

Troop 42 Cookbook

Scoutmaster Rule #42:

“No Boy Scout ever starved to death on a weekend campout.”

Philmont Grace

For food, for raiment,
For life, for opportunity,
For friendship and fellowship,
We thank, thee, Oh Lord.

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Hot Chocolate Drink Mix

1 pound instant powdered milk
½ pound powdered sugar
½ pound powdered coffee creamer
1 pound Nestle's Quick

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

The Golden Rules

Always wash your hands **before** handling food. Always wash your hands **after** using the rest room, touching your nose or mouth or after handling raw meat.

- 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.
 - Keeping a clean kitchen area saves on cleaning up after the meal and keeps food related illnesses at a minimum.
 - Pick up trash as you create it.
 - Be considerate of the cleaning crew while cooking. Soak pots and pans after using, helps remove stuck on food mess. Fill dishpans with hot, sudsy water. This serves two purposes:
 1. When preparing food, put the dirty dishes into the hot water to soak, making for easier cleanup.
 2. As you cook, stick your hands in the water to clean them.
 - Keep cold food cold and hot food hot.
 - Clean cutting boards between each use.
 - Put utensils and pots back in the right places.
 - Always serve food on clean platters.
 - Never let raw meat its juices, come into contact with cooked meat or any other food – raw or cooked.
 - Wash cutting boards, knives, counter and other implements with hot, soapy water immediately after you cut raw meat and poultry.
 - After washing and rinsing equipment rinse and sanitize tables. Use a solution 3 teaspoons of in 1 quart of water. (Note: Sanitizing doesn't work on dirty surfaces, so clean them first.)
 - COOK IT: Always cook meat and poultry thoroughly.
-

Dish washing

- Put your pot of water on the stove or fire before you serve the meal otherwise you will have to wait for the water to heat to clean up. (Refer to your Scout book for additional information.)
- Soap the bottom and side of your pots and pans before putting on the fire to reduce the scouring you will need to do when cleaning up. Liquid soap is easier to use than bar soap.
- Begin clean up with 3 clean dishpans:
 - 1st one contains hot water and a few drops of biodegradable soap this is the wash water. (Scrape and wipe dishes before you wash them)
 - 2nd one is warm rinse water, to which nothing has been added.
 - 3rd one is the cold water with a few drops of bleach in to kill bacteria.
- Each scout washes his own personal gear.
- It is best to clean as you prepare your meal, as it will save time after the meal is finished.
- All clean up should be done with each meal and your cook kit put away to leave your area neat.
- If you're having a problem cleaning a pan, rub the area with salt.
- If you burn the inside of a cook pot, shake cream of tarter into the pot, fill with water and bring to a boil. Boil for a few minutes, pour out water, and wipe clean.
- 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.

Cooking Hints

- If cooking on a wood fire, wait for the flames to burn down. The coals are where the heat comes from.
- Get copies of your favorite recipes at home and suggest them for camping trips.
- Follow recipe and box directions to prepare food.
- A can or bottle can be used as a rolling pin.
- Use plastic zip bags for mixing foods.
- Do not spray non-stick oil near coals or flames. The spray can ignite, causing the can to explode.
- Lining your cooking equipment with foil will save cleanup.
- The day is hot and breezy and you want to keep your drinking water cold. Wrap the water container with a wet cloth and hang it in the open from a branch of a tree.
- Don't forget the heavy duty aluminum foil. There are many uses for it at camp.
- Cover pots whenever cooking outdoor. Food will cook quicker and you save fuel.
- To keep matches dry — dip stick matches in wax and when needed, scrape off the tip of the match and light. Also keep matches in a waterproof container.
- To keep soap clean at your campsite, put it in a sock and hang from a tree.
- All items in your cooler should be packed in watertight bags or containers.
- To remove odors from your cooler, wipe with a water and baking soda solution.
- 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.
- Freeze meat before putting in cooler. Keeps other foods cold and will keep longer.
- Block ice lasts longer than cubed ice.
- Cans of frozen juice keep other foods cold.
- Fill 2 liter soda bottles with water or juice and freeze. They keep the cooler cold and provide a cold beverage.
- Use a separate cooler for drinks so not to open the food cooler too often.
- To prevent lumps, mix flour with softened butter or oil before adding to the pot to thicken soup or stew.
- Pancakes are less likely to stick if you add a tablespoon of melted fat to each 1.5 cups of batter.
- Bullion cubes can be substituted for meat stocks when making soup, stew, and gravy.
- Toast sandwiches by wrapping them in a foil pouch and placing them on the embers for a few seconds.
- Use convenience or instant foods for quick meals.
- Pita bread packs better and stays in better shape while camping than regular type breads.
- Bring energy boosting snacks such as trail mix, granola bars, dried fruit, beef jerky etc. for in between meal snacks.
- If you add too much salt to a recipe, add a peeled potato and finish cooking. The potato absorbs the excess salt.
- On your last day of camp, use leftover meats and vegetables to make omelets for breakfast. You can use almost any ingredient in omelets.
- Instead of "stick" or "tub" butter or margarine, try "squeeze" margarine. This squeeze bottle is much easier and cleaner to use when in the woods. It is also great for cooler temperature.
- Add an ice cube to aluminum foil dinners or vegetables packets to prevent them from burning and to keep them moist.

One Pot Meals

Chunky Man Soup

Serves 4-6

2 cans Chunky style soup
1 can beef broth
2 packages Ramen noodles (crushed, discard flavor packs)
1 can cream of mushroom soup

Directions: Add the noodles and broth to a pot and bring to a boil over medium heat. Add Chunky soup and bring to a boil over medium heat. Stir in the mushroom soup and serve with a sandwich.

5 Can Soup

Serves 4-6

1 pound of hamburger
1 Can of Diced Tomatoes
1 Can of Mixed Vegetables
1 Can of White Corn
1 Can of Black Beans
1 Can of "Progresso Minestrone Soup"

Directions: Fry hamburger in a pot. Add all of the canned ingredients with all liquid from the can. Cover and cook on medium-low heat for 20 minutes.

Belly Stretcher

Serves 4-6

1 pound elbow macaroni
1 15 ounce can corned beef hash
1 can condensed cream of celery soup
1 cup milk
1 small onion diced
2 packages of favorite frozen vegetable (thawed)
4 ounce shredded cheddar cheese

Directions: Cook macaroni as directed on package. Drain. Stir in all other ingredients except cheese. Bring to a boil over medium heat, stirring occasionally. Add cheese and serve.

Salsa Chicken

Serves 4-6

3 Boneless, Skinless Chicken Breasts
1 Large Onion cut into medium sized pieces
3 Cups of Instant Rice
1 Large Jar of Salsa
1 Can "Mexican-style" corn
2 Cups water
1 tablespoon of oil

Directions: In a pot on medium heat, add oil, chicken, onion and fry for 8 minutes. Add corn and salsa. Bring to boil. Add water and rice and bring to boil. Turn off heat. Cover and let stand 6 minutes.

EZ 4 Bean Soup

Serves 4-6

1 pound bacon, cut into 1" pieces
3 cans of beans (use 3 different kinds of beans; you can use pinto beans, light red kidney beans, black beans or Navy beans)
1 Can Chicken Broth
1 Can Beef Broth
Pepper to taste

Directions: In a pot on medium heat, fry bacon for 3 minutes. Add beans and broth. Reduce heat to medium-low and simmer for 20 minutes.

Ramen and "Stuff"

Serves 4-6

1 Pound hamburger
1 Package Onion Soup Mix
2 Cans of vegetables (your choice)
2 Cans potatoes
1 Can of water
2 packages of Ramen noodles

Directions: In a pot on medium heat, fry hamburger. Pour off grease. Add everything else (including the liquid in the cans). Cover and reduce heat to medium-low and cook for 15 minutes.

Easy Italian Chicken

Serves 4-6

1 tablespoon oil
3 boneless skinless chicken breasts cut into bite-size pieces
2 cans of Italian style diced tomatoes
3 cups small pasta

Directions: This requires two pots. Fill one pot half full of water and bring to boil. Add pasta and cook until tender. About 10 minutes. Drain the water.

While pasta is boiling, add oil to a second pot set to medium heat. Add chicken and cook for 5 minutes. Reduce heat to medium-low. Add tomatoes and cook 10 minutes. Stir in pasta and serve.

Chili Burgers

Serves 4-6

1 tablespoon oil
1 medium onion, coarsely chopped
4 garlic cloves, minced
3 tablespoons chili powder
2 Small individual cans of V-8 juice
1 tablespoons Worcestershire sauce
4 to 6 frozen meat patties (thawed)

Directions: Warm pot over medium heat. Add meat patties and fry for 3 minutes. Add onion and garlic. Cover, reduce heat to medium low and cook 5 minutes. Add the juice, chili powder and Worcestershire sauce. Simmer 5 minutes.

Chicken Stew

Serves 4-6

2 Cans cream of chicken condensed soup
½ Cup Water
2 Cans Mixed vegetables
2 Cans Potatoes
Boneless chicken breasts cut into bite sized pieces
Salt and Pepper

Directions: Brown chicken; add everything else to a pan. Cover and cook on medium-low heat for 30 minutes.

Dirty Rice

Serves 4-6

½ Pound ground pork
1 Pound smoked sausage cut into bite size pieces
1 Box Zatarain's dirty rice mix (or Jambalaya mix)
2 Cans diced tomatoes
1 Can okra (drained)
1 Can corn (drained)
1 Onion diced
Garlic powder
2½ Cups of water

Directions: In a pot over medium heat, fry the ground pork and onion until the pork is no longer pink (about 5 minutes). Add everything else. Once the mixture begins to boil, cover the pan with a lid and turn the fire to low. Let pan simmer 25 minutes. Stir occasionally. After 25 minutes, turn off the heat and let the pan sit for 5 minutes.

Ranger Stew

Serves 4-6

1 pounds ground beef
1 small onion chopped
½ teaspoon ground thyme
1 (28 ounce) can peeled whole tomatoes
2 (6-8 ounce) cans sliced mushrooms
1 (14 ounce) can beef broth
1 cup instant rice
Water
¼ cup ketchup
2 tablespoon Worcestershire sauce

Directions: Place a pan over medium heat and add beef and onion. Cook, breaking up beef, until beef is no longer pink; drain fat. Add everything except water and rice. Bring to a boil. Fill 1 broth can with water and add to pot. Add rice and bring to boil. Reduce heat to medium-low and simmer, uncovered, 2 minutes. Turn off heat, cover and set aside 5 minutes.

Cowboy Soup

Serves 4-6

3 potatoes cut in chunks
1 can peas
1 pound ground beef
1 can green beans

1 medium onion, chopped
1 can baked beans
1 can tomato soup
1 can corn
1 can tomatoes
Chili powder
Bay leaf
Nutmeg, salt, pepper

Directions: Brown ground beef and onion together. Add everything else, except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and cook 10 min.

Stroganoff

Serves 4-6

1 pound hamburger
1 small onion chopped
2 (6-8 ounce) cans sliced mushrooms
1 (14 ounce) can beef broth
1 Can condensed mushroom soup
1 cup instant rice
Water
¼ cup ketchup
2 tablespoon Worcestershire sauce
½ Cup sour cream

Directions: Place a pan over medium heat, add beef and onion. Cook until beef has no pink. Pour off grease. Add everything except rice and sour cream. Fill 1 broth can full of water and add to pot. Bring to a boil for 2 minutes. Reduce heat to medium-low and add rice. Bring to boil for 1 minute. Turn off the heat, cover for 6 minutes. Stir in sour cream and serve.

Phil Monte One Pot

Serves 4-6

2 ¾ cups elbow macaroni
3 teaspoon. salt
2 cans whole tomatoes
1 onion diced
1 pound bacon, cut into 1 inch pieces
salt and pepper
5 cups water

Directions: In a pot over medium heat, fry bacon and onions until bacon is done. Boil the macaroni

for 12 minutes. Drain macaroni and add bacon, onions, and whole tomatoes. Stir, breaking up tomatoes. Bring to boil. Salt and pepper to taste.

Camper's Stew

Serves 4-6

2 pounds hamburger
3 Cans condensed vegetable soup
1 package brown gravy mix

Directions: In a pot over medium heat, brown hamburger. Pour off grease. Add soup, 1 can of water and gravy mix. Ring to a boil. Serve with bread and butter.

Pizza Tortilla

Serves 4-6

1 lb Italian sausage
1 Jar pizza sauce
1 Onion diced
1 Sweet pepper diced
1 can of mushrooms
1 Package flour tortillas
1 Pound grated mozzarella cheese

Directions: In a pot over medium heat, cook sausage, mushrooms, pepper and onions until no pink remains in sausage. Add pizza sauce and bring to a boil. Turn off the stove. Serve the meat, cheese and pizza mixture rolled up in the tortilla like a burrito.

Macho Nacho

Serves 4-6

½ Pound hamburger
1 Can diced tomatoes
1 Can chili, no beans
1 Can pinto beans
1 Medium onion diced
1 Package taco seasoning
½ Cup shredded cheese
1 Bag tortilla chips

Directions: In a pot over medium heat, fry hamburger until no longer pink. Pour off grease. Add everything except cheese and chips and bring

to a boil. Turn pot to low heat and simmer for 4 minutes. Spoon over chips. Sprinkle with cheese.

Turkey Vulture Casserole Serves 4-6

2 cans turkey,
1 pound elbow macaroni
1 can cream of mushroom soup
1 package vegetable soup mix
1 cup of water

Directions: Cook the macaroni, drain the water. In a pot on medium heat, add soup mix and water. Bring to boil, simmer for 2 minutes. Add the cream of mushroom soup and the canned turkey. Heat to bubbling and serve.

Chicken Surprise Serves 4-6

1 Whole chicken in a can
2 Bags of favorite frozen vegetables (thawed)
1 Envelope of instant chicken soup mix
1½ Cups Bisquick
1 Cup Water

Directions: Pour the entire can of chicken into a pot and fish out the bones. Then set the pot over a medium heat. Add veggies and soup mix. Bring to a boil. Blend Bisquick and water to make a thick slurry. Add the Bisquick slurry and let the pot simmer until the broth thickens.

Devil's Thumb Stew Serves 4-6

1 pound hot dogs or Kielbasa cut into 2 inch pieces
4 cups water
1 package vegetable beef soup mix
1 box Mac and cheese
½ cup instant rice

Directions: In a pot over medium heat, bring water to boil. Add soup mix and macaroni. Bring to boil and reduce heat to medium low. Simmer 10 minutes. Add meat, cheese mix and instant rice and bring to boil. Boil 1 minute. Turn off heat. Cover and let stand 6 minutes.

Chicken and Rice Stuff Serves 4-6

3 Cups of instant rice
4 Cups of water
2 Bags Campbell's instant vegetable soup mix
1 Onion diced
1 Pound canned chunk chicken
1 chicken bouillon cube

Directions: In a pot over medium heat, add oil and onion and fry for 3 minutes. Add water, soup mix bouillon cube, chicken and rice and bring to boil for 2 minutes. Turn off heat and let stand 6 minutes.

"It's in the bag" Chinese Serves 4-6

2 bags of frozen Chinese stir-fry vegetables (thawed)
3 boneless, skinless chicken breasts, cut into pieces
1½ cups instant rice
1½ cups of water
1 Package of Chinese flavoring

Directions: Place rice in a large 1 gallon freezer zip lock bag. Bring 1½ cups of water, vegetables and spice mix to boil. Pour into Zip Lock bag with the rice. Seal and let stand.

While rice is steeping, add oil to pan and fry chicken 10 minutes. Serve chicken over rice.

Chunky Beef Over Rice Serves 4-6

3 Cans Campbell's Chunky Beef Soup
2 Tablespoons Worcestershire Sauce
3 cups favorite frozen vegetables (thawed)
2 Cups instant rice
6 Cups of water
1 Tablespoon vegetable oil

Directions: This takes 2 pots. Bring 2 cups of water to boil. Add rice. Turn off heat and cover. In a second pot on medium heat, add soup, vegetables and Worcestershire sauce and bring to boil. Turn off heat. Serve over rice.

Easy Salsa Chicken

serves 6

3 teaspoon oil
1 teaspoon garlic powder
6 boneless skinless chicken breast, cut into bite-size pieces
1 can corn
1 can black beans
1 can tomatoes with chilies
1 cup shredded cheddar cheese
2 tortillas

Directions: Heat oil over medium heat. When oil is hot, add chicken and fry for 2 minutes. Add corn, black beans and tomatoes and bring to a simmer; simmer for 4 minutes. Wrap tortilla in foil and gently steam. Serve easy salsa chicken with tortilla and cheese. Serve with fruit and tortilla chips and salsa.

Cheeseburger Rice

Serves 4-6

1½ pound hamburger
1 onion, chopped
1½ cups water
½ cup catsup
2 tablespoons mustard
1½ cups instant rice
1 cup shredded cheese

Directions: In a pot over medium heat, brown meat and onions, drain fat. Stir in everything except cheese and bring to boil. Turn off heat, cover and let stand 6 minutes. Sprinkle with cheese. Serve with a vegetable.

Chicken-Tortilla Soup

Serves 4-6

4 chicken breasts, cubed
2 teaspoons oil
1 onion chopped
2 chicken bouillon cubes
2 cans diced mexican style tomatoes,
2 cans condensed tomato soup
1 can corn
2 cups of water
4 teaspoons ground cumin

1 teaspoon chili powder
1 teaspoon garlic powder

2½ cups crushed, unsalted baked tortilla chips

Directions: Saute onion in oil 2 minutes. Stir in cubed chicken, bouillon and water. Bring to boil, reduce heat and cook for 15 minutes. Add rest of ingredients (except chips), bring to a boil. Serve with tortilla chips.

Quick Rice

serves 1

Place ½ cup instant rice in a quart zip lock freezer bag. (You may add spices, flavoring or bullion for flavor.) Add ½ cup of boiling water. Wait 3 minutes. Add a bit of butter buds (or butter) and salt.

Choco-Chip Pie

Serves 6

1 graham cracker crust pie shell
1 package instant chocolate pudding and pie filling
Dream Whip instant mix
½ cup chocolate chips
dried milk powder.

Mix the pudding mix, water, and milk. Let set for a few minutes and then fold in the chips. Pour into the crust. Whip up the Dream Whip mix and top the pie. Sprinkle a few chips on top.

Instant Pie

serves 4

1 box instant pudding mix,
¼ cup powdered milk
2 graham crackers.

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

“Make-Your-Own” Two Pot Meal

Makes 6 servings



GENERAL DIRECTIONS: Select food from each category or use your own favorites.

STARCH — select ONE:

- 2 cups uncooked pasta (macaroni, penne, spiral, bow tie)
- 3 packages of Ramen noodles
- 1 cup instant white or brown rice
- 4 cups uncooked noodles

PROTEIN — select ONE:

- 1 pound ground beef
- 3 skinless, boneless chicken breasts
- 2 cans (6 to 8-ounce) chicken, turkey, ham, beef, pork or fish
- 1 or 2 cans of beans (kidney, pinto, northern, etc.)

VEGETABLE — select ONE:

- 1 pkg. (10-ounce.) thawed and drained frozen vegetables (spinach, broccoli, green beans, green peas, etc)
- 1 can (16-ounce.) green beans, peas, carrots, corn, drained
- 2 cups sliced fresh vegetables (zucchini, carrots, etc.)



SAUCE — select ONE:

- 1 can cream soup (mushroom, celery, cheese, tomato, etc.) mixed with 1 ½ cans of water (or liquid from canned vegetables plus water)
- 1 (16-ounce.) can diced tomatoes with juice

FLAVOR — select ONE or MORE:

- 2 ribs celery, chopped
- 1 medium onion, chopped
- ¼ cup sliced black olives
- 1 or more hot peppers
- 1 or 2 teaspoons herbs (basil, thyme, , etc)
- Any spice or spice mix (garlic powder, chili powder, taco seasoning, Cajun spice, etc.)
- Salt and pepper to taste

TOPPING — select ONE or MORE:

- 2 tablespoons grated Parmesan cheese
- ¼ cup shredded Swiss, Cheddar, or Monterey Jack cheese
- ¼ cup buttered bread crumbs
- ¼ to ½ cup canned fried onion rings

PROCEDURE:



Add a small amount of oil to a large pot, add **protein** and cook over medium heat (be sure raw meat is cooked). Reduce heat to medium low and add all **vegetables**. (If using raw vegetables add them with the protein).

Add **sauce** and cook until vegetables are fork tender. Then add **flavors**.

Meanwhile, in a second pot, cook the **starch** in boiling water. When done, drain and add cooked starch to protein/vegetable mixture. Add **topping**. Enjoy!

One Pot Planning Table

To plan a one-pot meal, take one item from each column and put them all in one pot. Some preparation might be needed for some items and some items might need special cooking techniques. Use your imagination to create some great meals with this formula.

Starch	Vegetable	Meat	Sauce	Spice	Topping
Spaghetti	fresh	ground beef	cheese	oregano	Nuts
Fettuccini	carrots	can beef	sour-cream	herbs	toasted seeds
Linguine	potatoes	can chicken	stroganoff	sage	sunflower
Macaroni	squash	can turkey	Spaghetti	basil	pumpkin
Shells	onions	dried chipped	Taco	salt	sesame
Noodles	cabbage	beef		pepper	coconut
Ramen noodles	peppers	stew meat	dry soup mix	poultry	
Quick Rice		hard salami	gravy mixes	seasoning	
Rice-A-Roni	frozen	Vienna sausage		garlic salt	margarine
Instant Potatoes	broccoli	SPAM	curry	onion salt	cheese
Quick Grits	cauliflower	Jerky	sweet & sour	chili powder	catsup packets
chow mein	spinach		au jus	butter buds	
noodles		canned fish	teriyaki	soy sauce	
Zatarain's mixes	canned	tuna			bacon bits
	peas	salmon	thickeners	bouillon	
Meat Helper	green beans	sardines	cornstarch	chicken	croutons
(hamburg,	corn		flour	beef	dumplings
chicken,	tomatoes	Pepperoni	Cornmeal	vegetable	
pork)	mushrooms				wheat germ
	mixed	beef flavor	SOUPS	mixes	
Stuffing	vegetables	chicken flavor	Cream of ##	chili	dried fruit bits
			Tomato	taco	
box mixes	dried		Cheddar	sloppy Joe	raisins
Mac & cheese	mushrooms		cheese		
rice & ##	vegetables				
noodles & ##	flakes		cream corn		
	soup blends				
	pepper flakes		Tomato or V8		
	celery flakes		juice		
	can onion rings				

You can adapt the protein, starch, vegetable, sauce, and spice found in this chart and from the chart on the preceding page for foil pack ideas. See pages 31-33

Mac and ...

Start with one box of mac-n-cheese. Cook the macaroni and add some onion flakes, drain and add the cheese mix and milk, add the can meat and vegetable, add an extra. Heat and eat. **Makes 6 servings**

MACUP and ...	1 pound Meat	2 cups Vegetables (can, frozen, fresh)	some EXTRAS
1 box of Mac & Cheese	ground beef	stewed tomatoes	1 teaspoon chili powder
	Sausage or hot dogs	broccoli	2 teaspoon mustard
	ham or SPAM	red pepper	¼ cup Miracle Whip
	Tuna or salmon	peas	¼ teaspoon Italian seasoning
	chicken or ground turkey	peas & carrots	1/8 teaspoon. pepper

Just a Minute and ...

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

In a pan, over medium heat, bring water and meat to a boil. Add rice to a zip lock bag with soup mix and some extras. Pour boiling water and meat into bag and seal the bag. Let it stand for 5 minutes. **Makes 1 serving.**

RICE and ...	4 ounces of meat	soup mix	some EXTRAS
½ cup Minute Rice is one serving	ground beef	vegetable soup mix	1 teaspoon chili powder
	Sausage or hot dogs	onion soup mix	2 teaspoon mustard
	ham or SPAM	vegetable beef soup mix	1 or 2 teaspoon of spice mix
	Tuna or salmon	bouillon	¼ teaspoon Italian seasoning
	chicken or ground turkey	Gravy mix	1/8 t. pepper

Dutch Oven Cooking

Dutch Oven No-No's

- Never allow the Dutch oven to sit in water and never allow water to stand in the Dutch oven. It will rust.
 - Never use soap on the Dutch oven.
 - Never put cold liquid on a hot Dutch oven. It will crack the Dutch oven.
 - Never put a cold Dutch oven on a very hot fire. It will crack or warp.
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Regulating DO Cooking Temperature

You normally bake in a Dutch Oven at 350°. To get this temperature, use the “3-up — 3-down” rule. Add 3 to size of your DO to get the number of briquettes for the top and subtract 3 from DO's size to get the number of briquettes for the bottom. If you are using a 12” DO, put 15 briquettes on the top and 9 underneath, spaced evenly.

The golden rule is "go easy with the heat". If the oven isn't hot enough you can always add more briquettes, but once food is burned, it's burned.

The larger the DO, volume of food, and internal air space, the more heat will be required to bring your oven to the desired temperature.

Factors that influence how much heat is generated by burning briquettes:

- Cool air temperatures, high altitudes, shade, and high humidity will decrease the amount of heat generated by briquettes.
- Hot air temperatures, low altitude, direct sunlight, and wind will increase the amount of heat generated by briquettes.
- In windy conditions briquettes burn faster due to the increased air-flow around them, so they will not last as long.

Always use high quality briquettes (avoid using Match Light). Kingsford charcoal will give you good heat for about an hour. After an hour, remove the remaining briquettes and ash from and replenish them with new briquettes. Note, because the Dutch oven and food is already hot, you will not need as many briquettes as when you started. Use 2-3 fewer briquettes on the top and bottom compared to the first time I replenish them.

- Starting the charcoal briquettes is best done in the metal chimney found in the trailer. Crumple 3 pieces of paper loosely place in the bottom and light.
- Fresh coals will last about 1 hour before they need to be replaced to maintain the temperature.
- It will take about 20 minutes to light a batch of coals. So plan your food preparation and time for the second batch of coals accordingly.

The “**Hand Thermometer**” enables you to gauge the approximate temperature by using your hand. Hold your bare hand over the coals and count off second ("1 and 2 and 3 and ..."). Your temperature guide is the number of seconds you can hold your hand over the fire.

- If you have to remove your hand between four and five seconds, low heat (about 300 degrees F)

- If you have to remove your hand between three and four seconds, medium heat (350 degrees F)
 - If you have to remove your hand before you can count to three seconds, high heat (400 degrees F)
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Helpful Cooking Tips

If you see steam coming from around the lids then you are using too much heat. More often than not the top or bottom will be burned.

To keep from generating hot spots, rotate your Dutch ovens every 15 minutes by turning the oven 90° in one direction and the lid 90° in the opposite direction.

When I rotate my Dutch ovens I usually look to see what the food is doing. This way I know if the oven temperature is right or if I need to add or remove briquettes.

An upside down Dutch oven lid can be placed used as a skillet or griddle.

If you get in a hurry to heat a Dutch oven or cast iron pan it will likely burn your food or damage the oven or pan.

Tips for Cleaning Your Dutch Oven

More often than not, cleaning cast iron ovens is much easier than scrubbing pots and pans. **Do NOT use soap** – soap will break down the protective covering and will get into the pores of the metal to taint the flavor of your next meal.

- Remove any food with a paper towel or plastic scraper (only if it is not hot)
- Place some clean warm water in the oven and heat it up to a light boil this should remove any stuck food.
- Wipe the oven out with a paper towel
- Heat the oven up to dry it completely (it will be just hot to the touch). Then lightly coat the cast iron with vegetable oil.
- Let the oven cool and place a piece of folded paper towel between the lid and pot for storage. Put it back into the trailer.

If the food is stuck on the Dutch oven:

- Add about a little warm water to the oven. Wad up a foot long piece of aluminum foil and use it to scrub the DO. The foil is soft enough that it actually self-destructs as it removes the toughest particles.
- If the food does not release, bring about 1 inch of clean water into the oven and heat until almost boiling. Using a plastic spatula, mesh scrubber or foil to gently scrub the food loose and wipe away.
- If food is still stuck on, add 1 to 2 inches of clean water to the oven and bring it to a boil (uncovered). This will open the cast iron pores and allow the food to release. Scrape again. If the water is very dirty, repeat with fresh water and after boiling pour off ½ the water. Rinse the DO and add 1" water and boil. Discard the water.
- After all traces of food have been removed, rinse the oven with clean warm water. Dry the oven with paper towels and heat until it is hot to the touch. Apply a thin coating of oil to both the inside and outside of the

oven and the lid. If you do not oil the outside of the oven, then with use, the protective barrier will break down and the oven will start to rust.

Tips for Storing Your Dutch Oven

When storing your oven, lay a paper napkin or paper towel folded accordion style across the rim of the oven, leaving a small amount outside and then setting the lid down on top of it. The wick draws moisture out of the oven. If air cannot circulate into the oven, the oil used to protect it will turn rancid.

DO NOT cook anything in a rancid oven, you will not be able to stomach the food! A rancid oven must be stripped of its seasoning and then pretreated again.

Techniques

ROASTING: The heat source should come from the top and bottom equally.

BAKING: Usually more heat from the top than from the bottom. Three times more coals should be placed on lid than under the oven.

FRYING, BOILING ETC: All of the heat should come from the bottom.

STEWING, SIMMERING: Almost all heat will be from the bottom. Place four times more coals under the oven than on the lid.

Other Things You Will Need

- A good pair of leather gloves can save time and prove invaluable around a hot fire.
 - A shovel is need to put coal on the oven.
 - A lid lifter or “hot pot” pliers are worth their weight in gold.
 - A broom is used to sweep the ash off the lid before opening it.
 - A charcoal chimney is the most efficient and quickest way to start charcoal.
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DO Beef Dishes

Ann's Brisket (serves 6)

3 pounds beef brisket
Seasoning salt
2-3 tablespoons flour
Salt and pepper
2 tablespoons of butter

Coat brisket with seasoning salt. Seal it in foil. Place in Dutch oven, cover and cook at 225° to 250° for 6 to 7 hours. Remove from foil, catch the liquid. Let the meat rest 20 minutes before cutting. Blend flour with 2 tablespoons of butter. Add the meat juice, flour, salt and pepper, to the DO and make gravy to pour over the brisket.

Irish Delight (serves 6)

1 tablespoons oil
2 pound bag frozen O'Brien potatoes
½ head of cabbage, chopped.
1 can of corned beef
Salt and pepper to taste

Add Potatoes, Cabbage, and Corned Beef. Bake 40 minutes, or until potatoes are done.

Swiss Steak (serves 6)

2 pounds round steak, cut into 6 equal pieces
3 stalks celery, peeled, chopped fine
3 tablespoon butter
½ cup catsup
1 cup water
1 tablespoon chopped parsley
1 large onion, diced

Brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2-½ hours. You may need to add ½ cup water if gravy is too thick.

Steak & Mushrooms (serves 6)

1 pound mushrooms sliced
½ teaspoon salt
1 cup onions, diced

½ teaspoon pepper
¼ pound butter
1 ½ - 2 pounds round steak
8 ounce can tomato sauce
flour
1 tablespoon Worcestershire sauce

Cut meat into strips and coat with flour. Sauté in melted butter for 5 min. Add onion and mushrooms, cook another 5 min or until onion turn clear. Add remaining ingredients and stir well. Simmer 1 to 1-½ hours. Serve over rice.

Corned Beef with Glaze (serves 6)

2 pounds corned beef brisket
4 cups water
¼ cup vinegar
¼ cup Worcestershire Sauce
2 bay leaves
8 whole cloves
3 cloves garlic, crushed
½ cup Dijon mustard
½ cup orange marmalade
2 tablespoons horseradish
2 tablespoons Worcestershire Sauce

Place brisket in Dutch oven. Add water and next 5 ingredients, bring to a boil. Cover, reduce heat and simmer 2-½ to 3 hours or until tender. In a small saucepan, combine Dijon mustard, marmalade, horseradish, and Worcestershire sauce. Cook over medium heat, stirring constantly, until bubbly. Remove brisket and drain. Return to oven and spread with ½ cup glaze. Bake at 350 for 20 min. Serve with remaining glaze.

Beef Goulash (serves 6)

2 pounds beef, cubed
1 teaspoon salt
1 tablespoon paprika
2 tablespoons Cooking oil
1 can mushroom soup

Brown the beef in cooking oil. Add salt, paprika and soup. Cover and simmer about 1 hour. Serve over rice.

Easy Beef Stew

(serves 6)

2 pounds stew meat, cut into bite size pieces
1 large onion, quartered
4 potatoes, cut into 1 inch cubes
4 carrots, cut into 1 inch slices
2 beef bouillon cubes
2 small cans Mushrooms
2 teaspoons of Cornstarch
Water

Put 2 tablespoons of oil in Dutch oven and place on coals. When oil is hot, add meat and cook until meat is browned. Drain excess oil. Add everything (except corn starch). Add salt and pepper to taste. Add enough warm water to cover vegetables. Cover and place pot on coals. When vegetables are tender, add corn starch to 2 tablespoons of water and pour into stew.

Easy Stew and Biscuits

(serves 6)

1 can of jumbo biscuits

Make the easy stew. When it is finished, place jumbo biscuits on top, leaving a small gap between the biscuits. Cover and place the oven on a pile of coals, then place coals on the lid. Check periodically until the biscuits are light golden brown.

Genuine Australian Kangaroo Stew

NOTE: Recipe requires a large Dutch Oven,
Recommended when you entertaining V.I.P's.

3 Medium sized Kangaroos
1 ton salt
500 bushels Potatoes
1 ton pepper
200 bushels carrots
3000 sprigs parsley
1000 gallons of brown gravy.

Cut kangaroo into bite sized pieces, cube vegetables. Place meat into pan and cover with 1000 gallons of brown gravy. Simmer slowly for 4 weeks. Garnish with Parsley, Should serve 3800 people. If more are expected, add 2 rabbits.

Australian Beef

(serves 6)

2 pounds Chuck steak or similar (diced)
1 packet of French Onion Soup mix
1 tablespoon brown sugar
Pinch of dry mustard

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

Round Steak Hawaiian

(serves 6)

¼ cup cooking oil
1-½ pound round steak
1 jar homestyle beef gravy
1 bell pepper cut into strips
Chow mein noodles
2 small cans of mushrooms
½ teaspoon salt

Cut steak into ¼ " strips. Heat oil over medium-high heat. Add steak, onion, green pepper, mushrooms and salt. Cook until meat is brown, stirring. Drain and add water chestnuts and gravy. Cover and simmer 1-½ to 2 hours, stirring occasionally. Serve over rice and sprinkle with noodles.

DO Ground Beef

Adirondack Beans

(serves 6)

½ pound. hamburger
¼ pound bacon cut into small pieces
½ cup chopped onion
½ cup brown sugar
½ cup catsup
¼ cup molasses
1 teaspoon mustard
1 can pork and beans
1 can chili beans (drain and discard excess liquid)
1 can kidney beans (discard excess liquid)

Fry hamburger, onion, and bacon together in bottom of Dutch oven. When meat is brown, drain off excess grease. Add all remaining ingredients, cover, and place hot coals under and on top of the

oven. Bake for one to one and one half hours, stirring occasionally.

Mexican Casserole (serves 1)

1 pound sausage hot or regular
1 pound ground beef
1 medium onion chopped well
2 eggs
1 can Rotel drained
½ cup bread crumbs

Mix everything to produce dense meatloaf. Place in Dutch oven that has been lined with foil and sprayed well with non-stick spray. Cover and cook 30 minutes. While this is cooking, mix 1 box of cornbread mix, and add:

1 small onion finely chopped
1 small can of chilies
1 small can of creamed corn

Pour cornbread mixture over the top of the meat and return to oven for approximately 20 minutes. Watch carefully. Check for doneness with a toothpick.

Poor Man's Steak (serves 6)

2 pound Ground beef
1 1/3 cup Milk
2 teaspoons Salt
Margarine
¼ teaspoon Pepper
2 cans Mushroom Soup
2 cups Cracker Crumbs
1 cup Water

Mix together meat, salt, pepper, crumbs, and milk and form into patties. Brown in margarine. Mix soup with 1 cup of water and pour over meat placed in Dutch oven. Bake at 350 for 1 hours.

Meat Loaf (serves 6)

1 pound ground beef
1 pound ground pork

1 box stuffing mix
1 cup milk
2 eggs
½ cup salsa
1 - 9" aluminum pie pan

4 tablespoons yellow mustard
4 tablespoons ketchup
2 tablespoons brown sugar

Add mix eggs, milk and salsa. Add stuffing mix. Add the ground pork and ground beef and blend. Form into a loaf that is a bit smaller than the pie pan.

Mix together the ketchup, mustard and brown sugar.

Place the pie pan upside down in the bottom of a hot Dutch oven. Place the meat loaf on top of the pie pan. Spread the ketchup mixture on top. Cover and bake 45 minutes to 1 hour.

Burger, Beans & Biscuits (serves 6)

2 pounds lean Hamburger
2 2 pound cans of Pork & Beans
1 jar your favorite BBQ sauce
Ketchup
Mustard
1 Onion
Your favorite canned Biscuits

Brown and drain the Hamburger. Add both cans of Pork & Beans. Add as much or as little of the BBQ sauce to the mix. Again, mix well. Add Ketchup and Mustard to taste. Once mixed, add a handful of chopped onions (the finer the better). Let simmer on low heat for 15 minutes.

Arrange biscuit on top of simmering beans. Cover the complete top of the beans and hamburger mix with biscuits. Bake for 30 minutes. Add all shredded cheese on top of biscuits bake until cheese melts.

Taco Pie (serves 6)

2 pounds ground beef
1 medium jar Taco sauce

4 large corn tortillas
1 8 ounce package shredded cheddar cheese
1 can (8 ounce) tomato puree
1 – 9 inch aluminum pie pan

Place aluminum pie pan in the Dutch oven upside down. Line Dutch oven with aluminum foil (be sure foil is on top of pie pan – this will create an air pocket between the foil and Dutch oven.
Brown ground beef, drain. Combine taco sauce and tomato puree.

Place 2 tortilla shells in Dutch oven. Place ½ of ground beef on top, pour ½ taco sauce over top. Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top. Cover and bake 30 minutes. Add cheese and bake until cheese is melted.

Kit Carson Pie

2 pounds ground beef
1 onion, diced
2 packages sloppy Joe seasoning mix
12 ounces tomato paste
2 cups of water
1 can refrigerator biscuits

Brown the beef and onions. Add seasoning, tomato paste and water and bring to boil. Place biscuits on top and bake 15 or 20 minutes.

DO Chili

Mike's Chili

(serves 6)

2 pounds ground beef
4 tablespoons water
1 tablespoon oil
2 teaspoons each of salt, sugar, Worcestershire Sauce, cocoa, ground cumin, oregano
1 large onion chopped
1-½ tablespoon chili powder
2 cans kidney beans
3 cup canned tomatoes

Brown ground beef in oil. Add onion and cook until it turns clear. Add remaining ingredients except

kidney beans and simmer 1 hour covered. Add kidney beans and cook 1 additional hour uncovered.

Texas Chili

(serves 6)

2 pounds lean chuck roast
1 large onion
Bacon grease
6 cloves garlic, minced
6 jalapeno peppers, seeded & chopped
2 teaspoon salt
4 tablespoon chili powder
1 tablespoon cumin
1 tablespoon oregano
1 (20 ounce) can tomatoes, chopped

Brown meat, garlic and onions in bacon grease. Add jalapeno peppers and mix well. Add remaining ingredients, cover and cook 1 hour

Homestyle Chili

(serves 6)

2 pounds ground beef
1 large yellow onion, chopped
3 cloves garlic, minced
1 tablespoon cumin
2 tablespoon chili powder
1 tablespoon Worcestershire sauce
1 (20 ounce) can tomatoes, chopped
1 green bell pepper, chopped
Salt & pepper to taste
1 pound uncooked kidney beans

Cover beans with 2"-3" water. Bring to boil, remove from heat and let stand 1 hour. Drain and set aside. Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer about 1 hour. Variations: Use black beans instead of kidney beans.

Green Chili

(serves 6)

2 pounds lean pork
2 stalks of celery, chopped into ½ inch pieces
2 medium tomatoes, chopped
½ cup canned Green Chilies
6 cloves garlic, minced

3 tablespoon jalapeno pepper sauce

Brown pork in oil. Add remaining ingredients and mix well. Add 1-2 cups water. Cover and simmer 45 min to 1 hour. If it is too thin, remove cover and continue to simmer until thickened.

DO Chicken Dishes

Easy Chicken Dinner (serves 6)

6 Chickens breasts
Flour
Seasoning salt
6 Potatoes
4 Carrots

Cut vegetables into small pieces for eating. Mix flour and seasonings in a gallon plastic zip lock bag. Place 2 chicken parts at a time in bag and shake. Remove chicken from bag when coated and repeat until all chicken is coated. Place potatoes in bag and shake. Remove potatoes from bag.

Put about ½ inch of oil in Dutch oven and place on coals. When oil is hot, add chicken and completely brown on all sides. Remove chicken from pot and drain excess oil from pot. Put chicken back in pot. Add approximately ¼ inch of warm water. Place potatoes and vegetables over chicken. Cover pot and place back on coals.

Cook for 45 minutes or until chicken is tender. Check periodically to ensure there is always a small amount of moisture in the Dutch oven.

Dave's Saucy Chicken (serves 6)

6 boneless skinless chicken breasts
2 Tablespoons oil
1 medium onion chopped
1 medium green pepper chopped
1/3 cup cider vinegar
½ cup brown sugar
3 tablespoons soy sauce
1 12 ounce can tomato paste
½ cup mild salsa

Brown chicken in oil. Everything else to chicken. Simmer in Dutch oven 1 hour.

Barbecue Turkey and Beans (serves 6)

2 pounds skinless turkey thighs
1 28 ounce can baked bean
1 onion, chopped
1 cup barbecue sauce
1 Tablespoon spicy brown mustard
1 teaspoon cumin
1 cup water

Place turkey in Dutch. Combine the rest of the ingredients. Pour over turkey. Cook until the meat falls off the bones, about 45 minutes. Remove bones and shred the meat, return to the pot. Serve over rice, baked potato, on buns, or just eat.

No Peek Pork/Chicken (serves 6)

6 loin chops or chicken thighs
1 package dry onion soup mix
1 can cream of mushroom soup
1 can cream of celery soup
1½ cans water
1¾ cup Uncle Ben's rice (not instant rice)
salt and pepper to taste
one package of favorite frozen vegetables.

Season and brown meat on both sides. Remove meat, add water then stir in soup, add dry onion soup mix, salt and pepper to taste. When soup mixture is smooth, stir in rice. Set browned pork or chicken on top and then spread frozen vegetables evenly over top of meat and cook for about 45 minutes or until rice has cooked through.

Chicken Supreme (serves 6)

Brown:
6 skinless-boneless chicken breasts in
1 stick butter

add:
6 potatoes, skinned and diced
6 carrots, skinned and sliced
1 large red onion, diced

- 1 26 ounce can cream mushroom soup
- 1 26 ounce can cream of chicken soup
- 1 4 ounce can mushrooms
- 1 tablespoon Lawry's seasoning salt
- 1 teaspoon garlic salt
- 1 teaspoon black pepper

Usually cooks in 45 minutes to 1 hour

Rescue Chicken (serves 6)

- 6 pieces of chicken, cut in bite size pieces
- 2 ounces Worcestershire sauce
- 1 teaspoon garlic powder
- 1 small can green chilis
- 1 tablespoon mustard
- 1 medium/large onion
- 8 ounces French dressing
- 16 ounces apricot jelly (or apple if you prefer)
- 1 small box of 5 minute rice
- 1 teaspoon salt
- ½ teaspoon pepper (or more if you like)
- 1 stick butter

Brown chicken in half of the butter. Add remaining ingredients (except rice). Replace lid on Dutch oven and cook for 15-20 minutes.

Cook rice in separate pan according to directions and set aside for serving chicken over rice.

Save the Day Chicken (serves 6)

- 6 skinless Chicken thighs
- 1 envelope Italian Salad Dressing mix pepper
- 1 can cream of celery or mushroom soup
- ½ cup sour cream
- 8 ounces of sliced mushrooms

Combine the soup and dressing mix. Season the chicken with the seasoning salt and pepper. Place in the pre-heated Dutch oven. Cook until juices run clear and the chicken is tender. Remove chicken from Dutch oven.

Add sour cream and mushrooms and continue cooking until the sauce is heated through. Serve over rice or noodles.

Easy Chicken Casserole (serves 6)

- 2 cans of whole chicken, chopped (pick out bones)
- 2 cans Cream of Chicken Soup
- 1 can cheese soup
- 1 cup Mayonnaise
- 1 box "Stove Top" stuffing, chicken flavor

Combine soup and mayonnaise in a large bowl. Add seasoning package from stuffing mix and ¾ cup stuffing crumbs. Add chicken and mix well. Place in Dutch oven and top with remaining crumbs. Bake for 30 min or until bubbly and crumbs are brown.

Chicken Cacciatore (serves 6)

- 1 pounds boneless chicken (boneless, skinless thighs or breasts), cut up
- ¼ teaspoon black pepper
- 3 tablespoons oil
- ¼ teaspoon cayenne pepper
- 2 medium onions, thinly sliced
- 1 teaspoon oregano
- 2 cloves garlic, minced
- ½ teaspoon basil
- 1 can (1 pound) tomatoes
- ½ teaspoon celery salt
- 1 can (8 ounce) tomato sauce
- 1 bay leaf
- 1/3 cup minced green pepper
- 1 teaspoon salt

Brown chicken pieces in hot oil. Remove from DO. Layer onions in oven. Put browned chicken pieces on top of onions and add remaining ingredients. Cover and cook 1 hour. Discard bay leaf and serve over buttered spaghetti.

Chicken and Dumplings (serves 6)

- 2 envelopes chicken noodle soup mix (NOT single serving size)
- 2 cans whole chicken
- 1 can refrigerator biscuits

Mix soup mix with about half the normal water, add boned chicken and bring to a boil. Cut each biscuit in half and drop on the chicken mix. Cover tightly

and SIMMER (not too hot) until dumplings are done (usually takes 12-20 minutes).

Chicken Gumbo (serves 6)

2 pounds chicken breasts, cut into 1 inch cubes
2 pounds okra, sliced ¼ inch slices
2 medium onions, chopped
2 medium bell peppers, chopped
½ cup celery, chopped
4 tablespoons cooking oil
3 tablespoons flour
3 medium tomatoes, cut up
2 cloves garlic, minced
Salt & pepper to taste

Add flour to hot oil. Cook until tan, stirring often. Add onion, bell pepper, and garlic. Slowly stir in 1 quart of water. Add salt and pepper to taste. Add cut-up tomatoes, okra and celery. Cover and cook about 30 min, until vegetables are done. Add chicken and simmer an additional 6 min.

Apricot Glazed Bird (serves 6)

2 pounds chicken thighs
1 box Wild rice and sausage dressing mix
1 jar (12 ounce) Apricot preserves
1 cup water

Place chicken in Dutch oven. Add preserves and water. Bake 45 minutes. Serve with dressing mix.

BBQ – Coke Chicken (serves 6)

3 pounds of chicken
1 bottle of your favorite BBQ sauce
1 can Coke (or Dr. Pepper)

Place chicken in Dutch oven. Add BBQ sauce and Coke. Bake for 45 minutes.

DO Pork Dishes

Chops & Vegetables (serves 6)

6 (1" thick) pork chops

3 tablespoons butter, melted
3 carrots, cut into ½ inch slices
1 teaspoon basil
1 envelope instant onion soup mix
2 cups water
1-½ cups green beans, cut 1 lengths
3 small potatoes, peeled, ½ inch cubes

Brown chops on both sides in butter in bottom of oven, drain. Place vegetables in bottom of oven and replace chops on top. Combine dry soup mix and water, mixing well. Pour over chops and bring to a boil. Cover and reduce heat, simmer 45 min or until chops are tender

Texas Pork Roast (serves 6)

6 country style pork ribs
1 tablespoon lemon juice
½ teaspoon salt
Dash of Tabasco sauce
Pepper to taste
½ cup melted cinnamon-flavored or plain apple jelly
1/8 teaspoon allspice
1 teaspoon chili powder
1 tablespoon Worcestershire sauce
1-¼ cup chili sauce

Place pork in oven and sprinkle with mixture of salt, pepper, allspice and chili powder. Combine remaining ingredients, and spread evenly on pork. Roast 30 min per pound of meat. Baste frequently with drippings in the pan.

Red-Hots with Beans (serves 6)

1 pound hot dogs
1 tablespoon lemon juice
2 slices bacon, chopped
1 tablespoon Worcestershire sauce
1 chopped onion
1 tablespoon brown sugar
1 (8 ounce) can tomato sauce
1 tablespoon flour
1 teaspoon salt
1 can kidney beans
½ teaspoon chili powder
¼ cup catsup

1/8 teaspoon garlic salt

Stir flour into tomato sauce. Cut hot dogs into 1 inch pieces.

Fry bacon in oven until crisp. Add onions and fry until light brown. Add tomato sauce and all other ingredients. Cover and simmer 20 minutes

DO Goodies

Pizza (serves 6)

2 pre-made non-refrigerated pizza crusts
1 jar pizza or spaghetti
12 ounces shredded mozzarella cheese
Sliced pepperoni
Other toppings (onion, pepper, mushrooms, etc.)
Aluminum foil – 2 pieces 3 times longer than the width of the Dutch oven

While Dutch oven and its lid are getting hot, accordion fold the foil and dice the vegetables (if you use them). Lay folded-foil on clean table in an X pattern. Lay 1 crust on top. Spread sauce on the crust, add other toppings and finish with cheese. Lift the pizza by the foil and set in the hot Dutch oven. Bake until done about 25 or 30 minutes.

Scout Lasagna (serves 6)

1 pound ground beef
23 ounces spaghetti sauce
12 ounces shredded mozzarella cheese
3 eggs
2 cups cottage
¼ cup grated Parmesan cheese
1 box of bow tie pasta
1½ teaspoon oregano
¾ cup hot water

- Boil pasta for 6 minutes and drain.
- Brown the ground beef in the DO. Remove the beef to a large mixing bowl and stir in the spaghetti sauce.
- While beef is browning, in another bowl, add the cottage, Parmesan cheese, 9 ounces of mozzarella cheese, eggs, oregano, and mix.

- Line the DO with foil. Add a little of the sauce to the bottom. Then add 1/3 of the pasta to the oven. Spread about 1/3 of the sauce over the noodles. Add ½ of the cheese mixture.
- Add 1/3 of the pasta over the top of the preceding mixtures. Spread ½ of the remaining sauce over the pasta. Spread the remaining cheese over the sauce.
- Add remaining pasta over the cheese mixture. Spread the remaining sauce over the noodles.
- Pour the hot water all around the edges of the oven.
- Use only 6 or 7 charcoal briquettes on the bottom and 15 on top.
- Bake 45 minutes. Then add remaining cheese and bake 5 minutes.

Mike's Broccoli Pie (serves 6)

2 10 ounce package Chopped Broccoli
3 cup Shredded Cheddar Cheese
1 Chopped onion
1-1/3 cup milk
3 eggs
¾ cup Bisquick
¾ teaspoon Salt
¼ teaspoon white pepper

Mix broccoli, 2 cup of cheese, and onion in Dutch oven. Beat eggs, milk, Bisquick, salt and pepper until smooth. Pour into oven. Bake until toothpick comes out clean, 25-30 minutes. Top with remaining cheese and melt, 1-2 min longer.

Old Fashioned Mac 'n Cheese (6)

8 ounces macaroni
8 ounces sour cream
2 cup cottage cheese
8 ounces cream cheese
1 small onion, chopped
Salt & pepper
8 ounce sharp cheddar cheese
1 9 inch aluminum pie pan

Prepare macaroni according to package instructions. Drain and mix all ingredients together. Put pie pan upside down in Dutch oven. Line Dutch

oven with foil (be sure pie pan is under the foil so you have an air space between the Dutch oven and foil). Bake for 30 min or until cheese is melted and bubbly.

Garlic Potatoes (serves 6)

6 medium sized potatoes
Garlic salt
½ pint of cream

Peel potatoes and cut into thin slices. Place the potatoes in the oven in layers, sprinkling some garlic salt on top of each layer. Pour cream over the potatoes and cook for an hour or so until the potatoes are cooked through.

Corny Corn Casserole (serves 6)

1 can cream corn
1 can regular corn (drained)
8 ounces sour cream
1 stick butter, cut into 10 or 12 pieces
onion flakes
1 egg
1 package Jiffy corn bread muffin mix
3 tablespoons oil.

Line the Dutch oven with foil. Using a paper towel, rub oil all over the foil. Mix together and pour into Dutch oven. Bake about 30 minutes or until done.

DO Desserts

SMACOS (serves 6 to 8)

1 package flour tortilla
1 package semi-sweet chocolate chips
1 bag mini marshmallows

Using a paper towel with dipped in vegetable oil, wipe the bottom of the Dutch oven (not too much, just enough to give it a gleam). Place on coals (we did this with as few as 6 coals)

In the bottom of the Dutch oven place a soft flour tortilla.

On top of that place a handful of semi-sweet chocolate chips.

On top of that place a handful of mini-marshmallows.

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.

Cover for another minute. Remove lid Remove SMACO from Dutch oven and place on paper plate to cool (IT COMES OUT TOO HOT TO EAT).

Grandma's Bread Puddin' (serves 6)

2 cups Milk
2 teaspoons cinnamon or nutmeg
¼ cup Butter
¼ teaspoon salt
2 eggs
8 slices stale bread
½ cup Sugar
½ cup Raisins
1 9 inch aluminum pie pan

Dice bread into small cubes.

Beat eggs and salt together.

Place milk and butter in large pan and heat until hot, DO NOT BOIL. Take off the heat and mix in bread sugar cinnamon and eggs. Stir in raisins.

Put pie pan upside down in Dutch oven. Line Dutch oven with foil (be sure pie pan is under the foil so you have an air space between the Dutch oven and foil). Pour mixture into Dutch oven. Bake until toothpick comes out clean about 30-40 min. Top with cinnamon sugar or brown sugar.

Monkey Bread (serves 6 to 8)

2 cans refrigerator Biscuits

½ cup Sugar
½ cup Brown sugar
2 tablespoon Cinnamon
1 stick butter cut into 10 or 12 slices
1 9 inch aluminum pie pan

Put pie pan upside down in Dutch oven. Line Dutch oven with foil (be sure pie pan is under the foil so you have an air space between the Dutch oven and foil).

Cut biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop quarters into bag and coat well.

Place in Dutch oven. Put butter on top and bake for 35 minutes.

Dump Cobbler (serves 6)

1 package yellow or white cake mix
2 cans pie filling or 1 large can fruit cocktail
Cinnamon
Butter cut into 10 or 12 slices

Line Dutch oven with foil.

Pour cans of filling or fruit cocktail in bottom of Dutch oven. Sprinkle cake mix over top of fruit, DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR, it will burn. Cover and bake until bubbly and top is lightly browned, about 45 min.

Any combination of fruits can be used. I recommend 1 can apple filling and 1 can of fruit cocktail.

Easy Cobbler (serves 6)

1 Box yellow cake mix
2 29 ounce cans sliced peaches (any fruit or pie filling works)
3 eggs
1 cup sugar
½ cup brown sugar
Oil (at least 1/3 cup plus 4 teaspoons)
1 teaspoon cinnamon
Water
Large Ziplock bag to mix cake in

Line Dutch oven with foil.

In Ziplock bag, mix cake mix, 3 eggs, 1 and 1/3 cup water, 1/3 cup oil.

Preheat oven over 8 burning coals. Add 4 teaspoons oil to pot. Add ½ cup brown sugar to pot and dump in peaches (with no more than ½ cup of the juice), Add 1 cup sugar, Add 2 teaspoons cinnamon.

Cut the corner off the zip bag and squeeze the cake batter on peaches, covering all the fruit.

Put lid on oven and add 12 burning coals on top of lid. 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). Allow cake to cool 30 minutes before serving.

Indian Bread Pudding (serves 6)

2 cups milk
¼ teaspoon Ginger
1 small corn bread mix
1 egg
2 tablespoons Sugar
¼ cup brown sugar
½ teaspoon Salt
1 tablespoon butter
½ teaspoon Cinnamon

Line Dutch oven with foil.

Combine milk, cornmeal, sugar, salt, cinnamon, ginger, brown sugar and butter. Gently stir and cook until thick, 5 or 6 minutes. Cover with lid and cook until set, about 5 minutes. LET STAND 10 to 15 minutes before serving.

Memphis Molly (serves 6)

1 15-16 ounce can tart cherries (not pie filling)
1 15-16 ounce can blueberries (not pie filling)
1 smaller can crushed pineapple
1 small package of chopped walnuts
1 box yellow or white cake mix
1 stick butter pats

Line Dutch oven with foil.

Spread fruit and nuts in bottom of Dutch oven.
Sprinkle cake mix over all and put butter pats on top. Cook 20 -30 minutes or until "cake" is done.

7-Up Apple Dumplings (serves 6)

2 cans refrigerator biscuits
4 Granny Smith apples
1 can 7-Up
1 stick of butter
Cinnamon sugar

- Line the Dutch oven with foil.
- Peel and core 2 apples. Cut into 8 wedges.
- Roll out 1 biscuit, dot with butter, add 1 apple wedge and sprinkle with cinnamon sugar. Fold biscuit over the apple and seal.
- Add apple dumplings to the Dutch oven and add half a can of 7-Up. Bake until done. About 30 minutes.
- While first batch is baking, prepare second batch.
- When first batch is done, remove from Dutch oven and add the second batch with the remaining 7-Up and bake until done.

DO Breakfast Dishes

Pita Pocket Breakfast (serves 6)

1 pound sausage
1 medium onion, minced
6 Pita breads, medium
1 clove garlic
1 bell pepper, diced
12 eggs, beaten
1 jar salsa

Pre-heat DO (12 coals on the bottom). Brown sausage drain fat, saving 2 TABLESPOON. Stir in onion, garlic, pepper, sauté with sausage. Add eggs, fat and cook together until eggs are scrambled. Spoon into Pita Pockets top with salsa.

(Hints: Brown sausage and sauté garlic onions and peppers in advance, refrigerate or freeze in Ziplock

bags. Add 2 TABLESPOON of oil when cooking in camp instead of sausage fat. This will save time and reduce the sausage fat that will need to dispose of).

Country Breakfast (serves 6)

1 pound sausage
1 bag Tater Tots
1 dozen eggs
½ pound shredded cheddar cheese
Line Dutch over with foil.

In the bottom of the Dutch Oven fry sausage until cooked. Add potatoes, and 1 cup of water, boil until water is dissolved. Fry potato/sausage mixture until potatoes are browned. Scramble eggs and add eggs. Cover the Dutch Oven and bake until eggs are done. Sprinkle cheese over the top and cover the Dutch Oven long enough to melt the cheese.

Quick & Easy Breakfast Casserole (serves 6)

(a.k.a. - Cholesterol Casserole)

8 slices of bread
1 pound of sausage (pre-cooked)
16 ounces grated cheddar cheese
12 eggs
1 qt. Milk
1-½ teaspoon. Dry mustard
1 teaspoon salt

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

Mountain Man Breakfast (serves 6)

½ pound bacon (or pre-cooked sausage)
1 Medium onion
1 2 pound bag of frozen hash brown potatoes
½ pound of grated cheddar
1 dozen eggs

Small jar of salsa (optional)

- The following requires 6-9 bottom coals and 12 - 15 top coals:
- Pre-heat 12" Dutch Oven.
- Cut bacon and onion into small pieces and cook until onions are clear.
- Stir in the hash brown potatoes, ½ cup water and cover; stir occasionally to brown and heat potatoes (15-20 minutes)
- Scramble the eggs in a separate container and pour over the hash browns. Cover and cook until eggs start to set about 10 - 15 minutes
- Sprinkle grated cheese over egg mixture, cover and continue heating until cheese is melted.
- Optional: cover cheese/egg mixture with a small jar (1 cup) of SALSA. Cover and cook for an additional 3-5 minutes.

Corny Breakfast

(serves 6)

1 pound sausage
½ small green pepper (optional)
½ small onion (optional)
12 eggs
salt and pepper
pancake syrup
2 boxes corn bread mix
cooking oil spray
1 stick butter

Line Dutch oven with foil and spray with cooking oil. Brown sausage, adding green pepper and onion, in fry pan, remove and drain. Scramble eggs in frying pan. Mix corn bread and add half to Dutch oven. Add sausage and scrambled eggs. Add remaining corn bread. Dot top with butter. Bake for 30-40 minutes, or until corn bread top is golden brown. Serve with syrup or country gravy.

Breakfast in a Hurry

(serves 6)

2 pounds sausage
12 eggs
2 cups grated cheddar cheese

2 cups milk
2 cups biscuit mix
½ teaspoon seasoning salt

Cook and drain sausage. Line Dutch oven with foil. Mix remaining ingredients with sausage. Pour into Dutch oven and bake for about 40 minutes.

Crustless Quiche

(serves 6)

¼ pound Butter
3 ounces Cream cheese
½ cup Flour
2 cups Cottage Cheese
12 Eggs
1 teaspoon Baking Powder
1 cup Milk
1 teaspoon Salt
1 pound Monterey Jack Cheese
1 teaspoon Sugar

Line your Dutch oven with foil. Melt butter and add flour. Cook about 2 minutes. Beat eggs, milk, all the cheeses, baking powder, salt and sugar together. Stir into butter and flour until well blended. Pour into Dutch oven and bake 45 min.

Biscuits & Gravy

(serves 6)

2 pounds ground sausage
2 tablespoons flour
2 cups milk
2 cans refrigerated biscuits
Black pepper to taste
1 9 inch aluminum pie pan

Place pie pan upside down in Dutch oven. Heat until hot. Add the biscuits on top of pie pan and bake until done.

While biscuits are baking, in a separate pan, brown sausage. Add flour and cook 2 minutes, stirring meat and flour. Add milk and pepper and cook until thick. Serve over biscuits.

Breakfast Pizza

(serves 6)

2 pre-made non-refrigerated pizza crusts
12 eggs
12 ounces shredded mozzarella cheese
1 pound sausage pre cooked

Other toppings (diced ham, onion, pepper, mushrooms, etc.)

Aluminum foil – 2 pieces 3 times longer than the width of the Dutch oven

While Dutch oven is getting hot, accordion fold the foil and lay folded-foil on clean table in an X pattern. Lay 1 crust on top.

Scramble the eggs until just done (a little bit runny is fine).

Fry the sausage, breaking it into small pieces.

Put half the scrambled eggs over the crust. Add meat. Then spread the cheese over top and bake for 10 to 15 minutes

Cinnamon Sugar Donuts

(serves 6)

3 cans of refrigerator biscuits
Mixture of sugar and cinnamon
2 or 3 cups of cooking oil

Heat about one and a half inches of cooking oil in the Dutch oven. Be careful not to allow it to become too hot. Heat over coals, NOT FLAMES!

Prepare the biscuits by sticking your thumb through them to make a ring. CAREFULLY drop them from a spoon into the hot oil. Turn once.

Remove them from the oil and roll them in the cinnamon and sugar mixture. WARNING: These are habit forming.

Pecan Caramel Rolls

(serves 6)

2 cans of refrigerator biscuits
1 cup brown sugar
1 stick butter
Cinnamon
Raisins (optional, but good)
1 9 inch aluminum pie pan

Line the Dutch oven with foil.

Melt butter, brown sugar, cinnamon, and a tablespoon of water in a large frying pan). Cook until bubbling, stirring constantly.

Add raisins to the caramel mixture. Cut the biscuits into quarters. Stir into the caramel mixture, coating each part with caramel.

Put pie pan upside down in Dutch oven. Line Dutch oven with foil (pie pan is under the foil creating an air space between the Dutch oven and foil).

Place half in the Dutch oven bake until golden brown. About 15 minutes. While enjoying first batch, add second batch to bake.

Foil Packs

Let your imagination rule. You choose the meat, vegetables, starch, flavoring, sauce and spice.

Foil Basics

- Use two layers of light-weight, or one layer of heavy duty aluminum foil.
- Foil should be large enough to go around food and allow for crimping the edges in a tight seal.
- A tight seal is necessary. This keeps the juices and steam in, cooking the food more evenly and allowing it to stay moist and flavorful. The steam will cause a properly sealed packet to swell while it is cooking.
- You need a bed of hot, glowing coals that will last the length of cooking time is necessary.
- Do NOT use cheese in your foil packs. Once the pack comes off the fire, you can put it on.
- Use yellow mustard to write each person's initials on the pack. This makes it possible to identify each person's meal.
- Don't forget extra tongs. You'll be moving a lot of packages around.
- Turn the packs over about every 10 minutes. Be gentle, trying not to tear the foil.

Foil Pack Cooking Hints

- Use a cabbage leaf to start each foil pack. It will help prevent the meat from burning. It will add moisture to the pack. You do not have to eat the cabbage.
- Add 1 or 2 spoons full of cream of mushroom (or chicken) to each foil pack for moisture and "gravy." You can use ketchup in place of soup.
- Just a touch of garlic salt makes a lot of difference.

Flavor Ideas

- BBQ sauce, Heinz 57 sauce, Worcestershire sauce, Italian dressing, soy sauce, Tabasco, etc.
- Spices: Mrs. Dash, Lowry's Seasoned Salt, Lowry's Seasoned Pepper, etc.
- Spice mixes like a teaspoon of Italian seasoning, curry powder, chili powder, etc.
- Meat ideas: hamburger, pork loin, or boneless chicken, fresh ground pork, ground turkey, etc.
- Vary the vegetables: try tomato, bell peppers, onions, peas, corn, etc.
- Flavor: Wyler's bouillon granules

Starch

- Add slices of potatoes or 3 or 4 tablespoons of instant rice with extra water to make a complete meal.

Cooking Times

Hamburger patty: 12-15 minutes

Carrots: 15-20 minutes

Chicken pieces: 20-30 minutes

Whole Apples: 20-30 minutes

Hotdogs: 5-10 minutes

Whole potato: 45-60 minutes

Sliced potatoes 10-15 minutes

The cooking time is based on the food item that takes the longest to cook.

The Basic Foil Pack

Place cabbage leaf on foil. Add meat. Add Cream soup, vegetables, starch (potatoes or rice), spices, and flavoring. Seal foil packet. Using yellow mustard, mark each pack with owner's initials. Place on coals and cook, turning every 10 minutes. Be careful when turning the packs to you do not tear the foil.

Foil Pack Ideas

Cheap Pie

(serves 1)

2 slices bread
butter
cinnamon sugar
jam or fruit pie filling
heavy foil

Butter two slices of bread, place buttered side down on foil. Spoon on fruit filling and cinnamon sugar. Add other slice of bread, butter side up. Seal in foil and lay on the coals for 5 minutes or so, turn over for another 5 minutes.

Baked Potatoes

1 potato per Scout. Wash potatoes. Rub each potato with butter, sprinkle seasoning salt on potato. Wrap with foil and place in coals. Turn every 10 minutes. Potatoes will take 40 to 50 minutes to bake.

Worm in the Apple

1 apple per scout
1 heat and serve sausage link per apple
Core the apple. Insert the sausage in the apple.
Wrap in foil and cook until soft (about 40 minutes)

Ham Dinners

Chunks of ham, sweet potatoes (slices), pineapple. As soon as it comes off the fire, add a few mini marshmallows on top.

Upside Down Ham

Ham pieces or steak, pineapple slices (or tidbits) dash of teriyaki sauce (or marinade) and vegetables to taste.

Ham and Potatoes Au Gratin

Cubed Ham, sliced potato, onions. Once it comes off the fire, add grated cheese of your choice.

Stir-fry Chicken Dinner

Boneless chicken, snow peas, celery, and bean sprouts. Then a couple of dashes of Teryaki sauce. Make pouch, leaving one small side open. Add 3 tablespoons of instant rice with 4 tablespoons of water. Seal the last side and bake.

Lemon Chicken

Boneless chicken, 1 tablespoon butter, sprinkle generously with Lemon and Herb spice.

Foil Fajitas

Prepared Marinated Fajita Meat (Beef or Chicken), Onions, Green Peppers. Serve on tortillas with cheese, salsa, etc....

Stuffed Potatoes

With an apple corer, bore a hole through a small to medium potato, insert a small pre-cooked sausage or hot dog. Wrap in foil, bake 45 minutes.

Banana Dessert

Take a banana, slice in length-wise in the peel. Insert butter and brown sugar into the slit. Wrap and bake. Instead of brown sugar, add chocolate chips and marshmallows.

Build Your Own Foil Meals

These are lunch or dinner foil packs ideas. Divide the ingredients evenly between 6 Scouts. Be sure to begin with a cabbage leaf on the bottom of the foil.

Don't forget to add spices – salt, pepper, garlic powder, taco powder, hot sauce, seasoning salt, etc ...

Chicken

- 4 skinless, boneless chicken breast - cubed
- 1 onion, diced
- 2 small cans mushrooms
- 1 yellow bell pepper, seeded and sliced into strips
- 1 red bell pepper, seeded and sliced into strips
- 4 small potatoes, cubed
- 1 can cream of mushroom soup

Italian Chicken Foil Bake

- 1 envelope dry Italian dressing mix
- 6 boneless, skinless chicken breast
- 1 red bell pepper, cut into 1-inch chunks
- 1 green bell pepper, cut into 1-inch chunks
- 1 zucchini, cut into 1/2-inch slices
- 1 medium onion, cut into 1/2-inch slices
- ½ cup Italian dressing
- Add the shredded mozzarella cheese added after foil pack comes off the fire.

BBQ Beef

- 6 – ¼ pound hamburger patties
- 12 tablespoons barbecue sauce
- 1 onion, finely chopped

- 4 potatoes, finely sliced
- 2 carrots, finely chopped
- 1 can cream of mushroom soup

Pork

- 1 ½ pounds fresh ground pork
- 1 can Mexican diced tomatoes
- 1 can of corn
- 4 potatoes, finely sliced
- 1 onion, finely chopped
- 1 sweet pepper, finely chopped
- 1 can cream of mushroom soup

Beef and Rice

- 6 – ¼ pound hamburger patties
- 2 cups instant rice
- 1 onion, finely chopped
- 2 small cans of mushrooms
- 1 can cream mushroom soup
- 2 carrots, finely chopped
- 1 red bell pepper, seeded and sliced into strips
- 1 can cream of mushroom soup

Refer to pages 12 and 13 for other ideas for protein, starch, vegetable, spices and flavorings for your foil packs.

Appendices

Week-end Meal Planner

Be aware of food allergies. Each meal should be balanced. Patrols eat together. Scouts should not bring personal food or drinks, except for food allergies.

For lunch or dinner, select a foil pack, one pot, grill over the fire or Dutch oven meal. Meal plan must include alternative food (e.g. peanut butter and jelly sandwiches, cereal, etc.).

Only one breakfast can be pastries (donuts, poptarts, etc.).

Winter camp outs should use instant, "boiled water" types of food (e.g. instant oatmeal, minute rice with flavors, microwave mac 'n cheese, etc.). For all cold weather campouts, be sure to bring lots of hot chocolate.

Friday Cracker Barrel _____			
			drink:

Saturday Breakfast _____			type: _____
	fruit:	drink:	

Saturday Lunch _____			type: _____
meat:	vegetable:	vegetable:	starch:
dessert:	fruit:	drink:	

Saturday Dinner _____			type: _____
meat:	vegetable:	vegetable:	starch:
dessert:	fruit:	drink:	

Saturday Cracker Barrel _____			
			drink:

Sunday Breakfast _____			type: _____
	fruit:	drink:	

Week-End Camp Duty Roster

Roster of Scouts in Patrol at Campout Patrol: _____			
PL:	APL:	3.	4.
5.	6.	7.	8.

Friday Cracker Barrel:					
	cook	clean-up	fire and water		Prayer
Scout					
Scout					
Saturday Breakfast:					
	cook	clean-up	fire and water		Prayer
Scout					
Scout					
Saturday Lunch:					
	cook	clean-up	fire and water		Prayer
Scout					
Scout					
Saturday Dinner:					
	cook	clean-up	fire and water		Prayer
Scout					
Scout					
Saturday Cracker Barrel:					
	cook	clean-up	fire and water		Prayer
Scout					
Scout					
Sunday Breakfast:					
	cook	clean-up	fire and water		Prayer
Scout					
Scout					

Grubmaster's Worksheet

Patrol: _____

Campout: _____

Number to shop for: _____

Friday Cracker Barrel

COST

Saturday Breakfast

COST

Saturday Lunch

COST

Saturday Supper

COST

Saturday Cracker Barrel

COST

Sunday Breakfast

COST

Total cost _____

THINGS WE FORGOT OR RAN
OUT OF LAST CAMPOUT

BE SURE YOU BOX HAS:

- _____ Fire starters/Newspapers/Dryer Lint
- _____ Large kitchen matches
- _____ HEAVY DUTY WIDE aluminum foil
- _____ Cooking Oil (small bottle)
- _____ Paper towels (two rolls)
- _____ Dish soap/Steel wool pads
- _____ Salt & Pepper (and other spices needed for this menu)

Meal Evaluation Sheet

Patrol Leaders should use this from time to time to evaluate how the patrol's meal process is going.

What were the best meals this weekend?

Was there enough food for everyone?

Was too much food wasted?

Did everyone get his fair share of food?

Did we have well-balanced meals?

Did we say grace before the meals?

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?

Did anyone who was not busy offer to help the cooks?

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 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 cleanup was finished?

Was the fire properly extinguished when cleaning was done?

Was the fire always attended (never left alone)?

Was the fire the right size for the job?

Was the fire right for cooking (not too cold or too hot)?

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 the meals?

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 equipment to do the job (for example, pots, pans, utensils, can opener, gloves, etc.)?

Were the missing items written down by the Patrol Quartermaster so that you will have them next time?

Did the cooks have all the staple items needed to cook (oil, spices, etc.)?

Were the missing items written down by the Patrol Grubmaster so that you will have them next time?

Were the outside of cooking pots soaped before they went on the fire?

Did the cooks serve the food?

Were the entire meals ready and served at the same time?

Did the cooks have enough help?

Was the patrol area clean after the meals?

Was 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?

Was cleaning completed on time?

Was a sump hole used for the wash water?

Was the sump hole located in a proper place?

Was the sump hole filled after the last meal of the each day?

Was the wash water hot when the patrol finished eating?

Was there enough fire to heat the cleaning water quickly?

Did everyone clean his own personal gear?

Was the patrol gear washed and rinsed properly?

Was the Dutch oven properly cared for?

Did anyone who was not busy offer to help the cleaning crew?

Syllabus for Cooking Campout

Goals (at the end of this session, each new scout will know how to ...)

- Plan meals
- Create a clean, safe coking station
- Handle and store food safely
- Use different cooking methods
- Have grace at meals

Each Scout should READ the “Cooking” chapter in his Boy Scout Handbook before coming to the camp out.

SPL teaches:

How to plan meals — proper and careful planning is the foundation

- Portion size matters
- Using the meal planning sheet

Consider these factors for meals and meal sizes:

- Number of Scouts and special dietary needs, food allergies
- Activities — high activity levels need calorie dense food
- How you will reach camp
- Is potable water available at camp?
 - To purify — boil ONE FULL minute, purification tablets, filters
- Weather

Pay attention to ...

- nutrition
- fiber
- hydration

Create a menu, grubmaster and a shopping list

- Shopping list should have every ingredient, including staples
- Check serving size chart in Boy Scout Handbook
- Be price sensitive, each Scout shares equally in the cost

ASPL teaches:

Plan Duties — duty roster

Clean, safe coking station

Sanitation and safety are primary concerns

Safe Station

- Location of stoves, connections,
- Fire Extinguisher / water for wood fire
- Put items away, especially knives

Clean Station

- Clean Hands
- Clean as you go
- 3 pans for washing — each Scout washes own mess kit, air dry
- Strain dishwater in a sump
- Trash disposal

Using and caring for a Dutch oven

TG teaches:

Handling and storing food

- Keep perishables cold (on ice)
- Critters
- Repackage to reduce trash

Using the Troop’s cookbook

During the day, experienced Scouts have food demonstrations from the Troop’s cookbook.

