs honey  
½ tsp ginger  
Leaf lettuce  
1 onion, sliced  
1 red bell pepper, sliced  
Black pepper

**Equipment**

Open Fire

**Directions**

1. Sprinkle both sides of each chicken breast with pepper and grill.
2. Slice into strips after cooking.
3. Prepare salad dressing by combining 4 tbs. reserved pineapple juice with olive oil, teriyaki sauce, Tabasco, vinegar, honey and ginger in a small jar, shaking very well to mix.
4. Arrange veggies and pineapple slices with chicken.

Pour -dressing over. Toss and serve.

**Spicy Hot Chicken Marinade**

**Ingredients**

4 green onions  
2 jalapenos  
1/3 cups lemon juice  
¼ cups honey  
2 tbs olive oil

2 tbs thyme  
½ tsp salt  
¼ tsp allspice  
¼ tsp nutmeg

**Equipment**

Open Fire

**Instructions**

1. At home:place all ingredients in blender and blend until smooth.
2. At camp: put chicken (best for boneless chicken breasts) in double gallon zip-lock, add marinade and let set 2-6 hours.
3. Grill chicken and baste with marinade.

**Summer Camp Fried Chicken**

**Ingredients**

2 cup buttermilk  
2 tbs pepper  
4 lb. chicken pieces, skinned

1 cup flour  
Oil for frying  
1 gallon zip-lock bag

**Equipment**

Skillet

### Instructions

1. Combine buttermilk and pepper in large pot.
2. Place chicken in buttermilk.
3. Cover pot and put in cooler for 3 hours:turn each piece over once.
4. Remove from buttermilk and pat dry.
5. Put flour in zip-lock:shake 4 pieces at a time.
6. Fill large skillet with 1in oil and fry until golden on both sides.
7. Remove pieces as they are done and drain on paper towels.

### Sunnen Chicken and Rice

#### Ingredients

2 medium chickens, cut up	2 bay leaves, crushed
2 tbs garlic powder	1 cup cider vinegar
1 tsp pepper	1 bottle teriyaki sauce
1 tsp ground basil	Olive oil
1 tsp tarragon	Hot cooked brown rice
1 tsp ground cumin	

#### Equipment

Skillet

#### Instructions

1. Combine dry ingredients, vinegar, and teriyaki sauce to make the marinade.
2. Peel skin from chicken and combine with marinade in double gallon zip-lock bag.
3. Place in cooler for 1 hour.
4. Put chicken and cooked marinade in large pot and add 1 cup water.
5. Cover and cook over medium heat about 40 minutes.
6. Remove chicken and brown in large skillet with ¼ in olive oil.
7. Return to pot and simmer, covered for 10 minutes.
8. Serve with hot cooked brown rice.

### Turkey ALA Cohokia

#### Ingredients

4 cans turkey chunks	2 cans evaporated milk
¼ tsp pepper	4 small jar pimento, chopped save liquid
2 tsp paprika	4 tbs flour
4 tbs margarine	1 tsp salt
1 cup cream	

#### Equipment

Skillet

#### Instructions

1. Melt margarine in large pot over medium heat.
2. Blend in flour, add salt, pepper, and paprika.
3. Add milk, cream, and liquid from pimentos, stirring constantly until thickened.
4. Beat well.
5. Add turkey and pimentos.
6. Cook 15 minutes.
7. Serve over buttered skillet toast or drop biscuits.

## Turkey in a Can

### Ingredients

1 lb Turkey  
Salt and Pepper to taste.

### Equipment

a 10gal garbage can (preferably unused)  
10lb of charcoal  
10lb TURKEY  
a metal Stake (about 1"X 20")

### Instructions

1. drive stake into the ground,
2. place turkey over rod, and on top of AL foil (the foil keeps the dirt off)
3. place the can over, upside down. start the charcoal in the lid; when ready place it on top of the can and around the perimeter;
4. wait 1-½ hrs (ten mins./lb longer if the turkey is larger)
5. Remove the can to find the most delicious, golden brown turkey you have ever seen or tasted!!!!!!

## Turkey:Smoked

### Ingredients

Charcoal pan heaping full	1 tbs salt
Water pan full	rosemary leaves
1 10-15 lb turkey-unstuffed	marjoram
2 medium onions	tarragon
3-3 stalks celery with leaves	sage

### Equipment

Smoker

### Instructions

1. Rinse turkey inside and out with cold water.
2. Rub inside and out after dusting with all herbs and salt.
3. Cut onion into quarters, celery into chunks and put into cavity.

4. Smoke cook 8-12 hours or until turkey leg moves easily in joint or meat thermometer reaches 180.

## Seafood Dishes

### Bass:Baked

#### Ingredients

1 large bass, filleted  
1 onion, chopped  
1 green pepper, chopped  
½ stick margarine  
2 cans tomato sauce

1 can tomatoes  
2 tbs lemon juice  
½ cups green onions and parsley  
½ tsp Tobasco sauce  
salt, pepper, garlic powder to taste

#### Equipment

Smoker

#### Instructions

1. Sprinkle filets with lemon juice.
2. Season well and place in double gallon zip-lock bag and put in cooler overnight.
3. Wilt onions and green pepper in margarine in Dutch oven.
4. Add tomato sauce and whole tomatoes.
5. Cook over medium heat 45 minutes uncovered.
6. Add 2 cups cold water.
7. Season to taste along with Tabasco sauce.
8. Cook 25 minutes over medium heat.
9. Add filets and bake at 325 for 40 minutes.
10. Sprinkle with green onions and parsley and serve.

### Bass:Big Bad Cakes

#### Ingredients

8 medium bass halves  
4 cups diced potatoes  
2 eggs  
1 ½ tsp salt  
4 tbs margarine

½ tsp pepper  
½ tsp red pepper  
¼ tsp lemon juice  
½ tsp Tabasco sauce  
½ cups olive oil

#### Equipment

Smoker

#### Instructions

1. Chop bass into small pieces.
2. Boil diced potatoes until soft, drain, and mash.
3. Add all ingredients except bass and blend until well mixed.
4. Add bass and mix lightly.
5. Heat olive oil in large skillet and drop mixture by tablespoon into skillet.
6. Turn once.

7. When both sides are browned, serve hot.

### **Bass:Melt Supreme**

#### **Ingredients**

3 cups bass, cooked and flaked	¼ tsp pepper
½ cups cucumber, finely chopped	1 tsp onion powder
2 tbs radish, chopped	4 tomatoes, sliced thinly
2 tbs mayonnaise	16 rye bread slices, toasted
2 tbs sour cream	8 Swiss cheese slices
1 tsp salt	

#### **Equipment**

Pot

#### **Instructions**

1. In medium pot, mix fish, cucumber, radish, mayo, sour cream, salt, pepper, and onion powder.
2. Place tomato slices on half the bread slices.
3. Divide bass mixture evenly between the bread slices and spread to edges.
4. Top with Swiss cheese and rest of bread slices.
5. Grill until cheese melts.

### **Catfish:Cajun**

#### **Ingredients**

8 catfish fillets	1 tbs Cajun seasoning
2 cups yellow mustard	1 tbs red pepper
3 eggs, beaten	1 cup Italian bread crumbs
1 tbs Tabasco sauce	2 tsp salt
1 cup each white and yellow cornmeal	1 tsp each garlic powder & paprika
1 cup flour	lemon wedges

#### **Equipment**

Skillet

#### **Instructions**

1. In large skillet, heat 1in olive oil to just below smoking.
2. In medium pot, combine mustard, eggs, and Tabasco.
3. In large pot lid, combine remaining dry ingredients.
4. Dredge fish in mustard mixture.
5. Coat well and shake off excess.
6. Then dip in large pot lid and coat with dry ingredients.
7. Fry until golden brown, about 6 minutes on a side.
8. Drain on paper towels and serve with lemon wedges.

## Catfish Etoufee

(Pronounced A-TO-FAY)

### Ingredients

2 c court bouillon	4 c cooked rice
4 tbs brown rue	2 lemon slices, 1/4" thick
1 c onions, chopped	1 tbs Worcestershire sauce
1 c scallions, chopped (including some of the green tops)	1 bay leaf
1/2 c celery, chopped	1/4 tsp thyme
1/2 c bell pepper	1 tsp black pepper
1 tsp minced garlic	2 tsp salt
1 can (1 lb) tomatoes, drained and coarsely chopped	2 lb catfish cut into 1" chunks
	1/2 c parsley, chopped

### Equipment

Skillet

### Directions

- 1 If rue is not fresh, warm over low heat stirring frequently.
- 2 Add onions, scallions, celery, green pepper and garlic.
- 3 Cook 5 min, stirring often, until soft but not brown.
- 4 Add court bouillon stirring constantly.
- 5 Add tomatoes, lemon, and seasonings.
- 6 Reduce heat and simmer, partially covered, 30 min.
- 7 Add catfish and parsley, stir gently to moisten fish evenly.
- 8 Simmer partially covered and without stirring, 10 min.
- 9 Taste for seasoning. Serve immediately.

## Catfish:Geezer of the Orient

### Ingredients

8 catfish fillets	Cajun seasoning
1 green pepper, thin sliced	Red pepper
3 medium onions, thin sliced	Teriyaki sauce
2 celery stalks 2 carrots	Sprinkle of ginger
2 sticks margarine	

### Equipment

Skillet

### Instructions

1. Slice celery and carrots into 1 in chunks at a 45 degree angle.
2. Melt 1 stick of margarine in large skillet over low flame.
3. Season fillets to taste with dry ingredients and spread in single layer in skillet.

4. Sear both sides of fillets, then remove and coat with teriyaki sauce.
5. Set aside.
6. Melt remaining margarine and add veggies.
7. Add pepper and teriyaki sauce to taste and cook until veggies are crisp-tender.
8. Stir constantly.
9. Return fillets to skillet, gently stir, cover and reduce heat.
10. Cook until fish is white and flaky.
11. Serve over long grained brown rice.

### Catfish:Roma Parmesan

#### Ingredients

8 catfish fillets	1 tsp oregano
1 cup Italian bread crumbs	1 tsp basil
1 cup grated parmesan cheese	½ tsp ground pepper
4 tbs parsley flakes	1 cup milk
1 tsp paprika	4 tbs olive oil

#### Equipment

Dutch Oven

#### Instructions

1. Preheat Dutch oven to 450 degrees.
2. Lightly grease large pot lid.
3. In gallon zip-lock bag, combine dry ingredients, close and shake to mix well.
4. Pour milk in large pot and dip fillets then shake one at a time in coating bag.
5. Arrange fillets in large pot lid and drizzle olive oil on top of fish.
6. Bake 8-10 minutes.

### Catfish:Camp Blackened

#### Ingredients

8 catfish fillets	1 tsp salt
1 ½ sticks margarine	½ tsp red pepper
2 tsp lemon pepper	4 lemons, cut into wedges
2 tsp thyme	3 tbs Worcestershire sauce
2 tsp basil	1 tsp Tabasco sauce
1 tsp each garlic & onion powder	

#### Equipment

Skillet

#### Instructions

1. In small pot, melt one stick margarine over low heat and add dry ingredients.
2. Remove from heat and let cool slightly.
3. Dip each fillet in mixture, coating well.
4. Place fish in gallon zip-lock and pour in remaining margarine mixture.



5. Double bag and put in cooler for 1 hour.
6. Pre heat large skillet over medium heat.
7. Melt rest of margarine in skillet, pour in Worcestershire sauce and Tabasco.
8. Grill fillets 3 minutes per side.
9. Pour first margarine mixture into small pot, heat and serve as dip for fish.

### Crab:Fresh Stuffed

#### Ingredients

12 fresh crabs	½ tsp red pepper
¼ cups olive oil	4 stalks celery, chopped
½ green pepper, chopped	1 pkg Pepperidge Farm Dressing
4 cloves garlic, minced	parsley flakes
2 onion, chopped	1 tsp Kitchen Bouquet

#### Equipment

Dutch Oven

#### Instructions

1. Boil crabs in black pepper seasoned water around 30 minutes.
2. Cool.
3. Pry crabs open with a knife.
4. Remove all white meat and a little crab fat.
5. Set aside.
6. Scrub shells in clean water.
7. Drop in boiling water with a pinch of baking soda for about 20 minutes.
8. Cool shells before adding stuffing.
9. Sauté onion, green pepper, garlic, and celery in olive oil for about 5 minutes.
10. Add crab meat and brown.
11. Add a little margarine, crab fat, and water to moisten.
12. Add red pepper, salt, and Kitchen Bouquet.
13. Cover and simmer 30 minutes.
14. Mix with dry dressing and stuff shells.
15. Top with Italian bread crumbs.
16. Bake in a Dutch oven at 350 for 20 minutes.

### Crab:Deviled

#### Ingredients

1 cup fresh parsley, chopped fine	1/8 tsp red pepper
1 green pepper, chopped	1 tsp salt
2 cups celery, chopped	½ lb margarine
4 green onions, chopped	2 lbs crab meat
1/8 tsp basil	1 ½ cups Italian bread crumbs
1/8 tsp marjoram	4 hard boiled eggs, finely grated
¼ tsp Tabasco sauce	Half and half

## Equipment

Dutch Oven

## Instructions

1. Sauté all ingredients except crab meat, eggs, and bread crumbs in margarine.
2. Cook until onions are clear and celery is crunchy.
3. Pour into medium pot and add crab meat.
4. Mix well. Add bread crumbs and eggs.
5. Mix well. Add enough half and half to moisten.
6. Place a pie plate upside down in Dutch oven.
7. Put pot on pie plate and bake at 350 for 420-25 minutes.
8. Serve as spread over garlic skillet toast.

## Crawfish:Jambalaya

### Ingredients

1 lb peeled crawfish	½ cups green pepper, chopped
4 cups cooked rice	1 stick margarine
2 tsp olive oil	1 cup green onion, chopped
4 cloves garlic, minced	2 tbs parsley flakes
1 onion, chopped	1 tsp red pepper
½ cups celery, chopped	salt

### Equipment

Dutch Oven

## Instructions

1. Sauté green pepper, garlic, onion, and celery in margarine in Dutch oven.
2. Add olive oil.
3. Cook uncovered for 40 minutes over low heat.
4. Add peeled crawfish tails and cook for another 10 minutes.
5. Add green onions, seasoning, and rice.
6. Mix well.
7. If mixture seems a bit dry, add more margarine.

## Crawfish:Pie

### Ingredients

3 lbs crawfish tails	1 bunch parsley, chopped
2 sticks margarine	1 cup celery, chopped
½ cups flour	3 tbs tomato sauce    1 tsp salt
1 onion, chopped	½ tsp red pepper
2 cloves garlic, minced	½ tsp black pepper
1 green pepper, chopped	2 frozen pie shells
2 bunches shallots, chopped	

## Equipment

Dutch Oven

## Instructions

1. Melt margarine in Dutch oven.
2. Add flour and brown lightly.
3. Add garlic, onions, green pepper, celery, shallots, and tomato sauce.
4. Stir to blend and cook covered 1 hour.
5. Stir frequently to keep from sticking.
6. Add 3 cups water and simmer several hours.
7. If mixture thickens too much, add more water.
8. Add tails and cook 15 minutes.
9. If mixture is too thin now, add 2 tsp cornstarch.
10. Add parsley.
11. Mix well and pour into pie shell.
12. Plop second shell over the filled one and pinch down to make top crust.
13. Bake at 350 in cardboard oven for 15 minutes.
14. Reduce heat to 300 and bake another 12-15 minutes or until crust is golden brown.

## Fish Court Boui

### Ingredients

3 tbs olive oil	2 tbs lemon juice
4 c diced onion	1 tbs soy sauce
1 c celery, chopped	2 tbs Worcestershire Sauce
2 c parsley, chopped	1 tbs Louisiana Hot Sauce
3/4 c bell pepper, chopped	2 c Chablis Wine
3 c green onion, chopped	6 tbs salt
1 c grated carrot	4 lb fish, chopped
1 tbs minced garlic	12 c water

### Equipment

Dutch Oven

### Directions

1. Pour oil in oven and heat.
2. Place onion, celery, peppers, parsley, green onion and grated carrot in and sauté until onion starts to turn clear.
3. Add garlic and lemon juice and stir and simmer some more.
4. Add remaining ingredients except water, and stir and simmer some more.
5. Pour just enough water to cover mixture.
6. Bring to boil, reduce heat and cover.
7. Simmer for about 30 min.

## Fish Curry

### Ingredients

1 kg of fish(whole)  
Curry powder  
Oil  
Salt

Onion  
Garlic  
2-3tomatoes  
Ginger.

### Equipment

Frying Pan

### Instructions

1. Cut the fish in 4 pieces.
2. Fry them in hot oil and remove them.
3. Remove the oil from the pan leaving approximately 4 ml for further cooking.
4. Chop the tomatoes, garlic, ginger finely.
5. Put a measure of 2 spoons full of the curry powder in a small bowl and add some water to make a solution.
6. Allow the oil to become hot and put the chopped ingredients in plus some salt.
7. Add the solution made and some 10 ml of water.
8. let to cook for 3 mins.
9. Add the fried fish pieces to the boiling pan and allow to cook for some 5 mins.

For 4 persons.

## Fish in the Fire

### Ingredients

1 good sized fish or a couple small ones, whichever you were able to catch.  
Lemon Pepper or other favorite seasonings  
Veggies to taste (onions, green peppers, mushrooms, whatever you like)  
Potatoes to taste  
Butter

### Equipment

AL Foil

### Instructions

1. Clean your fish
2. Place on tinfoil'
3. Add butter inside and out of fish
4. put your seasoning in the fish
5. fold foil so as to keep juices and stuff inside.
6. Place in fire for about 15-20 minutes. be sure to cook both sides. Fish comes out flaky, you know you did it right.

## Foil Dinner

### Ingredients

Seafood Meat (Shrimp, Scallops, fish chunks, etc)

Veggies (Snow peas, strips of red pepper, sliced mushrooms, thin slice of ginger root etc)

Lemon

### Equipment

AL Foil

### Instructions

1. Prepare according to Foil Dinner guidelines
2. Seafood cooks rather quickly, usually in less than 10 minutes depending on size of shrimp or scallops.

From:Jim Sleezer

## Hush Geezerpups

### Ingredients

2 cups yellow cornmeal

1 cup flour

½ tsp salt

2 tsp baking powder

1 large grated onion

1 tsp garlic flakes

¼ tsp dried red pepper

4 tsp bacon drippings

2 eggs, beaten

oil

### Equipment

Pot

### Instructions

1. Mix all ingredients except eggs.
2. Add eggs and enough water to make a fairly stiff dough.
3. Roll into balls about the size of a walnut and 'fry in very hot oil until golden brown.

## Scallop:Gumbo

### Ingredients

2 lb small scallops

2 medium onions, chopped

½ cups celery, chopped

3 tbs flour

2 cloves garlic, minced

2 lb fresh okra, sliced ¼in

2 green peppers, chopped

4 tbs olive oil

3 tomatoes, cut up

salt & pepper to taste

1 tsp cumin

Tabasco to taste

### Equipment

Dutch Oven

## Instructions

1. Prepare a rue in Dutch oven with olive oil and flour.
2. Cook until brown, stirring often.
3. Add onion, green pepper, and garlic.
4. Slowly stir in 1 quart of water.
5. Add salt, pepper, cumin, and Tabasco.
6. Add cut up tomatoes, okra, and celery.
7. Cover and cook about 30 minutes.
8. Add scallops and simmer another 6 minutes.

Thanks to Mike Audleman -- a Prodigy Scouter

## Shrimp and Garlic Shells

### Ingredients

1 package Lipton Garlic Shells	margarine per directions
1 can small shrimp	(you can skip the margarine if you're on the trail...)
water per directions	

### Equipment

2 quart pot

### Instructions

1. Make shells according to package directions.
2. Drain shrimp.
3. With 2-3 minutes left to cook, add drained shrimp to shells.
4. Mix and simmer for remaining time.

## Shrimp Etoufee

(Pronounced A-TO-FAY)

### Ingredients

3/4 lb butter	1 tbs Louisiana Hot Sauce
5 c diced onion (or equal volume to meat)	2 tbs lemon juice
1 c parsley, chopped	4 lb peeled shrimp
3 tbs salt	2 tbs Worcestershire Sauce

### Equipment

Skillet

### Directions

1. Cook onion in butter until clear.
2. Add parsley, salt, lemon juice, hot sauce and Worcestershire sauce and simmer 5 min.
3. Add shrimp, cover and simmer until shrimp turns pink and are done.

### Shrimp:Smoked Geezer Style

#### Ingredients

Charcoal pan ½ full	2 tbs lemon juice
Water pan 2/3 full	2 tbs garlic salt
1 chunk hickory	1 tsp liquid smoke
2 lbs large shrimp in shell	½ tsp Tabasco
1 tsp dried thyme	½ cups margarine, melted

#### Equipment

Smoker

#### Instructions

1. Arrange shrimp in single layer in large pot lid.
2. Combine remaining ingredients and pour over shrimp.
3. Place chunk of hickory in charcoal pan just before cooking.
4. Place pot lid on smoker rack.
5. Be careful not to overcook or oversmoke:35-40 minutes should be enough.

### Trout:Au Blue

#### Ingredients

3 cups water	1 small bay leaf
1 tsp salt	6 10-inch trout
6 peppercorns	melted butter or margarine with 1 tsp garlic
1 cup vinegar	salt and 1 tsp lemon juice mixed in

#### Equipment

Pot

#### Instructions

1. Bring first 5 ingredients to a boil.
2. Drop in trout and simmer just long enough to cook fish thorough:about 4 minutes.
3. Serve hot with melted garlic-lemon butter.

### Trout:Backed in Tomatoes

#### Ingredients

6 10in trout cut in halves	½ tsp oregano
1 large can tomatoes	½ tsp basil
2 medium onions sliced and sautéed in margarine	1 bay leaf

#### Equipment

Dutch Oven

### Instructions

1. Add trout and tomatoes in bottom of Dutch oven.
2. Add onions in layer to top.
3. Sprinkle oregano and basil on top of onions.
4. Add bay leaf.
5. Cover and bake for 45 minutes.

### Trout:Chowder in Tomatoes

#### Ingredients

1 ½ lbs trout cut into chunks	6c water
2 tsp salt	4 potatoes, diced
1/8 tsp pepper	

#### Equipment

Pot

#### Instructions

1. Simmer potatoes in water for 40 minutes.
2. Add remaining ingredients and simmer for 10 minutes more.

### Trout:Montauk Spring Service

#### Ingredients

4 medium trout, skinned and filleted	3 limes
½ red pepper, sliced	¼ cups white vinegar
½ green pepper, sliced	garlic powder
1 large onion, sliced	pepper
2 garlic cloves, diced	

#### Equipment

Pot

#### Instructions

1. Chop the trout fillets into 1in square pieces.
2. Combine the fish, red pepper, green pepper, onion, garlic cloves, and the juice of the limes in a medium pot.
3. Season with ½ tsp garlic powder and a dash of salt and pepper.
4. Add vinegar and mix.
5. Pour into double gallon zip-lock and put into cooler for 24 hours.
6. Serve as spread over hot skillet garlic toast.

### Trout:Nutty Fried

#### Ingredients



4 medium trout  
½ cups flour  
¼ tsp garlic powder  
¼ cups walnuts, finely chopped

1/8 tsp salt  
1/8 tsp pepper  
2 eggs, beaten  
¼ cups olive oil

### **Equipment**

Skillet

### **Instructions**

1. Clean trout and pat dry.
2. Combine dry ingredients into a gallon zip-lock and shake to mix well.
3. Dip trout into beaten eggs, then shake one at a time in flour mixture.
4. Set trout aside on a large pot lid or 10 minutes.
5. Heat oil in a large skillet and fry trout until brown, about 7 minutes on a side.

## **Trout:Rainbow Service**

### **Ingredients**

2-3 lbs trout fillets  
2 cups lime juice  
1 green pepper, cubed  
1 hot pepper, chopped  
1 garlic clove, minced  
1 cup stuffed green olives, chopped

2 tbs white vinegar  
2 tbs lemon juice  
4 tbs olive oil  
½ tsp salt  
2 tomatoes, diced just before serving

### **Equipment**

Smoker

### **Instructions**

1. Flake fish and soak in lime juice in double zip-lock for 24 hours.
2. In separate double zip-lock, mix all ingredients except tomatoes.
3. Put in cooler.
4. Drain fish and combine all ingredients together just before serving.
5. Serve on your favorite crackers.

## **Trout:Smoked**

### **Ingredients**

1qt water  
½ cups salt

½ cups brown sugar  
1 tsp liquid smoke

### **Equipment**

Smoker

### **Instructions**

1. Clean trout:large fish should be cut in half lengthwise.

2. Make a brine solution from the water, salt, brown sugar, and liquid smoke.
3. Place trout in solution and soak 12-16 hours.
4. Fish should be kept cool while soaking.
5. Remove fish from solution and allow to drain completely.
6. Smoke in a "cold" smoker until golden brown: 6-8 hours.

### **Tuna:Spinach Au Gratin**

#### **Ingredients**

2 cans tuna, drained and flaked	4 tbs grated parmesan cheese
2 pkg frozen chopped spinach, cooked and drained	½ tsp salt, pepper
1/8 tsp red pepper minced	2/3 cups Italian bread crumbs
2 tbs lemon juice	1 cup mayonnaise sauce
	2 tsp Tabasco sauce

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Blend ingredients and fold in mayo.
2. Spoon into medium pot.
3. Sprinkle with additional parmesan cheese.
4. Bake in Dutch oven or cardboard oven at 350 for 20 minutes.

## Pasta

### American Chop-Suey

#### Ingredients

1 to 1 ½ pound Ground Beef	Garlic powder
1 Large Onion, peeled, cut into slivers	Salt Pepper
1 40 ounce can Franco-American spaghetti	

#### Equipment

Single Pot

#### Instructions

1. Brown ground beef in skillet.
2. Remove beef to bowl.
3. Pour off excess grease, leaving about 2 tablespoons.
4. Brown onions until soft.
5. Add beef, garlic powder, and heat through.
6. Add Spaghetti and spices to taste,
7. simmer at least 5 minutes to let flavors combine.

### Bacon Tomato Capillini

#### Ingredients

1 lb bacon, cut into pieces	1 tsp basil
½ cups sliced green onion	1 tsp salt
4 cloves garlic, minced	½ tsp pepper
1 lg. can tomatoes	1 lb pkg. capillini

#### Equipment

Dutch Oven

#### Instructions

1. In Dutch oven, cook bacon until crisp.
2. Drain, reserving ½ cups drippings.
3. Return drippings to oven, add bacon, green onion, and garlic.
4. Cook 1 minutes.
5. Stir in liquid from tomatoes.
6. Crush each tomato in can and add to mixture.
7. Add seasonings and simmer 5 minutes.
8. Prepare capellini according to package directions, drain, and add to tomato mixture.
9. Toss to mix.
10. Serve.

## Calzone

### Ingredients

#### Dough:

2 cup warm water

1 Tbs. sugar

1 packet yeast (approx. 1 Tbs..)

1 tsp salt

6 cups all purpose flour

1/4 cup olive oil

#### Filling:

Your choice

### Equipment

Dutch Oven

### Directions

- 1 Mix water, yeast and sugar and let bubble.
- 2 Add salt, 2 cups flour, olive oil and mix.
- 3 Add approximately 4 more cups of flour 1/2 cup at a time till you have a workable dough.
- 4 Let it rest.
- 5 Divide into eighths.
- 6 Flatten into pizza thin rounds on floured board.
- 7 Put 1/4 cup pizza filling of your choice on each round.
- 8 Fold over and seal.
- 9 Bake in the middle of a very hot Dutch oven with coals piled on the lid for approximately 15 minutes.

Fred Maslan, Scouter

## Campsite Mostaccioli

### Ingredients

2 tbs olive oil

1 lb ground beef

1/4 cups chopped onion

2 tbs garlic powder-1 cup sliced mushrooms,  
drained

1 cup Italian-style tomatoes

1 8oz can tomato sauce

1/4 cups parsley flakes

2 tsp dried basil

2 tsp oregano

1 lb mostaccioli

Grated Parmesan cheese

### Equipment

Skillet

### Instructions

1. Heat oil and add ground beef, onion, and garlic in large skillet.
2. Cook until beef is crumbly and onion is tender.
3. Add mushrooms.
4. Crush tomatoes with liquid and add to meat mixture.
5. Add tomato sauce, parsley, basil, and oregano.

6. Bring to boil, reduce heat and simmer over low heat 1 hour.
7. Stir occasionally.
8. Cook mostaccioli until tender.
9. Drain.
10. Add sauce to mostaccioli to coat lightly.
11. Serve with rest of sauce on side.
12. Sprinkle with Parmesan cheese to taste.

### Casserole:Sonoma Macaroni

#### Ingredients

1 pkg elbow macaroni	¼ cups jalapenos, chopped
1 lb ground beef	2 tsp instant beef bouillon
2 onions, chopped	½ tsp salt
1 tbs celery seed	½ tsp cumin
2 cloves garlic, minced	½ tsp red pepper
½ cups pitted ripe olives, sliced	1/8 tsp dried red pepper
1 can tomatoes	8oz muenster cheese, cubed
1 can diced green chilies	8oz cheddar cheese, cubed

#### Equipment

Dutch Oven

#### Instructions

1. Prepare elbow macaroni according to package directions.
  2. In large skillet, brown ground beef, onions, garlic, and celery seed until onions are clear.
  3. Stir in olives, tomatoes, chilies, jalapenos, bouillon, and seasonings.
  4. Simmer 10 minutes.
  5. Line a Dutch oven with heavy-duty aluminum foil.
  6. Drain macaroni and pour into oven.
  7. Add meat mixture and stir until well blended.
  8. Add cheeses and stir again to blend well.
  9. Bake at 350 for 20minutes, or until cheeses melt and is beginning to brown on top.
- Serve.

### Fettuccine Ultravera

#### Ingredients

4 carrots, peeled and cut into thin slices	½ cups parmesan cheese
20 broccoli florets	½ cups half and half
1 lb fettuccine	2 cloves garlic, minced
4 tbs margarine, softened	1 tsp basil
2 tbs olive oil	½ tsp oregano
1 tsp red wine vinegar	

#### Equipment

Pot

### Instructions

1. Cook broccoli and carrots in medium pot with small amount of water over low heat until tender crisp.
2. Cook pasta according to package directions.
3. Drain and place in large bowl.
4. Add all ingredients except veggies.
5. Toss gently until pasta is evenly coated.
6. Add veggies and toss again. Serve.

### Fettuccine w/a Twist

#### Ingredients

1 lb fettuccine	2 tbs chili powder
2 lb ground beef-3 large onions, halved and cut into ½ rings	4 tsp cocoa
4 cloves garlic, minced	4 tsp pumpkin pie spice
2 can stewed tomatoes	1 tsp cu minutes and basil
2 can tomato sauce	4 cups shredded lettuce 1 cup shredded sharp cheddar cheese
2 tbs red wine vinegar	2 tsp olive oil

#### Equipment

Dutch Oven

### Instructions

1. Cook fettuccine according to package directions.
2. In Dutch oven, brown ground beef.
3. Drain.
4. Return to oven, add olive oil, garlic, and onions.
5. Cook, stirring occasionally, until onions are clear.
6. Add tomatoes, tomato sauce, red wine vinegar, and spices.
7. Stir to blend well.
8. Simmer until sauce thickens.
9. Drain fettuccine when tender.
10. Spoon meat sauce over each serving, top with lettuce and cheddar cheese.

### Frontier Spaghetti

#### Ingredients

1 lb spaghetti	¼ cups grated Romano cheese
1 tbs garlic flakes	2 tbs parsley flakes
1 lb bacon cut into 1in pieces	½ tsp pepper
1 tbs olive oil	Rest of can Parmesan cheese
3 eggs, beaten	Pepper
¼ cups grated Parmesan cheese	

## Equipment

Skillet

## Instructions

1. Cook spaghetti as directed.
2. Cook and stir garlic and bacon in oil until bacon is crisp.
3. Drain.
4. Mix together eggs, Parmesan cheese, Romano cheese, parsley, and pepper.
5. Reserve.
6. Drain spaghetti and return to pan over low heat.
7. Toss spaghetti quickly with egg mixture.
8. Add bacon mixture and stir.
9. Top with additional Parmesan cheese.
10. Serve with pepper on side to taste.

## Hearty Stir Fry

### Ingredients

1 lb pkg spaghetti	2 tsp salt
2 lb pork sausage	2 small jar pimentos, drained
1 head cabbage, sliced thin	½ tsp pepper
2 onions cut into wedges	½ tsp sage
2 apples cut into wedges and halved	8oz shredded Monterey jack
2 cloves garlic, minced	8oz shredded cheddar cheese

### Equipment

Skillet

### Instructions

1. Prepare spaghetti according to package directions and drain.
2. In large skillet, cook sausage until no longer pink.

## Lasagna 1

### Ingredients

1-1/2 lb. lean ground beef	1/4 cup grated Parmesan cheese
23 oz spaghetti sauce	13 lasagna noodles
9 oz shredded mozzarella cheese	1-1/2 tsp. oregano
3 eggs	3/4 c hot water
2-1/4 c cottage or ricotta cheese	

### Equipment

Dutch Oven

### Directions

- 1 Preheat the Dutch oven.
- 2 Brown the ground beef.
- 3 When done remove the beef to a large mixing bowl.
- 4 Add the spaghetti sauce to the beef and mix well.
- 5 In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.
- 6 Place the layers in the oven in the following order:
- 7 Break up four lasagna noodles into the bottom of the oven.
- 8 Spread about 1/3 of the meat mixture over the noodles.
- 9 Spread 1/2 of the cheese mixture over the meat mixture.
- 10 Break up five noodles and place over the top of the preceding mixtures.
- 11 Spread 1/2 of the remaining meat mixture over the noodles.
- 12 Spread the remaining cheese mixture over the meat mixture.
- 13 Break up the remaining noodles and place over the cheese mixture.
- 14 Spread the remaining meat mixture over the noodles.
- 15 Pour the hot water all around the edges of the oven.
- 16 Place the lid on the oven and bake one hour or until done. Check frequently.

Carole Pludum, Scouter

## Lasagna 2

### Ingredients

- |                         |                                      |
|-------------------------|--------------------------------------|
| 1 #10 spaghetti sauce   | 2 large containers of cottage cheese |
| 5 lbs hamburger         | 6 eggs                               |
| 3 lbs hot sausage       | 2 lbs lasagna noodles                |
| 5 lbs mozzarella cheese |                                      |

### Equipment

Dutch Oven

### Instructions

1. brown meat, drain, set aside
2. mix cottage cheese and eggs and set aside
3. boil noodles
4. Building the lasagna:
  - a. in layers place meat, cheeses,& noodles
  - b. when Dutch Oven is about full pour in spaghetti sauce
  - c. put remaining cheese on top
5. cover and cook about 45 min on charcoal or hot coals, top & bottom
6. serve with garlic bread

serves about 12 hungry scouts

## Lasagna 3

### Ingredients



2 lbs Rotelli (spiral) pasta  
1 ½ lbs ground beef  
2 cups tomato sauce

1 lb shredded mozzarella cheese  
1 pint ricotta cheese  
onion and garlic powder to taste

### **Equipment**

Dutch Oven

### **Instructions**

1. Pre heat the bottom of the oven and brown the ground meat.
2. Add the dry pasta to the oven and add enough water to just cover the pasta.
3. Close oven and let boil for 8-9 minutes.
4. Add the mozzarella, ricotta, and tomato sauce directly to the oven.
5. If onion and garlic are desired, add now.
6. Stir gently and recover the oven.
7. Cook the mixture another 5-6 minutes.
8. Take off heat, uncover, and let stand 5-6 minutes to absorb the extra moisture.
9. Serve with a tossed salad and skillet garlic toast.

Thanks to Richard Coyle -- a Prodigy Scouter

## **Lasagna:South of the Border**

### **Ingredients**

10 divided lasagna noodles  
32oz plain yogurt  
16oz cottage cheese  
1 onion, thinly sliced  
2 cloves garlic, minced  
1 can stewed tomatoes  
1ea red and green peppers, thinly sliced  
¼ cups jalapeno peppers, sliced  
1 tsp oregano

1 tsp basil  
1 tbs chili powder  
1 tsp cumin  
1/8 tsp dried red pepper  
8 slices cheddar cheese  
1 can tomato paste  
1 lb ground beef  
¼ cups crushed tortilla chips  
¼ cups grated Romano cheese

### **Equipment**

Dutch Oven

### **Instructions**

1. Line Dutch oven with heavy-duty aluminum foil and grease well.
2. Arrange five uncooked lasagna noodles in bottom of oven.
3. Four facing one way, the fifth across the top.
4. Combine yogurt with cottage cheese and spread over noodles.
5. Arrange remaining noodles over yogurt mixture.
6. Add onion, garlic, undrained tomatoes, peppers, and ½ of seasonings.
7. Add cheddar cheese in single layer.
8. Spread on tomato paste.
9. Crumble raw ground beef evenly over top and sprinkle remaining seasonings.
10. Evenly sprinkle crushed chips and Romano cheese.

11. Cover and bake at 425 for 1 hour.
12. Lower heat to 350 and bake for 30 minutes more, or until top is crispy.
13. Remove as foil package from oven and wait 15 minutes before cutting.

### **Pizza:3 Minute**

#### **Ingredients**

1 pkg. pita bread	1 pkg. sliced pepperoni
1 can spaghetti sauce	Any other toppings as desired
1 cup grated mozzarella cheese	

#### **Equipment/ Method**

Foil Pouch	
aluminum foil	spoon

#### **Instructions**

1. Cut pita in half
2. spoon spaghetti sauce into pocket spreading evenly.
3. Add mozzarella and pepperoni and any other"toppings"you wish.
4. Wrap in heavy duty foil and place in coals.
5. Cook for 1 ½ minutes on each side.
6. (You just want it to get warm and to melt the cheese. For really hot coals this is plenty of time.)

### **Pizza:AL Tent Pizza**

#### **Ingredients**

Jar spaghetti sauce	"wamp"bisquit dough
sausage (cooked and crumbled at home)	Mozzerella Cheese
pepperoni (pre-sliced)	

#### **Equipment**

6 long green twigs  
roll of foil  
cooking grate

#### **Instructions**

1. Make a tent of tin foil using three twigs wrapped by tin foil for each side,
2. then lean them together over the grate, set over warm coals.
3. Spread bisquit dough into a pizza crust shape.
4. Spread spaghetti sauce over dough.
5. Add pepperoni and cooked & crumbled sausage on top of sauce.
6. Add cheese over top of meat.
7. Set this inside the tent for 30 minutes and Viola!

### **Pizza:Boy Scout**

#### **Ingredients**

1 pkg. Hamburger Buns (16 Pizzas) Spaghetti Sauce  
Shredded Cheese (mozzarella/cheddar)  
Pepperoni, Sausage, Beef, and any other toppings you desire.

#### **Equipment**

Box Oven  
Flat Cookie Sheets  
Pot Holders

#### **Instructions**

1. Open Hamburger Buns and place on the cookie sheets.
2. Spread the Spaghetti sauce on each bun, add cheese, then pile on the toppings of your choice.
3. Place the pan into the oven for approx. 8-10 min.
4. Check on pizzas until they are brown around the edges.
5. When brown, remove them from the oven and enjoy!

### **Pizza:Camper's**

#### **Ingredients**

1 box buttermilk biscuit mix	8 oz pepperoni slices
½ tsp salt	8 oz shredded mozzarella cheese
1 jar pizza sauce	oregano

#### **Equipment**

Open Fire

#### **Instructions**

1. Add salt to buttermilk biscuit mix and prepare to package directions to make stiff dough.
2. Divide dough into 4 equal parts and pat each part into an 8in circle.
3. Place circles on grill 5in from medium coals and cook 8 minutes.
4. Turn grilled side up and spread pizza sauce.
5. Top with pepperoni and mozzarella cheese.
6. Sprinkle with oregano.
7. Cook 12-15 minutes longer, until sauce bubbles and edges of dough are brown.

### **Pizza:Campfire Pizza Stone**

#### **Ingredients**

frozen pizza dough	grated mozzarella cheese
corn meal	whatever toppings you like best...ex.
any jar sauce	pepperoni, fish, fungus, pork, etc.

## Equipment

campfire grill rack  
pizza stone  
a very large spatula  
oven mitts (to remove stone from fire when done.)  
2 paper plates

## Instructions

1. place grill rack on campfire & pizza stone on top of grill rack.
2. defrost & cut down dough into small balls approx. the size of a cub scouts fist.
3. place corn meal on paper plate & dough on top.
4. stretch out dough evenly the size of a small pizza.
5. on the other paper plate cover with more cornmeal.
6. flop dough over from 1st plate to 2nd plate (the one with all cornmeal on it).
7. place heaping spoonful of sauce on dough, top with cheese and fixings of choice.
8. slide dough onto hot pizza stone (with more cornmeal on top of the stone, but under pizza). rotate around stone with spatula a few time to prevent burning and sticking
9. Cook time approx. 5 min. until golden brown crusts.

## Pizza:Dutch Oven

### Ingredients

2 boxes pizza mix w/ sauce  
1 lb mozzarella cheese  
1 lb pepperoni (or your favorite topping)

### Equipment

Dutch Oven

### Instructions

1. Prepare coals
2. Line Dutch Oven with heavy duty foil
3. Mix pizza dough per instructions on box
4. Spread dough evenly in bottom of Dutch Oven.
5. Layer with sauce, pepperoni & cheese.
6. Cover Dutch Oven, place on coals, put several coals on top. Cook for 15-20 minutes.  
Better than take out!

## Pizza:From Scratch Dough

### Ingredients

1 package dry yeast	pinch of sugar
1.75 cups of warm water (110F)	½ cup oil
4.5 cups flour	pizza sauce or crushed tomatoes
2 teaspoons salt	mozzarella cheese

toppings of choice

### **Equipment**

heavy duty aluminum foil

large bowl

grill

large spoon

small bowl

### **Instructions**

1. Add the sugar, a pinch of flour, and the yeast to the water and mix well.
2. Set aside.
3. Put 4 cups of flour in a large bowl.
4. Mix in salt and make a small depression in center.
5. When yeast mixture is foamy (about 5-10 minutes), add to flour along with 2 tablespoons of oil.
6. Stir in slowly, pulling flour into mixture as needed.
7. Remove mixture from bowl and knead for 5 minutes, using additional flour as required.
8. Split into 2 equal portions, cover, and set aside to rise, about 2 hours.
9. When risen to twice its original volume, punch down and stretch out into rectangles.
10. Oil well on both sides.
11. Place on foiled grill until cooked, about 2 minutes per side.
12. Take off and add toppings.
13. Return to grill and cover with a tent of foil.
14. When cheese is melted and bubbling, take off.
15. Let cool for 4-5 minutes, then serve.

## **Pizza:Ground Beef**

### **Ingredients**

2 pkg. crescent rolls

4oz pepperoni

1 jar pizza sauce

2 tsp oregano

1 ½ lb ground beef

1 tsp garlic powder

8oz shredded cheddar cheese

1 tsp onion powder

8oz shredded mozzarella cheese

### **Equipment**

Dutch Oven

### **Instructions**

1. Brown ground beef, drain.
2. Line Dutch oven with 1 pkg. crescent rolls.
3. Spread pizza sauce on dough.
4. Add ground beef, pepperoni, and sprinkle oregano, garlic powder, and onion powder on top.
5. Add cheeses and use second pkg. crescent rolls to form top crust.
6. Bake 30 minutes at 350 degrees.
7. Other ingredients such as chopped green pepper, chopped onion, cooked bacon, and/or mushrooms can be added to make a "garbage can" pizza.

### **Pizza:Hot Dish**

#### **Ingredients**

2 pkg Crescent rolls

8 oz Shredded Cheddar Cheese

1 jar Pizza Sauce

8 oz Shredded Mozzarella Cheese

1-1/2 lb Ground Beef

#### **Equipment**

Dutch Oven

#### **Directions**

- 1 Brown ground beef, drain.
- 2 Line Dutch oven with 1 pkg of crescent rolls.
- 3 Spread pizza sauce on dough.
- 4 Add browned beef, the cheeses and use second pkg of rolls to form a top crust.
- 5 Bake 30 min. at 350.

### **Pizza:Pan**

#### **Ingredients**

Tortillas

Spaghetti sauce

pizza toppings

#### **Equipment**

Dutch Ovens

Metal pans

#### **Instructions**

1. Heat up the Dutch Ovens.
2. Put a tortilla on the metal pan
3. Spread spaghetti sauce over the top and put on the toppings.
4. Place in the Dutch Ovens until the cheese melts.
5. Be careful when taking out the pizzas

### **Pizza:Pocket**

#### **Ingredients**

Prepared Pizza Dough  
Sauce

Cheese  
Toppings

#### **Equipment**

AL Foil

#### **Instructions**

1. You take the flat dough, and fill the center with pizza sauce, pepperoni, cheese, and other toppings
2. Fold it over to enclose the 'goodies' and wrap in 2 layers of foil.
3. 'BAKE' 10 minutes on each side, and you might have a pizza pocket.

From:Don Izard

### Rice:Dirty Rice

#### Ingredients

4 cups cooked long grain brown rice	¼ tsp Worcestershire sauce
1 egg, beaten	¼ tsp paprika
4 tsp margarine	¼ tsp red pepper
1 lb cooked whole shrimp	¼ tsp allspice
2 ½ tsp chopped pimentos	1 tsp lemon pepper
1 can mushrooms, drained	½ tsp Cajun seasoning
1 onion, chopped	

#### Equipment

Skillet

#### Instructions

1. Put cooked rice in large pot over low heat.
2. In a skillet, scramble egg in margarine.
3. Add to rice along with rest of ingredients.
4. Simmer on low heat 45 minutes.
5. Add small amount of water as necessary to avoid scorching.

### Rice:Garlic Rice

#### Ingredients

2 can chicken broth	2 cup mushrooms, drained
2 cups rice, uncooked	3 cloves garlic, minced
1 ½ stick margarine	

#### Equipment

Dutch Oven

#### Instructions

1. Heat margarine and chicken broth in large pot.
2. Add remaining ingredients and cook according to package directions for rice.

### Rice:Herbed Rice

#### Ingredients

½ cups sliced scallions	1 tsp olive oil
1 tsp margarine	2 cup chicken broth

¼ tsp thyme  
¼ tsp basil  
¼ tsp marjoram

¼ tsp cardamom  
1 cup uncooked long grain rice

### **Equipment**

Pot

### **Instructions**

1. In large pot, over medium high heat, sauté scallions in margarine and olive oil.
2. Add broth and spices.
3. Bring to boil.
4. Add rice.
5. Cover and simmer 20 minutes.
6. Fluff with fork. Serve.

## **Rice:Wild Rice and Fennel**

### **Ingredients**

½ cups wild rice soaked for 2 hours in cold water & drained  
1 ½ cups long grain rice  
4 tbs margarine  
1 tsp celery seed

2 tsp fennel seeds  
1 tsp cardamom  
1 onion, chopped  
1 tsp salt  
4 cups chicken broth

### **Equipment**

Pot

### **Instructions**

1. In a medium pot, heat the margarine until foamy.
2. Add onion and cook 2 minutes or until soft.
3. Add rest of ingredients and bring to boil.
4. Reduce heat, cover pot, and simmer 20 minutes.
5. Fluff with fork and serve.

## **Rotini and Brats**

### **Ingredients**

2 tbs olive oil  
2 onions, chopped  
1 large green pepper, chopped  
2 cloves garlic, minced  
1 large can tomatoes  
1 can tomato paste  
1 cup water

½ tsp salt  
½ tsp sugar  
1 tsp basil and oregano  
½ tsp pepper  
1 lb pkg smoked bratwurst  
1 lb pkg rotini

### **Equipment**



## Dutch Oven

### Instructions

1. In Dutch oven, heat olive oil and sauté onion, green pepper, and garlic until onions are clear.
2. Add liquid from tomatoes, then crush each tomato as added.
3. Stir.
4. Add tomato paste, water, and seasonings.
5. Stir and bring to boil.
6. Reduce heat and simmer 10 minutes.
7. Slice each brat in ½ lengthwise, then lengthwise again, then slice across to make sliced pieces.
8. Add to sauce, stir and simmer 10 minutes longer.
9. Prepare rotini according to package directions.
10. Drain.
11. Spoon sauce over each serving.
12. Top with grated parmesan cheese to taste.

### Sauce:Classic Marinara Sauce

#### Ingredients

1 onion, chopped	1 tbs oregano
2 cloves garlic, minced	1 tbs basil
2 tbs olive oil	½ tsp salt
1 can Italian tomatoes	¼ tsp pepper

#### Equipment

## Dutch Oven

### Instructions

1. Sauté onion and garlic in olive oil until soft in Dutch oven.
2. Stir in tomatoes with liquid, 1/3 cups water, and seasonings.
3. Bring to boil.
4. Reduce heat and simmer 20 minutes.
5. Stir occasionally to keep from sticking.
6. Serve over pasta.

### Sauce:Joe's Spaghetti Sauce

#### Ingredients

2 tbs olive oil	¼ cups celery, chopped
1 lb hot Italian sausage	1 28oz can tomatoes paste
2 medium onions, chopped	1 12 oz can tomato paste
¼ cups parsley flakes	2 cups mushrooms, sliced
1 green pepper, diced	1 tsp salt
2 cloves garlic, minced	1 tsp sugar

1 cup water  
1 tsp chili powder  
1 bay leaf

¼ tsp pepper  
1/3 tsp oregano  
¼ tsp thyme

### **Equipment**

Dutch Oven

### **Instructions**

1. Place olive oil and sausage in pre heated Dutch oven and cook until well browned.
2. Add onions, celery, parsley, green pepper, and garlic.
3. Cook until veggies are tender.
4. Blend in remaining ingredients.
5. Simmer over low heat for 1:1 ½ hours.
6. Stir often to prevent scorching.
7. Add water as needed for desired consistency.
8. Serve over cooked pasta.

## **Sauce -Meatless Spaghetti**

### **Ingredients**

½ cup chopped onion  
¼ cup chopped celery  
½ cup sliced mushroom, fresh or canned  
¼ cup olive or salad oil  
1 6oz can tomato paste  
2 cups hot water

2 Tbs chopped parsley  
1 Tbs sweet basil, chopped  
1 tsp salt  
dash of pepper  
1 lb spaghetti, cooked and drained  
Parmesan cheese

### **Equipment**

Dutch Oven

### **Instructions**

1. Cook onion, celery & mushrooms in oil til lightly browned.
2. Mix tomato paste, water, & seasonings.
3. Add to vegetables.
4. Simmer covered 30 to 40 minutes.
5. Uncover and simmer till thickened as you like it.
6. Serve over cooked spaghetti, or whatever you want to serve it on.
7. Sprinkle with Parmesan cheese.

Makes about 4 servings.

## **Sauce:Tomato Sauce Sicilian**

### **Ingredients**

2 clove garlic, minced  
2 tbs olive oil  
3 lb fresh tomatoes, chopped

1 tsp salt  
½ tsp sugar  
1/8 tsp red pepper

1 tube anchovy paste	1 tsp oregano
1 can black olives, sliced	1 tsp basil
2 tbs parsley flakes	

### **Equipment**

Dutch Oven

### **Instructions**

1. In a Dutch oven, sauté garlic in olive oil for 30sec.
2. Add tomatoes, salt, sugar, and red pepper.
3. Cook over medium high heat, crushing tomatoes with back of spoon.
4. Stir frequently about 15minutes, or until sauce thickens.
5. Add rest of ingredients and simmer another 15 minutes.
6. Serve over pasta.

## **Spaghetti & Meatballs**

### **Ingredients**

1 large onion	3/4 tsp basil leaves
1 clove garlic, crushed	1/2 tsp marjoram leaves
1 tsp sugar	1 can(8 oz) tomato sauce
1 tsp oregano leaves	4 c hot cooked spaghetti
3/4 tsp salt	1 can(16 oz) whole tomatoes
<u>For Meatballs:</u>	
1 lb ground beef	1/2 tsp Worcestershire sauce
1/2 c dry bread crumbs	1/4 tsp pepper
1/4 c milk	1 small onion diced (1/4 c)
3/4 tsp salt	1 egg

### **Equipment**

Skillet

### **Directions**

Meatballs:

- 1 Mix all ingredients, shape into 1-1/2 inch meatballs.
- 2 Place in Dutch oven and bake at 400 until done and light brown, 20 to 25 min.

Spaghetti:

- 1 Prepare spaghetti according to package instructions.
- 2 Mix all ingredients except meatballs, break up tomatoes.
- 3 Heat to boiling, reduce heat.
- 4 Cover and simmer, stirring occasionally, 30 min.
- 5 Stir meatballs onto mixture, Cover and simmer stirring occasionally, 30 min longer.
- 6 Serve over spaghetti and if desired, with grated Parmesan cheese.

## **Stromboli**

### **Ingredients**

1/3 pound bread dough,  
4 slices of cooked sandwich ham,  
4 slices salami,

1/3 pound mozzarella cheese shredded,  
hot peppers  
if desired, olive oil

### **Equipment**

Dutch Oven

### **Instructions**

1. Roll dough out just smaller than Dutch Oven.
2. oil dough, place ham, salami, cheese & hot peppers on dough fold dough over to close.
3. Poke fork holes in dough.
4. Place on round metal pan.
5. Place in Dutch Oven.
6. Place aprox. 7 to 8 coals on bottom of oven, 10 to 12 coals on top.
7. Bake to a golden brown aprox 15to 20 min.

## **Tex-Mex Pasta**

### **Ingredients**

1 pkg elbow macaroni  
1 tbs margarine  
1 tbs olive oil  
1 large green pepper, chopped  
1 large onion, chopped  
2 clove garlic, minced

2 cup chili with beans  
1 can Mexicorn, drained  
1 tsp salt  
½ tsp red pepper  
1/8 tsp dried red pepper  
8oz shredded cheddar cheese

### **Equipment**

Dutch Oven

### **Instructions**

1. Prepare elbow macaroni according to package directions.
2. Drain.
3. In large skillet or Dutch oven, sauté onions, green pepper, and garlic until onions are clear.
4. Add chili, Mexicorn, and spices.
5. Simmer 5-10 minutes.
6. Stir in macaroni.
7. Top with cheese.
8. Cover and cook over low heat 5 minutes.

## Pork Dinners

### Black-Eyed Peas and Sausage Jambalaya

#### Ingredients

1lb white onions, chopped	1 ½ lbs. hot smoked sausage, cut into ½in pieces
1 bunch green onions, chopped	½ lb dried blackeyed peas, boiled until half done
1 green pepper, chopped	6c water
2 cloves garlic, minced	1 ½ lbs rice
½ cups parsley, chopped	
1 ½ lbs salt pork, boiled once, cut into small pieces	

#### Equipment

Dutch Oven

#### Directions

1. Sauté onions, pepper, garlic, and parsley in Dutch oven with 2 tbs olive oil.
2. Add salt meat, sausage, black-eyed peas, and rice.
3. Add water and bring to boil.
4. Mix well, cover, and reduce heat to low.
5. Cook 45 minutes.
6. Remove cover 5-10 minutes before serving.

### Blue-Ribbon Kielbasa

#### Ingredients

2 lb. Kielbasa or smoked sausage	1 med can pineapple chunks in pineapple juice
2 lg. onions	2 tbsp cooking oil
3 lg. bell peppers	

#### Equipment

Dutch Oven

#### Instructions

1. Cut onions and peppers into ¾"wide strips.
2. Sauté until onions start to become clear.
3. Cut Kielbasa in 1"chunks
4. Add to onions and peppers.
5. Add pineapple, including juice.
6. Cook at around 350 deg. for 35 min.

### Casserole:Potato

#### Ingredients

2lbs link sausage  
can corn  
can green beans  
2 cups instant potatoes

1 cup water  
1 cup sour cream  
1 cup + grated cheese  
salt / pepper to taste

### **Equipment**

Dutch Oven

### **Instructions**

1. slice and "brown" sausage,
2. add corn and green beans (don't drain) and water.
3. Heat to simmer.
4. stir in potatoes, sour cream and cheese.
5. Bake for 10-15 min.
6. add salt and pepper to taste.

## **Cow Boy Beans & Texas Toast**

### **Ingredients**

Ground Meat:

one or all (turkey/beef/venison/pork/mutton/chevon)

Your favorite Pork-n-Beans, onion, mustard, ketchup, brown sugar, garlic powder, salt, pepper, BBQ sauce, Bread, and butter.

### **Equipment**

Pot or Skillet or Dutch Oven

### **Instructions**

1. Brown the meat with chopped onion in your pot, skillet, or oven.
2. Drain off excess.
3. Add your favorite Pork-n-Beans, garlic powder, ketchup, mustard, Bar-B-Que sauce, Brown Sugar, salt, and pepper to taste.
4. Bring to a boil, stirring occasionally.
5. Butter the bread, sprinkle with garlic powder and toast over a flame.

## **Creole Jambalya**

### **Ingredients**

1 lb lean pork roast, cut into cub small cubes  
2 tbs olive oil  
3 onions, chopped  
1 green pepper, chopped  
2 garlic cloves, minced  
2qt beef stock  
1 lb chopped ham, diced

1 tsp chili powder  
1 tsp ground cloves  
1/8 tsp red pepper  
salt and pepper to taste  
6 pork sausages, cut into 1in pieces  
1/4 cups parsley flakes  
1 1/2 cups rice

### **Equipment**

## Dutch Oven

### Directions

1. In a Dutch oven, sauté pork cubes, onions, green pepper, garlic, and parsley in olive oil until mixture is lightly browned.
2. Stir in chopped ham, cloves, chili powder, red pepper, and salt.
3. Stir well.
4. Add pork sausages and beef stock.
5. Stir well.
6. Bring to boil and add rice.
7. Reduce to simmer and serve when rice is tender.

## Grandpa Geezer's Sausage & Peppers

### Ingredients

2 tbs olive oil	3 tbs tomato paste
16 hot Italian sausages	1 tsp fennel seeds
1 medium onion, thinly sliced	1 tbs garlic flakes
1 green pepper, diced	salt and red pepper to taste
2 red peppers, sliced	

### Equipment

Skillet

### Directions

1. Heat oil in large skillet and cook sausage for 2 minutes on each side.
2. Pour off most of fat.
3. Add onions, garlic, peppers, fennel, salt and red pepper.
4. Cover and cook over low heat 25 minutes.
5. Serve.

## Ham and Cheese Fondue

### Ingredients

2 cans condensed cheddar cheese soup	1 tsp Italian seasoning
2 cans deviled ham	2 loaf French bread, cut into 1 in cubes
2 packages instant tomato soup	1 tbs Tabasco sauce

### Equipment

Skillet

### Directions

1. In medium pot, mix thoroughly undiluted cheese soup, deviled ham, dry tomato soup, Italian seasoning, and Tabasco sauce.
2. Over medium heat, cook 5-10 minutes until steaming hot.
3. Spear chunks of bread on forks and dip in fondue.

## Ham & Chicken la

### Ingredients

1-1/2 c baked ham, 1/2" cubes  
3 tbs flour  
1/2 c cooked chicken, 1/2" cubes  
1 c hot chicken stock  
1 c sliced mushrooms or liquid from mushrooms

1 c light sour cream  
Salt  
1 large green pepper, chopped  
Ground pepper  
3 tbs butter  
1 large pimento cut in small squares

### Equipment

Dutch Oven

### Directions

- 1 Sauté mushrooms and green pepper in butter; remove to a hot platter.
- 2 Add flour to the oven and blend well.
- 3 Gradually stir in hot stock, cream, salt & pepper.
- 4 Place over low heat and simmer for about 10 min.
- 5 Combine chicken, ham, mushroom mixture and pimento, and add to the sauce.
- 6 Heat thoroughly.

Serves 8 to 10.

## Ham 'N Green Bean Bake

### Ingredients

Combine 1 1/3 cups minute rice  
1 cup diced ham or SPAM,  
1 can (8 oz) drained green beans

1/3 cup mayonnaise  
2 tsp. dry onion flakes.

### Equipment

Dutch Oven

### Directions

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

(serves 3-4)

Ed Bailey

## Ham & Potatoes Au Geezer

### Ingredients



1 ½ cups cooked ham, diced  
3 cups potatoes, diced  
4 tbs margarine  
1 onion, minced  
3 tbs flour  
2 cups milk

### **Equipment**

Skillet

### **Directions**

1. Melt margarine in skillet and sauté onions.
2. Blend in flour and stir until light brown.
3. Gradually add milk and cook, stirring until thickened.
4. Pour over ham and potato mixture in Dutch oven.
5. Add garlic and parsley flakes.
6. Sprinkle cheese and bread crumbs on top.
7. Bake at 400 for 20 minutes.

salt & pepper  
1 tbs parsley flakes  
1 tsp garlic flakes  
½ cups shredded sharp cheddar cheese  
2 tbs Italian bread crumbs

## **Ham & Potatoes Au Gratin**

### **Ingredients**

1-1/2 c Cooked Ham, Diced  
2 c Milk  
3 c Potatoes, Diced  
Seasoned Salt and Pepper  
4 tbs Margarine

### **Equipment**

Dutch Oven

### **Directions**

- 1 Melt margarine and sauté' onion.
- 2 Blend in flour to make a light rue.
- 3 Gradually add milk and cook; stirring until thickened.
- 4 Add pepper and seasoned salt.
- 5 Pour over ham and potatoes in Dutch oven.
- 6 Sprinkle cheese and bread crumbs over top.
- 7 Bake at 400 for 20 min.

1/2 c Grated Cheese  
1 onion, minced  
2 tbs Fine bread crumbs  
3 tbs Flour

## **Ham & Potatoes Au Gratin**

### **Ingredients**

Cubed Ham  
chopped Potato

### **Equipment**

Onions  
Grated cheese (your choice)

AL Foil

### Instructions

1. Prepare according to basic foil dinner guidelines

### Ham and Tomato Sauce

#### Ingredients

4 center cut ham slices, cut in halves	1 can tomato paste
3 onions, chopped	1 can tomato sauce
1 green pepper, chopped	2 hot peppers
1 stalk celery, chopped	1 tbs Worcestershire sauce
2 garlic cloves, minced	1 tbs sugar
1 tbs flour	½ cups olive oil

#### Equipment

Dutch Oven

#### Directions

1. Sauté in Dutch oven onion, green pepper, garlic, and celery in olive oil.
2. Add flour and make a roux.
3. Add tomato sauce, paste, Worcestershire sauce, and 2 cans water.
4. Add sugar.
5. Squeeze peppers and drop into sauce.
6. Stir and simmer on low for 30 minutes.
7. Add ham and simmer for 1 hour.
8. Serve over long grain brown rice.

### Ham:Cherokee Ham Hocks

#### Ingredients

2 lbs dry lima beans	2 tbs melted bacon grease
2 cans whole corn	2 pieces smoked ham hocks
4 onions, quartered	3 qt water

#### Equipment

Pot

#### Directions

1. Soak beans in water in large pot 3-4 hours.
2. Drain and reserve.
3. Bring 3qts water to boil in large pot and then add soaked beans.
4. Cook at moderate boil for 10 minutes then add corn, ham hocks, and onions.
5. Salt and pepper to taste.
6. Reduce heat and cook for 1 hour on a low heat.

### Ham:Foil Dinners

#### Ingredients

Ham Chunks

Sweet Potatoes (par boiled)

Pineapple

Mini Marshmallows

#### Equipment

AL Foil

#### Instructions

Prepare according to basic foil dinner instructions

As soon as it comes out of fire, I add a few mini marshmallows on top.

From:Jim Sleezer

### Ham:Hula Ham

#### Ingredients

3 center-cut ham steaks, about 1 lb each

1 cup pineapple slices in juice

¼ cups brown sugar

1 tsp dry mustard

ground cloves

#### Equipment

Smoker

#### Directions

1. Drain pineapple, saving juice.
2. Combine juice with other ingredients.
3. Brush top of ham steaks with ½ juice mixture.
4. Top steaks with pineapple slices and brush on remaining juice mixture.
5. Cook about 2 hours.

### Hawaiian Rice

1 can (7oz.) Spam

1-1/3 cups instant rice

1/3-1/2 cup flaked coconut

margarine

#### Equipment

Pot

#### Instructions

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

2 servings.

### Kielbasa Skillet

#### Ingredients

2 lbs Kielbasa sausage	5 tsp. garlic
1 lg. onion	5 cup veg. oil
6 carrots (cleaned)	Salt and pepper to taste
3 or 4 peeled medium potatoes	1 tsp. Worcestershire or .5 cup spiced steak sauce.
1 head broccoli	

#### Equipment

Skillet

#### Instructions

1. slice carrots and add to heated oil over medium flame.
2. Cube potatoes and add to carrots when they start to turn slightly yellow around edges.
3. Add salt, pepper, and garlic.
4. Chop onions and add them when potatoes begin to tender.
5. Cover with lid, lower heat and simmer for 10 minutes.
6. Slice sausage and add to the skillet, stir and re-cover for about five minutes.
7. Break apart broccoli into small flowers and chop part of the stalks if desired, add to the mixture and cover.
8. Simmer for five minutes and add liquid (Worcestershire or Steak Sauce), stir well, cover and remove from heat.
9. Let stand for about five minutes before serving.

### Marinade:Pork Chops

#### Ingredients

5oz serrano chilies	2 tbs mustard seed
2 tbs rosemary	¼ cups lime juice
2 tbs basil	2 tbs orange juice
2 tbs thyme	2 tsp salt
2 tbs parsley flakes	2 tbs white vinegar

#### Equipment

Open Fire

#### Directions

1. At home, puree all ingredients in blender.
2. At camp, place chops in double gallon zip-lock with marinade and let set in cooler overnight.
3. Grill chops on coals.

### Marinade:Pork Tenderloin

#### Ingredients

½ cups teriyaki sauce  
¼ cups olive oil  
2 tbs light Karo syrup

2 tsp ginger  
1 tsp hot mustard

### **Equipment**

Smoker

### **Directions**

1. Mix ingredients well in small pot.
2. Place meat and marinade in double gallon zip-lock and put in cooler overnight.
3. Cook slowly over grill or cook in smoker adding left over marinade to water pan.

## **Northshore Jambalaya**

### **Ingredients**

½ lb pork tenderloin  
½ lb smoked sausage cut ½in slices  
¼ cups olive oil  
1 cup chopped onion  
1 bunch green onions, chopped  
1 tbs parsley flakes  
1 tsp garlic powder  
½ tsp paprika  
¼ tsp red pepper

½ tsp Tabasco sauce  
¼ cups flour  
1 cup chopped celery  
4 cloves garlic, minced  
1 can tomato sauce  
½ tsp pepper  
½ tsp thyme  
6c uncooked rice

### **Equipment**

Dutch Oven

### **Directions**

1. Cook sausage and pork in large skillet until brown.
2. Drain well and set aside.
3. Cook rice according to package directions and set aside.
4. Heat olive oil in Dutch oven, add flour to make rue.
5. Stir constantly until brown.
6. Stir in onion, celery, ½ of green onion, garlic and parsley.
7. Cook over medium heat stirring frequently.
8. Add tomato sauce and seasonings.
9. Reduce heat and simmer 5 minutes.
10. Stir occasionally.
11. Stir in meat and remaining green onions.
12. Cook until thoroughly heated.
13. Add in cooked rice and mix well.
14. Simmer 5 minutes covered.

Thanks to Mike Audleman -- a Prodigy Scouter

## **Pepsi SPAM**

### **Ingredients**

1 can SPAM	mustard
1 can Regular Pepsi not Diet	tortillas, bread or buns
cheese	

### **Equipment**

Pot

### **Directions**

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

Dennis A. Schmitt

## **Pork Chops:Barger**

### **Ingredients**

1 c Soy Sauce	1/2 c Sherry
1 tsp Garlic Salt	Family pkg Pork Chops (8)
1/2 c Brown sugar	2 tsp Cinnamon
1 tsp Molasses	

### **Equipment**

Open Fire

### **Directions**

- 1 Combine all except pork chops for a marinade.
- 2 Pour over chops and marinate overnight in refrigerator.
- 3 Place chops about 6"-8"above fire.
- 4 Turn frequently and baste with marinade while cooking.
- 5 Done in 35 to 45 min.

## **Pork Chops:Drop dead**

### **Ingredients**

Thick Pork Chops	Minced Garlic
Potatoes (1/4-inch thick slices)	Honey
Pepper	Dried Mint

### **Equipment**

AL Foil

## Instructions

1. layer taters in foil,
2. sprinkle with pepper & garlic.
3. Place pork chop on taters,
4. crush mint on top of the chop and
5. add 1 tablespoon of honey.
6. Wrap tightly in foil and place in coals (like a regular foil-pack, only a little longer time)

## Pork Chops & Garden Vegetables

### Ingredients

8 ¾in thick pork chops	1 ½ cups fresh green beans, cut 1in
3 carrots, cut ½in slices	2 cloves garlic, minced
3 small potatoes, cubed ½in	1 tsp basil
4 envelopes onion soup mix	2 cups water
3 tbs margarine, melted	

### Equipment

Dutch Oven

### Directions

1. Brown chops in margarine in large skillet.
2. Place vegetables in bottom of Dutch oven and put chops on top.
3. Combine dry soup mix, water, garlic, and basil.
4. Mix well.
5. Pour over chops and bring to boil.
6. Cover, reduce heat to simmer and cook 45 minutes or until chops are tender.

Thanks to Mike Audleman -- a Prodigy Scouter

## Pork Chops:Phred's Surprise

### Ingredients

6 to 8 pork chops	2 to 6 tablespoons catsup (to taste)
1 to 2 cans pork-n-beans	2 to 6 tablespoons mustard (to taste)
1 medium sized red onion	2 to 3 tablespoons molasses

### Equipment

Dutch Oven

### Instructions

1. Place pork-n-beans in Dutch Oven, stir in catsup, mustard, and molasses.
2. Dice half the onion and stir in with the beans.
3. Place the chops on top of the beans, arrange as to get all the chops in the Dutch Oven.
4. Spread a bit more mustard and catsup over the top of the chops.
5. Slice the remainder of the onion in thin slices and place over the chops.

6. Salt and Pepper to taste, add a pinch of garlic powder over the top, and a pinch or two of oregano.
7. Place the lid on the oven add approximately 10 to 12 pieces of charcoal above and below.
8. Cook until chops are done. Takes about 20 to 30 minutes to cook. May take a bit longer depending on the outside humidity and temperature.

Feeds 6 to 8, 1 chop per person.

### **Pork Chops:Smoked Apple**

#### **Ingredients**

8 ¾in thick pork chops	1 tbs cinnamon
16 oz apple juice or cider	1 tbs ground cloves

#### **Equipment**

Smoker

#### **Directions**

1. Marinate chops for 2 hours in apple juice or cider with touch of cinnamon and ground cloves.
2. Store in double gallon zip-lock bags in cooler.
3. Arrange chops on smoker grill and add rest of marinade to water pan.
4. Cook 2 hours.

### **Pork Chops:Smoked Soy Sauce**

#### **Ingredients**

8 ¾in thick pork chops	dash of pepper
1 cup soy sauce	Black Jack BBQ sauce (see entry)
1 tbs garlic flakes	

#### **Equipment**

Smoker

#### **Directions**

1. Combine ingredients and marinate in double gallon zip-lock for 1 hour.
2. Cook 3-4 hours.
3. Unskinned whole potatoes can be added to water pan prior to cooking for side dish.
4. They will be done at same time as pork chops.

### **Pork Loin:Sweet Pungent**

#### **Ingredients**

4 lb boneless pork roast	¼ cups lemon juice
3 cloves garlic, minced	½ tsp red pepper
6 tbs teriyaki sauce	2 cloves garlic, cut into 6 slivers each
½ cups ketchup	18 whole cloves



2 cups apricot preserves

### **Equipment**

Dutch Oven

### **Directions**

1. Combine minced garlic, teriyaki sauce, ketchup, lemon juice and red pepper to make marinade.
2. With a sharp knife, make 12 small cuts ½in deep in fat surface of roast.
3. Insert slivers of garlic into cuts.
4. Stud remaining surface with whole cloves.
5. Put roast into gallon zip-lock and pour in marinade.
6. Double bag and place in cooler overnight.
7. Preheat Dutch oven to 325.
8. Place roast on pie pan fat side up and put into oven.
9. Cook 1 ½ hours.
10. Heat apricot preserves until melted in small pot.
11. Add ½ of marinade and brush roast every 10 minutes for 30 minutes.
12. Remove from oven and serve.

### **Pork Roast:Smoked**

#### **Ingredients**

3-4 lb pork roast  
1 tbs garlic powder  
1 tbs red pepper

1 tbs paprika  
Worcestershire sauce

#### **Equipment**

Smoker

#### **Directions**

1. Score roast, rub with spices, and sprinkle on a little Worcestershire sauce.
2. Place in double gallon zip-lock and store in cooler overnight.
3. Place in smoker with 3 tbs Worcestershire sauce in water pan.
4. Smoke for 3-4 hours.

### **Pork Roast:Spring Camporee**

#### **Ingredients**

¼ cups sugar  
1 tsp dried chili peppers  
1 tsp oregano

½ tsp red pepper  
2 lb pork boneless loin roast  
2 gallon-size zip-lock bags

#### **Equipment**

Dutch Oven

#### **Directions**

1. Mix together sugar, chili peppers, oregano, and red pepper.
2. Rub completely over roast.
3. Seal in one zip-lock bag, then seal in second bag.
4. Put in cooler 30 minutes.
5. Pre-heat Dutch oven.
6. Place pork fat side down in oven and roast 2 hours.
7. Serve with Delmonico Potatoes.
8. Even better if made with venison roast instead of pork.

### **Pork Roast:Texas Pork Roast**

#### **Ingredients**

3 lb pork roast	1 tsp cumin
1 tsp salt	1 ¼ cups chili sauce
1 tsp pepper	2 tbs lemon juice
1/8 tsp allspice	1 cup melted apple jelly
1 tsp chill powder	1 tbs Worcestershire sauce
1 tsp red pepper	Tabasco to taste

#### **Equipment**

Dutch Oven

#### **Directions**

1. Place roast in Dutch oven and sprinkle with mixture of dry spices.
2. Combine remaining ingredients and spread evenly on roast.
3. Roast at 350 for 2 hours.
4. Baste frequently with drippings in bottom of oven.

Thanks to Mike Audleman -- a Prodigy Scouter

### **Red Beans and Smoke Sausage**

#### **Ingredients**

2 lbs smoked sausage, cut into 1 ½in pieces	1 onion, chopped
1 lb dry red kidney beans	1 clove garlic, minced
8 cups water	Red pepper to taste
1 tbs olive oil	

#### **Equipment**

Dutch Oven

#### **Directions**

1. Sauté onions for 1 min in Dutch oven in olive oil.
2. Add water and washed beans.
3. Cook over low heat 1 hour or until beans begin to soften.
4. Remove 3 tbs of beans and mash.
5. Return them to oven.

6. Continue cooking until bean gravy becomes milky and thickened.
7. Add sausage and continue to cook, covered for 15 minutes.
8. Add salt and as much red pepper as \*desired.
9. Serve over long grain brown rice.

### Sausage & Gravy

#### Ingredients

1-lb.sausage	½cup.flour
½cup.butter	4-cups.milk

#### Equipment

Saucepan

#### Instructions

1. brown sausage, take out with slotted spoon
2. set aside.
3. melt butter in same pan.
4. stir in flour.
5. as soon as this is mixed add milk.
6. stir till thickens,
7. add sausage & drippings.
8. salt and pepper to taste
9. bit of seasoning salt to taste.

### Sweet Tater and Spam Hash

#### Ingredients

2 medium sweet potatoes	1 tsp salt
2 cans Spam, finely diced	Margarine
1 tsp pepper	16 eggs, fried

#### Equipment

Dutch Oven

#### Directions

1. Wash, but don't peel sweet potatoes.
2. Shred potatoes on fine blade of shredder.
3. Place in large pot and add cubed Spam, salt, pepper, and mix well.
4. Heat 4 tbs margarine in large skillet.
5. Divide potato and Spam mixture into 8 equal portions.
6. Cook 4 at a time.
7. Cook about 4minutes, pressing down gently to compact hash as it cooks.
8. Flip patty and cook another 5 minutes.
9. Place in covered foil-lined Dutch oven to keep warm.
10. Place 2 fried eggs on top of each patty to serve.

11. Serve -with skillet toast to make a great breakfast.

### Upside-Down Ham

#### Ingredients

Ham Steak  
Pineapple slices

Teriyaki sauce (dash)  
Mixed veggies

#### Equipment

AL Foil

#### Instructions

1. Prepare according to basic Foil Dinner from Mark Michalski

### Ute Park Pot

2 1/4 cups elbow macaroni  
3 tsp. salt  
2 #27 cans whole tomatoes  
1 onion

1/2 lb. bacon  
Salt and pepper  
5 cups water

#### Equipment

Pot

#### Instructions

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

## Sandwiches

### All American

#### Ingredients

1 pkg cheddar cheese sauce	¼ cups chopped walnuts
1 cup milk	1 green pepper, diced
¼ cups mayo	8 deli rolls, split
2 tbs mustard	Sliced tomato
½ lb deli turkey, diced	sliced onion
½ lb deli ham, diced	

#### Equipment

Skillet

#### Directions

1. Prepare cheese sauce as package directions with milk.
2. Stir in rest of ingredients.
3. Let cool and chill in cooler.
4. Spread on rolls when chilled with tomato and onion slices.

### BBQ Beef

#### Ingredients

3 lb top round roast	1 cup ketchup
2 tbs olive oil	1 tbs Worcestershire sauce
2 onions, chopped	½ cups hot water
2 tbs cider vinegar	1 tsp dry mustard
1 tbs brown sugar	1 tsp salt
1 tsp celery seeds	1 tsp red pepper

#### Equipment

Dutch Oven

#### Directions

1. Roast meat in Dutch oven for 2 hours.
2. Remove meat, but keep drippings in oven.
3. Sauté onion in drippings and olive oil until clear.
4. Add rest of Ingredients and simmer.
5. Shred roast and add to sauce.
6. Mix well.
7. Cover and cook, covered ½ hour.
8. Serve spooned into buns.

## Bear of a Sandwich

### Ingredients

1 cup red wine vinegar and oil dressing	2 12in loaf Italian bread, cut in ½ lengthwise
4 tbs mustard	4 cups lettuce, shredded
3 tsp cayenne pepper sauce	4 lb assorted cold cuts and cheeses
2 tsp Italian seasoning	4 sliced tomatoes
2 tsp garlic powder	

### Equipment

Skillet

### Directions

1. In quart jar with lid, combine dressing, mustard, pepper sauce, and seasonings.
2. Close lid tight and shake very well to blend.
3. Arrange shredded lettuce on bottom halves of bread.
4. Drizzle with dressing mixture.
5. Arrange cold cuts and cheese for next layer.
6. Top with sliced tomatoes.
7. Add sliced onions and pepperoni if desired.
8. Top with other half of bread.
9. Cut into serving slices.

## Creamed Cheese and Bacon

### Ingredients

1 lb bacon, cooked and crumbled	½ tsp red pepper
8oz pkg cream cheese	½ tsp Tabasco
1bs salad dressing	

### Equipment

### Directions

1. Stir bacon crumbs into softened cream cheese.
2. Add rest of ingredients -and mix well.
3. Spread over hot toast to serve.

## Deli Style Pepperoni Rolls

### Ingredients

1 lb thin sliced sandwich style pepperoni	2/3 cups radishes, sliced thin-1 red onion,
1 lb each provolone and mozzarella cut into thin strips	sliced into rings
3 cups fresh spinach, shredded	12 cheery tomatoes, cut in ½
1 1/3 cups shredded carrots	½ cups red wine and vinegar dressing
	3 tsp Dijon mustard

### Equipment

## Skillet

### Directions

1. Cut pepperoni slices in ½.
2. Combine pepperoni, cheese, spinach, carrot, radishes, onion rings, and tomatoes in large pot.
3. Blend dressing and mustard well.
4. Pour over pepperoni mixture and mix well.
5. Cut a slice off the top of each deli roll.
6. Hollow out leaving a ½ in shell.
7. Reserve crumbs.
8. Divide pepperoni mixture between rolls.
9. Use crumbs to finish stuffing rolls and put tops back on.
10. Serve.

## Dutch Burrito

### Ingredients

8 flour tortillas	3 green onions, chopped
48 slices shaved ham	1 cup salad dressing
8oz shredded Swiss cheese	1 ½ tsp mustard
4 cups lettuce, chopped fine	3 tsp sugar
2 tomatoes, diced	1 tsp celery seed
1 green pepper, diced	4 tbs milk

### Equipment

Box Oven

### Directions

1. For each burrito, arrange 6 slices ham on each tortilla.
2. Sprinkle with Swiss cheese.
3. Roll and secure with toothpicks.
4. Bake in cardboard oven at 350 for 10 minutes or until cheese is melted.
5. Combine lettuce, tomato, green pepper, and green onions in large pot.
6. Toss until blended.
7. Combine salad dressing, mustard, sugar, celery seed, and milk in small pot.
8. Blend until well mixed.
9. Remove burritos from oven
10. Open tortillas ½ way and spoon salad mixture evenly along center of each.
11. Spoon dressing mixture on top. Roll up and serve.

## Hooter

### Ingredients

8 slices turkey lunch meat	8 slices Swiss cheese
8 slices cooked ham lunch meat	16 slices rye bread

1 ½ cup flour  
1 tbs baking powder  
1 1/3 cup water

1 egg, beaten  
oil  
powdered sugar

### **Equipment**

Skillet

### **Directions**

1. Place 1 slice turkey on 8 slices of bread.
2. Top with slice of Swiss cheese and slice of ham.
3. Top with remaining bread.
4. Cut each sandwich into quarters.
5. Use toothpicks to hold together.
6. Mix flour, baking powder, and salt well.
7. Add water to beaten egg and add to flour mixture.
8. Mix well.
9. Dip each sandwich quarter into batter.
10. Heat 1in oil in large skillet.
11. Fry dipped sandwiches until golden brown.
12. Remove toothpicks and sprinkle with powdered sugar.
13. Serve warm.

A taste treat from Fuzzy and the Hooters, NC-543.

## **Mountain Melts**

### **Ingredients**

Rolls (any kind)  
Meat (thinly sliced)

Cheese (sliced)  
Mustard

### **Equipment**

AL Foil

### **Directions**

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

## **Philly Cheese Steak**

### **Ingredients**

3 onions, sliced thin  
4 tbs margarine  
1 lb thin sliced roast beef

2 jars cheese whiz  
8 steak rolls, almost split

### **Equipment**



Skillet

### Directions

1. Sauté onions in margarine in large skillet.
2. When onions are clear, add roast beef and cook until steak steams.
3. Place slices of beef rolls followed by onions.
4. Heat cheese whiz and pour at least 3 tbs cheese on each sandwich.

### Reuben Krisp Kraut

#### Ingredients

2 slices rye bread	3oz thinly sliced corned beef
1 tbs melted margarine	2 slices Swiss cheese
1 tbs Russian dressing	2 tbs krisp kraut

#### Equipment

Skillet

### Directions

1. Brush one side of bread with melted margarine.
2. Spread Russian dressing on other slice.
3. Place corned beef on dressing.
4. Top with kraut, then cheese.
5. Cover with other slice of bread and place in skillet until cheese melts.

### Tailgate

#### Ingredients

2 loaves French bread, cut lengthwise	½ lb leaf lettuce
2 green peppers, sliced thin	8 slices tomato
2 tbs olive oil	2 onions, sliced
2 tbs red wine vinegar	pepper
6 thin slices mozzarella cheese	8 slices smoked ham

#### Equipment

Skillet

### Directions

1. Brush insides of bread with olive oil then vinegar.
2. On the bottom half, lay the mozzarella in a layer.
3. Repeat with leaf lettuce, then tomato, then onions, then ham.
4. Season with pepper.
5. Place top half of bread on sandwich.
6. Wrap in aluminum foil and grill for 5 minutes to a side.
7. Unwrap, cut into slices, and serve.

## Dinner

### Foil Dinners (a.k.a. Hobo Dinners)

#### Background

Foil dinners have been around campfires as long as AL foil has been around. They make for a quick and easy way to bake a bunch of ingredients together in a individually customized meal. Some warnings though: a) Use HEAVY DUTY AL foil:inexpensive very thin foil will actually burn through in the coals. b) Double wrap! c) A tablespoon+ of water and some butter will go a long way to prevent the meal from burning and sticking to the foil) watch how hot you get the coals:the temp of the coals will directly impact how quickly and evenly your meal will cook. Just about anything you can bake in a casserole dish in your kitchen at home can be prepared as a foil dinner. So rather than having several dozen variations of similar recipes, I'm going to refer you back to other cookbooks to see what you want to bake together into a "one pot" meal. The below recipe is an example of a basic Chicken based foil Dinner.

#### Ingredients

For each foil dinner:

1 boneless skinless chicken breast  
1 potato, washed & sliced  
sliced onion

3-4 fresh mushrooms, washed & sliced  
6-8 stalks fresh asparagus, tough ends  
snapped off  
salt, pepper, etc. as desired

#### Equipment

Foil Pouch  
Heavy duty AL foil

#### Instructions

1. Place the chicken breast on a large square of foil.
2. Season chicken and add layers of sliced potato, mushrooms, onions and top with asparagus stalks.
3. Add a tablespoon of water and a pat of butter
4. Wrap the ingredients up ensuring to make a TIGHT seal to seal not only the juices but the steam in and then wrap it again to make sure!
5. Plan on cooking about 30 mins depending on the meat, coal/fire size and the amount of other veggies added:plan on turning about half way through
6. Unwrap one dinner and slice meat to test for doneness.

### Meat and Rice

#### Ingredients

2 cups uncooked white rice  
salt

Canned Meat in gravy etc  
Tuna

pepper  
Butter or Butter Buds

Chicken

Turkey etc

### **Equipment**

Pot

### **Instructions**

1. Prepare rice according to directions. Use a little less water than required so rice will cook up firm.
2. Add can of meat and gravy or mix package gravy.
3. Mix with butter and season with pepper.

Should feed 4.

### **Pioneers Drumsticks**

#### **Ingredients**

##### Dough:

Flour

Yeast

Salt

water (20gr of yeast to 300gr of flour)

##### Forcemeat:

Any kind of chopped meat

Salt

Pepper

your favorite spices

cornflakes, e.g. (optional)

#### **Equipment**

Open Fire

### **Instructions**

1. Dough:Dissolve the yeast in a cup of water. Mix the water/yeast with flour and salt. Knead it.
2. Forcemeat:Mix all the ingredients so that the consistency is very firm.
3. Put the forcemeat around the top end of the stick; approx. 20-30 cm.
4. Take the dough and put it around the meat.
5. The most easy way to do it, is to roll the dough in to a long"sausage"with the size of a thumb. Press it flat. Now you roll it around the meat.
6. Now you have a"Drumstick".
7. Roast it over coal. Be very patient.

Note:The more meat and dough you put on your stick, the longer the roasting will take. Sometimes it's faster to make to small"Drumsticks"than one big one

### **Ramen with Jerky**

#### **Ingredients**

1 package Ramen noodles (any flavor)

Jerky (any flavor)

Hot sauce

### **Equipment**

small pot

### **Instructions**

Prepare Ramen noodles according to directions. Add jerky during last couple minutes, cook to desired doneness. Add hot sauce to taste.

### **Ramen w/ Sautéed Onions**

#### **Ingredients**

One packet of Ramen noodles

Salt/Pepper

One diced onion

Cooking Oil

#### **Equipment**

Pot

#### **Instructions**

1. Caramelize onions by slowly frying them in small amount of cooking oil, season to taste.
2. Cook Ramen noodles and insert flavor pack.
3. Mix together and serve hot.

## Stews/ Soups/ Chili/ Chowders

### Cajun Gumbo

#### Ingredients

1 pkg. Lipton Rice & Beans Cajun Style  
1 can Swanson's white chicken meat  
½ pkg. Kielbasa Sausage

1 Tbsp. Molly Mcbutter  
Tony's Creole Seasoning to taste  
2 cups Water

#### Equipment

2quart pot

#### Instructions

1. In a 2 quart pot mix the Rice Mix, Chicken Meat, Sausage, Butter (Optional), Seasoning, and Water.
2. Bring to a boil and reduce heat.
3. Cook until desired consistency.
4. This can be served as a soup by adding more water.
5. Remember the spicier the better!

### Chili

#### Ingredients

1 can of kidney beans  
1 can of water  
1 can of diced tomatoes with peppers  
6 drops of Tabasco sauce  
½ cup of taco sauce

two cups of macaroni  
dash of garlic salt  
dash of parsley flakes  
dash of salt and pepper.

#### Equipment

Stew Pot

#### Instructions

1. put the kidney beans in with a can of water.
2. Then put the can of tomatoes in.
3. Now let the bean and tomatoes boil
4. stir ever five minutes.
5. after those are cooked put in six drops of Tabasco sauce in.
6. Then put in the half cup of taco sauce in.
7. Now put in the macaroni let that boil with everything else.
8. Now you put in a dash parsley flakes, garlic salt and the salt and pepper.

### Chili:5-can

#### Ingredients

one can chili, your favorite

one can diced tomatoes

one can corn  
one can kidney beans, drained  
one can any other beans, undrained

### **Equipment**

Pot

### **Instructions**

1. combine all ingredients
2. heat
3. serve

## **Chili a La 1772**

### **Ingredients**

1/2 lb dried pinto beans  
1 lb hot sausage  
1 lb ground beef  
2 medium onions, chopped  
2 cloves garlic, minced  
1 can (6-ounce) tomato paste  
1 quart tomato juice  
3 tbs. chili powder  
1 tbs. dry mustard  
1 tbs. vinegar

### **Equipment**

Dutch Oven

### **Directions**

- 1 Combine ground meat, onion, and garlic in a large Dutch oven; cook until meat is browned, stirring to crumble meat.
- 2 Drain off pan drippings.
- 3 Add remaining ingredients, mixing well.
- 4 Cook, uncovered, over low heat 1 1/2 hours, stirring occasionally.
- 5 Remove bay leaves.
- 6 Yield, about 2 1/2 quarts.
- 7 Cook beans separate and add to chili.

Robert Thornton, SPL, and Roger Dailey, SMALL, Troop 1772, Potomac, MD

## **Chili:Backdraft**

### **Ingredients**

1 lb bacon, cut in pieces  
3 lb chuck roast, cubed  
1 1/2 lb ground chuck

1/4c. BBQ sauce  
1Tbs. chili powder or to taste  
Tabasco, optional

1 tbs. Worcestershire sauce  
1/2 tsp ground cumin  
1/2 tsp coriander  
1 tsp salt  
1 tsp pepper  
3/4 tsp ground allspice  
1/2 tsp ground cinnamon  
5 bay leaves  
Dash of hot sauce  
Pinch of red pepper

2 lb pork roast, cubed  
4 cloves garlic, minced  
3 large onions, chopped

1 can green chilies, chopped  
2 tsp dry chopped habaneras  
2 tsp dry red peppers  
2 tbs chili powder  
1 ½ tbs paprika  
4 tbs cumin

### Equipment

Dutch Oven

### Instructions

THIS RECIPE WILL FEED A WHOLE TROOP.

1. Fry bacon in #14 Dutch oven until just crisp.
2. Remove and reserve bacon.
3. Pour off most of drippings into a large skillet.
4. Leave a small amount in Dutch oven.
5. Brown meat and garlic in skillet in batches.
6. While meat is browning, sauté onions in Dutch oven.
7. Add meat as browned and stir well.
8. Add bacon, green chilies and dried peppers, spices, sauces, stock, and rotel tomatoes.
9. Simmer for 2 hours.
10. Add hot chili beans and simmer another 15 minutes.

### Chili:Been Out of the Woods too Long

### Ingredients

1 chicken, cut up  
1 ½qt water  
½ lb beef suet  
¼ cups celery, finely chopped  
8 fresh tomatoes, chopped  
2 tsp sugar  
5 lbs pork steak, cut into ½in cubes  
4 lbs flank steak, cut into ½in cubes  
3 onions, cut into ½in pieces  
3 green peppers, cut into ½in pieces  
1 lb shredded Monterey jack cheese  
2 can green chilies, sliced  
½ cups jalapenos, sliced

### Equipment

Dutch Oven

### Instructions

1. Put water in Dutch oven, add chicken and simmer 2 hours.
2. Remove chicken and reserve broth.

1 tbs black pepper  
1 tbs Tobasco sauce  
2 tbs Worcestershire sauce  
1 can beef broth  
1 can rotel tomatoes  
2 large cans hot chili beans with gravy

1 tsp oregano  
1 tbs cumin  
1 tsp pepper  
4 tsp salt  
5 tbs chili powder  
1 tsp cilantro  
1 tsp thyme  
1 tsp coriander  
1 tbs red pepper  
1 cup non-alcohol beer  
2 cloves garlic, minced  
2 tsp lime juice

3. In a medium pot, combine celery, tomatoes, and sugar, simmer 1 ½ hours.
4. Mix all spices with n/a beer until all lumps are dissolved.
5. Add tomato mixture, chilies, jalapenos, spice mixture, And garlic to broth.
6. Melt suet in small pot.
7. Pour 1/3 of drippings in a large skillet and brown pork in two batches.
8. Add to broth mixture.
9. Pour rest of drippings in skillet and brown steak in two batches.
10. Add beef and drippings to broth mixture.
11. Peel skin from two thighs and one breast of chicken.
12. Cube meat and add to broth mixture.
13. Simmer mixture and cook slowly 1 hour.
14. Add onions and green peppers.
15. Simmer 2-3 hours longer.
16. Stir occasionally.
17. Add water as necessary.
18. About 5 minutes before serving, add cheese and lime juice.

### **Chili:Behind the Eight Ball**

#### **Ingredients**

¼ lb of each of the following:dry  
beans:kidney, white, pink, black, red, pinto,  
cranberry and navy  
1 lb bacon, cut into pieces  
5 large onions, chopped  
1 jar minced garlic  
¼ cups coriander  
¼ cups cinnamon

¼ cups paprika  
¼ cups cayenne pepper  
½ cups dried red peppers  
1 gallon can Italian plum tomatoes, with  
juice  
1 can non-alcoholic beer  
5 lb ground beef  
salt to taste

#### **Equipment**

Dutch Oven

#### **Instructions**

THIS RECIPE WILL FEED A WHOLE TROOP.

1. In a large pot, soak the beans together overnight in water to cover.
2. Drain and add fresh water to cover.
3. Cook at simmer 1 ½ hours.
4. Heat a #14 Dutch oven and fry bacon until just beginning to crisp.
5. Add onions and garlic.
6. Cook over medium heat for 5 minutes.
7. Add all spices and cook another 5 minutes.
8. Add tomatoes and juice and the n/a beer.
9. Simmer ½ hour.
10. Divide meat into three batches and brown in large skillet.
11. Drain and add to tomato mixture.



12. When the beans are fully cooked, drain, reserving liquid, and add to meat/tomato mixture.
13. Salt to taste and simmer 1 hour.
14. Add bean liquid as necessary.

### **Chili:Black Bear**

#### **Ingredients**

4 cups dry black beans	1 tsp cayenne pepper
2 tbs cumin	1 tsp salt
2 tbs oregano	1 large can crushed tomatoes
½ cups olive oil	¼ cups jalapenos, sliced
2 lbs flank steak, cut into cubes	1 red bell pepper
2 large onions, chopped	6oz Romano cheese, grated
1 green pepper, diced	sour cream
3 cloves garlic, minced	warm flour tortillas
4 ½ tsp paprika	

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Place beans in large pot and cover with cold water.
2. Bring to boil.
3. Remove from heat and let stand 2 hours.
4. Drain beans and return to pot.
5. Add enough cold water to cover by 2in.
6. Cover and bring to boil.
7. Reduce heat and simmer until beans are tender about 2 hours.
8. Add water as necessary.
9. Drain beans into Dutch oven, reserving 3 cups liquid.
10. Add 1 cup of liquid to beans.
11. Heat olive oil in large skillet and brown steak.
12. Add onions, green pepper, and garlic.
13. Stir for 3 minutes.
14. Add spices and cook for 10minutes, stirring often.
15. Mix in jalapenos and tomatoes.
16. Bring to boil then add to beans.
17. Add remaining reserved liquid to thin.
18. Simmer covered ½ hour.
19. Serve over tortillas.
20. Top with sour cream, Romano cheese, and diced red bell peppers.

### **Chili:Blazing Saddles**

#### **Ingredients**

2 tins baked beans in tomato sauce  
tin corned beef, tin hot dog sausages  
chili sauce

Shredded Cheddar etc  
Crusty bread

### **Equipment**

Pot

### **Instructions**

1. empty beans into Pot
2. cut sausages into inch long segments
3. cut corned beef into inch cubes and add to the beans.
4. Add chili sauce until as spicy as you like it.
5. Bring to the simmer for 10 minutes stirring to prevent sticking.
6. Serve in bowls:top with grated cheese:eat with buttered crusty bread and spoons

## **Chili:California**

### **Ingredients**

1 lb. lean ground beef  
2 15-oz cans diced tomatoes  
2 15-oz cans red kidney beans  
1 large onion

chili powder  
salt and pepper  
2-3 chili peppers (optional)

### **Equipment**

Pot

### **Instructions**

1. Dice the onion and brown it with the ground beef in the stew pot.
2. Add the cans of tomatoes and kidney beans, liquid and all, and heat to a simmering boil.
3. Add chili powder, salt, and pepper to taste.
4. Goes great with biscuits!

For a different, more Southwest flavor, cut up and add two or three large, green chili peppers (remove seeds and stem) and brown with the meat and onions.

## **Chili:Cheese Potato**

### **Ingredients**

#### **Chili:**

1 ½:2 lbs. Ground beef  
1 Onion

1:2 Green peppers  
1 14 oz. can Tomato Sauce

#### **Potato:Cheese Sauce:**

3 Dried Chili Piquins  
4 Green Chili, chopped, seeds removed  
1 Red Chili, chopped, seeds removed  
½ cup lemon juice

¼ teaspoon salt  
2 cups Cheddar Cheese  
1 cup Heavy Cream  
2 tablespoons Olive Oil

8 diced Potatoes

### Equipment

2 frying pans

### Instructions

1. In one frying pan, brown ground beef.
2. In second, mix piquins, lemon juice, heavy cream and salt.
3. Stir until boiling.
4. Add this to brown meat and beat until smooth.
5. In the now-empty second pan, heat oil slowly and add cheese-meat mixture.
6. Simmer until sauce gets thick.(5-10 min.)
7. Decorate with onion and chili strips.

### Chili:Cheesy Chili Success

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

### Equipment

Pot

### Instructions

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

serves 4

### Chili:Chuck Wagon

### Ingredients

2 lb round steak, cubed

1/8 lb beef suet

8 dried chili pods

1 tbs instant beef bouillon

2 cloves garlic, minced

1 tsp oregano 1 tsp salt

½ tbs cayenne pepper

½ tbs chili powder

1 tbs paprika

1 tbs cumin

1 tsp vanilla extract

2 tsp white vinegar

2 squares baking chocolate

3 tbs corn starch

1 large can chili beans in gravy

### Equipment

Dutch Oven

### Instructions

1. Pour a little olive oil in Dutch oven and sear meat until gray in color.
2. Cook beef suet in medium pot over low heat for 40 minutes.
3. Discard pieces of fat that are left over and add rendered suet to Dutch oven.
4. Wash chili pods and remove stems and seeds.
5. Chop into small pieces and put into small pot with 2 cups water and boil for 30 minutes.
6. Be careful not to touch eyes with hands until you can wash hands very well.
7. Add boiled chilies to meat, stir and add rest of ingredients.
8. Stir well.
9. Simmer 2 hours.
10. Dissolve corn starch in ¼ cups water and stir into chili.
11. Keep stirring until thickened.

### Chili:Feel the Heat

#### Ingredients

1 tbs oregano	10 cloves garlic, minced
2 tbs paprika	½ cups olive oil
9 tbs chili powder	1 tbs crushed dried habanera peppers
4 tbs cumin	1 tbs sugar
4 tbs instant beef bouillon	1 tsp coriander
2 cans non-alcohol beer	1 tbs Louisiana Red Hot Sauce
2 cups water	¼ cups jalapenos, sliced
4 lb ground chuck	1 cup tomato sauce
2 lb hot pork sausage	salt to taste
1 lb chuck roast, cubed	2 large cans hot chili beans with gravy
2 large onions, chopped	

#### Equipment

Dutch Oven

#### Instructions

THIS RECIPE WILL FEED A WHOLE TROOP.

1. In a #14 Dutch oven, add paprika, oregano, cumin, chili powder, beef bouillon, a beer, and 2 cups water.
2. Let simmer.
3. In a large skillet, heat olive oil and brown meat in batches until all meat is done.
4. Add each batch to Dutch oven with slotted spoon and stir after each batch.
5. Sauté onion, garlic, and jalapenos in drippings until onion is clear.
6. Add to Dutch oven and stir.
7. Simmer 2 hours.
8. Add rest of ingredients and simmer 1 hour.
9. Add water as necessary.

### Chili:Green

#### Ingredients

2 lb lean pork  
2 stalks of celery, chopped 1/2"  
2 medium tomatoes, chopped

1/2 c Ortega Green Chilies  
6 cloves garlic, minced  
3 tbs jalapeno pepper sauce

### **Equipment**

Dutch Oven

### **Directions**

- 1 Brown pork in a dab of oil.
- 2 Add remaining ingredients and mix well.
- 3 Add 1-2 cups water.
- 4 Cover and simmer 45 min to 1 hour.

If it is too thin, remove cover and continue to simmer until thickened.

### **Chili:Green w/Pork**

#### **Ingredients**

1/2 cups olive oil  
2 large onions, chopped  
8 garlic cloves, minced  
8 jalapeno peppers, minced  
3 carrots, peeled and cut crosswise into 1/2in pieces  
1 1/2 tbs oregano

3 lb boneless pork shoulder, cut into 1/2in cubes  
2 cans chicken broth  
1 large can Italian plum tomatoes drained  
1 potato, peeled and grated  
4 cans mild green chilies, chopped  
1 large can hot chili beans with gravy

#### **Equipment**

Dutch Oven

#### **Instructions**

1. In a Dutch oven, heat olive oil and add onions, garlic, jalapenos, and carrots.
2. Sauté for 10 minutes.
3. Stir in oregano and pork cubes.
4. Cook for 20 minutes, stirring occasionally.
5. Stir in chicken stock, 1 tsp salt, tomatoes, and potatoes.
6. Bring to boil, then lower and simmer 1 1/2 hours.
7. Stir occasionally.
8. Add green chilies and beans to mixture and simmer another 30-45 minutes.

### **Chili:Homestyle**

#### **Ingredients**

1 lb ground beef  
1 large yellow onion, chopped  
3 cloves garlic, minced  
1 tbs cumin  
2 tbs chili powder

1 tbs Worcestershire sauce  
1 (20 oz) can tomatoes, chopped  
1 green bell pepper, chopped  
1 c red wine(dry)  
Salt & pepper to taste

1 lb uncooked kidney beans

### **Equipment**

Pot

### **Directions**

- 1 Cover beans with 2"-3" water.
- 2 Bring to boil, remove from heat and let stand 1 hour.
- 3 Drain and set aside.
- 4 Brown ground beef with onion and garlic.
- 5 Add remaining ingredients.
- 6 Cover and simmer about 1 hour.

Variations: Use black beans instead of kidney beans. Add fresh ground ginger, paprika or cocoa.

### **Chili:Inch & a Half Hose**

#### **Ingredients**

1 tbs oregano	10 cloves garlic, minced
2 tsp paprika	½ olive oil
11 tbs chili powder	1 tbs dried red pepper
4 tbs cumin	¼ cups jalapenos, sliced
4 tbs instant beef bouillon	2 tsp coriander
3 can non-alcoholic beer	1 tbs sugar
2 lb pork steak, cubed	1 tsp Tobasco sauce
2 lb chuck roast, cubed	2 tsp Louisiana Red Hot Sauce
6 lb ground chuck	1 cup tomato sauce
4 large onions, chopped	1 tbs corn starch

#### **Equipment**

Dutch Oven

#### **Instructions**

THIS RECIPE WILL FEED A WHOLE TROOP.

1. In a #14 Dutch oven, add paprika, oregano, chili powder, beef bouillon, a beer, and 2 cups water.
2. Let simmer.
3. In a large skillet, brown meat in batches with olive oil.
4. Use slotted spoon to add each batch to Dutch oven.
5. Stir after each batch.
6. Continue until all meat is done.
7. Sauté onion, garlic, and jalapenos in remaining drippings.
8. Add to Dutch oven.
9. Add water as needed.
10. Add dried red pepper, sugar, coriander, Tabasco, red hot sauce, and tomato sauce.
11. Simmer 45 minutes.

12. Dissolve corn starch in ¼ cups warm water and add to mixture.
13. Stir well and simmer another 30 minutes.

### Chili:Italian

#### Ingredients

3 lbs. ground beef	2 can pork and beans
4 tbs onion flakes	2 1 lb cans tomatoes
2 tbs garlic flakes	½ cups firm packed brown sugar
2 envelopes spaghetti sauce mix	2 tsp oregano

#### Equipment

Dutch Oven

#### Instructions

1. Brown beef in Dutch oven and add onions.
2. Cook until onions are opaque.
3. Drain fat and add spaghetti sauce mix, beans, tomatoes, garlic, oregano, and brown sugar.
4. Cover and simmer 15-20 minutes.

### Chili:MAPS

#### Ingredients

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

#### Equipment

Skillet

#### Directions

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

Serves 2-3.

Fred Mertze

### Chili:Mellow

#### Ingredients

olive oil	3 stalks celery, chopped
3 medium onions, chopped	8 lbs ground beef
2 green peppers, chopped	1 can tomato paste

2 can stewed tomatoes  
2 can tomato sauce  
1 can mild salsa  
3 cloves garlic, minced  
2 3oz jars chili powder

### **Equipment**

Dutch Oven

### **Instructions**

THIS RECIPE WILL FEED A WHOLE TROOP.

1. Thinly cover a #14 Dutch oven with olive oil.
2. Sauté green peppers, onions, and celery 10 minutes.
3. Add meat and cook until brown.
4. Stir in tomato paste, stewed tomatoes, and tomato sauce.
5. Simmer 15 minutes.
6. Add rest of ingredients and simmer -1 hour.
7. Stir occasionally.

### **Chili:Mike's**

### **Ingredients**

2 lb ground beef  
4 tbs water  
1 tbs oil  
2 tsp each of salt, sugar, Worcestershire  
Sauce, cocoa, ground cumin, oregano

1/2 tbs Tabasco sauce  
1 large onion chopped  
1-1/2 tbs chili powder  
2 cans kidney beans  
3 c canned tomatoes

### **Equipment**

Pot

### **Directions**

- 1 Brown ground beef in oil.
- 2 Add onion and cook until it turns clear.
- 3 Add remaining ingredients except kidney beans and simmer 1 hour covered.
- 4 Add kidney beans and cook 1 additional hour uncovered.

### **Chili:Navajo Green Pork**

### **Ingredients**

3 lb pork shoulder, cubed  
2 cups stewed tomatoes  
1 cup tomato paste  
3 cups water  
2 1/2 tsp salt  
2 16oz cans whole green chilies

1/2 tsp oregano  
3 tbs bacon grease  
1/3 cups flour  
3 onions, chopped  
6 cloves garlic, minced



## Equipment

Dutch Oven

## Instructions

1. Melt bacon grease in large skillet.
2. Put flour in gallon zip-lock bag and add ½ of pork.
3. Shake well to coat and brown in skillet.
4. Coat other ½ pork and add to skillet to brown.
5. Remove meat and place in Dutch oven.
6. Add onions and garlic to skillet and cook until clear.
7. Add to Dutch oven.
8. Stir in remaining ingredients and bring to boil.
9. Lower heat and simmer 45 minutes.

## Chili:Now That's

### Ingredients

3 lbs ground chuck	1 tsp oregano
2 lbs chuck roast, cubed	¼ tsp coriander
2 large onions, diced	½ tsp beau monde spice
1 green pepper, diced	½ tsp hot pepper sauce
1 can green chilies	1 tsp cayenne pepper
2 small fresh jalapenos	1 tbs honey
2 cloves garlic, minced	½ tsp mole paste
4 cups water	1 tsp beef bouillon
1 can tomato sauce	1 tsp paprika
1 can tomato paste	¼ tsp white pepper
7 tbs chili powder	1 tsp salt
2 bay leaves	½ tsp black pepper
3 tbs cumin	2 tsp corn starch

### Equipment

Dutch Oven

## Instructions

1. Heat ½ cups olive oil in Dutch oven.
2. Add onions, green pepper, jalapenos, green chilies, and garlic.
3. Sauté until soft.
4. Remove from oven and reserve.
5. Add another ½ cups olive oil to oven and heat to very hot.
6. Add meat and brown.
7. Add onion mixture and stir well.
8. Add 3 cups water, tomato sauce, tomato paste, and chili powder.
9. Stir well and bring to boil.
10. Lower heat and simmer for 20 minutes.

11. Add remaining ingredients except for corn starch.
12. Mix corn starch with remaining water, bring chili to boil and add slowly while stirring well.
13. Lower heat, cover oven and slow simmer for 2 hours.

### Chili:Of the Century

#### Ingredients

¼ cups olive oil	2 tsp cayenne pepper
4 large onions, chopped	4 cups tomato juice
2 lb hot pork sausage	1 can rotel tomatoes
2 lb ground chuck	2 can beef broth
1/3 cups chili powder	8 cloves garlic, minced
3 tbs cumin	2 tsp corn starch
3 tbs oregano	2 large cans hot chili beans with
3 tbs cocoa powder	Gravy
2 tbs cinnamon	

#### Equipment

Dutch Oven

#### Instructions

THIS RECIPE WILL FEED A WHOLE TROOP.

1. In a large skillet, sauté onions in olive oil.
2. In a #14 Dutch oven, brown pork sausage and grown chuck.
3. Season with 2 tsp salt.
4. Cook for about 20 minutes.
5. Add onion mixture.
6. Stir in spices and cook 5 minutes.
7. Add tomato juice, rotel tomatoes, and beef stock.
8. Bring to boil, lower heat, and simmer 1 hour.
9. Stir in garlic and hot chili beans.
10. Simmer another 5 minutes.
11. Dissolve corn starch in ¼ cups warm water and add to mixture.
12. Stir until thickened. Serve.

### Chili:Ozark Mountain

#### Ingredients

3 medium onions, chopped	1 can beef broth
6 cloves garlic, minced	1 lb hot pork sausage
½ lb bacon, cut into pieces	1 can green chilies, minced
2oz chili powder	½ tsp dried habanera chilies
½oz dark chili powder	1 tsp cumin
3 lb chuck roast, cubed	½ tsp coriander
red pepper to taste	1 can tomato sauce

1 can rotel tomatoes  
½ cups oregano tea (1 tsp oregano steeped in  
hot water 30min)

1 tbs salt  
4 drops Tabasco sauce

### **Equipment**

Dutch Oven

### **Instructions**

THIS RECIPE WILL FEED A WHOLE TROOP.

1. Fry bacon in a #14 Dutch oven until just crisp.
2. Add onions, garlic, and all chili powder.
3. Sauté until onions are clear.
4. Brown beef in large skillet, a pound at a time, adding sprinkles of red pepper while browning.
5. Use a little broth to keep from sticking.
6. Add each batch to Dutch oven after browning and stir.
7. Brown pork sausage and green chilies.
8. Add habaneras when sausage is just about brown.
9. Stir into Dutch oven.
10. Cook 15 minutes.
11. Add spices, tomato sauce, rotel tomatoes, and remaining broth.
12. Mix well and cook for 30 minutes.
13. Add oregano tea and Tabasco.
14. Simmer covered for 15 minute.

## **Chili:Ozark Winter**

### **Ingredients**

1 lb hot pork sausage  
2 ½ lbs ground chuck  
4 onions, chopped  
2 green peppers, diced  
2 large cans crushed tomatoes  
2 cans rotel tomatoes  
½ lb dry pinto beans  
2 tbs olive oil  
3 cloves garlic, minced

½ cups chopped parsley  
½ cups margarine  
2 tbs salt  
1/3 cups chili powder  
1 ½ tsp black pepper  
1 tsp red pepper  
1 ½ tsp cumin  
water

### **Equipment**

Dutch Oven

### **Instructions**

1. In large pot, soak beans in water overnight.
2. Drain into Dutch oven, cover with cold water and simmer until beans are tender, about 1 hour.
3. Add tomatoes and simmer 5 minutes longer.

4. Heat olive oil in large skillet and sauté green peppers, onion, garlic, and parsley.
5. In another large skillet, melt margarine and brown chuck and pork sausage.
6. Add onion mixture and stir in chili powder.
7. Cook 10 minutes and add mixture to beans.
8. Add rest of spices, stir and simmer covered 1 hour.
9. Remove cover and simmer 30 minutes longer.
10. Skim most of grease from top and serve.

### **Chili:Patrol**

#### **Ingredients**

2 lb. lean ground beef	½ tsp oregano
1 green pepper, chopped	½ tsp cumin
1 medium onion, chopped	3 dashes Tabasco
1 tbs garlic flakes	1 cup hot water
2 one lb cans tomatoes	2 15oz cans chili hot beans
2 tbs chili powder	1 15oz can whole kernel corn
1 ½ tsp salt	

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Cook beef, green pepper, onion, and garlic in Dutch oven until beef is slightly browned.
2. Drain off excess grease.
3. Add all ingredients except corn and beans.
4. Simmer uncovered 1 hour.
5. Stir in undrained beans and corn.
6. Simmer 30 minutes longer.
7. Serve.

For the brave, Jalapeno pepper may be substituted for the green pepper or added. Or you may add additional Tabasco sauce.

Thanks to Joe Schuster, Cahokia Mounds District Executive

### **Chili:Pie**

#### **Ingredients**

4 cups corn chips	1 1/2 cups shredded Colby or Cheddar cheese
1 @ 19 oz can Name brand Chili	
2/3 cup chopped onion	

#### **Equipment**

Dutch Oven

#### **Directions**

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

**Serves 4-5** or one Scoutmaster

### **Chili:Roast Pork and Black Bean**

#### **Ingredients**

1/4 cups bacon drippings	3 cloves garlic, minced
2 cloves garlic, minced	1 jalapeno pepper, minced
3 tbs chili powder	6oz package cooked ham, diced
1/8 tsp cumin	2 can beef broth
4 lb pork loin with bone in	1 bay leaf
1 lb dry black beans	1 tsp oregano
2 tbs olive oil	1 tsp red wine vinegar
1/2 cups diced salt pork	2 tbs rum flavoring
2 onions, chopped	4 onions, sliced thin

#### **Equipment**

Dutch Oven

#### **Instructions**

1. In a small pot, combine bacon drippings, 2 cloves garlic, 2 tbs chili powder, cumin, and 1/4 tsp black pepper.
2. Spread over the pork loin and let stand.
3. In a large pot, cover beans with cold water.
4. Heat to boiling and cook 2 minutes.
5. Turn off heat and let stand 1 hour.
6. Drain.
7. Cover with cold water and boil.
8. Reduce heat and simmer for 30 minutes.
9. Add water as necessary.
10. Drain and reserve liquid.
11. In a medium pot, cook the salt pork in boiling water for 5 minutes.
12. Drain and pat dry.
13. Heat olive oil in Dutch oven.
14. Stir in salt pork and cook until golden, about 3 minutes.
15. Stir in onion, garlic, and jalapeno. Cook 1 minutes.
16. Stir in ham and cook 2 minutes more.
17. Stir remaining chili powder into onion mixture.
18. Add beans, broth, bay leaf, oregano, vinegar, and rum flavoring.
19. Mix well.
20. Place pork loin on top of mixture and bake at 330 for 1 1/2-2 hours.

21. Turn the meat twice and stir the beans.
22. Add reserved bean liquid if too dry.
23. Remove meat and allow to stand, covered in foil or 10-15 minutes.
24. Cut the meat from the bone and into small chunks.
25. Add .to beans and stir.
26. Simmer for 15 minutes.

### Chili:Texas

#### Ingredients

2 lb lean chuck roast	2 tsp salt
1 large onion	4 tbs chili powder
Bacon grease	1 tbs cumin
6 cloves garlic, minced	1 tbs oregano
6 jalapeno peppers, seeded & chopped	1 (20 oz) can tomatoes, chopped

#### Equipment

Pot

#### Directions

- 1 Brown meat, garlic and onions in bacon grease.
- 2 Add jalapeno peppers and mix well.
- 3 Add remaining ingredients, cover and cook 1 hour

### Chili:The Geezer Way

#### Ingredients

6 dried habanera peppers	1 ½ tsp cumin-
3 lbs boneless chuck, diced ¼in	1 large can tomatoes, squished
6 tbs olive oil	1 large can chili hot beans
beef suet	1 tbs cocoa
4 onions, chopped	2 bay leaves, crushed
4 garlic cloves, minced	1 tsp oregano

#### Equipment

Dutch Oven

#### Instructions

1. Heat a skillet over mod-high heat and toast peppers, turning often, for 1-2 minutes.
2. Let cool, and crush.
3. Combine with 1 cup water in a small pot And bring to boil.
4. Simmer 5 minutes.
5. Sauté meat in a Dutch oven with olive oil until lightly browned.
6. Add onions and garlic, cook until onions are softened.
7. Add cumin and cook 1 minutes.
8. Add rest of ingredients.

9. Add enough water to cover barely and bring to boil.
10. Cover and simmer 2 hours.

### Chili:Venison

#### Ingredients

6 tbs olive oil	4 tbs cumin
2 large onions, chopped	4 tbs Worcestershire sauce
4 cloves garlic, minced	1 tsp cayenne pepper
1 can hot green chilies	1 green pepper, chopped
2 ½ lb venison, cubed ½in	4 tsp salt
1 ½ lb ground venison	2 tsp black pepper
2 large cans crushed tomatoes	2 large cans chili beans with gravy
6 tbs red wine vinegar	corn starch
6 tbs chili powder	

#### Equipment

Dutch Oven

#### Instructions

1. Heat olive oil in Dutch oven and stir in onion, garlic, and chilies.
2. Sauté about 5 minutes.
3. Add cubed and ground venison.
4. Stir until round meat is browned.
5. Add all remaining ingredients except beans.
6. Bring mixture to boil, then simmer uncovered 30 minutes.
7. Stir occasionally.
8. Stir in beans and simmer covered 15 minutes.

### Chili:Wild Card

#### Ingredients

2 lbs ground beef	1 tsp dried red peppers
½ cup chopped onion	½ tsp each salt and garlic salt
1 lb can red beans	¼ tsp each pepper and cayenne
1 lb can refried beans	3 tbs chili powder
1 can tomato sauce	1 tbs molasses
1 cup water	

#### Equipment

Dutch Oven

#### Instructions

1. Brown beef with onions in Dutch oven: pour off fat.
2. Add remaining ingredients, cover and simmer for 1 hour, stirring occasionally.

### **Chowder:Basic Fish**

#### **Ingredients**

2 oz diced cooked bacon	6 fish fillets, cut in 1 inch pieces
2 onions sliced	1 tsp salt
1 13oz can evaporated milk	generous dash of pepper
3 potatoes, diced	1 Tbs butter or margarine

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Brown onions and potatoes in bacon grease.
2. Add one quart of water and simmer 10 minutes.
3. Add fish and simmer 5 minutes.
4. Add milk, salt, and pepper and top with butter at last minute.
5. Serve with oyster crackers.

### **Chowder:Clam**

#### **Ingredients**

1 pkg Knor Swiss Leak soup mix  
2/3 cup instant potatoes  
2/3 cup powdered milk  
5 cups water  
1 6oz can chopped or minced clams including juice.

#### **Equipment**

Stew Pot

#### **Instructions**

Mix all ingredients and bring to a boil. Simmer 5 minutes or till done.

### **Chowder- Lobster**

#### **Ingredients**

1 large onion, chopped	4 tbs flour
1 tomato, seeded, peeled & chopped	5 tbs butter
3 green leeks, slivered	1 c oysters
2 medium carats, peeled, diced	1 c shredded lobster
2 c clam juice	3 c lobster shells & tails, broken up

#### **Equipment**

Pot

#### **Directions**



- 1 Sauté onion, tomato, leeks, and carrot in 1 tbs of butter until onion turns clear.
- 2 Add oyster juice and lobster shells.
- 3 Bring to boil, reduce heat and simmer 40 to 45 min.
- 4 Remove shells and discard.
- 5 Remove most of vegetables and set aside.
- 6 Strain liquid to remove small bits of shell.
- 7 Make a roux using 4 tbs butter and 4 tbs flour.
- 8 Cook until it turns light brown.
- 9 Pour 1/2 of liquid back into oven, whisk well.
- 10 Add rest of liquid while stirring constantly.
- 11 Bring to a boil stirring occasionally.
- 12 Add vegetables, lobster meat and oysters.
- 13 Simmer 5 to 10 min.

Variation:use clams instead of oysters, add celery or bell pepper.

### **Jerry's Jambalaya**

#### **Ingredients**

Boneless:Skinless Chicken Breasts 1 lb	8 oz (approximate) Small Salad Shrimp
½ lb Smoked Bacon (Smokier the better)	1 regular can of Cream of Mushroom Soup
1 each Yellow, Red and Green Pepper	2 cups of minute rice
1 medium yellow onion	Cajun or Jambalaya Seasoning to taste
1 lb smoked sausage or bratwurst	1 cup water
(again heavy smoke flavor is best)	

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Cut all ingredients into bite size pieces
2. Brown the bacon first:do not drain
3. Season the chicken before cooking
4. cook the chicken completely
5. add the vegetables and cook until the onion is somewhat clear
6. Add the smoked sausage, Shrimp, the cream of mushroom soup and the water
7. simmer until bubbly
8. remove from the heat (either fire, charcoal or oven)
9. Stir in the rice and let sit COVERED for 5 to 10 minutes
10. Grab the seasoning and some hot sauce if desired and enjoy big time!

### **Soup:Beef Vegetable**

#### **Ingredients**

2 beef soup bones	4 carrots, chopped
1 ½ lb stew beef, 1 in cubed	1 hot red pepper, chopped
1 tsp pepper	1 can whole kernel corn

7 cups water  
1 ½ tsp salt  
4 potatoes, cubed

2 can tomato sauce  
½ head cabbage, chopped  
1 can peas

### **Equipment**

Dutch Oven

### **Instructions**

1. Drain corn and peas reserving liquid.
2. Add liquid, water, and bones in Dutch oven and bring to boil.
3. Cover, reduce heat and simmer 1 hour.
4. Add beef cubes, salt and pepper, cover and simmer 1 hour more.
5. Add all except corn and peas.
6. Cover and simmer 40 minutes.
7. Add corn and peas.
8. Simmer uncovered 30 minutes.

### **Soup:Beefy Potato**

#### **Ingredients**

2 lb potatoes, unpeeled, chunked  
6 beef bouillon cubes  
6c water

1 clove garlic, minced  
1 tbs onion powder

### **Equipment**

Dutch Oven

### **Instructions**

1. Heat water to boiling and add cubes.
2. Stir well until dissolved.
3. Add rest of ingredients and simmer 45 minutes.

### **Soup:Chicken & Mushroom**

#### **Ingredients**

1 pkg. Oodles of Noodles Chicken Soup  
1 can Swanson's White Chicken Meat  
1 sm. can mushrooms

### **Equipment**

Soup Pot

### **Instructions**

1. Bring 3 cups water to a boil in a 2 qt. pot.
2. Add Chicken and mushrooms and bring back to boil. Cook for 2 minutes.

3. Then add noodles and spice pack.
4. Cook until noodles are done.

### Soup:Cowboy

#### Ingredients

2 potatoes, peeled and chunked	1 can peas
1lb ground beef	1 can green beans
1 onion, chopped	1 can baked beans
2 tbs chili powder	1 can tomato soup
1 can corn	1 can tomatoes
bay leaf	¼ tsp nutmeg

#### Equipment

Dutch Oven

#### Instructions

1. Brown ground beef and onions together.
2. Drain.
3. Add all except seasonings.
4. Do not drain veggies.
5. Cook until potatoes are done, then add seasonings and cook for another 30 minutes.

### Soup:Cypher Mine

#### Ingredients

Instant Chicken Noodle Soup or Ramen	Chicken Rice Dinner with Peas & Carrots
Instant Potatoes	

#### Equipment

Pot

#### Instructions

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

### Soup:Fall Camporall Bean

#### Ingredients

1 pkg dry navy beans	5 cups canned chicken broth
1 tbs olive oil	½ tsp thyme
¾ cups diced onions	salt and pepper to taste
¼ cups diced carrot	3 tbs lemon juice
¼ cups diced celery	

## Equipment

Dutch Oven

## Instructions

1. Place beans in a large pot with cold water and soak overnight.
2. The next day, drain, and discard water.
3. Place oil in Dutch oven over medium heat and add onions, carrots, and celery.
4. Cook for 5 minutes.
5. Add broth, beans, thyme, salt and pepper.
6. Cover. Reduce heat to low and simmer 2 hours.
7. Add lemon juice and serve.

## Soup:French Onion

### Ingredients

¼ cups margarine  
¼ cups olive oil  
6 onions, thinly sliced  
2 can beef broth  
¾ cups Coca-Cola

1 tsp salt  
½ tsp vinegar  
1/8 tsp pepper  
French bread, cut into thick slices  
Parmesan cheese, grated

### Equipment

Dutch Oven

### Instructions

1. In a large skillet, melt the margarine and add olive oil and onions.
2. Cook until golden, not brown.
3. Move to Dutch oven and add beef broth, Coca-Cola, salt, vinegar, and pepper.
4. Cover and simmer 20 to 25 minutes.

## Soup:Geezer Soup

### Ingredients

1 lb ground beef  
2 potatoes, cubed  
1 medium onion, chopped  
1 can whole corn  
1 can green beans  
1 can peas

1 can baked beans  
1 can tomato soup  
1 can tomatoes  
2 tbs chili powder  
1 tsp cu minutes and nutmeg  
1 bay leaf

### Equipment

Dutch Oven

### Instructions

1. Brown ground beef and onions together in Dutch oven.

2. Add all ingredients except seasonings.
3. Do not drain cans before adding.
4. Cook until potatoes are done.
5. Add seasonings and cook 30 minutes.

### **Soup:Geezer Tortilla**

#### **Ingredients**

1 onion, chopped	1 ½ cups tomato juice
1 can green chilies, chopped	1 tsp cumin
2 cloves garlic, minced	1 tsp chili powder
1 tbs olive oil	1/8 tsp red pepper
1 large tomato, chopped	2 tsp Worcestershire sauce
1 can beef bouillon	1 tbs A-1 sauce
1 can chicken broth	3 flour tortillas, cut in 1 ½in strips
1 ½ cups water	¼ cups shredded cheddar cheese

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Sauté first three ingredients in olive oil in skillet until soft.
2. In Dutch oven or large pot, combine tomato, beef bouillon, chicken broth, water, tomato juice, spices, and sauces.
3. Add sautéed mixture and bring to boil.
4. Lower heat and simmer 1 hour.
5. Add tortilla strips and simmer 10 minutes more.
6. Serve in bowls topped with a sprinkle of cheddar cheese.

### **Soup:Hearty Bean and Vegetable**

#### **Ingredients**

1 lb assorted dry beans	½ lb mushrooms, sliced thin
2 cups V-8 vegetable juice	2 onion, diced
½ cups white sparkling grape juice	1 tsp basil
1/3 cups teriyaki sauce	1 tsp dried parsley
1/3 cups apple or pineapple juice	2 bay leaves, crumbled
1 bunch celery, diced	3 cloves garlic, minced
1 large parsnip, diced	2 tsp black pepper
1 lb carrots, diced	1 cup cooked long grain brown rice

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Rinse beans, then soak overnight in water.

2. Drain beans and place in Dutch oven.
3. Add V-8, grape juice, teriyaki sauce, and apple or pineapple juice.
4. Add ½ cups water, cover and bring to boil for 2 hours.
5. Add more water as needed.
6. Add rest of ingredients and lower heat to below simmer.
7. Cook until carrots and parsnips are tender.
8. Add cooked rice, bring to simmer

### **Soup:Italian Minestrone**

#### **Ingredients**

2 ½ lbs blade chuck roast, cut into 1in chunks	½ cups zucchini, thinly sliced
2 ½qt water	½ cups carrots, thinly sliced
2 tsp salt	1 onion, diced
1 onion, chopped	¼ cups parsley flakes
½ cups celery leaves	2 cloves garlic, minced
1 bay leaf	½ cups elbow macaroni
2 slices bacon, chopped	1 can tomato paste
1 can kidney beans	1 cup Coca-Cola
½ can green beans	1 tbs olive oil
½ cups celery, diced	1 tbs Worcestershire sauce
½ can green peas	1 tbs Italian seasoning
	1 tsp each salt, pepper

#### **Equipment**

Dutch Oven

#### **Instructions**

1. In a large pot, place first six ingredients, cover and simmer about 2 ½ hours.
2. Move to Dutch oven.
3. Fry bacon in skillet until crisp and add to Dutch oven.
4. Add remaining ingredients.
5. Cover and simmer about 30 minutes or until macaroni is tender.
6. Serve with grated Parmesan cheese and Italian croutons.

### **Soup:Juno**

#### **Ingredients**

chicken broth	noodles
chicken	

#### **Equipment**

Stew Pot

#### **Instructions**

1. Cook the Noodles in the Chicken Broth

2. Add chicken
3. Cook for 15 mins til Chicken is done

### **Soup:Lentil & Brown Rice**

#### **Ingredients**

5 cups chicken broth	3 garlic cloves, minced
1 ½ cups lentils	½ tsp basil
1 cup brown rice	½ tsp oregano
2 can tomatoes	¼ tsp thyme
1 can carrots	1 bay leaf
2 onion, chopped	½ cups parsley flakes
2 stalk celery, chopped	2 tbs cider vinegar

#### **Equipment**

Dutch Oven

#### **Instructions**

1. In a Dutch oven combine broth, 3 cups water, lentils, rice, tomatoes, carrots, onion, celery, garlic, basil, oregano, thyme, and bay leaf.
2. Bring to boil, reduce heat, cover and simmer for 45-55 minutes.
3. Stir occasionally.
4. When lentils and rice is tender, stir in parsley, vinegar, salt and pepper to taste.
5. The soup will be thick and will thicken more as it stands.
6. Thin to desired consistency with more chicken stock.

### **Soup:Pecos Bean**

#### **Ingredients**

1 lb dry pinto beans	1 tbs chili powder
2 ½ quarts water	1 tsp red pepper
½ cup chopped onion	½ tsp oregano
1 tbs garlic flakes	1 4oz can diced green chili peppers
1 large piece bacon rind	2 tsp salt

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Wash beans and soak overnight in cold water; drain.
2. Put beans in Dutch oven, add 2 ½ qts water and simmer 1 hour.
3. Add other ingredients and simmer 2 hours.

### **Soup:Red-Hots with Kidney Beans**

#### **Ingredients**

1 lb frankfurters  
1 tbs lemon juice  
2 slices bacon, chopped  
1 tbs Worcestershire sauce  
1/4 c chopped onion  
1 tbs brown sugar

1 (8 oz) can tomato sauce  
1 tsp salt  
1 can kidney beans  
1/2 tsp chili powder  
1/4 c catsup  
1/8 tsp garlic salt

### **Equipment**

Pot

### **Directions**

1. Fry bacon bits in oven over low flame until crisp.
2. Remove and reserve bits.
3. Sauté onions in bacon fat until light brown.
4. Add tomato sauce into which flour has been blended.
5. Cook until slightly thickened, stirring constantly.
6. Add kidney beans and bean liquid.
7. Blend together liquid and dry seasonings separately; then combine them and stir thoroughly into bean mixture.
8. Cover and simmer 15 min.
9. Cut frankfurters into 1" pieces.
10. Add to beans, cover and cook for 8 min longer.
11. Sprinkle with bacon bits.

### **Soup:Potatoes and Broth**

#### **Ingredients**

2 lb new potatoes, well washed  
6 c water

6 beef broth cubes

#### **Equipment**

Pot

#### **Directions**

- 1 Heat water to boiling and add cubes to form cube.
- 2 Place potatoes in broth and simmer 45 min or until potatoes are done.
- 3 Serve as a soup with a potato.

### **Soup:Road Kill**

#### **Ingredients**

1 lb ground venison  
2 cup rotel tomatoes  
1 tsp sugar  
2 tsp salt  
1 tsp instant beef bouillon

2 medium onions, chopped  
1/2 lb carrots, cut up  
4 large potatoes, not peeled, but diced  
1/2 bunch celery, sliced  
2 cloves garlic, minced



## Equipment

Dutch Oven

## Instructions

1. Brown venison in Dutch oven.
2. Do not drain.
3. Add ¼ cups olive oil if too dry.
4. Add rest of ingredients, cover and cook at low simmer for 4 hours.
5. Add water if necessary.

## Stew and Biscuits

### Ingredients

1 roast (1/4:1/2 lb. per person; cheaper than stew meat)	1 tsp. garlic salt
1 bottle Zesty Italian salad dressing	1 tsp. seasoning salt
1 tbs.. Worcestershire sauce	1/2 cup corn starch
1 tbs.. butter or margarine	1:2 cans refrigerated jumbo biscuits
1 large onion	1 large Ziplock bag
1 tsp. pepper	2:3 1 lb. bags frozen vegetables

Note: The onion can be omitted if the frozen vegetable package includes onion. It's nice to include a specialty mixture of vegetables for color and variety.) 1 package mushroom (or brown) gravy mix. Also, (a package of e.g., McCormick, beef stew seasoning can be used in place of the seasonings and corn starch)

## Equipment

Dutch Oven

## Directions

- 1 The morning of the dinner, cut up the roast into bite-sized cubes, put the cubes in the Ziplock bag, and add the salad dressing and Worcestershire sauce.
- 2 Seal the bag and knead to mix the contents.
- 3 Put the bag back in the cooler until it's time to cook.
- 4 It is best if the meat can marinate at least four hours (this imparts a wonderful flavor to the meat as well as tenderizes it).
- 5 Dice the onion. Sauté' in the butter in the Dutch oven.
- 6 Then add the marinated meat and spices and brown the meat.
- 7 After the meat has browned, add the mixed vegetables and stir.
- 8 When everything is combined, mix the gravy mix with water in a separate cup per the instructions on the package and add to the stew.
- 9 If there is not enough liquid to the mixture, add a little more water.
- 10 Cover the Dutch Oven and allow to cook for about ½ hour, stirring occasionally.
- 11 There will be extra liquid in the stew from the marinade, vegetables, and added water, which will have to be thickened.

- 12 To do this, mix the corn starch with cold water in a separate cup until it is a thick white liquid.
- 13 Slowly stir this into the stew over heat until it starts to thicken.
- 14 Cover and allow to simmer on low heat for 5:10 more minutes, stirring frequently.
- 15 Pull the oven off the fire and uncover.
- 16 Place jumbo biscuits on top of the stew leaving a small gap between the biscuits.
- 17 Cover the oven and place the oven on a pile of coals, then place coals on the lid.
- 18 Check periodically until the biscuits are light golden brown.

Jim Lewis, SMALL Troop 1, Bartlesville, OK

### Stew:I-44 Road Kill

#### Ingredients

2 lbs venison, cubed	1 cup mushroom soup
5 carrots, cut up	½ cups teriyaki sauce
2 large onions, diced	2 cups water
6 medium potatoes, not peeled, but diced large	2 tbs lemon juice
	3 cloves garlic, minced

#### Equipment

Dutch Oven

#### Directions

1. Start this stew in the morning just after breakfast cleanup.
2. Put all ingredients except soup and lemon juice in Dutch oven and keep heated to slow simmer.
3. Add water during day if needed.
4. About 30 minutes before serving, add soup and lemon juice.
5. Thicken with 2 tbs cornstarch in 2 tbs water if too thin.
6. Serve with red chili biscuits.

### Stew:Anni's Simple

#### Ingredients

1 large Can of beef stew  
1 pkg. pre-made biscuits

#### Equipment

Single Pot

#### Instructions

1. Pour stew into pot
2. Put biscuits around the top of the stew leaving the center open.
3. Cover.

- Occasionally stir the stew from the center opening while cooking so that it doesn't burn on the bottom.

### Stew:Beef

#### Ingredients

2 lb stew meat, 1" cubes  
1 large onion, sliced  
3 tbs oil  
1 can (1lb 12oz) tomatoes  
1/2 c flour  
1 clove garlic, minced

2 tsp salt  
1/3 c water  
1/2 tsp pepper  
1 bay leaf  
6 carrots, cut into 1" pieces  
3 medium potatoes, peeled, cubed

#### Equipment

Dutch Oven

#### Directions

- Coat beef cubes with a mixture of flour, salt and pepper.
- Brown in hot oil in bottom of oven.
- While oven is still hot, pour water in and scrape brown bits from bottom.
- Place remaining ingredients into oven and cover.
- Simmer 1 to 2 hours or until meat is tender and potatoes are done.

### Stew:Cabbage Patch

#### Ingredients

1 lb ground meat, beef, turkey, venison  
2 med onions, thinly sliced  
1 1/2 cups coarsely chopped cabbage  
1/2 cup chopped celery  
1 16oz can stewed tomatoes  
1 15oz can kidney beans

1 cup water  
1 tsp salt  
1/4 tsp pepper  
1 to 2 tsp chili powder  
Bisquick dumplings!!!!

#### Equipment

Dutch Oven

#### Instructions

- Cook and stir ground meat in Dutch Oven till browned.
- Drain.
- Add onions, cabbage, and celery.
- Cook, stirring, till veggies are light brown.
- Stir in tomatoes, and kidney beans (with liquid), water, salt, pepper, & chili powder.
- Heat to boiling, then reduce heat and simmer till cabbage is tender.
- Meanwhile..... prepare Bisquick dumplings.
- Drop by spoonfuls into boiling stew.
- Cook uncovered 10 minutes. Cover and cook another 10 minutes.

10. Serve

### **Stew:Chicken**

#### **Ingredients**

2 chickens, cut up	1 tsp black pepper
4 onions, chopped	1 tsp red pepper
1 cup celery, chopped	1 tsp Tabasco
2 green peppers, chopped	1 tbs parsley flakes
2 cups flour	¼ cups green onions, chopped
1 tsp salt	1 cup olive oil

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Brown chicken in olive oil in Dutch oven.
2. Remove chicken and add flour to make roux.
3. Stir constantly until brown.
4. Add onions, celery, and peppers.
5. Cook until soft.
6. Add chicken and 3qt water.
7. Add seasonings and stir well.
8. Let cook until chicken is tender.
9. Add parsley.
10. Cook for 5 minutes and serve.

### **Stew:Chili Dog**

#### **Ingredients**

Hot Dogs, Bratwurst, or Kielbasa	The following are optional:
Hot Dog Buns	Mustard
Chili	Relish
Cheese	Sauerkraut
Onions	

#### **Equipment**

Stew Pot

#### **Instructions**

1. Cook Chili
2. Then add hot dogs, Bratwurst, or Kielbasa
3. Then the hot dog buns, cheese, onions and any of the optional items.
4. Let it cook for about 10-20 minutes.
5. Serve

### Stew:Chuck Wagon

#### Ingredients

2 ½ lbs beef roast, cubed	1 large can tomatoes
2 tbs flour	3 tbs chili powder
1 tbs paprika	1 tbs cinnamon
1 tsp chili powder	1 tsp ground cloves
2 tsp salt	½ tsp dry crushed red peppers
3 tbs olive oil	2 cups chopped potatoes
2 onions, sliced	2 cups chopped carrots
1 clove garlic, minced	

#### Equipment

Dutch Oven

#### Instructions

1. Put mixture of flour, paprika, 1 tsp chili powder, and salt in a gallon zip-lock.
2. Add beef cubes and shake to coat cubes well.
3. Brown in olive oil in Dutch oven.
4. Add onion and garlic and cook until soft.
5. Then add tomatoes, chili powder, cinnamon, cloves, and peppers.
6. Cover and simmer 2 hours.
7. Add potatoes and carrots and cook another 45 minutes.
8. Serve with Red Chili Biscuits. (see listing)

### Stew:Chuck wagon

#### Ingredients

1 lb. ground beef	1 tsp. instant beef bouillon
2 med. potatoes, unpeeled and cut into small pieces	2 Tbs. Worcestershire sauce
2 Tbs. minced onion (optional)	1 16oz. can diced tomatoes (don't drain)
1 ¼ tsp. salt	1 8oz. can cut green beans (don't drain)

#### Equipment

Stew Pot

#### Instructions

1. Brown and drain ground beef. (or you can use dried)
2. Add everything else.
3. Stir, cover and simmer for 20 min. or until potatoes are tender.
4. Stir occasionally

### Stew:Easy Beef

#### Ingredients

2 lb. Stew meat

3 large onions

Potatoes

Corn

Carrots

Peas

Cauliflower

### **Equipment**

Dutch Oven

### **Directions**

- 1 Cut meat into pieces of eating size,
- 2 Cut onion into quarters,
- 3 Cut vegetables and potatoes into desired size for eating.
- 4 Put ¼ inch of oil in Dutch oven and place on coals.
- 5 When oil is hot, add meat and onions.
- 6 Cook until meat is browned.
- 7 Remove pot from fire and drain off excess oil.
- 8 Add all vegetables, potatoes, and mushrooms.
- 9 Add seasoning to taste.
- 10 Add bouillon cubes.
- 11 Add enough warm water to cover vegetables.
- 12 Cover and place pot on coals.
- 13 Put 10 coals on top. Cook until vegetables are tender.
- 14 When vegetables are tender, add corn starch to thicken water mixture.
- 15 Add some Kitchen Bouquet to create browner gravy.

Bruce Rosen, Scoutmaster Troop 1948, Rockville, MD

### **Stew:Genuine Australian Camel**

### **Ingredients**

NOTE:Recipe requires a quite large Dutch Oven, Recommended for entertaining V.I.P's in Camp.

3 Medium sized Camels

1 ton salt

500 bushels Potatoes

1 ton pepper

### **Equipment**

Dutch Oven

### **Directions**

- 1 Cut camels into bite sized pieces, cube vegetables.
- 2 Place meat into pan and cover with 1000 gallons of brown gravy.

2 Beef bouillon cubes

Mushrooms

Seasonings

Cornstarch

Water

Kitchen Bouquet

200 bushels carrots

3000 sprigs parsley

2 small rabbits

1000 gallons of brown gravy.

- 3 Simmer slowly for 4 weeks.
- 4 Garnish with Parsley, Should serve 3800 people. If more are expected add 2 rabbits.

Mr. McGregor's note: I haven't tried this recipe as I have been having trouble obtaining the camels but you may have better luck.

Jim McGregor, Australian Scouter jimmcg@ozemail.com.au

### **Stew:Goulash**

#### **Ingredients**

2 lbs. of ground hamburger	1 very large box of noodles
1 package of Italian sausage	<b>WATER!</b>
4 soup sized cans of Italian tomato sauce	Spices:Garlic, Oregano; be creative and
2 small cans of tomato paste	experiment!

#### **Equipment**

Stew Pot

#### **Instructions**

1. Brown the HAMBERGER and SAUSAGE in the pot and drain any excess grease
2. Add the TOMATO SAUCE and TOMATO PASTE, mix well with the meat.
3. Add the noodles and enough water to cook them, eyeball it or the box might say. It all depends on the type of noodles.
4. Cook until the noodles are soft.
5. CAUTION, THIS MEAL STAYS VERY HOT.

### **Stew:Great Beef Stew**

#### **Ingredients**

1/4 lb chuck steak (cheap) for each person	5 pounds of carrots
5 pounds of potatoes	Salt, pepper, bay leaves, water

#### **Equipment**

Pot

#### **Directions**

- 1 Let the beef cook for 30 minutes after the water is a full boil,
- 2 Throw in carrots & potatoes
- 3 Bring to boil and serve once carrots and potatoes are soft.

Jack Clow, Scouter

### **Stew:Hamburger**

#### **Ingredients**

2 lbs hamburger	2 potatoes cubed
2 carrots cut in to wheels	1 medium white onion cut into rings

beau monde (spice)

salt and pepper to taste

### **Equipment**

Stew Pot

### **Instructions**

1. Put carrots and potatoes in the boiling water a half an hour before you cook your hamburger.
2. Brown hamburger.
3. Drain. put onion rings over hamburger.
4. let cook until wilted and soft.
5. Mix together and let simmer or if on a wood fire set to the side of a grill.
6. Add beau monde, salt and pepper every time you can't smell the beau monde (it is very potent and do this for 5 minutes serve immediately.

Serves 4-5

### **Stew:Hobo**

### **Ingredients**

anything you have.

ie. beef chunks, cans of vegetables, potatoes, etc.

### **Equipment**

Stew Pot

### **Instructions**

1. Brown any meat.
2. Dump out grease,
3. add potatoes chunks or slices, cook about ten minutes with meat and a little water
4. add cans of vegetables,
5. add water as needed and any spices you want.
6. Cook till vegetables are soft and potatoes are done.

### **Stew:Hot Stuff**

### **Ingredients**

2 cups chopped onions

2 cups chopped green pepper

4 cloves garlic

4 tbs olive oil

6 cups canned cooked turkey, ham, chicken  
or combination

2 1 lb cans pinto beans

4 1 lb cans tomatoes

3 tsp chili powder

2 tsp cumin powder

1 jar Pace picante sauce

Tabasco to taste

### **Equipment**

Dutch Oven



## Instructions

1. Sauté onion, garlic, and green pepper with olive oil in large skillet.
2. Pre heat Dutch oven.
3. Mix meat, pinto beans, tomatoes, and onion mixture in Dutch oven and bring to slow boil.
4. Stir frequently to keep beans from sticking.
5. Add chili powder, cumin, and picante sauce.
6. Simmer for 20 minutes and serve.

## Stew:Patrol

### Ingredients

2-3 pounds of hamburger  
2 large onions-fine chopped  
1 canned good from each patrol member  
(anything like vegetables, meats, beans, chilies, just not tuna)

### Equipment

Stew Pot

### Instructions

1. Put Dutch Oven over coals.
2. Put hamburger in oven and brown.
3. Add onions and stir in with meat and let cook until onions are tender.
4. Have each patrol member open their can and pour into the pot.
5. Put lid on pot.
6. Put coals on the lid and let cook for 15-20 minutes.

Note...in all the years we have done this, we have never been disappointed with the delicious results even with the creative choices of the boys.

## Stew:Philmont

### Ingredients

8 oz macaroni	1 can tomatoes with juice
8 oz canned chicken	salt & pepper to taste
1 can corn	

### Equipment

Pot

### Instructions

1. Cook the macaroni until almost done.
2. Drain the water.
3. Add the tomatoes and juice.

4. Bring to a boil.
5. Add the rest and heat through.

Serves 4.

### Stew:Quick

#### Ingredients

Hamburger  
Vegetable Soup

#### Equipment

Pot

#### Instructions

1. Brown Hamburger
2. Drain fat
3. Add soup
4. Simmer for an hour

### Stew:Road Kill

#### Ingredients

8c water  
1 pkg onion soup mix  
2 tsp instant beef bouillon  
½ tsp salt  
¼ tsp pepper  
2 cloves garlic, minced

2 lb. venison, cubed  
1 medium onion, quartered  
4 large potatoes, not peeled, but cut up  
6 carrots, cut up  
biscuit mix

#### Equipment

Dutch Oven

#### Instructions

1. Start this stew in the morning just after breakfast cleanup.
2. Combine water and next 5 ingredients in a Dutch oven.
3. Add venison and veggies.
4. Cover and cook at high simmer all day.
5. About 15 to 20 minutes before serving time, prepare biscuit mix dough and drop by tablespoon onto the top of the bubbling stew.

### Stew:Seminole Squirrel

#### Ingredients

4 squirrels, cleaned and cut into serving pieces

2 cups flour  
4 cups water

12 tbs bacon grease  
Salt and pepper to taste

4 potatoes, cut into chunks

### **Equipment**

Dutch Oven

### **Instructions**

1. Mix flour, salt and pepper in a gallon zip-lock.
2. Add squirrel pieces and coat well.
3. Heat bacon grease in Dutch oven and fry squirrel until golden brown.
4. Pour off ½ of bacon grease and add water.
5. Bring to boil.
6. Return squirrel to oven, cover and reduce heat to simmer.
7. Add potatoes and simmer 1 ½ hours.
8. Serve with corn bread.

### **Stew:Squirrel, Georgia Style**

#### **Ingredients**

2 squirrels, cleaned, cut into 6 pieces each  
2 c bouillon  
Leafy tops of 2 stalks of celery  
1/8 lb salt pork, 1/2" cubes  
2 c fresh lima beans  
2 tbs flour  
2 large ripe tomatoes, peeled

1 tsp salt  
1 c fresh corn kernels  
1/4 tsp pepper  
1 tsp Worcestershire sauce  
2 large onions, thinly sliced  
1-2 tbs flour

#### **Equipment**

Dutch Oven

#### **Directions**

- 1 Fry salt pork until very crisp, then remove pieces from the pan.
- 2 Dredge squirrel in seasoned flour and sauté in hog fat until brown on all sides.
- 3 When nearly brown, add onions and cook until soft.
- 4 Place meat in Dutch oven, together with broth and celery tops.
- 5 Cover and bake at 350 for 1 hour.
- 6 Remove celery tops, add lima beans, tomatoes, corn and Worcestershire sauce.
- 7 Cover and bake until vegetables are tender-about 30 min.
- 8 Skim off excess fat and thicken gravy with flour and 1/2 c cold water.
- 9 Serve hot topped with crisp pork cracklings.

### **Stew:Texas goulash**

#### **Ingredients**

2 can diced tomato/green chili pepper  
1 can red kidney beans (drained)

1 can tomato sauce  
1 package of large elbow macaroni

1 lb of ground turkey, beef, or other meat  
½ to 1 teaspoon of Cayenne red pepper  
Ketchup if desired

1 large onion-diced  
Optional-fresh diced hot peppers

### **Equipment**

Skillet to brown meat etc  
Large pot for macaroni

large colander to drain macaroni

### **Instructions**

1. Put water in pot and bring to boil
2. Add macaroni and boil until a piece tastes like it is cooked (not starchy)
3. Drain the water off.
4. At the same time in a skillet- brown the meat and then add the tomatoes, pepper, beans, onion, etc. (it is a good idea to have it ready to dump in).
5. Mix well in the skillet and heat a few minutes to get hot and then add to the pot of drained macaroni.
6. Stir it up good and it will usually feed the entire patrol and a hungry leader or two.
7. Add more or less ingredients to suit.

## **Stew:Two for a Crew**

### **Ingredients**

2 lb. ground beef  
2 large onions, sliced  
2 large potatoes, sliced

2 cans of mixed vegetables  
2 cans of cream of mushroom soup

### **Equipment**

Dutch Oven

### **Instructions**

1. Line Dutch oven with foil.
2. Brown ground beef and onions in large skillet.
3. Drain.
4. Layer ground beef on bottom of Dutch oven.
5. Layer potatoes.
6. Layer mixed vegetables with liquid from only one.
7. Layer cream of mushroom soup.
8. Place about 5 charcoal briquettes on bottom of -oven and 10-12 on the lid.
9. Bake for 35-40 minutes.

Thanks to Dennis and Ann Adcock, Cahokia Mounds District Staffers

## **Stew:Vegetable Steak**

### **Ingredients**

1 can of soup starter  
1 can of corn

1 bag of whole carrots  
5 large Potatoes

1 can of peas  
1 can of green beans

2 small round steaks  
½ Onion

### **Equipment**

Large stew pot

### **Instructions**

1. Follow instructions on soup starter
2. slice carrots and potatoes
3. Cut steaks into chunks
4. Empty contents from cans and carrots and potatoes.
5. Boil until steak is done, potatoes and carrots are soft, stirring constantly.

Yield:6 servings

### **Stew:Urraca**

### **Ingredients**

Beef Stroganoff with Wild Rice Mix  
Vegetable Soup Mix,

F.D. Corn

### **Equipment**

Pot

### **Instructions**

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

### **Vegetable Soup Leather**

### **Ingredients**

1 soup bone with a good amount of meat on it  
4 medium potatoes, peeled and cubed  
6 large carrots, peeled and cut into rounds

2 large onions, chopped coarsely  
2 cups shredded cabbage  
2 cans tomato paste

### **Equipment**

Dutch Oven

### **Instructions**

1. Boil soup-bone in lightly salted water about 1 hour.
2. Replenish water as needed.
3. Drain bone from pot, remove marrow and meat from bone and set aside.
4. Bring stock to boil and stir in marrow and meat.
5. Add vegetables and simmer until potatoes are beginning to soften.

6. Strain vegetables from stock and let cool on paper towels.
7. Bring stock to boil and let boil until reduced to thick liquid.
8. Scrape sides and bottom frequently to prevent scorching.
9. When thick, add tomato paste.
10. Stir frequently until liquid is reduced to thick paste.
11. Spread paste onto greased cookie sheet.
12. Spread vegetable mixture onto another cookie sheet.
13. Turn oven to warm and place cookie sheets onto top rack.
14. Open oven door slightly.
15. Stock leather is done when firm but flexible.
16. Vegetables are done when completely dry.
17. Store in separate zip lock bags.
18. Store in cool place until ready to use.
19. To reconstitute, cut leather into chunks, put it and vegetables into Dutch oven, cover with water and simmer, stirring occasionally.

## Desserts

### Apple Tort

#### Ingredients

Apples  
Sugar  
butter or margarine

Cinnamon  
Pre-made pie crusts (2) 9 inch size.

#### Equipment

Dutch Oven  
Frying pan

Paring knife

#### Instructions

1. Peel, core, and slice 1, 1-1 ½ lbs apples,
2. Put in a hot skillet with butter or margarine, and sugar until apples start to caramelize.
3. Do not let them burn add butter or margarine as needed and cinnamon.
4. Once caramelized, dish into a Dutch Oven.
5. Place both pie crusts overlapping over the top of the apples covering as much of the apples as possible.
6. Cook for 30-45 minutes, or until pie crust is golden brown.
7. Dump onto plate, slice and serve

### Baked Bananas

#### Ingredients

Bananas  
Mini-marshmallows  
Chocolate chips

Peanuts  
Reeses Pieces", Etc.

#### Equipment

Foil Pouch

Campfire  
Tin foil

Knife

#### Instructions

1. With a knife, cut a ¾ inch "V" shaped channel into the top (inner part of curve) of the banana
2. remove flesh.
3. Place mini-marshmallows, nuts, chocolate chips, or what have you in the banana.
4. Replace slice of flesh, so that banana is stuffed.
5. Wrap with tin foil and place in coals of campfire.
6. Banana will lay on its "side", roast each side five minutes.
7. Remove with tongs.
8. Slice through tin foil on "top" of banana, and

9. peel foil back.

### Baked Stuffed Apples

#### Ingredients

12 tart red apples  
2 cups brown sugar  
½ cups seedless raisins  
2 tbs grated orange peel

½ cups soft margarine  
2 cups very hot water  
12 tbs orange juice concentrate

#### Equipment

Dutch Oven

#### Instructions

1. Wash, core, and stem apples, but don't peel.
2. Stand them in the bottom of a foil lined Dutch oven.
3. Stuff with 1 cup of brown sugar, raisins, And orange peel equally.
4. Fill with margarine and sprinkle remaining sugar over tops.
5. Pour hot water in oven.
6. Spoon 1 tbs juice concentrate over the top of each apple.
7. Cover oven and place coals on top to low heat and bake 2-3 hours.

### Banana Boats

#### Ingredients

Banana  
Chocolate

Marshmallows

#### Equipment

Foil Dinner

#### Instructions

1. Put your banana in the foil, **\*\*NOT PEELED\*\***
2. cut a slit from end to end,
3. add chocolate and marshmallows
4. cover tightly with foil
5. let cook over fire for about 10-15,
6. I also like adding peanut butter, nuts, etc.

### Black Walnut Brittle

#### Ingredients

2 cups sugar  
1 tsp salt  
1 cup light corn syrup

2 cups raw black walnuts  
½ cups water  
2 tsp baking soda

#### Equipment



Pot

### Instructions

1. Combine all ingredients except baking soda and walnuts in a large skillet.
2. Stir with wooden spoon until well blended.
3. Cook over medium high heat until syrup comes to a full rolling boil.
4. Add walnuts to syrup mixture.
5. Cook 10-11 minutes or until syrup begins to turn golden.
6. Remove from heat and stir in baking soda.
7. Pour onto two well-greased cookie sheets evenly.
8. Spread brittle to desired thickness and allow to cool.
9. Remove from sheet and break into pieces by striking with the back of a knife.
10. Store in zip-lock bags.

### Blackberry Jam Cake w/Carmel Icing

#### Ingredients

1 cup margarine	1 tsp baking soda
2 cups sugar	1 cup raisins
5 large eggs, beaten	1 cup pecans
3 cups flour plus 1 tbs	1 cup blackberry jam
1 ½ tsp allspice	Icing
1 ½ tsp ground cloves	3 cups brown sugar
½ tsp cinnamon	1 cup evaporated milk
¼ tsp salt	½ cups margarine
1 cup buttermilk	

#### Equipment

Box Oven

### Instructions

1. In a medium pot, cream together the margarine and sugar.
2. Add eggs and combine well.
3. In a large pot, mix well flour, allspice, cloves, cinnamon, and salt. In a small pot, combine buttermilk and baking soda.
4. Add the butter mixture to the flour mixture alternating with the buttermilk mixture.
5. Mix well each time.
6. Add raisins, pecans, jam, and 1 tbs flour.
7. Stir well until combined.
8. Line the bottoms of 2 greased 9in cake pans with wax paper and grease the paper.
9. Pour the batter into the pans and bake in a cardboard oven at 325 for 40 minutes.
10. Let cool for 15minutes, then invert, remove layers and cool completely.

Icing:

1. In a small pot, combine brown sugar, evaporated milk, and margarine.
2. Cook over mod-low heat, stirring until the sugar is dissolved.

3. Continue to cook until it registers 238f on a candy thermometer.
4. Transfer to a bowl, bake until it cools to a spreading consistency.
5. Frost the layers.

### Blueberry Tacos

#### Ingredients

Pancakes,  
Lots of Blueberries

#### Equipment

Skillet

#### Instructions

1. fold the pancake like a taco and put blueberries in it.

### Bread Pudding:Grandma Audleman's

#### Ingredients

2 c Milk	2 eggs
2 tsp cinnamon or nutmeg	8 slices week old bread
1/4 c Butter	1/2 c Sugar
1/4 tsp salt	1/2 c Raisins

#### Equipment

Dutch Oven

#### Directions

- 1 Dice bread into small cubes.
- 2 Beat eggs and salt together.
- 3 Place milk and butter in 2 qt saucepan and heat until scalded.
- 4 Mix in bread sugar cinnamon and eggs.
- 5 Stir until bread is well soaked.
- 6 Stir in raisins and pour mixture into 1 1/2 qt casserole dish and put into Dutch oven on a trivet.
- 7 Bake until toothpick comes out clean at 350, about 30-40 min.
- 8 Top with cinnamon sugar or brown sugar.

Magretta Audleman, Shalimar, Fl

### Bread Pudding:Indian

2 c milk	1/4 c Molasses
1/4 tsp Ginger	1/2 tsp Salt
1/4 c Yellow cornmeal	1 tbs butter
1 egg	1/2 tsp Cinnamon
2 tbs Sugar	

## Equipment

Dutch Oven

## Directions

- 1 Place 1 1/2c milk in Dutch oven and heat to scalding.
- 2 Combine cornmeal, sugar, salt, cinnamon and ginger, add to milk stirring constantly.
- 3 Cook 2 min.
- 4 Combine egg, molasses and butter.
- 5 Add small amount of the hot milk mixture, slowly.
- 6 Then add to remaining milk mixture.
- 7 Stir and cook until thickened, 2-5 minutes.
- 8 Pour remaining milk OVER (do not stir in!) pudding.
- 9 Cook until set, 5 minutes.
- 10 LET STAND 10 to 15 minutes before serving.

## Candy Apples

### Ingredients

cored apples(not sliced)  
pineapple  
cherries

raisins  
pineapple juice(from can),

### Equipment

Dutch Oven

### Instructions

1. Put whole cored apples into Dutch Oven so it fills it up(which is about 5 or 6 apples depending on the size of the Dutch Oven)
2. Put raisins where the cores of the apples were.
3. When you finish with that, put a slice of pineapple on each apple and put a cherry in the middle of each pineapple.
4. Pour a little bit of pineapple juice over everything.
5. When this is done, cover the oven and let it sit under hot coals for 30 minutes.

## Candy Kisses

### Ingredients

1-pkg,chocolate pudding  
1/2 cup evaporated milk  
1 cup sugar

1 tbsp.butter  
1 cup salted peanuts

### Equipment

2qt.saucepan  
wooden spoon

Rubber Spatula  
waxed paper

### Instructions

1. Mix all ingredients except peanuts
2. Boil 3 mins
3. Remove from heat
4. Add peanuts and beat till mixture begins to thicken
5. Drop by teaspoonful onto wax paper

## Cheap Pie

### Ingredients

2 slices bread  
margarine  
cinnamon sugar

jam or fruit pie filling  
heavy foil

### Equipment

Foil Pouch

### Directions

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

Dennis A. Schmitt

## Cheesecake:Devil's Tooth

### Crust:

1/2 cube melted butter  
1 pkg chocolate cookie wafers (Nabisco),  
crushed.

Mix butter and crumbs and press into a 10-  
inch Dutch Oven, going up the sides at least  
1-inch.

### Filling:

2 pkgs 8-oz cream cheese  
1 cup sugar  
1 16-oz tub ricotta  
6 eggs  
1/2 cup sour cream

1.5 tsp almond flavoring  
1.5 tsp vanilla  
12 oz Nestles chocolate chips  
1/4 cup butter  
1/2 cup whipping cream.

### Equipment

Dutch Oven

### Directions

- 1 Mix first five ingredients (cream cheese, sugar, ricotta, eggs, sour cream) until smooth.
- 2 Melt chips, butter and whipping cream over low heat until smooth.
- 3 Add almond flavoring.
- 4 Pour 1/3 of white mixture into chocolate mixture and mix well.
- 5 Pour this into crust.

- 6 Add vanilla to remaining white mixture and carefully pour this over the chocolate layer already in the Dutch.
- 7 This is very dense and takes about 1.25 hours to bake, so be patient.
- 8 It is done when the top cracks and is firm.
- 9 This dessert is great warm, but to true chocoholics, it becomes the ultimate after cooling all night in the cold Idaho mountain air and enjoyed with a cup of morning coffee.

Craig Bond, Scouter

### Cherry Crisp

2 cans cherry pie filling  
2 sticks butter, melted

1 white cake mix  
1-3/4 c chopped nuts

#### Equipment

Dutch Oven

#### Directions

- 1 Pour pie filling in bottom of oven.
- 2 Sprinkle cake mix over top and DO NOT STIR.
- 3 Top with nuts.
- 4 Pour melted butter over top.
- 5 Bake for about 30 min at 350 degrees.

### Cherry/Pineapple Dump Cake

#### Ingredients

2 Betty Cocker Yellow Pudding Cake mixes,  
4 Pats butter,

1 lg can Cherry Pie filling,  
1 lg can Pineapple pieces,  
½ cup water

#### Equipment

Dutch Oven

#### Instructions

1. Pour in both cans of fruit
2. dump in both cake mixes, spread lightly.
3. Add 4 pats butter cover and cook for about 30 min. or till golden.

Feed about 8 boys.

### Choco-Chip Pie

#### Ingredients

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.

## Equipment

Pie Pan

## Directions

1. Mix the pudding mix, water, and milk.
2. Let set for a few minutes and then fold in the chips.
3. Pour into the crust.
4. Whip up the Cool Whip mix and top the pie.
5. Sprinkle a few chips on top.

Serves 6

## Choc-dot Bananas

### Ingredients

Bananas (1 per patrol member)

Chocolate chips

### Equipment

Foil

### Instructions

1. Cut a "door" in one side of the banana in the middle.
2. Scoop out a section of the flesh and put in a bowl.
3. Fill space with chocolate chips and cover with the banana scooped out earlier.
4. Wrap in foil and place in camp-fire.  
(Can be put in hot embers, camp oven or on a tray above fire)
5. Leave till choc chips melt.
6. Unwrap and serve with custard.

## Chocolate Cherry Cake

### Ingredients

2 Regular size cans cherry pie filling  
1 Chocolate cake mix, not the pudding kind.  
The cheap store brand kind  
Water

Eggs  
Butter  
Cinnamon a good dash

### Equipment

Dutch Oven

### Instructions

1. Line the oven with foil, Put the pie filling on the bottom, and add about ½ can of water, some dots of butter, and cinnamon,
2. Mix the cake mix according to the box directions, and put on top.

3. Bake about 30 to 35 min.
4. Check after 20 min.
5. Done when top is no longer wet.
6. Serve with Ice cream or whipped cream in a can.

### Chocolate Lover's Upside Down Cake

#### Ingredients

1 cup flour	½ cups milk
¾ cups sugar	1 tsp vanilla
2 tsp baking powder	2 tbs melted margarine
¼ tsp salt	1 cup chopped pecans
5 tsp cocoa	1 cup boiling water
Topping	
½ cups sugar	¼ cups cocoa
½ cups brown sugar	

#### Equipment

Dutch Oven

#### Instructions

1. In small pot, mix flour, sugar, baking powder, salt, and cocoa.
2. Stir in milk and vanilla.
3. Add melted margarine and pecans.
4. Line Dutch oven with foil, grease and flour.
5. Pour batter into oven.
6. Combine sugar, brown sugar, and cocoa.
7. Spread mixture over cake batter.
8. Pour 1 cup boiling water over top of cake.
9. Bake at 350 degrees for 30-35 minutes.
10. When done, carefully turn oven over with lid on.
11. Attempt to remove cake on lid.
12. When cool, carefully peel off foil and serve.

### Chocolate Pineapple Upside Down Cake

#### Ingredients

12 oz pineapple rings	1 jar maraschino cherries
1 box chocolate cake mix	¼ cup brown sugar
ingredients on cake mix as needed	4 TBLS butter

#### Equipment

Dutch Oven

#### Instructions

1. Place pineapple rings in a layer on the bottom.

2. Place cherries in the holes and between the rings as desired.
3. sprinkle brown sugar over the fruit, and place butter in small pieces all over.
4. place all cake ingredients in the zip lock,
5. remove all of the air and seal bag.
6. knead mix in the bag until mixed.
7. pour cake mix over fruit.
8. spread 10 bricks of charcoal under Dutch Oven and the remainder on top spaced evenly.
9. check in 10 min with a knife or clean stick.
10. if cake mix sticks, cover for 5 min and repeat check as necessary.

### Chocolate Tortillas

#### Ingredients

2 flour tortillas  
chocolate bar or chips

mini Marshmallows  
vegetable. oil

#### Equipment

Skillet

#### Directions

1. Heat skillet with oil, Add tortilla.
2. Add chocolate chips or pieces of bar and the marshmallows.
3. Cover with second tortilla and flip.
4. Cover until chocolate melts.

### Cinnamon Crisps

#### Ingredients

$\frac{3}{4}$  cups sugar  
 $\frac{1}{3}$  cups shortening  
 $\frac{1}{3}$  cups margarine  
1 tsp cinnamon

$\frac{1}{4}$  cups milk  
2 tsp baking powder  
 $\frac{1}{2}$  cups flour

#### Equipment

Box Oven

#### Instructions

1. Cream together sugar, shortening, and margarine.
2. Add rest of ingredients and mix well.
3. Add a little more milk, enough to make a dough that can be rolled.
4. Roll out very thin and cut.
5. Bake in cardboard oven at 400 for 15 minutes.

### Cobbler:Apple

#### Ingredients



10-15 good sized granny smith apples  
½ Box of Brown Sugar  
1 Box Yellow Cake Mix

1 Stick Butter (Unsalted)  
Cinnamon

### **Equipment**

Dutch Oven

### **Instructions**

1. Core, and slice apples into about 6 pieces per apple
2. Place sliced apples in bottom of oven.
3. Sprinkle the brown sugar on top of apples.
4. Cover the apples and brown sugar with yellow cake mix, do not mix.
5. Cut up the stick of butter and place pats of butter on top of the cake mix.
6. Sprinkle with a little cinnamon powder.
7. Place about 10 charcoal briquettes underneath oven and around 10-15 on top.
8. Cooking usually is 45-mins to an hour depending on temperature / wind conditions.
9. Check after 30-45 minutes, it is done when the crust starts to brown and you can see the apples/brown sugar mixture bubbling up through the crust.

### **Cobbler:Apple/Peach**

#### **Ingredients**

Peaches  
Apples, whichever kind of fruit you'd like

Cinnamon sticks  
Muffin topping

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Open your can(s) of fruit and drain most of the juice from them.
2. Place fruit in the Dutch Oven, and add 2-3 cinnamon sticks.
3. Then mix up muffin topping, (plain, blueberry, raspberry) and place on top.
4. Do not make topping to runny, as this will not cook properly.
5. Then add muffin topping to Dutch Oven.
6. Place lid on, and put into the pit, when the charcoal is ready.
7. If you're not using charcoal, place in pit when you have moved embers from main fire.
8. Then add another layer of Charcoal on top of the Dutch Oven, and cook for 35-45 minutes.
9. Occasionally check, but be careful as not to spill ashes into cobbler.

### **Cobbler:Blackberry**

#### **Ingredients**

4 tbs cornstarch  
3 cups sugar  
2 tbs lemon juice

8c blackberries  
2 cups flour  
2 tsp baking powder

1 tsp salt

12 tbs margarine, softened

### **Equipment**

Dutch Oven

### **Instructions**

1. In a medium pot, stir together the cornstarch and ½ cups cold water until cornstarch is dissolved.
2. Add 2 cups sugar, lemon juice, and blackberries.
3. Stir well.
4. Transfer to a large skillet.
5. In a large pot, combine 1 cup sugar, baking powder, flour, and salt.
6. Blend in margarine until mixture resembles coarse meal.
7. Add ½ cups boiling water and stir until it forms a dough.
8. Bring the blackberry mixture to a boil.
9. Stir often to prevent scorching.
10. Drop dough by spoonfuls onto the mixture.
11. Remove from stove and bake in Dutch oven at 400 for 20-25 minutes.

### **Cobbler:Black Forest**

#### **Ingredients**

1 Chocolate cake mix

1-2 Hershey bars (you can never have too much chocolate.)  
chopped walnuts if your crew likes 'em

1 Cherry pie filling

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Pour Cherry pie filling into Oven
2. Add the cake mix on top:\*\*do not stir \*\* (Follow cake recipe for a richer texture)
3. Add the walnuts if the crew will let you.
4. Break up the Hershey bar on top so it will melt.
5. Cooking time approx 45 min.

### **Cobbler:Carmel Apple**

#### **Ingredients**

2-4 cans apple pie filling, amount depends on size of Dutch Oven

1-2 Carmel Cake Mixes

Squeeze margarine

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Place the pie filling in a foil lined Dutch Oven.
2. Top with dry cake mix.
3. Cover generously with squeeze margarine and bake with coals underneath and on top of the oven for about 45 minutes.
4. Cobbler is done when the top is golden brown and bubbly.
5. Cooking time may vary according to size of oven, amount of coals, etc.

### **Cobbler:Cherry & Cinnamon Roll**

#### **Ingredients**

- (2) 16 oz. can Cherry Pie Filling
- (2) Packages Cinnamon Rolls

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Line Dutch Oven with foil.
2. Dump cherry pie filling into Dutch Oven.
3. Place over fire until filling bubbles.
4. Place Cinnamon Rolls on top of filling.
5. cover and bake as per instruction on cinnamon rolls adding 2 min. to time

### **Cobbler:Cherry Biscuit**

#### **Ingredients**

- 5-9 cans of biscuits
- 4-8 cans of cherry pie filling

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Layer bottom of Dutch Oven with biscuit dough
2. Pour 1-2 cans of cherry filling in
3. Layer biscuits
4. Continue until top layer is 3-5"From the top of the Dutch Oven. (this gives the biscuits room)
5. Place on fire and put a few coals around the top.

### **Cobbler- Dump**

#### **Ingredients**

- |  |          |
|--|----------|
| 1 pkg yellow or white cake mix                   | Cinnamon |
| 2 cans pie filling or 1 large can fruit cocktail | Butter   |

## Equipment

Dutch Oven

## Directions

- 1 Pour cans of filling or fruit cocktail in bottom of Dutch oven.
- 2 Sprinkle cake mix over top of fruit, DO NOT STIR!
- 3 Sprinkle with cinnamon and cut pads of butter and let fall on surface.
- 4 DO NOT STIR, it will burn.
- 5 Cover and bake until bubbly and top is lightly browned, about 30-45 min.
- 6 Any combination of fruits can be used.
- 7 I recommend 1 can apple filling and 1 can of fruit cocktail.

## Cobbler- Easy Peach

### Ingredients

1 Box Duncan Hines yellow cake mix	Oil (at least 1/3 cup plus 4 teaspoons)
2 29 oz cans sliced peaches (or equivalent)	1 teaspoon cinnamon
3 eggs	Water
1 cup sugar	Large Ziplock bag to mix cake in
1/2 cup brown sugar	

### Equipment

Dutch Oven

## Directions

- 1 In Ziplock bag, mix cake mix, 3 eggs, 1 and 1/3 cup water, 1/3 cup oil.
- 2 Preheat oven over 8 burning coals.
- 3 Add 4 teaspoons oil to pot.
- 4 Add 1/2 cup brown sugar to pot
- 5 When sugar has melted, dump in peaches (with no more than 1/2 cup of the juice), Add 1 cup sugar, Add 2 teaspoons cinnamon . . . and . . .Stir.
- 6 Pour cake batter on peaches S-L-O-W-L-Y
- 7 Put lid on oven and add 12 burning coals on top of lid.
- 8 After 15 minutes remove oven from coals on bottom and continue baking from top until cake is brown and cake is done (check with toothpick).
- 9 Allow cake to cool 30 minutes before serving.

Bruce Rosen, Scoutmaster Troop 1948, Rockville, MD.

## Cobbler:Fruit Cobbler

### Ingredients

2 cups Flour	1 cup Sugar
2 tsp. Baking Powder	1 stick Margarine
1/2 tsp.Salt	2 cups Milk
( or substitute 2 cups of baking mix )	3 cans Fruit in Heavy syrup

## Equipment

Dutch Oven

## Directions

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

## Cobbler-"Mother of Invention"

### Ingredients

1 box yellow cake mix  
2 boxes Jiffy brand cornbread (or muffin)  
mix  
2 eggs

2 Tbs vegetable oil  
Ingredients required by cake mix  
Water to make a medium-thick batter  
1 can pineapple chunks or crushed pineapple

### Equipment

Dutch Oven

## Directions

- 1 Combine all 3 boxes of mixes together, mixing well.
- 2 Add the oil and eggs, and any other ingredients that your particular cake mix calls for.
- 3 Add water until the resulting batter is fairly thick yet.
- 4 This doesn't seem to be too critical, except if it is too thick it seems to burn easier.
- 5 Preheat the Dutch oven slightly and oil up good.
- 6 Add the batter.
- 7 Drain the pineapple juice and spread the pineapple out evenly over the top of the batter.
- 8 Place the cover on the oven. Use a very small amount of coals on the bottom, about four or five charcoal briquettes worth.
- 9 Cover the oven top with coals, and bake for about 30 minutes.
- 10 Replenish the coals on top if needed.

Steve Tobin, Scoutmaster

## Cobbler:Peach

### Ingredients

large can of peaches in heavy syrup  
yellow or white cake mix

stick of butter  
cinnamon

### Equipment

Dutch Oven

### Instructions

1. pour can of peaches in bottom of oven.
2. cover with cake mix
3. cut butter into pats and place evenly over cake mix.
4. sprinkle with cinnamon.
5. cover oven, set on coals and put some coals on top of oven.

cook for ~45 min.

### Cobbler:Pineapple

#### Ingredients

One can crushed pineapple

One box yellow cake mix

One can pie filling (apple, cherry etc.)

One stick butter/margarine

#### Equipment

Dutch Oven

#### Instructions

1. Pour crushed pineapple and juice into Dutch Oven, then add pie filling.
2. Next empty cake mix evenly on top but do not mix ingredients.
3. Cut butter into small pats and distribute over top of cake mix.
4. Put lid on Dutch Oven and bake in camp fire with coals on top and bottom for about 45 minutes.

### Cobbler:Pudding

#### Ingredients

4 Cans of Fruit filling

3 boxes of plain cake mix

2 Boxes of instant French Vanilla Pudding

1 12OZ can of Sprite or 7-Up

#### Equipment

Dutch Oven

#### Instructions

1. Spread 2 boxes of cake mix into Dutch Oven
2. Pour in all of the pie filling
3. Form a ring around the edge with the remaining box of cake mix
4. Spread the pudding mix into the center
5. Pour the can of Soda over the whole mix
6. Cook in Dutch Oven

### **Cobbler:Trail**

#### **Ingredients**

2 cups biscuit mix	1 can fruit, drained
1 cup margarine	2 cups milk or water
2 cups sugar	

#### **Equipment**

Dutch Oven

#### **Directions**

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

serves 8.

John G. Ragsdale

### **Cookies:Chocolate Chip**

2-1/4 c all purpose flour	3/4 c sugar
2 eggs	3/4 c brown sugar
1 c butter, softened	1 tsp vanilla extract
1 (12oz) semi-sweet morsels	

#### **Equipment**

Dutch Oven

#### **Directions**

- 1 In large bowl, combine butter, sugar, brown sugar, and vanilla extract.
- 2 Beat until smooth.
- 3 Beat in egg.
- 4 Gradually add flour.
- 5 Stir in chocolate chips.
- 6 Drop onto ungreased pie tin or aluminum pan.
- 7 Place on trivet or inverted pie tin in 350 Dutch oven

### **Cookies:No Bake**

#### **Ingredients**

2 cups white sugar	2 T. butter
1 1/2 t. vanilla	3 cups rolled oats
1/2 cup milk	1/2 cup peanut butter, creamy or crunchy
1/4 cup cocoa	
OPTIONAL:one or two	
1 cup mini marshmallows	
1/2 cup butterscotch chips	

## Equipment

Pan for fire, or #10 silver can with opened on one end(you can puncture two holes at top and insert a cut hanger to use as a hanger)

Mixing Spoon

Measuring cup

teaspoon

waxed paper

## Instructions

1. Mix 1st 5 ingredients thoroughly.
2. Boil 1 minute.
3. Remove from heat.
4. Stir in remaining ingredients.
5. Drop on waxed paper and allow to cool

## Cookies:Sugar

1/2 c softened butter

1/2 tsp salt

1 c sugar

2 tsp baking powder

1 egg

2 c flour

1/2 tsp vanilla extract

## Equipment

Dutch Oven

## Directions

- 1 Combine butter and sugar, stirring until well mixed.
- 2 Blend in egg and vanilla.
- 3 Add remaining ingredients and mix well.
- 4 Drop onto greased pie tin or aluminum pan.
- 5 Place on trivet or inverted pie tin in 400 Dutch oven.
- 6 Bake for 6 to 7 min.

## Dried Apple Cakes

### Ingredients

1/2 lb dried apples, chopped

4 cups water

1 cup sugar

1 recipe dry baking mix

1 1/2 cup sourdough starter (see listing)

1/2 cup brown sugar

1 tsp cinnamon

1/2 tsp nutmeg

1/4 cups margarine

## Equipment

Dutch Oven

## Instructions



1. Cook dried apples in 4 cups water until tender.
2. Drain and save juice.
3. Measure 2 cup juice, adding water if needed.
4. Mix ¼ cup sugar with dry baking mix; stir in sourdough starter to moisten flour.
5. Turn out onto a floured surface, knead lightly, pat or roll to a 12x18in rectangle.
6. Sprinkle with apples.
7. Roll, starting at short end; cut into 12 slices.
8. Put remaining sugar, brown sugar, cinnamon, nutmeg, margarine and the 2 cups apple liquid into a Dutch oven.
9. Bring to boil.
10. Gently lower apple cake slices into hot syrup.
11. Bake for 35-40 minutes.

### **EZ Single-Serve Pineapple Cake**

#### **Ingredients**

1 pkg Marianne cake shells,  
1 can pineapple rings,

Brown sugar,  
Optional:one cherry for each cake

#### **Equipment**

AL Foil

#### **Instructions**

1. Place a spoonful of brown sugar in indentation in cake shell.
2. Place 1 pineapple ring on top of shell.
3. Sprinkle brown sugar on top of pineapple and place cherry in centre of ring.
4. Wrap in tinfoil and cook upside down on grate over campfire until sugar melts.

### **Foiled Again Apples**

#### **Ingredients**

Apples  
Crushed Pineapple

Raisins  
Cinnamon Sugar

#### **Equipment**

Foil Pouch

#### **Directions**

1. Place a peeled and cored apple on a double square of heavy foil.
2. Fill center with 1 T crushed pineapple and raisins.
3. Sprinkle generously with cinnamon sugar.
4. Fold foil around each apple and seal tightly.
5. Place in glowing coals and bake 20-40 minutes depending on size.
6. You can also try cinnamon candies for filling.

Ed Bailey

### Frosted chocolate

#### Ingredients

two scoops ice cream(don't use chocolate)  
¼ of a cup chocolate syrup  
2 cups milk

#### Equipment

blender or shake pot

#### Instructions

put all ingredients in the blender or shake pot and blend or shake

### Frozen Bananoids

#### Ingredients

½ bag chocolate chips	1 cup chopped walnuts
¼ cup milk	4-5 bananas
½ bag coconut	

#### Equipment

tongs, waxed paper, 2 bowls, paper plates, double boiler

#### Instructions

1. Put a cup or 1 ½ cups in the bottom pan of the double boiler.
2. Put the chocolate and milk in the top part, turn the heat on low, and stir a lot.
3. Cook for about 5 min. or until chocolate is melted.
4. Put in the chopped walnuts in 1 bowl and the coconut in the other.
5. Put a big piece of waxed paper on the table, and a smaller piece on each paper plate.
6. Peel 1 banana, cut it into thirds, and use your tongs or a fork to dip it in the chocolate.
7. Make sure it's all covered, then roll it around in the nuts or coconut (or both).
8. Set it on the wax-covered paper plate and start again.
9. Once you're finished with the bananas, put the filled plates in the freezer and wait as long as you can stand it.

### Fruit Compost

#### Ingredients

1 cup dried fruit bits	1 teaspoon cinnamon
1/2 cup sugar	graham cracker

#### Equipment

Pot

#### Directions

1. Rehydrate the fruit in enough boiling water to cover the fruit.
2. Let simmer with the sugar and cinnamon till fruit is soft and the liquid is thick.
3. Don't let the sugar burn.
4. Top with graham cracker crumbs.

I. B. Wisenheimer

## **Fruit Pie**

### **Ingredients**

#### Pie Crust

2 cups Flour  
1/2 tsp. Salt  
2/3 cup Shortening  
5 to 7 tbs. Water

#### Filling:

2 cans Fruit Pie Filling

### **Equipment**

Dutch Oven

### **Directions**

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.
4. Repeat till all is moist. (or let rain take care of it)
5. Form into a ball. Divide in half. (Not you, the ball of dough)
6. Roll out one half on a floured surface.
7. Fit pastry in a small frying pan. (less than 12" diameter, without handle)
8. Add 2 cans of fruit pie filling. (don't over fill)
9. Roll out second half, Cut into strips. Lattice-top of the pie. (Martha Stuart would be proud)
10. Cook in a 12"Dutch oven until hot and the crust is brown.

## **Fudge Brownies**

### **Ingredients**

4oz unsweetened chocolate	1 tsp vanilla
1 cup margarine, softened	1 cup flour
2 cups sugar	3/4 cups walnuts, chopped
3 large eggs	1 pinch salt

### **Equipment**

Box Oven

### **Instructions**

1. In a small pot, melt the chocolate and ½ cups margarine over low heat, stirring constantly until smooth.
2. Let cool completely.
3. In a medium pot, cream together the remaining margarine and sugar until smooth.
4. Add eggs, one at a time, and mix well after each egg.
5. Stir in vanilla and chocolate mixture.
6. Add flour and pinch of salt.
7. Stir well.
8. Stir in walnuts.
9. Pour into a greased and floured 13x9x2 pan and bake in cardboard oven at 350 for 30-40 minutes.
10. Let cool completely before cutting into squares.

### Giant Cinnamon-Pecan Ring

#### Ingredients

2 loaves frozen bread dough	½ chopped pecans
½ cups sugar	½ cups margarine, melted
2 tsp cinnamon	½ tsp vanilla
1 ¼ cups powdered sugar	4 tsp milk
½ cups packed brown sugar	pecan halves

#### Equipment

Dutch Oven

#### Instructions

1. Lightly grease inside of Dutch oven.
2. On a lightly floured surface, flatten thawed dough slightly.
3. Cut each loaf into 4 pieces.
4. Form each piece into a rope about 18in long.
5. Brush each rope with melted margarine on all sides.
6. Stir together sugar, brown sugar, and cinnamon.
7. Place mixture on sheet of foil.
8. Roll rope in sugar mixture to coat evenly.
9. Shape rope into a coil in the center of the Dutch oven.
10. Roll another rope in sugar.
11. Attach securely to end of first rope and continue coil.
12. Do the same with remaining ropes.
13. Sprinkle with chopped pecans.
14. Cover and let rise for about 30-40 minutes.
15. Bake at 350 for 30 minutes.
16. Cover with foil last 15 minutes to prevent browning if necessary.
17. Cool about 15 minutes.
18. Stir together powdered sugar, vanilla, and enough milk to make glaze and spoon over cake.

## Hawaiian Pie

### Ingredients

1 stick margarine, melted	½ cups chopped nuts of choice
1 cup sugar	1 tsp vanilla
2 eggs, slightly beaten	1 tsp white vinegar
½ cups coconut	1 unbaked pie shell
½ cups raisins	

### Equipment

Dutch Oven

### Instructions

1. Combine margarine, sugar, and eggs in small pot.
2. Add remaining ingredients, mix well and pour into pie shell.
3. Put large pot lid upside down in bottom of Dutch oven and place pie on lid.
4. Bake at 350 for 30 minutes.
5. Let stand in oven about 5 minutes after removing from coals ore attempting to remove pie.

Thanks to Mike Audleman -- a Prodigy Scouter

## Hickory Nut Cake

### Ingredients

1 cup hickory nut meats	5 tsp baking powder
¾ cups shortening	1 ½ cups milk
1 ½ cups sugar	1 tsp vanilla
3 cups flour	3 egg whites, beaten until stiff
¾ tsp salt	

### Equipment

Box Oven

### Instructions

1. Combine shortening and sugar.
2. Mix well.
3. Place flour, salt, and baking powder into gallon zip-lock and shake until well mixed.
4. Pour milk into medium pot and add dry ingredients to make batter.
5. Stir until smooth.
6. Add hickory nut meats and vanilla.
7. Fold in beaten egg whites.
8. Pour batter into greased cake pan and bake in cardboard oven bake 350 for 45 minutes or until knife inserted into center comes out clean.

## Ice Cream in a bag

### Ingredients

¼ tsp. vanilla  
1 tbsp. sugar  
½ c. milk(¼ milk:¼ half&half)  
Rock Salt and ice

### Equipment

Ziploc Bags (Small and Large)

### Instructions

1. Pour ingredients into smaller bag and seal
2. Put smaller back into larger bag, add rock salt and Ice
3. shake(rocking works better) until thick.
4. Be sure to wipe salt water from top of sm. bag before opening, so it won't mix with ice cream.

## Instant Pie

### Ingredients

1 box instant pudding mix, graham crackers.  
1/4 cup instant milk

### Equipment

Pie Pan

### Directions

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

Serves 3-4.

Dennis A. Schmitt

## Jam Cake

### Ingredients

1 ½ cups sugar	1 tsp cloves
1 cup margarine	1 ½ tsp baking soda
2 eggs, beaten	14 tbs sour milk
1 tsp cinnamon	2 cups flour
1 tsp allspice	1 small jar fruit jam

### Equipment

## Box Oven

### Instructions

1. Cream together sugar and margarine.
2. Add eggs and spices.
3. Dissolve baking soda in sour milk and add to mixture.
4. Add fruit jam. Mix well and add flour to make batter.
5. Bake in a loaf pan in cardboard oven at 350 45 minutes.

## Java Coffee Cake w/Espresso Glaze

### Ingredients

#### Cake:

2 cups flour	2 large eggs
1 tsp baking powder	2 tsp vanilla
½ tsp baking soda	1 cup sour cream
¼ tsp salt	2 tbs instant espresso, dissolved in 1 tbs hot water
¾ cups margarine, softened	
1 cup sugar	

#### Glaze:

3 tbs strong brewed coffee	¾ cups powdered sugar
1 ½ tsp instant espresso powder	

### Equipment

## Dutch Oven

### Instructions

1. In a medium pot, mix together flour, baking powder, soda, and salt.
2. In a large pot, add sugar to the margarine slowly, and cream together.
3. Add eggs, one at a time, beating well after each.
4. Beat in the vanilla.
5. Add the flour mixture alternately with the sour cream.
6. Begin and end with the flour.
7. Blend well after each addition.
8. Transfer about 1/3 batter to a small pot and blend in espresso mixture thoroughly.
9. Spoon ½ plain batter into a well greased Dutch oven.
10. Spoon coffee batter over the plain, spreading evenly.
11. Spoon remaining plain batter and spread evenly.
12. Bake at 350 for 1 hour.
13. Let cool for 30minutes, then turn out to cool completely.
14. Mix glaze ingredients together and pour over cake.
15. Let stand for 10 minutes to let glaze set. Serve warm.

## Joy's Joy

### Ingredients

1/2 cup sugar  
3/4 cup light Karo Syrup  
waxed paper

### Equipment

Skillet

### Directions

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

*Variety: add 1/4 cup miniature chocolate chips.*

Joy Schmitt

## Maple Custard Pie

### Ingredients

1 cup brown sugar  
1/4 tsp maple extract  
1 tbs cornstarch  
3 eggs, beaten  
2 uncooked pie shells

1 1/2 cups scalded milk  
2 tbs margarine, melted  
1/2 cups cold milk  
pinch of salt  
nutmeg

### Equipment

Dutch Oven

### Instructions

1. Mix sugar, maple extract, melted margarine into scalded milk in medium pot.
2. Combine in small pot cold milk and cornstarch and mix well.
3. Add to sugar mixture along with salt and eggs.
4. Beat well.
5. Pour into pie shells.
6. Place large pot lid upside down in Dutch oven.
7. Put pie shell onto pot lid and bake at 450 for 10 minutes.
8. Top with nutmeg and bake another 25 minutes at 350.

Thanks to Mike Audleman -- a Prodigy Scouter

## Memphis Molly

1 15-16oz can tart cherries (not pie filling)  
1 15-16oz can blueberries (not pie filling)  
1 smaller can crushed pineapple

1 small package of chopped walnuts  
2 boxes Jiffy cake mix  
1/2 stick butter pats

### Equipment

Dutch Oven



## Directions

- 1 Add ingredients order, spread fruit and nuts in bottom of Dutch oven.
- 2 Sprinkle cake mix over all and put butter pats on top.
- 3 Cook 20 -30 minutes or until "cake" is done.

Michael Holmes, Scouter.

## Molasses Cake

### Ingredients

1 cup sugar	1 cup light molasses
3 eggs, beaten	½ tsp salt
1 tsp baking soda	½ tsp ground cloves
½ tsp ginger	½ tsp cinnamon
2 cups flour	1 cup margarine, softened

### Equipment

Box Oven

### Instructions

1. Cream together margarine and sugar.
2. Add eggs and blend well.
3. Add molasses.
4. Combine cloves, cinnamon, ginger, salt, and flour.
5. Mix well.
6. Add 1 cup boiling water to mixture.
7. Then add baking soda and stir.
8. Combine flour mixture slowly to margarine mixture.
9. Batter will be thin.
10. Don't add more flour.
11. Pour batter into greased floured cake pan and bake in cardboard oven at 350 for 45 minutes.
12. When still warm, turn upside down onto plate and serve.

## Outdoor Geezer Apple Crisp

### Ingredients

1 cup flour	3 tsp cinnamon
3 cup dry oatmeal	1 cup margarine, melted
1 ½ cup brown sugar	1 gallon can apples

### Equipment

Dutch Oven

### Instructions

1. Mix thoroughly in medium pot flour, oatmeal, brown sugar, salt, and cinnamon.
2. Add melted margarine and mix well.
3. Mixture should be crumbly.
4. Place large pot lid upside down in Dutch oven and line with foil.
5. Grease well with margarine.
6. Add apples.
7. Top with oatmeal mixture.
8. Cover and place coals on bottom and top of oven in 1 to 3 ratio.
9. Bake 1 hour.
10. Serve warm.

Peaches, pineapple, or cherries can be substituted for apples.

### **Pass Around Fudge**

#### **Ingredients**

½ CUP COCOA

1 BOX POWERED SUGAR

½ CUP BUTTER or MARGARINE

1 tsp. VANILLA

3 oz. CREAM CHEESE

#### **Equipment**

1 GALLON ZIPLOCK BAG

MEASURING CUP

MEASURING SPOONS

#### **Instructions**

1. Add all ingredients into zip lock bag and seal.
2. Pass bag around and let everybody help mix it up (squeeze it) for 30 minutes.
3. Fudge can be served out of bag or spread on pan and cut.

### **Pies:Sandwich**

#### **Ingredients**

Butter

Bread

Pie Filling

#### **Equipment**

Cast iron sandwich makers

#### **Instructions**

1. Heat sandwich maker in the fire. Butter both sides of sandwich maker.
2. Place a piece of bread on sandwich maker.
3. Spread Pie filling on one side of bread.
4. Top with second piece of bread.
5. Close sandwich maker and put in hot coals.
6. Cook until golden brown. Top with cinnamon and sugar, powdered sugar, glaze, or eat just as they are.

## Pineapple Upside Down Cake 1

### Ingredients

1 pkg"complete"white cake mix  
1 can pineapple rings  
1 small bag pecans  
1 small jar maraschino cherries  
½ cup brown sugar  
Foil

Margarine  
Flour  
Cardboard circle cut slightly- smaller than  
inside of Dutch oven then covered  
with foil

### Equipment

Dutch Oven

### Instructions

1. Line Dutch oven with foil.
2. Grease and flour well.
3. Layer bottom of oven with pineapple rings.
4. Save juice.
5. Use pecans and maraschino cherries to fill in holes.
6. Sprinkle over pineapple:brown sugar, 2 to 2 tbs pineapple juice, 4 to 5 pats margarine.
7. Prepare cake mix.
8. Use rest of pineapple juice as liquid in mix.
9. Pour into oven.
10. Cover
11. Use 6 briquettes on bottom and 18 on top.
12. Keep briquettes in a 1 to 3 ratio to keep up heat.
13. Bake 20-30 minutes.
14. Let oven cool.
15. Place foiled cardboard on top of cake and invert oven to remove cake.
16. Slowly peel off foil from cake.

Thanks to J.D. Kuehn, Cahokia Mounds District Executive

## Pineapple Upside Down Cake 2

Yellow cake mix (Jiffy cake mix doesn't  
require eggs)  
Pineapple slices

Brown sugar  
Maraschino cherries  
Butter or margarine

### Equipment

Dutch Oven

### Directions

- 1 Use a metal pan that will fit into the Dutch oven \*or\* use foil.
- 2 Put the pan into the oven so that it rests above or on top of 1/2 inch of water in the bottom of the oven.
- 3 If you are using foil, wrap the foil over the sides of the Dutch oven, so that you have a"pan"inside that just rests on top of the water/other but won't fall in.

- 4 Use several layers of foil.
- 5 Put dots of butter in pan.
- 6 Sprinkle brown sugar over bottom.
- 7 Place pineapple slices in a single layer on the bottom.
- 8 Place maraschino cherries in the holes in the pineapple slices.
- 9 Pour cake batter over this.
- 10 Close up Dutch oven, place coals on top if desired or possible, and bake until done.
- 11 Also, you can include walnuts.

Kathleen Burton, Scouter

### Pineapple Upside-down Cake 3

#### Ingredients

- |  |  |
|--|--|
| 1 can pineapple rings (drained, retain juice)    | 1 box spice or pineapple cake mix:follow |
| 2 cans crushed pineapple (drained, retain juice) | box's instructions                       |
| 1 jar maraschino cherries                        | cinnamon                                 |
|  | ½ stick butter or margarine              |
|  | approx. 1-½ cups brown sugar             |

#### Equipment

Dutch Oven

#### Instructions

1. Melt the butter in the bottom of the oven over medium heat.
2. Add brown sugar and continue heating until sugar melts and forms thin paste with butter.
3. Line the bottom of the oven with pineapple rings in the sugar glaze.
4. Place a cherry in the center of each ring.
5. Add the crushed pineapple on top of the rings, press it down with the back of a spoon, but DO NOT STIR.
6. Mix the cake mix according to directions on the box.
7. Pour the cake mix evenly over the pineapple mixture.
8. Place the Dutch Oven on top of 14-16 briquettes, and add 16-18 to the top of the oven.
9. Bake until a knife inserted into the center of the cake is pulled out clean.
10. Let cool for 5-10 minutes, then use a knife to release the edges of the cake from the oven. GENTLY turn the oven upside-down over a large plate or serving platter.
11. The cake should drop out, leaving the pineapples on top!
12. Stray garnish can be replaced with a spatula.

### Pudding Delight

#### Ingredients

Tea biscuits or wafers

Any flavor pudding mix (as per directions on container)

Whipped cream (as per directions on container if not pre-whipped)

#### Equipment

Cake pan or larger pot

### Instructions

1. Spread one layer of biscuits at bottom of pan or pot.
2. Cover with pudding.
3. Add a second row of biscuits.
4. Cover with whipped cream.
5. Chill for a while and serve cold

### Pudding:Fruit and Rice

#### Ingredients

sprinkle of nutmeg, ginger, brown sugar and cinnamon                      ¾ cups instant brown rice  
½ cup dry milk or 1 small can condensed milk                                  1.5 cups dried fruit

#### Equipment

Pot

#### Instructions

1. Add all ingredients to 2.5 cups of water in pot.
2. Bring to boil and simmer until rice and fruit are tender (about 8-10 minutes).
3. Stir and serve warm.

### Red Epaulet Chocolate Cake

#### Ingredients

2 cups flour	1 tsp vanilla
3 tbs cocoa      1 tsp salt	1 cup buttermilk
½ cups shortening or oil	1 tbs vinegar
2 eggs	1 tsp baking soda
1oz red food coloring	

#### Frosting

1 cup milk	½ cups shortening
¼ cups flour	½ cups margarine
salt	1 tsp vanilla
1 cup sugar	

#### Equipment

Box Oven

#### Instructions

1. Pre heat cardboard oven to 350 degrees.
2. Grease and flour 2 9in round cake pans or make out of heavy aluminum foil.
3. In small pot, mix flour, cocoa, and salt very well with fork.
4. In medium pot, mix shortening and sugar well with fork.

5. Add eggs, red food coloring, and vanilla.
6. Mix well.
7. Beat while gradually adding flour mixture and buttermilk.
8. Mix vinegar and baking soda in separate container, then add to batter.
9. Pour batter into pans and bake for 30 minutes.

**Frosting:**

1. Heat milk and flour in small pot over medium heat, stirring until thick.
2. Add pinch of salt and cool.
3. Beat sugar with remaining ingredients until fluffy.
4. Add flour mix and beat until well blended.
5. Frost cooled cake and serve.

## Sausage Cake

### Ingredients

1 lb sausage, cooked and drained	1 tsp allspice
2 cups sugar	1 tsp nutmeg
1 cup raisins	¾ cups chopped walnuts
1 cup warm coffee	1 tsp baking soda
1 tsp cloves	2 ½ cups flour
1 tsp cinnamon	

### Equipment

Box Oven

### Instructions

1. Combine all dry ingredients well.
2. Add coffee to make batter.
3. Bake in loaf pan in cardboard oven at 300 for 45 minutes.

## Skillet Pudding

### Ingredients

1 can evaporated milk	¾ cup instant cocoa mix
¼ cup sugar	10-12 Graham crackers, cookies...
¾ cup water	

### Equipment

Skillet

### Directions

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

Ed Bailey

## Snowy Night Snowballs

### Ingredients

6 soft rolls  
vanilla frosting  
sugar

shredded coconut alot  
Whipped cream

### Equipment

tray

### Instructions

1. Take the rolls and spread frosting on each one using the knife.
2. Sprinkle the shredded coconut and sugar on the rolls.
3. Squirt on the whipped cream and leave them out overnight on the tray .

## Stuffed Apple

### Ingredients

1 apple  
Brown Sugar  
Raisins

bit of butter  
Cinnamon

### Equipment

AL Foil

### Instructions

1. Core the apple and stuff with Brown sugar, cinnamon, raisins, and butter.
2. Wrap in 2 layers of foil (be sure its sealed well)
3. bury under a bed of hot coals.
4. Wait a few minutes and unwrap and eat

## Stuffed Peaches

### Ingredients

Peach, brown sugar, cinnamon, butter

### Equipment

AL Foil

### Instructions

1. Cut your peach in half and take out the pit.
2. In one half of the peach, pack brown sugar, cinnamon and butter mixture into the pit whole:a nice large mound.

3. Put both pieces of peach back together to make a whole, wrap in two layers of foil and throw on hot coals.
4. 15 minutes and you have a wonderful gooey treat that tastes just like peach cobbler!

### SMACOS

5. Failure being the mother of invention led us to discover a uniquely delicious treat this past week at Webelos Camp. Being part Smores and part Taco we aptly named them SMACOs.
6. Take your Dutch oven. Using a paper towel with dipped in vegetable oil, wipe the bottom (not too much, just enough to give it a gleam).
7. Place on coals (we did this with as few as 6 coals)
8. In the bottom of the Dutch oven place a soft flour tortilla.
9. On top of that place a handful of semi-sweet chocolate chips.
10. On top of that place a handful of mini-marshmallows.
11. Cover Dutch oven with lid for 1+ minutes. Remove lid. Using tongs fold the tortilla in half (making a taco shape). You will note that the oven side of the tortilla is a golden brown.
12. Cover for another minute. Remove lid Remove SMACO from Dutch oven and place on paper plate to cool (THIS IS A MUST... IT COMES OUT TOOO HOT TO HANDLE).
13. Once shell has cooled to touch enjoy.....the inside will still be moist and warm, gooey chocolate and marshmallows.
14. Unlike SMOREs the shell will not crumble but allow you to enjoy this delicacy in a relatively clean manner.
15. We made over 200 of these in under an hour using multiple Dutch ovens, and the kids LOVED them. We cooked up some extra for the next morning and they were just as good the next morning as they were that night.
16. Thanks to Peter Van Houten, peter\_van\_houten@QM.WV.TEK.COM

### Some More's

#### Ingredients

Graham crackers

Hershey's chocolate bars

Marshmallows

#### Equipment

Open Fire

#### Directions

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



### S'mores:Sorta

#### Ingredients

Marshmallows.  
Chocolate Graham Crackers

#### Equipment

Open Fire

#### Instructions

1. Roast the marshmallow.
2. Snap one large chocolate graham cracker into two squares.
3. Use these to scrape the marshmallow off the stick making a sandwich.
4. Squeeze and eat.

### S'mores:Super Simple

#### Ingredients

Marshmallows  
Striped Shortbread Cookies, or any cookie with chocolate on one side

#### Equipment

Open Fire

#### Instructions

1. Roast marshmallows over your camp fire.
2. Place between 2 cookies,
3. chocolate sides together.
4. Squish. Enjoy!

### S'mores:Tired of

#### Ingredients

marshmallows  
Reese Peanut Butter Cups  
Soft Batch Chocolate Chip Cookies

#### Equipment

Open Fire

#### Instructions

1. Roast marshmallow over campfire.
2. Place between two cookies with the Reese Cup.

### Stir Crazy Cake

#### Ingredients

2 ½ cup flour	2 tbs vinegar
1 ½ cup sugar	1 tbs vanilla
½ cup cocoa	2 cups cold coffee
2 tsp baking soda	¼ cups sugar
½ tsp salt	½ tsp cinnamon
2/3 cup oil	

#### Equipment

Dutch Oven

#### Instructions

1. Put flour, 1 ½ cup sugar, cocoa, baking soda, and salt in a lined, ungreased Dutch oven.
2. Stir with a fork to mix; form 3 wells in flour mixture.
3. Pour oil into one well, vinegar in one, and vanilla in one.
4. Pour cold coffee over all ingredients and stir with fork until well mixed.
5. Combine remaining sugar and cinnamon; sprinkle over batter.
6. Bake in Dutch oven for 34-45 minutes.

### Tongan Toast

#### Ingredients

4 slices bread	oil for frying
1 banana	sugar
butter	cinnamon

#### Equipment

Skillet

#### Instructions

1. Mash the banana
2. butter the bread and make a sandwich.
3. Heat the oil in the frying pan
4. fry the sandwiches on both sides until golden brown.
5. Cut into quarters.
6. Mix sugar and cinnamon together.
7. Dip sandwiches into sugar mix.

### Walking Apple

1 large apple  
Peanut Butter (plain or chunky)  
Raisins

#### Equipment

## Foil Pouch

### **Instructions**

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

## Sauces

### Basic White Sauce

#### Ingredients

4 tbs margarine	¼ tsp pepper
2 tbs cornstarch	2 cups milk
1 tsp salt	

#### Equipment

Pot

#### Instructions

1. In medium pot, melt margarine.
2. Blend in cornstarch, salt, and pepper.
3. Gradually blend in milk.
4. Keep stirring until sauce becomes thickened and smooth.
5. Season to taste with tarragon, dry mustard, dill, or other herbs and spices.

### BBQ Sauce:Black Jack

#### Ingredients

1 cup strong black coffee	2 cups chopped onions
1 cup Worcestershire sauce	½ cup minced hot chili peppers
1 cup catsup	6 cloves garlic, minced
½ cup cider vinegar	Tabasco to taste
3 tbs chili powder	1 bottle liquid smoke, if desired
2 tsp salt	

#### Equipment

Pot

#### Instructions

1. Combine all ingredients in a medium pot and simmer 25 minutes.
2. Puree in a .blender or food processor.
3. Chill between uses.

### BBQ Sauce:St. Louis

#### Ingredients

2 onions, chopped	4 tbs Worcestershire sauce
2 cloves garlic, minced	4 tbs cider vinegar
4 tbs olive oil	4 tsp prepared horseradish
3 cups ketchup	2 tbs Italian dressing
4 tbs brown sugar	1 tsp liquid smoke

¼ tsp black pepper

1 tsp Tabasco

### **Equipment**

Skillet

### **Instructions**

1. Sauté onion and garlic in olive oil in Dutch oven until soft.
2. Add remaining ingredients and bring to boil.
3. Reduce heat and simmer about 10 minutes, or until thickened.

## **Burrito Sauce**

### **Ingredients**

2 qt tomato juice

1 tbs sugar

2 tbs chili powder

1 tsp red pepper

1 can tomato paste

1 can green chilies, diced

### **Equipment**

Skillet

### **Instructions**

1. Simmer down tomato juice for about 1 ½ hours.
2. Add rest of ingredients.
3. Serve

## **Chili Beef Potato Topper**

### **Ingredients**

½ lb ground beef

1 onion, diced

2 can chili beef soup

1 clove garlic, minced

1 cup water

1 tsp Tabasco

2 tbs chili sauce

### **Equipment**

Skillet

### **Instructions**

1. Brown ground beef with onions and garlic.
2. Cook until onions are clear.
3. Stir in rest of ingredients.
4. Simmer until well blended.
5. Serve over baked potatoes.

## **Salsa:Fresh Basil**

### **Ingredients**

2 cups peeled cucumbers, diced  
1 ½ cups fresh basil, finely chopped

1 tsp lemon juice  
black pepper

### **Equipment**

Skillet

### **Instructions**

Mix ingredients in medium pot. Serve atop grilled chicken or fish.

## **Salsa:Ha Cha**

### **Ingredients**

1 lb fresh ripe tomatoes  
½ seedless orange, chopped  
½ cups green onion, sliced  
1 tbs parsley flakes  
2 cloves garlic, minced  
1 onion, chopped fine

¼ tsp salt  
¼ tsp red pepper  
¼ cups jalapenos, chopped  
1 can green chilies, chopped  
1 tsp Tabasco

### **Equipment**

Skillet

### **Instructions**

1. Core tomatoes, cut in halves crosswise.
2. Squeeze out juice and seeds into a small pot.
3. Then chop tomatoes fine and add to pot.
4. Add rest of ingredients.
5. Stir well.
6. Cover and chill until ready to serve.

## **Salsa:Jalapeno**

### **Ingredients**

1 jar jalapenos, chopped  
2 onions, diced  
2 tomatoes, diced  
1 tsp salt  
½ cups white vinegar

1 tsp garlic powder  
1 tsp red pepper  
1 tsp chili powder  
1 can green chilies, chopped

### **Equipment**

Skillet

### **Instructions**

1. Place all ingredients in medium pot and cook over slow heat for 1 hour.
2. Serve at your own risk.

### Salsa:Three Tomato

#### Ingredients

2 tbs olive oil	1 clove garlic, minced
1 red onion, diced	¼ tsp dried red pepper
1 cup rotel tomatoes	1 tsp salt
4 ripe tomatoes, diced	¼ tsp pepper
1 pint yellow cherry tomatoes, diced	1 tsp basil

#### Equipment

Skillet

#### Instructions

1. Heat olive oil in skillet over medium high heat.
2. Add onion and garlic, cook 1-2 minutes.
3. Add rotel tomatoes and simmer 2 minutes.
4. Remove from heat and add rest of ingredients.
5. Stir to blend well, but do not heat For cook.
6. Cool and move to medium pot.
7. Cover and place in cooler about 2 hours before serving.

## Snacks

### Australian Brumbies in the Sandhills

#### Ingredients

##### Filling:

Cold cooked meat

Some oil

Any vegetables you have

##### Batter:

2 cups SR flour

Milk

Pinch salt

1 egg

#### Equipment

Dutch Oven

#### Directions

1. Place flour, salt and the egg in a bowl and mix well slowly adding a little milk until you have a smooth batter.
2. Chop vegetables and leftover cooked meat then mince the vegetables and meat together then mix into the batter.
3. Have hot oil in the camp oven.
4. Spoon mixture into the hot oil.
5. Turn them when the edges look like crumpets that are bubbly.
6. Fry till golden brown.
7. Serve as they are but I like them with Bacon and eggs!

Jim McGregor, Australian Scouter [jimmcg@ozemail.com.au](mailto:jimmcg@ozemail.com.au)

### Banana Chips

#### Ingredients

2 ripe bananas (no brises!)

#### Equipment

Home Kitchen

#### Instructions

Slice the bananas into thin rounds. Spray the cookie sheet with the cooking spray. Spread the banana slices in a single layer over the cookie sheet. Cook slices in a 150 degree oven for 2 hours with the oven door open about 1 inch. Turn the slices over with the fork & bake for about 2 more hours. You will know they are done when they are hard & you can't bend them. Store the banana chips in a plastic bag or covered container.



## Candied orange peels

### Ingredients

6 oranges, water, 1 tablespoon salt, 2 cups sugar

### Equipment

medium pot, 2 bowls, knife, spoon.

### Instructions

1. cut each orange into sixths.
2. peel
3. eat inside (yum!)
4. scrape most of white membrane off of peel with spoon
5. put peels in bowl with 4 cups water and 1tbsp. salt, weight down with a plate on top.
6. leave overnight
7. rinse
8. submerge peels in pot full of cold water.
9. bring to a boil
10. drain
11. do step 8
12. do step 9
13. do step 10
14. do step 8
15. do step 9
16. do step 10
17. do step 8
18. do step 9
19. do step 10
20. cut peels into thin strips
21. put sugar, ½ cup water in pan
22. cook until sugar dissolves
23. put peels in
24. slowly heat and stir until peels become translucent. (the outside will be the same color as the white membrane, and they will be curly)
25. WITH TONGS!!!! roll peels in sugar and put out to dry.
26. eat (taste like orange gumdrops)

## Chocolate Trifle

### Ingredients

1:19.8 oz package of Fudge Brownie mix  
1/2 c coffee flavored liqueur  
4 tbs strong brewed coffee  
1 tbs sugar

3:3.9 oz package instant chocolate pudding mix  
12 oz container whipped topping  
6:1.4 oz English toffee candy bars (crushed)

### Equipment

## Dutch Oven

### Directions

1. Prepare the brownie mix and bake according to package directions.
2. Prick the top of the warm brownies at 1 inch intervals using a fork and drizzle with Kaluha or coffee.
3. Let cool and crumble.
4. Prepare pudding mix according to package directions, omitting chilling.
5. Place 1/3 of crumbled brownies in the bottom of Dutch oven which has been chilled to freezing (i.e.:place in snow for 1/2 hour).
6. Top with 1/3 of pudding, whipped topping and crushed candy bars.
7. Repeat layers twice with remaining ingredients, ending with crushed candy bars.
8. Chill for 8 hours.

Bradley Beaulieu, David Urban and Peter Stein, Scouts in Troop 1577, Herndon, VA

## Corn Meal Mush

### Ingredients

1 qt boiling water  
1 c cornmeal

Salt

### Equipment

Skillet

### Directions

1. Bring water to boil with salt.
2. Slowly stir in cornmeal.
3. Cook 20 min stirring often.

## Energy Balls

### Ingredients

1cp Chopped Dates  
½ Cup Peanut Butter

1 ¾ cups chopped Figs  
1 Cup Chopped Apricots

### Equipment

Zip Lock

### Directions

1. Mix together **ingredients**.
2. Roll into balls.
3. Recipe should make about 33 servings, each weighing 0.9 oz.

(Calories per serving:72; shelf life:14 days.)

The Leader, June/July 1994

### Good Old Raisins and Peanuts

#### Ingredients

1 cup salted peanuts  
or dried roasted peanuts

1 cup raisins

#### Equipment

Zip Lock

#### Directions

1. mix in a Zip lock bag and eat on the trail.

### GORP Balls

#### Ingredients

1/3 cup each raisins,  
1/3 cup apples,  
1/3 cup apricots,  
1/3 cup dates

1/3 cup coconut.

1/2 cup sesame seeds

1/3 cup walnuts

2 cups peanuts.

#### Glue

1 cup chocolate chips,  
1/3 cup honey

1/2 cup peanut butter.

#### Equipment

Bowl

#### Directions

1. Mix together dried fruits and nuts
2. Mix together the glue
3. Combine mixes
4. Roll into balls

Helen Singh

### GORP:Fruity

#### Ingredients

1 cup salted peanuts  
or dried roasted peanuts  
1 cup dried Fruit Bits

1 cup roasted sunflower kernels

1 cup M&M's

#### Equipment

Zip Lock

#### Directions

1. mix in a large Zip lock bag and eat on the trail.

### **GORP:Good-for-you**

#### **Ingredients**

2 1/2 cups low-fat granola  
1 cup dried pears

1/2 cup M&M's

#### **Equipment**

Zip Lock

#### **Directions**

1. mix in a Zip lock bag and eat on the trail.

### **GORP:M&M**

#### **Ingredients**

1 cup salted peanuts  
or dried roasted peanuts

1 cup raisins  
1 cup M&M's

#### **Equipment**

Zip Lock

#### **Directions**

1. mix in a Zip lock bag and eat on the trail.

### **GORP:Stockade Mixed**

#### **Ingredients**

1 cup mixed nuts  
or dried roasted mixed nuts  
1 cup dried Fruit Bits

1 cup roasted sunflower kernels  
1 cup M&M's

#### **Equipment**

Zip Lock

#### **Directions**

1. mix in a large Zip lock bag and eat on the trail.

### **GORP:Sunny**

#### **Ingredients**

1 cup salted peanuts  
or dried roasted peanuts  
1 cup raisins

1 cup roasted sunflower kernels  
1 cup M&M's

#### **Equipment**

Dutch Oven

### **Directions**

mix in a large Zip lock bag and eat on the trail.

### **Hasty Pudding**

#### **(Fried Cornmeal Mush)**

### **Ingredients**

1 recipe cornmeal mush  
Flour

tbs oil

### **Equipment**

Skillet

### **Directions**

- 1 Mold mush and refrigerate overnight.
- 2 Slice into 1/2" slices.
- 3 Flour lightly and pan fry in small amount of oil until brown, about 15 min a side.

### **Juice:Darn Good**

### **Ingredients**

½ cup orange juice  
½ cup apple juice  
¼ cup lemonade or lemon-lime Gatorade

### **Equipment**

cup and spoon

### **Instructions**

Put all ingredients in cup and stir with spoon.

### **Heidi's Trail Mix**

### **Ingredients**

1 cup dry cereal (Cheerio's, Chex, etc.)  
1 cup peanuts or soy nuts  
1 handful pretzel sticks

1 cup raisins  
optional, handful of dried fruit

### **Equipment**

Dutch Oven

### **Directions**

1. mix in a Zip lock bag and eat on the trail.

### Hobie's Peanut Butter Rollups

#### Ingredients

Whole wheat flour tortilla

Peanut butter

Raisins

Cinnamon sugar

Roasted soy nuts (optional)

#### Equipment

knife to spread peanut butter

#### Instructions

Spread peanut butter on flour tortilla. Sprinkle with raisins, cinnamon sugar and soy nuts. Roll up.

### Hobo Popcorn

#### Ingredients

Tsp Oil

Tsp Popcorn

Salt/ Butter

#### Equipment

AL Foil

String

Stick

#### Instructions

1. In center of 18"x 18"square of heavy or doubled foil, place one teaspoon of oil and one tbspoon of popcorn.
2. Bring foil corners together to make a pouch.
3. Seal the edges by folding, but allow room for the popcorn to pop.
4. Tie each pouch to a long stick with a string and hold the pouch over the hot coals.
5. Shake constantly until all the corn has popped.
6. Season with salt and margarine Or soy sauce, or melted chocolate, or melted peanut butter, or melted caramels

From:Mark Michalski

### Indian Pemmican

#### Ingredients

2 lb dried beef

1 c raisins

1/2 c yellow raisins

Beef suet

#### Equipment

Home Kitchen

#### Directions

1. Using a blender, mince meat to a fine pulp.
2. Stir in raisins.
3. Chop just enough to break up raisins.
4. Turn into bowl and mix well.
5. Pour melted suet over top, using only enough to hold beef and raisins together.
6. Allow to cool slightly.
7. Turn onto a jelly roll pan and allow to cool completely.
8. Cut into strips and then into bars about 1"wide and 4"long.
9. Store in Ziplock bags.
10. These bars can be stored for several months.

## Rice Krispies

### Ingredients

6 cups Rice Krispies cereal  
vegetable cooking spray  
Peanuts  
Raisins,

M&M's  
1/2 cup sugar  
3/4 cup light Karo Syrup  
1 cup Peanut Butter

### Equipment

Skillet

### Directions

1. Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter.
2. In a Large lightly greased bowl, pour the sauce over the 6 cups of Rice Krispies and fold in.
3. Add 1/4 cup peanuts 1/4 cup M&M's. 1/4 cup raisins, and stir until well coated.
4. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray.
5. Cut into squares when cool.

Dennis Schmitt yields ~24 treats.

## Rice Krispies Treats

### Ingredients

6 cups Rice Krispies cereal  
1 10 oz package marshmallows

vegetable cooking spray  
1/4 cup margarine

### Equipment

Skillet

### Directions

1. Melt margarine in a large saucepan over low heat.
2. Add marshmallows and stir until completely melted.
3. Remove from heat.

4. Add Rice Krispies and stir until well coated.
5. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray.
6. Cut into squares when cool.

**yields ~24 treats.**

### **Rice Krispie:Caramel Treats**

#### **Ingredients**

Original Rice Krispies Treat recipe above  
plus 1/3 cup caramel ice cream topping

#### **Equipment**

Skillet

#### **Directions**

1. Add 1/3 cup of caramel ice cream topping to melted marshmallows before adding to Rice Krispies.
2. Stir until well coated.
3. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray.
4. Cut into squares when cool.

**yields ~24 treats.**

### **Rice Krispie:Choco Treats**

#### **Ingredients**

Original Rice Krispies Treat recipe above                      plus 1/3 cup mini chocolate chips

#### **Equipment**

Skillet

#### **Directions**

1. Add 1/3 cup of mini chocolate chips to Rice Krispies before adding the melted marshmallows. Stir until well coated.
2. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray.
3. Cut into squares when cool.

**yields ~24 treats.**

### **Rice Krispie:NoSlowMo Power Bars**

#### **Ingredients**

Original Rice Krispies Treat recipe                      plus 1/3 cup Mini chocolate chips



1/2 cup sunflower seeds,

1/2 cup peanut butter

### **Equipment**

Skillet

### **Directions**

1. Add 1/2 cup of peanut butter to melted marshmallows before adding to a mixture of Rice Krispies and the sunflower seeds and chocolate chips.
2. Stir until well coated.
3. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray.
4. Cut into squares when cool.

Variety:substitute 1/2 sugar and 3/4 cup Karo syrup for the marshmallows and margarine.

yields ~24 bars.

Dennis A. Schmitt

### **Rice Krispie:Peanut Butter Treats**

#### **Ingredients**

Original Rice Krispies Treat recipe above  
plus 1/4 cup peanut butter

#### **Equipment**

Skillet

#### **Directions**

1. Add 1/4 cup of peanut butter to melted marshmallows before adding to Rice Krispies.
2. Stir until well coated.
3. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray.
4. Cut into squares when cool.

yields ~24 treats.

### **SAM's Mix**

#### **Ingredients**

1 box Pepperidge farm cheese fish crackers  
or 1 box Chex Mix,  
1 @ 1 lb. bag M&M's

1/2 LB raisins  
1 jar Planter's Dry Roasted Peanuts.

#### **Equipment**

Zip Lock

#### **Directions**

Mix in a 2 gallon zip lock bag. serves one Troop.

Dennis A. Schmitt

### Trail Mix (AKA GORP)

#### Ingredients

2 cups chocolate chips	1 cup apricots
1 cup raisins	1 cup dry cereal
1 cup banana chips	

#### Equipment

Bowl  
Plastic Bags

#### Instructions

Mix everything together in the bowl. Put in the plastic bags

### Trail Peak Trail Mix

#### Ingredients

1 cup Chex's cereal, rice, corn, wheat or mixed	1 cup raisins
1 cup salted peanuts or dried roasted peanuts	1 cup M&M's

#### Equipment

Zip Lock

#### Directions

1. mix in a Zip lock bag and eat on the trail.

### Trapper's Jerky

#### Ingredients

4 tbs Liquid Smoke	½ tsp Pepper
4 tbs Worcestershire Sauce	1 lbs. Meat (Beaver, Beef, Chicken, etc)
1 tsp Garlic Powder	

#### Equipment

Dehydrator

#### Instructions

Cut the raw meat into ¼" thick strips. It's easiest to cut if the meat is slightly frozen.

Marinate the meat for 2 hours in the marinade ingredients. Place in dehydrator until meat is completely dry. (May take 18-24 hrs.)

## Breads

### Baked Native American Pudding

#### Ingredients

¼ cups sugar	½ cup yellow cornmeal
1 tsp cinnamon	½ cup raisins
½ tsp ground ginger	½ cup pancake syrup
¼ tsp salt	2 tbs margarine, softened
¼ tsp nutmeg	2 eggs, beaten
4 cups milk	

#### Equipment

Dutch Oven

#### Instructions

1. Pre-heat Dutch oven.
2. Mix together sugar, cinnamon, ginger, salt, and nutmeg.
3. Blend well and set aside.
4. Heat milk in medium pot.
5. Stir in cornmeal.
6. Cook over low heat, stirring constantly, until very thick (20min).
7. Remove from heat.
8. Stir in sugar mixture and remaining ingredients.
9. Pour into large greased pot and bake in Dutch oven 1 hour or until knife inserted in center comes out clean.
10. Serve warm.

### Banana Nut Bread

#### Ingredients

1/3 cups vegetable oil	1 cup sugar
4 bananas, mashed	1 cup chopped walnuts
3 eggs, beaten	½ tsp vanilla
2 1/3 cups biscuit mix	

#### Equipment

Dutch Oven

#### Instructions

1. Mix all ingredients in large pot.
2. Beat vigorously with fork for 1 minutes.
3. Pour ½ mix into greased loaf pan, then other ½ into another greased loaf pan.
4. Bake in cardboard oven at 350 for 1 hour.
5. Cool 5 minutes.

6. Run knife around sides of loaf and remove from pan.

### **Bannock:Wilderness Bread**

#### **Ingredients**

1 cup flour  
pinch of salt  
2 tsp. baking powder

1 tbsp. margarine  
slightly less than 7 tablespoons of milk

#### **Equipment**

Skillet

#### **Instructions**

1. Combine all the dry ingredients in the bowl.
2. Use a fork to stir margarine and milk until the lumps are gone.
3. Form a one inch thick loaf
4. Put the dough into a frying pan. Bake over low flame for 7 to 8 minutes on each side.  
Turn with the spatula.
5. Eat the Bannock while warm, plain or with butter, jam, or peanut butter.

### **Biscuits:Cheddar**

#### **Ingredients**

1  $\frac{3}{4}$  cups flour  
2 tsp baking powder  
1 tsp sugar  
 $\frac{1}{2}$  tsp baking soda  
 $\frac{1}{2}$  tsp salt

$\frac{1}{4}$  tsp dry mustard  
 $\frac{1}{3}$  cups shredded cheddar cheese  
 $\frac{3}{4}$  cups buttermilk  
 $\frac{1}{4}$  cups margarine, softened

#### **Equipment**

Dutch Oven

#### **Instructions**

1. In medium pot, combine flour, baking powder, sugar, baking soda, salt, dry mustard.
2. Cut in margarine with pastry cutter until mixture resembles coarse meal.
3. Stir in cheese and buttermilk.
4. On lightly floured surface, roll dough to  $\frac{1}{2}$ in thick.
5. Use 2in biscuit cutter and cut into rounds.
6. Keep rolling and cutting until all dough is used.
7. Place on greased cookie sheet and bake in cardboard oven at 450 until tops are light brown.

### **Biscuits:Foil**

#### **Ingredients**

Biscuit or Ready-made

Butter (Squeeze or stick)

### **Equipment**

foil

### **Instructions**

1. Foil should be long enough for the biscuits to be laid out in a line.
2. Place enough butter on the foil to completely coat it.
3. Place biscuits in the center and seal foil.
4. Make sure the foil is a little baggy around the biscuits.
5. Rap in another strip of foil and place directly on the coals.
6. Turn every minute.
7. Depending on the heat will be done within 5-8 minutes.
8. The butter acts as the grease and you don't need to butter them when they are done.

### **Biscuits:Fried**

#### **Ingredients**

1 to 2 cups of shortening (such as Crisco)  
2 cans biscuits(preferably not layered)

#### **Equipment**

spatula  
large pan

#### **Instructions**

1. Put the shortening in the pan until it has melted and starts to bubble.
2. Then drop a couple of biscuits in the pan.
3. Turn every once in a while until brown.

### **Biscuits:Homemade**

#### **Ingredients**

1c + 2tbs flour	Pinch of salt
1/4 tsp baking soda	2 tbs Crisco(solid)
1 tsp baking powder	1/2 c buttermilk

#### **Equipment**

Dutch Oven

#### **Directions**

- 1 Place 1 tbs Crisco in bottom of oven.
- 2 Place coals on oven to bring temperature to 500 while making dough.
- 3 Combine flour, baking soda, salt and baking soda in bowl.
- 4 Cut in Crisco until mixture becomes grainy.

- 5 Add buttermilk and stir with fork until it forms dough.
- 6 Turn out on floured surface and briefly kneed.
- 7 Do not over-knead.
- 8 Flatten to 1/2" thick.
- 9 Cut out with glass or cup.
- 10 Place in oven and turn once to coat on both sides.
- 11 Bake at 500 for 10 min. or until done.

### **Biscuits:Quick**

- 1 While you are preheating the Dutch oven (10 charcoal briquettes underneath), make rolled (or drop, if you're camping) biscuits, using the recipe off a Bisquick box. Powdered milk just fine.
- 2 Put the biscuits into the Dutch oven and cover.
- 3 Let sit for 5-7 minutes (this browns them on the bottom).
- 4 Lift the Dutch oven off the bottom coals, and put 25 coals on top.
- 5 Cook another 8-10 minutes (check at 5 minutes to make sure they aren't burning).
- 6 Key--oven needs to be HOT.

Pete Farnham, CM, Pack 1515, Alexandria, VA

### **Biscuits:Red Chili**

#### **Ingredients**

1 recipe dry baking mix (see listing)	1/2 tsp dried red pepper-1/2 cup shredded cheddar cheese
1 tbs chili powder	
1 tsp red pepper	1 1/2 cups sourdough starter (see listing)

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Stir together dry baking mix, chili powder, red pepper, dried chili peppers, and cheese.
2. Add sourdough starter and mix until moistened.
3. Place mixture on a floured surface.
4. Knead lightly and pat to 1/2in thick.
5. Cut with a 2 1/2in cutter.
6. Put biscuits in a greased pan and bake in cardboard oven for 20 to 25 minutes.

### **Biscuits:Rayado**

#### **Ingredients**

Biscuit Mix	Flour
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#### **Equipment**

Dutch Oven

#### **Directions**

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

### Biscuits:Scratch

#### Ingredients

1 cup flour  
1/4 tsp salt  
1 tsp baking powder

2 tsp cooking oil  
water (enough to make it doughy)

#### Equipment

a greased frying pan  
a spatula

#### Instructions

1. add ingredients together
2. mix dough
3. divide in 3 balls
4. fry until crispy brown

### Biscuits:Stick

#### Ingredients

Canned readymade biscuits (flaky biscuits are best)

squeeze jelly of your choice

#### Equipment

Knife (to clean bark off stick)

Good sturdy stick approx 1"-2" in diameter and 3'-4' long

#### Instructions

1. Find a good sturdy stick, remove bark from tip on all sides approx 6".
2. Take readymade biscuit and stretch over end of stick so that it surrounds stick and covers end of stick, the stick will form a pocket in the biscuit when its removed.
3. Hold biscuit over flame until golden brown (like a marshmallow)
4. Carefully remove biscuit off stick (should come off easily if it sticks cook longer)
5. Squeeze jelly or honey into end of biscuit

### Biscuits:Stuffed and Fried

#### Ingredients

1. cooking oil

2. biscuits or bread dough,
3. any of several complementary combinations:
  - a. peanut butter and jelly,
  - b. chocolate and peanut butter,
  - c. marshmallows and chocolate,
  - d. apple and cheese,
  - e. caramel and apple,
  - f. ham and cheese,
  - g. pizza sauce and sausage,
  - h. ham and egg, etc.

## Equipment

Deep Pot

## Instructions

1. Heat the oil.
2. While heating, flatten dough balls on the palm of your hand.
3. Place a spoonful of any complementary ingredients in center of flattened dough.
4. Fold edges of dough together and pinch them closed, creating a sealed pocket.
5. Drop the biscuit pocket into the oil and leave it until it turns brown.
6. Remove, cool, and eat!

## Biscuits:Wagon Train

\*\*\*\*\*

Here is a great recipe for old fashioned biscuits...and I do mean old. I found it in the 1842 diary of Alice Stephens. She stated that it had been in her family for generations. She baked them in a Dutch oven and sometimes used what we now know as a"reflector fire."I use this recipe when camping and it is GREAT!

\*\*\*\*\*

## Ingredients

2 cups flour	4 teaspoons baking powder
4 teaspoons sugar	2/3 cup (lard) shortening
2 teaspoons salt	2/3 cup buttermilk
1 teaspoon soda	

## Equipment

Dutch Oven

Box Oven w/cookie sheet

## Instructions

1. Measure all dry ingredients and place into a large bowl.
2. Cut in shortening thoroughly, until mixture looks like meal.



3. Stir in buttermilk. If dough is not pliable, add just enough buttermilk to make the dough pliable make a soft, puffy, easy-to-roll dough. Round up dough on lightly floured cloth-covered board. Knead lightly 20 to 25 times, about 1 Roll out until dough is  $\frac{3}{4}$ " thick,
4. Cut with biscuit cutter and place in Dutch Oven or on a greased cookie sheet.
5. Bake at 400 degrees for 12 to 15 minutes.

### Cahokia Sweet Bread

#### Ingredients

$\frac{1}{2}$ cup margarine, softened	1 tsp cinnamon
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp salt
3 egg yolks	4 cups flour
1 pkg dry yeast	1 cup lukewarm milk (scalded then cooled
$\frac{1}{4}$ cups warm water	1 cup raisins
2 tsp grated orange peel	powdered sugar
1 tsp grated lemon peel	

#### Equipment

Dutch Oven

#### Instructions

1. Beat together margarine and sugar in medium pot until blended.
2. Beat in egg yolks until well blended.
3. Dissolve yeast in warm water.
4. Stir yeast mixture, orange peel, lemon peel, cinnamon, and salt into margarine mixture.
5. Stir in flour alternating with milk, beating well after each addition until dough forms.
6. Stir in raisins.
7. Cover and let rise until double (1 hour).
8. Stir down dough.
9. Spoon into greased and floured large pot.
10. Cover and let rise until double (1 hour).
11. Place pot in pre-heated Dutch oven and bake for 30-45 minutes.
12. Cool 5 minutes.
13. Remove from pot.
14. Cool completely and sprinkle with powdered sugar.

### Cimarron Cinnamon Rolls

#### Ingredients

2 6-oz pkg. biscuit mix flour	3 4-oz raisins
1 cup brown sugar	Cinnamon

#### Equipment

Dutch Oven

#### Directions

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

serves 8.

### Cinnamon Rolls (Real)

#### Ingredients

2 cup lukewarm water	tub soft margarine
1 package dry yeast	1 cup sugar
2 tbs sugar	2 tbs cinnamon
1 tsp salt	8oz pecan pieces
4-5 cups flour	

#### Equipment

Dutch Oven

#### Instructions

1. Mix lukewarm water, yeast, 2 tbs sugar, and salt in medium pot.
2. After yeast mixture is bubbly, add 2 cups flour and mix well.
3. Add rest of flour slowly to make dough.
4. Place on floured surface and knead until smooth.
5. Oil surface well.
6. Place in large pot, cover, and let rise (1 hour).
7. Knead second time and roll into a thin sheet on a floured surface.
8. Spread soft margarine, sprinkle on sugar, cinnamon, and pecan pieces.
9. Roll into a log and pinch ends shut.
10. Spiral log onto greased large pot lid and press down until log covers bottom of lid.
11. Spread more margarine on top.
12. Bake in pre-heated Dutch oven 30-45 minutes.
13. Slice while warm but not hot.

### CornBreads:Thunderbird

#### Ingredients

1 ½ cups boiling water	¼ t tsp ground cumin
1 cup cornmeal	1/8 tsp ground allspice
2 tbs softened margarine	1/8 tsp red pepper
3 eggs, separated	1 can whole corn, drained
½ cups milk	1 cup shredded Monterey Jack cheese
½ cups cottage cheese	1 small onion, chopped
1 tsp salt	1/8 tsp Tabasco
1 tsp baking powder	

## **Equipment**

Dutch Oven

## **Instructions**

1. Stir boiling water into cornmeal in large pot and continue stirring until smooth.
2. Blend in margarine and egg yolks.
3. Stir in remaining ingredients except egg whites.
4. Beat egg whites just until soft peaks form.
5. Fold into batter. Pour into greased large pot lid.
6. Bake in pre-heated Dutch oven 45-50 minutes.

## **CornBreads:Camp-o-ree**

### **Ingredients**

Jiffy Corn Bread Mix and Yellow Cake Mix

### **Equipment**

Dutch Oven

Measuring cups

### **Instructions**

1. Empty corn bread and cake mix into Dutch Oven
2. add the ingredients listed on mix box (water, eggs, etc.).
3. Cook for approx. 40 minutes, test with fork or press down on top of bread to see if done.
4. Lift the bread out of oven and cut up.
5. This corn bread goes great with chili!

## **CornBreads:Geezer**

### **Ingredients**

3 cups yellow cornmeal  
1 cup flour  
2 tbs sugar  
4 tsp baking powder  
2 tsp baking soda  
2 tsp salt

2 cups Monterey jack, shredded  
½jar jalapenos, finely chopped  
4 eggs, beaten  
3 cups buttermilk  
6 tbs margarine, melted

### **Equipment**

Dutch Oven

### **Instructions**

1. In a large pot, combine dry ingredients and mix well.
2. Add cheese and jalapenos.
3. Toss well.

4. Add buttermilk and melted margarine.
5. Add eggs and mix well to make batter.
6. Pour into well greased Dutch oven and bake at 400 for 25-30 minutes.

### Country Breakfast Bread

#### Ingredients

4 cups flour	1 ½ tsp salt
3 ½ cups whole wheat flour	2 ½ cups non dairy creamer
1 cup chopped walnuts	1/3 cups honey
2 pkg rapid rise yeast	¼ cups vegetable oil
1 tbs grated orange peel	

#### Equipment

Dutch Oven

#### Instructions

1. Set aside 1 cup flour.
2. In large pot, combine remaining flour, whole wheat flour, nuts, undissolved yeast, orange peel, and salt.
3. Heat honey and oil until very warm:do not boil.
4. Stir into dry mixture.
5. Stir in enough reserved flour to make soft dough.
6. Knead on lightly floured surface until smooth.
7. Cover, let rest 10 minutes.
8. Divide and form dough into 6 balls.
9. Place three in each of two greased pie pans.
10. Cover:let rise in warm place until doubled, about 30-45 minutes.
11. Bake in cardboard oven at 375 for 45 minutes.
12. Cover with foil during last 15 minutes.
13. Cool, slice and serve.

### Crunchy Granola Suite

#### Ingredients

2 cups rolled oats	2 cups dry milk
2 cups flaked wheat	1 cup honey
1 cup bran	½ cups oil
1 ½ cups chopped nutmeats -- your choice -- or mixture	¼ tsp each ground ginger, cloves allspice
2 tbs brewer's yeast	½ tsp cinnamon

#### Equipment

Dutch Oven

#### Instructions

1. Combine the dry ingredients.
2. Over low heat combine dry ingredients with honey and oil.
3. Mix until ingredients are warm and sticky.
4. Spread in a thin layer in a large pot lid and bake in a Dutch oven at low heat for 45-60 minutes or until brown but not burned.
5. Let cool slightly, then cover with wax paper and press into solid cake.
6. Let cool and cut into bars or squares.
7. Wrap in waxed paper and store in zip-lock bags until ready to eat.

### **Dan Beard Camp Bread**

#### **Ingredients**

2 cups biscuit mix

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

#### **Equipment**

Foil Pouch

#### **Directions**

1. Stir the ingredients together; this will make a very thick dough. Add a few teaspoons of milk if necessary. Shape it like a bread loaf, and dust with additional biscuit mix or flour.
2. 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
3. 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.

Yield:1 loaf

### **Funnel Cake**

#### **Ingredients**

Funnel Cake

10 cups flour

2 packages dry egg mixture

1 package dry milk mixture (enough to make 1 quart)

5 teaspoons baking powder

2 1/2 teaspoons salt

Combine before trip.

#### **Equipment**

Frying pan or simple pot

#### **Instructions**

1. Use 1 cup mixture and >1/2 cup water, mix completely in plastic bag. Should be more than enough for one person .
2. Drop in hot oil from corner cut from plastic bag
3. cook until light brown, turn once.

4. Top with sugar or fruits if desired.

### Honey Acorn Bread

#### Ingredients

4 cups flour	2 cups milk	2 tsp salt
2 eggs, beaten	1 cup chopped acorns	
2 tsp baking powder	margarine	
2 tsp ginger	2 tsp baking soda	
1 cup honey	1 tsp cinnamon:	

#### Equipment

Dutch Oven

#### Instructions

1. Grease two loaf pans with margarine.
2. Mix together all dry ingredients, thoroughly.
3. Beat eggs, gradually adding milk.
4. Add egg mixture alternately with honey to dry ingredients.
5. Beat well.
6. Stir in acorns and pour evenly into loaf pans.
7. Bake in cardboard oven at 350 for 45 minutes or until golden.
8. If bread is done, it will come out of pan easily when pan is turned over and tapped gently.
9. If not, bake for another 10-15 minutes.
10. Remove bread from pan immediately when done and cool.
11. This spicy bread always tastes better the second day when its flavors have had a chance to mellow and blend.

### Mound Bread

#### Ingredients

2 cups whole wheat flour	2 pkg dry yeast
¼ cup sugar	2 cups very warm water
¼ cup shortening	3 to 4 cup flour
2 tsp salt	

#### Equipment

Dutch Oven

#### Instructions

1. Mix whole wheat flour, sugar, shortening, salt, and yeast in large pot.
2. Stir in warm water.
3. Whisk slow for 1 minutes, then rapid for 1 minutes.
4. Stir in flour, 1 cup at a time, to make dough easy to handle.
5. Turn dough onto lightly floured surface and knead until smooth.
6. Place in greased medium pot.

7. Lightly oil top of dough.
8. Cover and let rise until double (1 hour).
9. Punch down dough and divide into half's.
10. Let rest 5 minutes.
11. Shape each half into round, slightly flat loaf.
12. Place on lid of large pot cover and let rise again (45min).
13. Make ½ in slashes in top of loaf.
14. Sprinkle with 1 tsp flour.
15. Bake in Dutch oven or cardboard oven until loaves are golden brown --30 to 45 minutes.

## Monkey Bread

### Ingredients

2 cups milk	2 packages dry yeast
2 tbs sugar	½ cups hot water
2 to 3 tsp salt	6 to 7 cup flour
1 tbs shortening	Melted margarine

### Equipment

Dutch Oven

### Instructions

1. Scald milk and add sugar, salt, and shortening.
2. Cool mixture to lukewarm.
3. Sprinkle yeast into hot water and stir until dissolved.
4. Stir yeast into milk mixture.
5. Gradually add flour to milk mixture, mixing well.
6. Add enough flour to make dough stiff enough to be handled easily.
7. Turn onto lightly floured surface and knead until smooth.
8. Shape dough into a 18x3in loaf.
9. Oil surface lightly.
10. Cover and let rise until doubled (1 hour).
11. Place large pot lid on bottom of Dutch oven, then line with foil.
12. Cut loaf crosswise into 32 slices and dip slices into melted margarine.
13. Place 8 slices to each layer in oven.
14. Let rise again until doubled (1 hour). Bake until golden and crusty

## Monkey Bread (Real)

### Ingredients

3 Tubes of Pillsbury Buttermilk Biscuits (10 biscuits per tube)	1 cup of brown sugar
1 cup of white sugar	1 stick or margarine
	2 to 3 teaspoons of cinnamon

### Equipment

Dutch Oven

## Instructions

1. Put white sugar and cinnamon into gallon baggie.
2. Cut biscuits into quarters putting a few of them in the baggie at a time, shaking them to coat and put them into Dutch Oven.
3. Melt margarine and brown sugar together in pan and pour biscuits in Dutch Oven and bake until biscuits are done.

## Muffins:Banana-Date

### Ingredients

2 cups plus 1 tbs flour	1 egg, beaten
2 tbs baking powder	1 tsp vanilla extract
$\frac{3}{4}$ tsp cinnamon	3 medium bananas, mashed
$\frac{1}{2}$ tsp salt	$\frac{3}{4}$ cups Wheaties, crushed
$\frac{1}{2}$ cups sugar	12 diced pitted dates
$\frac{1}{2}$ cups margarine, softened	

### Equipment

Dutch Oven

### Instructions

1. In small pot place flour, baking powder, cinnamon, and salt.
2. Mix well with fork.
3. Set aside.
4. In medium pot, combine sugar, margarine, egg, and vanilla.
5. Mix with fork, then whisk until light and fluffy.
6. Add bananas and stir to combine.
7. Add flour mixture slowly, mixing well.
8. Add dates and Wheaties.
9. Mix well.
10. Spoon into muffin cups.
11. Bake in cardboard oven at 400 for 20 minutes or until brown.
12. Serve warm.

## Muffins:Banana Walnut

### Ingredients

3 cups oat bran cereal	1 cup flour-2 tbs firmly packed brown sugar
3 medium bananas, mashed	1 tbs baking powder
3 egg whites	$\frac{1}{4}$ cups chopped walnuts
2 tbs corn oil	

### Equipment

Dutch Oven

### Instructions



1. In medium pot, combine cereal, bananas, egg whites, milk, and oil.
2. Blend well and let stand 5 minutes.
3. In large pot, combine flour, sugar, and baking powder.
4. Add cereal mixture to flour mixture, stir well.
5. Spoon into muffin cups.
6. Sprinkle with nuts.
7. Bake in cardboard oven at 400 for 20 minutes. Serve warm.

### Muffins:Blueberry 1

#### Ingredients

2 c flour	1/2 tsp salt
1/2 c Milk	1/4 c sliced almonds
2/3 c sugar	1/2 tsp nutmeg
1/2 c melted butter	1 tbs sugar
1 tbs baking powder	2 eggs, beaten
3/4 c blueberries	

#### Equipment

Dutch Oven

#### Directions

1. Combine dry ingredients.
2. Save 1 tbs of mixture.
3. Combine eggs, milk and butter.
4. Add to dry ingredients.
5. Stir until well moistened.
6. Toss blueberries with reserved flour mixture.
7. Stir into batter.
8. Spoon into greased muffin pans.
9. Sprinkle with almonds and 1 tbs sugar.
10. Bake 15 min at 400

### Muffins:Blueberry 2

#### Ingredients

2 cups flour	2 eggs, beaten 1/2 cups milk
2/3 cups sugar	1/2 cups margarine, melted
1 tbs baking powder	3/4 cups blueberries
1/2 tsp salt	1/4 sliced almonds
1/2 tsp nutmeg	1 tbs sugar

#### Equipment

Box Oven

#### Instructions

1. Combine dry ingredients.
2. Save 1 tbs of mixture.
3. Combine eggs, milk, and margarine and add to rest of dry ingredients.
4. Stir until well moistened.
5. Toss blueberries with reserved flour mixture and stir into batter.
6. Spoon into greased muffin pans.
7. Sprinkle with almonds and 1 tbs sugar.
8. Bake in cardboard oven at 400 for 15 minutes.

### Muffins:Blueberry Bran

#### Ingredients

1 ¼ cups flour	1 egg, beaten
3 tsp baking powder	1/3 cups salad oil
½ tsp salt	2 cups blueberries
1 ½ cups bran cereal	1 tsp sugar
1 ¼ cups milk	

#### Equipment

Dutch Oven

#### Instructions

1. Stir together flour, baking powder, salt, and sugar.
2. Combine milk and bran cereal in small pot.
3. Let stand until cereal is soft.
4. Add egg and oil.
5. Mix well, add blueberries.
6. Add dry ingredients to cereal mixture.
7. Stir well.
8. Pour into greased muffin pans.
9. Bake in cardboard oven at 400 for 20 minutes or until brown.

### Muffins:Breakfast Muffins

#### Ingredients

1/2 lb butter, softened	4 eggs
2 c sugar	1 qt buttermilk
2 c boiling water	5 c flour
tsp baking soda	6 c raisin bran

#### Equipment

Dutch Oven

#### Directions

1. Can be refrigerated for up to 6 weeks covered.
2. Combine water and baking soda.

3. Allow to cool slightly.
4. Cream together butter and sugar.
5. Mix in eggs.
6. Gradually add flour and buttermilk alternately.
7. Blend in water mixture.
8. Mix in raisin bran.
9. Bake in 375 oven for 25-30 min.

Warning: This makes 6 dozen.

### **Muffins:Orange Muffins**

#### **Ingredients**

Navel oranges  
blueberry muffin mix (add water only)  
butter or margarine

#### **Equipment**

AL Foil

#### **Instructions**

1. Mix muffin mix according to pkg directions.
2. Cut a slice off the top of the orange and scoop out insides.
3. Set aside.
4. Fill orange shell half full with muffin mix, put the top slice back on, and wrap in a square of foil.
5. Bake directly on hot coals 30-40 minutes.
6. Eat the orange while the muffin is cooking.
7. When done, add butter, scoop out and eat!

### **Muffins:Raisin Walnut Bran**

#### **Ingredients**

2 ¼ cups oat bran	½ tsp salt	¾ cups milk
1/3 cups raisins	2 eggs, beaten	
1/3 cups chopped walnuts	¼ cups honey	
2 tsp baking powder	2 tbs vegetable oil	

#### **Equipment**

Dutch Oven

#### **Instructions**

1. In a large pot, combine bran, raisins, walnuts, baking powder, and salt.
2. Mix well with fork.
3. Add remaining ingredients and mix only until dry ingredients are moistened.
4. Do not over mix.

5. Spoon into muffin cups.
6. Bake in cardboard oven at 425 for 15 minutes or until muffins are golden brown on top.
7. Serve warm.

### Navajo Fried Bread

#### Ingredients

4 cups flour	2 tbs powdered milk
1 tbs baking powder	1 ½ cups warm water
1 tsp salt	1 cup shortening

#### Equipment

Dutch Oven

#### Instructions

1. In large pot, mix flour with baking powder, salt, and powdered milk.
2. Pour in warm water and mix to form dough.
3. Knead by hand until it is soft but not sticky.
4. Cover and let stand 15 minutes.
5. Shape into balls about 2in across, then flatten by patting and stretching dough with hands and fingers until it is flat and round.
6. Heat shortening in /large skillet and fry bread until golden brown.

### Pie Crust Mix

#### Ingredients

2 cups flour	1 tsp salt
1 tbs sugar	1/3 cup shortening

1 tbs baking powder

#### Equipment

None

#### Instructions

1. Sift or mix dry ingredients.
2. Cut in shortening until mixture resembles fine meal.
3. Even better flavor if Butter Crisco is used as shortening

### Potato Bread

#### Ingredients

1 large peeled and cubed potato	6c whole wheat flour
2 ½ cups water	2 tbs margarine, softened
3 tbs yeast	½ cups shredded Monterey jack
4 tbs pancake syrup at room temp	
1 tbs margarine, melted	

#### Equipment

## Dutch Oven

### Instructions

1. In a small pot, boil potato in water for about 10 minutes.
2. Mash potato in water.
3. In a large pot, combine yeast and pancake syrup.
4. Stir melted margarine into potato mixture.
5. Add ½ cups flour to yeast mixture.
6. Pour potato mixture into yeast mixture.
7. Mix well.
8. Add rest of flour to make dough.
9. Turn onto lightly floured surface and knead until smooth.
10. Put dough in a lightly oiled large pot. Make sure all of dough is oiled. Cover with towel and let rise 1 hour.
11. Punch down and knead 10 times.
12. Divide into halves, shape into loaves, and place into two loaf pans.
13. Split tops with sharp knife and insert softened margarine and Monterey jack.
14. Bake in cardboard oven at 350 for 20-30 minutes.
15. Bread is done if it sounds hollow when tapped with knuckle.

## Salt Rising Bread

### Ingredients

3 medium potatoes, peeled and sliced meal	2 cups lukewarm milk
3 tbs corn meal	1 cup water
1 tsp sugar	1/8 tsp baking soda
flour	1/8 tsp salt
4 cups boiling water	2 tbs melted shortening

### Equipment

## Dutch Oven

### Instructions

1. Boil 4 cups water in medium pot.
2. Remove from heat and add potatoes, corn meal, salt, and sugar.
3. Cover pot with cloth and keep in a warm place overnight.
4. Take out potatoes, add milk, soda, second salt, and shortening.
5. Add enough flour to make dough stiff when kneading on a floured surface.
6. Form into four loaves and let dough rise to double.
7. Place on cookie sheet and bake in cardboard oven at 400 until top is slightly browned.

## Scottish Oaten Bread

### Ingredients

2 cups flour	½ cups sugar
1 cup rolled oats	2 ½ tsp baking powder

½ tsp baking soda  
1 tsp salt  
1 egg, beaten  
3 tbs oil

### Equipment

Dutch Oven

### Instructions

1. In a large pot, stir together flour, oats, sugar, baking powder, baking soda, and salt.
2. In a small pot, blend egg, oil, and vanilla.
3. Add to flour mixture.
4. Add Coke, prunes, and nuts.
5. Blend well.
6. Pour into a well greased loaf pan.
7. Bake in cardboard oven at 350 for about 1 hour.
8. Cook for 20 minutes before removing from pan.
9. Store in foil overnight before slicing.

## Scout Dough

### Ingredients

sugar  
Brown sugar  
flour

water  
egg whites

### Equipment

2 plates  
frying pan  
fork  
Knife

Propane stove  
bowl  
Spoon

### Instructions

1. put water, egg whites and flour in bowl
2. Mix with spoon, don't make it soggy
3. Cover 1 plate with some sugar, Brown sugar and flour
4. Put little globs of dough the size of golf balls onto the plate
5. Roll it on the plate till its covered with sugar
6. Stick in frying pan on the stove{propane} till it turns brown
7. Cut in half to see if it's done
8. If it's still gooey put on stove longer
9. Sprinkle cinnamon on top of dough when done cooking.

## Sourdough Starter

### Ingredients

1qt lukewarm water  
1 pkg dry yeast

2 tsp sugar  
4 cups flour

### **Equipment**

Dutch Oven

### **Instructions**

1. Put water in ½ gal jar, add yeast and sugar to soften, stir in flour.
2. Cover with a clean cloth.
3. Let rise until mixture is light and slightly aged, about 2 days.
4. Mixture will thin as it stands; add flour as needed.
5. As you use starter, replace with equal amounts of flour and water.

## **Spoon Bread**

### **Ingredients**

2 cups yellow cornmeal  
2 tsp salt  
1 tsp baking soda

1 ½ tbs margarine, melted  
3 cups buttermilk  
2 eggs, beaten

### **Equipment**

Dutch Oven

### **Instructions**

1. Put cornmeal in medium pot and add 1 ½ cups hot water.
2. Mix well to be mush-like.
3. Add margarine and salt.
4. Stir in milk and baking soda.
5. Add eggs, whipping slightly.
6. Pre heat Dutch oven.
7. Pour batter in greased large pot lid.
8. Make sure to have aluminum foil balls in bottom of oven to keep an air space underneath pot lid.
9. Bake for 20 minutes.

## **Steamed Apricot Nut Bread**

### **Ingredients**

1 ½ cups dried apricots  
2 cups flour  
4 tsp baking powder  
½ tsp baking soda  
1 tsp salt  
1 cup sugar

1 ½ cups milk  
2 eggs, slightly beaten  
2 tbs grated orange peel  
2 tbs olive oil  
1 cup whole wheat flour  
2 cups chopped walnuts

### **Equipment**

Pot

### Instructions

1. Place the apricots on a chopping block and chop finely.
2. Mix flour, baking powder, baking soda, salt, and sugar together in large pot.
3. Combine milk, eggs, orange peel, and oil in a medium pot.
4. Add to flour mixture and add whole wheat flour.
5. Mix well.
6. Add apricots and walnuts.
7. Mix well.
8. Divide mixture evenly into two well greased and floured 1 lb coffee cans, cover tightly with foil.
9. Place into large clean pot, add 3 cups water, cover with lid and steam for 2-3 hours.

### Wild Onion Bread

#### Ingredients

1 ½oz package onion soup mix  
¾ cups hot water  
1 pkg dry yeast  
2 tbs sugar

2 tbs warm water  
1 egg  
2 recipes dry baking mix (see listing)  
1 cup sourdough starter (see listing)

#### Equipment

Dutch Oven

### Instructions

1. Add soup mix to ¾ cups hot water; let stand until lukewarm.
2. In a separate container, soften yeast and sugar with 2 tbs warm water.
3. Beat soup mixture and yeast mixture together with egg, 1 cup dry baking mix, and sourdough starter.
4. Stir in remaining dry baking mix to make a stiff dough.
5. Place on a floured surface; knead until smooth and elastic.
6. Place in a greased pot, turning to grease top.
7. Cover and let rise for 2 hours.
8. Shape into a round loaf.
9. Line a Dutch oven with foil and grease.
10. Place loaf in oven, cover and let rise 45 minutes.
11. Bake for 35 minutes or until loaf is brown.



## Sides

### Apple Coleslaw

#### Ingredients

1 cup sour cream	1/8 tsp pepper
1 tbs cider vinegar	4 cups shredded cabbage
2 tsp mustard	1 cup diced apple
½ tsp onion powder	1 tsp celery seed
½ tsp salt	

#### Equipment

Pot

#### Directions

1. Combine first six ingredients in a medium pot and mix well.
2. Add next three and mix again.
3. Place in double gallon zip-lock and chill in cooler until ready to serve.

### Asparagus Tart

#### Ingredients

1 precooked pie shell	1/2 tsp salt
1 c Shredded Cheddar cheese	Pinch of pepper
1 lb asparagus, trimmed, cut	1-1/2 c half-&-half
3 tbs red pepper strips	3 eggs, slightly beaten
1-1/2", cooked tender-crisp	1/4 c grated Parmesan cheese
2 tbs cornstarch	

#### Equipment

Dutch Oven

#### Directions

- 1 Line shell with cheese.
- 2 Top with asparagus and pepper strips.
- 3 In medium bowl combine cornstarch, salt and pepper.
- 4 Gradually stir in half and half until smooth.
- 5 Stir in eggs and Parmesan until well blended.
- 6 Pour into pastry shell.
- 7 Bake in 375 oven 35 to 40 min or until knife inserted in center comes out clean.
- 8 Let stand for 5 to 10 min before serving.

### Beans:Adirondack

#### Ingredients

## BSA Troop 295:Camp Cookbook

1/2 lb. hamburger  
1/4 lb. bacon cut into small pieces  
1/2 cup chopped onion  
1/2 cup brown sugar  
1/2 cup catsup  
1/4 cup molasses

### Equipment

Dutch Oven

### Directions

- 1 Fry hamburger, onion, and bacon together in bottom of Dutch oven.
- 2 When meat is brown, drain off excess grease.
- 3 Add all remaining ingredients, cover, and place hot coals under and on top of the oven.
- 4 Bake for one to one and one half hours, stirring occasionally.

Andy Read, Eagle Scout, Troop 25 SPL, Little Falls, New York

## Beans:Beaubian

### Ingredients

1 can Pork and Beans  
1/4 cup Brown Sugar

1/4 cup BBQ sauce  
2 tbs. onion flakes

### Equipment

Pot

### Instructions

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

## Beans:Cahokia Mountain Baked

### Ingredients

2 cans pork and beans  
1 lb bacon, cut into pieces  
2 medium onions, cut in chunks  
2 large green peppers, cut in chunks  
2 tsp Worcestershire sauce  
1 cup catsup

1 cup brown sugar  
2 cloves garlic, minced  
1 tsp oregano  
1 tsp basil  
1 tsp cumin

### Equipment

Dutch Oven

### Directions

1. Combine all ingredients in Dutch oven.
2. Stir well.

3. Cover and bake for 3 hours, stirring occasionally.
4. Uncover last 30 minutes of cooking.
5. Add small -amount of water, if necessary.

### Beans:Ozark Baked

#### Ingredients

2 cups dried white beans	1 tsp dry hot mustard
1 ½qt water	¼ cups molasses or sorghum
1 tsp salt	¼ lb sliced salt pork
1/3 cups brown sugar	1 large onion sliced
1 tsp dry mustard	Tabasco to taste

#### Equipment

Dutch Oven

#### Directions

1. Place beans in water in Dutch oven and soak overnight.
2. Add salt and cook 1 hour or until tender.
3. Drain liquid into a separate pan.
4. Add other ingredients and 2 cups drained liquid to beans.
5. Mix well, cover and bake 4-5 hours.
6. Check occasionally, adding small amounts of saved liquid if necessary.

### Beans:Trail Drive

#### Ingredients

12 oz package dry red beans	1 can tomato paste
2 ½ cups water	2 tbs garlic flakes
1/3 lb salt pork, diced	4 tsp chili powder
2 lbs beef cubes	1 tsp each salt, cumin, and dried red pepper
1 cup chopped onions	1 bay leaf

#### Equipment

Dutch Oven

#### Directions

1. Wash beans and soak overnight in cold water; drain.
2. Put beans in Dutch oven, add 2 /12 cups water and simmer 1 hour.
3. Render salt pork in skillet; add beef and brown.
4. Pour off excess fat and add pork and beef to beans with remaining ingredients.
5. Cover and simmer 2 hours adding hot water as needed.

### Bouillon Onion

#### Ingredients

1 whole onion  
1 bouillon cube (beef)  
1 camp fire

### Equipment

AL Foil

### Instructions

1. Peel off skin of onion.
2. Then drill a hole in onion (not all the way through) with knife.
3. Put bouillon cube in hole.
4. Wrap onion with tin foil, and twist at top.
5. Place in camp fire for about 15 min.

### Butter Lettuce w/Walnut Vinaigrette

#### Ingredients

1 head butter-leaf lettuce	½ cups walnut pieces
2 tbs Dijon-style mustard	1 tbs parsley flakes
3 tbs red wine vinegar	salt & pepper to taste
½ cups olive oil	

#### Equipment

Zip Locks

#### Directions

1. Rinse and tear lettuce leaves into bite-sized pieces.
2. Put into gallon double zip-lock in cooler until ready to serve.
3. Combine mustard and vinegar in small pot until mixed well.
4. Slowly add oil and beat until very well mixed.
5. Then add nuts and parsley and beat again.
6. Cover and put into cooler until ready to serve.
7. Beat well just before pouring over salad.

### Casserole:Chili Rellano

#### Ingredients

2 large cans whole green chilies	3 tbs flour
1 lb cheddar cheese	4 eggs, separated
1 lb Monterey Jack Cheese	Salt & Pepper
1 can (13 oz) evaporated milk	

#### Equipment

Dutch Oven

#### Directions

- 1 Place 1/2 of chilies in bottom of greased casserole dish, cover with all of cheddar cheese.
- 2 Top with rest of chilies.
- 3 Cover with all of jack cheese.
- 4 Beat egg whites until stiff.
- 5 Beat yolks with flour, milk, salt and pepper in large bowl.
- 6 Fold egg whites into yolk mixture.
- 7 Pour over casserole.
- 8 Bake in 325 Dutch oven for 45 minutes or until knife inserted in center comes out clean.

Rosie Highers, Ft Walton Beach, Fl

### **Casserole:Native American**

#### **Ingredients**

2 1 lb cans whole white hominy, drained	8 slices white bread, crust trimmed, then
2 1 lb cans cream style golden corn	slices crumbled
4 tbs margarine	

#### **Equipment**

Dutch Oven

#### **Directions**

1. Pre heat foil lined greased Dutch oven.
2. In a medium pot, melt margarine, then remove from heat.
3. Stir in bread crumbs.
4. Mix hominy and corn in Dutch oven.
5. Sprinkle crumb mixture over hominy and corn.
6. Cover oven and bake about 30 minutes.

### **Casserole:Onion**

#### **Ingredients**

3 large onions	1 8oz. can of cream soup (mushroom, celery or chicken)
2 bags of potato chips	Red Pepper to taste
2 8oz. bags of shredded cheese	

#### **Equipment**

Dutch Oven

#### **Instructions**

1. Oil the Dutch Oven and layer sliced onions, crushed potato chips and cheese until 1" from top of oven.
2. Pour cream soup over the top, add red pepper to taste.
3. Cook in Dutch Oven 1 to 1 1/2 hours, or until onion are tender.

### Casserole:Three Sisters

#### Ingredients

1 can pinto beans	3 cans whole corn
1 can kidney beans	1 red pepper, diced
1 tsp chili powder	1 green pepper, diced
1 tsp cayenne pepper	1 tsp salt
2 cloves garlic, minced	¼ cups olive oil
2 onions, diced	2 tsp cumin
6c squash, diced	

#### Equipment

Dutch Oven

#### Directions

1. Heat olive oil in large skillet and sauté onion, garlic, peppers, cumin, and ½ tsp cayenne until onions are soft.
2. Stir beans together in Dutch oven.
3. Add onion mixture and stir well.
4. Cook at medium heat.
5. When at simmer, add squash and cook for 15-20 minutes.
6. Add corn and cook another 10 minutes.
7. Add salt and mix together well.
8. Serve over warm tortillas.

### Foiled Onions

#### Ingredients

Large onion	bacon
margarine	foil
salt & pepper	

#### Equipment

AL Foil

#### Directions

1. Peel a large onion and cut in half.
2. Place a pat of margarine on the cut side and sprinkle with salt and pepper.
3. Top with a half strip of bacon on each half onion.
4. Wrap each in double heavy foil and seal tightly.
5. Bake on coals 35-45 minutes. (1 onion for 2 persons)

Ed Bailey

### Fried Cucumbers

#### Ingredients

4 cucumbers, peeled and sliced in into ¼in slices  
1 can Italian bread crumbs  
1 egg ¼ cups milk

¼ cups olive oil  
salt & pepper  
sugar

### Equipment

Skillet

### Directions

1. Dust each slice with salt and pepper and sprinkle with sugar.
2. Pour bread crumbs into a large pot lid and roll each slice to coat.
3. Combine egg and milk in small pot and dip each slice.
4. Roll again in bread crumbs.
5. Heat olive oil in large skillet over medium heat and fry slices until coating is brown.
6. Drain on paper towels and serve hot.

## Fried Green Tomatoes

### Ingredients

4 medium green tomatoes, sliced into ¼in slices  
1 can Italian bread crumbs  
1 egg, beaten

¼ cups milk  
¼ cups olive oil  
salt & pepper to taste  
sugar

### Equipment

Skillet

### Directions

1. Dust each tomato slice with salt and pepper and sprinkle with sugar.
2. Pour Italian bread crumbs into large pot lid and roll each slice to coat well.
3. Combine egg and milk in small pot and mix well.
4. Dip each slice into batter and coat again with bread crumbs.
5. Heat olive oil in large skillet over medium heat.
6. Fry slices until coating is brown.
7. Drain on paper towels and serve hot.

Geezer style -- add 1 tsp red pepper, 1 tsp chili powder, and 1 tsp cu minutes to bread crumbs before coating slices. Add ¼ tsp Tabasco to batter.

## Geezer Paprikosh

### Ingredients

2 lb beef cubes  
5 large carrots, cubed  
8 large potatoes, cubed

2 large onions, sliced  
2 cans whole corn  
3 tbs paprika

### Equipment

Dutch Oven

### Directions

1. Put all ingredients into a Dutch oven and cook at medium for 4 hours.

### Green Beans:Baked

#### Ingredients

1gallon can green beans

4 onions, sliced

1 lb bacon

4 cloves garlic, minced

#### Equipment

Dutch Oven

### Directions

1. Drain ½ of liquid off of green beans and pour into Dutch oven.
2. Cut bacon into 1in strips and stir into beans.
3. Add onions and garlic and stir.
4. Cover and cook 1-2 hours or until bacon is clear and onions are soft.

### Green Beans:Grecian

#### Ingredients

2 cans green beans, drained

2 tsp oregano

2 onions, thinly sliced, then separated into rings

2 tsp prepared mustard

2 cloves garlic, minced

½ tsp salt

¼ cups fresh parsley, chopped

½ cups Coca-Cola

2 tbs sugar

¼ cups olive oil

2 tbs white vinegar

#### Equipment

Pot

### Directions

1. In a large pot, combine the garlic, parsley, sugar, oregano, mustard, salt, Coke, olive oil, and vinegar.
2. Stir until the sugar is dissolved.
3. Add green beans and onions.
4. Toss lightly.
5. Pour into double gallon zip-lock bag and store in cooler overnight.
6. Serve chilled or as hot veggie.

### I'll Eat those Veggies

#### Ingredients

olive oil

2 cloves garlic, minced



1 red pepper, diced  
1 green pepper, diced  
2 large cans tomatoes  
1 tbs cumin  
1 tsp cayenne pepper

### **Equipment**

Dutch Oven

### **Directions**

1. Sauté onions in olive oil in Dutch oven.
2. Add garlic when onions are clear and continue to sauté until golden brown.
3. Add spices and mix well.
4. Add peppers and sauté for 2-3 minutes.
5. Add rest of ingredients and stir well.
6. Cook at medium for 1 hour.

## **Layered Baked Veggies**

### **Ingredients**

6 potatoes, unpeeled but sliced  
2 large onions, sliced  
2 carrots, sliced  
1 green pepper, sliced

#### Sauce

5 cans tomato sauce  
1 tsp thyme  
1 tsp dry mustard  
1 tsp basil  
2 tsp chili powder

### **Equipment**

Dutch Oven

### **Directions**

1. Layer veggies in order given in Dutch oven.
2. Mix ingredients of sauce in large pot and pour over veggies.
3. Cook 4-6 hours at medium.

## **Macho Nacho**

### **Ingredients**

1 can Chili, no beans  
1/2 cup shredded cheese

### **Equipment**

2 cans mexicorn  
2 cans black beans  
1 jar picante sauce  
2 large onions, diced

1 zucchini, sliced  
1 can corn  
1 can peas,  
1/2 lb mushrooms, sliced

1/2 tsp cinnamon  
1/8 tsp sage  
2 tbs parsley flakes  
2 cloves garlic, minced

1/2 pkg. tortilla chips

Pot

### Instructions

1. Spoon chili over chips.
2. Sprinkle with cheese.
3. Heat in microwave or reflector oven to melt cheese.

Yield: 4

### Mike's Broccoli Pie

#### Ingredients

2 10 oz pkg Chopped Broccoli	3 eggs
3 c Shredded Cheddar Cheese	3/4 c Bisquick
2/3 c Chopped onion	3/4 tsp Salt
1 1/3 c milk	1/4 tsp white pepper

#### Equipment

Dutch Oven

#### Directions

- 1 Mix broccoli, 2 c of cheese, and onion in Dutch oven.
- 2 Beat eggs, milk, Bisquick, salt and pepper until smooth.
- 3 Pour into oven.
- 4 Bake until toothpick comes out clean, 25-30 min at 400.
- 5 Top with remaining cheese and melt, 1-2 min longer.

### Montauk Lodge Marinated Vegetables

#### Ingredients

1 pkg frozen stir-fry veggies	1 cup celery cut thin diagonally
3/4 cups vinegar	1 cup onion sliced very thin
1 cup sugar	1 cup chopped red & green peppers
1/2 cups oil	1 pkg Italian seasoning

#### Equipment

Stew Pot

#### Directions

1. Cook vegetables about 7 minutes in small amount of water until crisp tender.
2. Do not overcook.
3. Boil vinegar, sugar, and oil 5 minutes and pour over hot vegetables.
4. Add celery, onion, and peppers.
5. Mix well.
6. Add Italian seasoning and mix again.
7. Store in double zip-lock bags in cooler until ready to serve.

## Old Fashioned Macaroni and Cheese

### Ingredients

8 oz macaroni	1 small onion, chopped
8 oz sour cream	Salt & pepper
2 c cottage cheese	8 oz sharp cheddar cheese
8 oz cream cheese	

### Equipment

Dutch Oven

### Directions

- 1 Prepare macaroni according to package instructions.
- 2 Mix all ingredients together and place in pan.
- 3 Put pan in 350 Dutch oven for 30 min or until cheese is melted and bubbly.

Rosie Higher, Ft Walton Beach, Fl

## Ozark Baked Corn

### Ingredients

1 cup cream style corn	1 tsp baking powder
1 cup whole kernel corn	¼ cups oil
½ cups corn meal	2eggs beaten
1 tsp garlic salt	1 4oz can green chilies
2 cups grated cheddar cheese	½ cups chopped bell peppers

### Equipment

Dutch Oven

### Directions

1. Combine corn, corn meal, garlic salt, cheese, baking powder, and oil in medium pot.
2. Beat eggs and add to mixture.
3. Add chilies and peppers.
4. Place mixture in large pot lid and bake in Dutch oven 40-50 minutes.

## Potatoes and Sprite

### Ingredients

1 lb bacon	1 large onion, sliced thin with skin on	1 tsp salt
2 cloves garlic, minced		½ tsp pepper
½ lb fresh mushrooms, sliced		¼ cups parsley flakes
1 can Sprite		½ lb grated cheddar cheese

### Equipment

## Dutch Oven

### Directions

1. Cut bacon into small pieces and brown in Dutch oven.
2. Drain and add onion and garlic.
3. Cook until clear.
4. Add potatoes and mushrooms and mix well.
5. Pour in Sprite, sprinkle with salt and pepper.
6. Cover and cook until potatoes are tender.
7. Add parsley and cook another 5 minutes.
8. Just before serving, top with cheese and serve after cheese melts.

Thanks to Liz Stiles:a Prodigy Scouter

## Potato:Baked

### Ingredients

Potato

#### Optional

(Slice Potato alternate potato/ onion slices, Add butter, Garlic, black pepper, etc)

#### Garnishes:

Ketchup

Bacon Bits

Grated Cheese

Chives, etc

Sour Cream

### Equipment

AL foil

### Instructions

1. Take the potato wrap it in aluminum foil and place it under the fire.
2. Wait 20 minutes and take it out.
3. The foil won't be that hot so you can open it with your hands and pour the ketchup on the potato after you cut it open then dig in.

Variation:From:Mark Michalski

1. Core small to medium potato, insert a small pre-cooked sausage or wiener.
2. Takes 45-90 minutes to cook.
3. Remove and slice top and add cheese, chili or fixins of your choice.

## Potato:Baked Slices

### Ingredients

2 large baking potatoes

2 tbs Mrs. Dash no-salt seasoning

2 large sweet potatoes

Tabasco to taste

½ cups melted margarine

### Equipment

## Dutch Oven

### Directions

1. Line Dutch oven with foil and pre heat.
2. Cut unpeeled potatoes into 1/4 inch thick slices.
3. Mix potato slices, margarine, and seasoning in large pot until each potato slice is coated with mixture.
4. Add Tabasco to margarine mixture, if desired.
5. Spread potato slices in layers in Dutch oven.
6. Bake about 20 minutes. Serve warm.

Variation -- after layering potatoes, top with shredded cheddar, mozzarella, co-jack, or Swiss cheese, or a mixture of all of them.

### Potato:Baden Baked Sliced

#### Ingredients

potato	foil
margarine	salt, pepper, garlic salt

#### Equipment

AL Foil

#### Directions

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

Ed Bailey

### Potato:Camp Fries

#### Ingredients

4 cups thinly sliced potatoes	1/2 tsp pepper
2 thinly sliced onions	1/2 tsp red pepper
1 cup bacon, cooked and crumbled	1/4 cups bacon grease or margarine

1 tsp salt

#### Equipment

Dutch Oven

#### Directions

1. Toss potatoes, onions, bacon, and seasonings together.
2. Heat bacon grease or margarine in Dutch oven.
3. Cover and cook over low heat for 415 minutes.
4. Turn potatoes, cover and cook for 15 minutes more.

### Potato:Delmonico

#### Ingredients

¼ cups melted margarine	1 cup grated Swiss cheese
7 cups thinly sliced potatoes with skin on	1 egg, beaten
¼ cups minced onions	1 tbs garlic flakes
1 tsp salt	1 cup milk
½ tsp pepper	

#### Equipment

Dutch Oven

#### Directions

1. Pre-heat Dutch oven.
2. Combine margarine, potatoes, garlic, onions, salt, and pepper in large pot and mix well.
3. Place in Dutch oven and bake for 10 minutes.
4. Scald milk in small pot, then add to potatoes.
5. Cook another 20 minutes.
6. Add grated Swiss cheese and egg to 1potatoes and mix well.
7. Bake another 10 minutes.
8. Serve.

### Potato:Fried w/Bacon

#### Ingredients

8 medium potatoes thin sliced with skin on	½ cups water
8 green onions, chopped	pepper
8 slices bacon	foil

#### Equipment

Pot

#### Directions

1. Arrange potato slices in large pot lid.
2. Sprinkle with green onions.
3. Pour water over potatoes and onions.
4. Arrange bacon slices on top and sprinkle with pepper.
5. Cover with foil and bake in pre-heated Dutch oven for 40 minutes.
6. Uncover and cook until potatoes are tender and bacon is slightly crisp (15min) Serve.

### Potato- Garlic

#### Ingredients

6 medium sized potatoes

1/2 pint of cream

Garlic salt

#### Equipment

Dutch Oven

#### Directions

- 1 Peel potatoes and cut into thin slices.
- 2 Place the potatoes in the oven in layers, sprinkling some garlic salt on top of each layer.
- 3 Pour cream over the lot, and cook for an hour or so until the potatoes are cooked through.

Bruce Ward, Australian Scouter

### Potato:Hobo Casserole

#### Ingredients

2 lb. bag frozen southern style hash brown potatoes, defrosted.

½ cup ranch dressing.

½ cup milk.

as much shredded cheddar cheese as you like.

If you have some sour cream throw a bit in.

#### Equipment

Dutch Oven

#### Instructions

1. Dutch Oven with oil pour potatoes into hot oven,
2. add extra cheese over the top bake about 30 min or so
3. until tender and cheese is melted over the top

### Potato:Parmesan Topper

#### Ingredients

1 cup salad dressing

2 tbs dried red peppers, ground

¼ cups grated parmesan cheese

½ tsp black pepper

2 tbs chopped chives

#### Equipment

Bowl

#### Directions

1. Combine all ingredients, mix well.
2. Chill.

3. Serve as topping for baked potatoes or potato skins.

### Potato:Scalloped

#### Ingredients

Red Potatoes  
Yellow Onions  
Parmesan Cheese  
Butter

Equipment  
Heavy Duty foil  
Knife

#### Equipment

Pot

#### Instructions

1. Cut potatoes into thin slices
2. Cut onion into ¼”slices and cut slices into quarters.
3. Place on half the foil sheet then
4. add some butter, top with parmesan cheese
5. Wrap and place on coals 10-30 minutes according to taste. (Any heating source will do.)

### Potato:Sugar Browned

#### Ingredients

3 lb. new potatoes  
½ cup margarine  
½ cups sugar

1 tsp salt  
6 tbs water

#### Equipment

Pot

#### Directions

1. Heat salted water in large pot (1 tsp salt to 1 cup water) to boiling.
2. Add potatoes and heat to boiling.
3. Reduce heat to simmer.
4. Cover and cook 20-25 minutes.
5. Cook and stir margarine, sugar, and salt in large skillet over medium heat until mixture starts to turn golden brown.
6. Remove from heat and cool slightly.
7. Stir in water until blended.
8. Drain water from potatoes.
9. Add potatoes to skillet.
10. cook over low heat, turning potatoes to coat with sugar mixture.
11. Serve.

### Potato:Twice Baked Camp

#### Ingredients



4 medium potatoes  
1 tbs shortening  
2 tsp onion flakes  
¾ cups evaporated milk  
2 tbs margarine

½ tsp salt  
1 tbs parsley flakes  
1 cup shredded Cheddar cheese  
foil

### **Equipment**

Dutch Oven

### **Directions**

1. Scrub potatoes well.
2. Rub skins with shortening and pierce well with fork to allow steam to escape.
3. Bake potatoes in coals for 1 hour, turning occasionally.
4. While potatoes are baking, add onion to evaporated milk and let stand.
5. When potatoes are done, cut in halves lengthwise.
6. Scoop out insides. Reserve shells.
7. Mash potatoes and beat in margarine, milk-onion mixture, salt, and parsley.
8. Blend in cheese.
9. Spoon mixture back into shells.
10. Place in pre-heated Dutch oven about 10 minutes.
11. Serve.

## **Rice on the Coals**

### **Ingredients**

1 1/2 cups minute rice  
1 1/2 cups water  
1 T. margarine

1/2 tsp. salt  
dash pepper  
4 tsp. instant bouillon

### **Equipment**

AL Foil

### **Directions**

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

serves 4

## **Salad:Geezer Mushroom**

### **Ingredients**

1 lb fresh mushrooms, sliced  
4 sweet pickles, finely diced  
2 tbs onion flakes, hydrated

1 garlic clove, minced  
1 tomato, finely chopped  
½ cups olive oil

½ cups red wine vinegar

1 tsp sugar

### Equipment

Bowl

### Directions

1. Combine mushrooms, pickles, onion, garlic clove, and tomato.
2. Toss.
3. Add oil, vinegar, and sugar.
4. Rinse and tear lettuce into bite-sized pieces and divide into bowls.
5. Divide mushroom mixture into bowls and toss with lettuce.

## Salad: Tomato and Onion

### Ingredients

2 green onions

3 fresh tomatoes

### Vinaigrette Dressing

¼ cups olive oil

1 tsp red wine vinegar

1 tbs water

1 tsp dry mustard

### Equipment

Pot

### Directions

1. In small pot, combine dressing ingredients.
2. Slice tomatoes and red onions very thin.
3. Slice green onions in ¾in pieces.
4. Spread veggies on large pot lid, pour on dressing.
5. Toss lightly and serve.

## Salad: Wilted Spinach and Bacon

### Ingredients

1 bunch fresh spinach

6 bacon strips

### Dressing

3 tbs red wine vinegar

½ tsp sugar

1 tsp Dijon mustard

### Equipment

Skillet

1 head lettuce

1 small red onion

1 tsp oregano

1 tsp basil

1 tsp black pepper

½ cups toasted sesame seeds

2 hard cooked eggs, finely chopped

1 tsp garlic powder

1 tsp onion powder

## Directions

1. Rinse and drain spinach leaves, remove stems and break into bite-sized pieces.
2. In small pot, combine vinegar, sugar, mustard, garlic and onion powder to make dressing and set aside.
3. Cook bacon crisp in skillet over medium heat.
4. Remove bacon with slotted spoon and drain on paper towels.
5. Add half of spinach to bacon drippings and cook for about 30 SECONDS.
6. Add rest of spinach and cook for another 30 SECONDS.
7. Toss gently while cooking.
8. Remove from heat, add vinegar dressing and sesame seeds.
9. Divide into serving bowls and sprinkle crumbled bacon and chopped eggs over top.

## Skillet Slaw

### Ingredients

4 slices bacon	1 tsp salt
¼ cups white vinegar	1 tsp dill weed
1 tbs sugar	4 cups shredded cabbage
1 medium onion, chopped	½ cups parsley, chopped

### Equipment

Skillet

### Directions

1. Fry bacon crisp, remove from skillet, cool and crumble.
2. Save drippings in skillet.
3. Add next five ingredients to skillet and cook until onions are clear.
4. Put shredded cabbage and parsley in large pot, mix well, then add bacon crumbles.
5. Mix again and add to skillet.
6. Mix well and remove from heat.
7. Serve warm.

## Smoked Corn on the Cob

### Ingredients

Brinkman or similar smoker	8 ears fresh corn in the husk
Charcoal pan ½ full	Margarine
Water pan ¾ full	Salt

### Equipment

Smoker

### Directions

1. Carefully peel back husks and remove silk.
2. Brush corn with melted margarine and lightly salt.

3. Fold husks back in place and tie with string.
4. Put on smoker grill and cook 1-1 ½ hours or until tender.

### Sweet, Sweet Potatoes

#### Ingredients

1 can sweet potatoes  
margarine

maple flavored syrup

#### Equipment

none

#### Directions

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

(3-4 ser.)

Ed Bailey

## Drinks

### Cockerall River Water

#### Ingredients

1 packages Cherry Drink Mix

1 Packages Orange Drink Mix

#### Equipment

Bowl

#### Directions

1. Mix and add water, pre-sweetened or add the sugar.

### Hot Chocolate Drink Mix

#### Ingredients

1 lb. instant powdered milk

1/2 lb. powdered coffee creamer

1/2 lb. powdered sugar or regular

1 @ 1 lb. can of Nestle's Quick

#### Equipment

Pot

#### Directions

1. Mix in large bowl with wooden or plastic spoon.
2. Store in air-tight, dark container.
3. Pack in plastic bags for camping.
4. 3 Tablespoons in 8-12 oz hot water.

### Hot JELL-O

#### Ingredients

#### Equipment

Pot

#### Directions

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

### Hot TANG

#### Ingredients

Tang Mix

### **Equipment**

Bowl

### **Directions**

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

### **Swamp Water**

#### **Ingredients**

1 packages Grape Drink Mix

1 Packages Lemon-Lime Drink Mix

#### **Equipment**

Bowl

#### **Directions**

1. Mix and add water, pre-sweetened or add the sugar.

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