

**TROOP
5109
COOKBOOK**

CRACKER BARREL IDEAS

- Pepperoni Sausage Links
- Cheese Slices
- Club or Ritz Crackers
- Nuts
- Granola Bars
- Cookies
- Pudding Cups
- Grapes
- Strawberries
- Apples
- Oranges
- Popcorn (in a bag, already popped)
- Nachos (Chips, Cheese in a jar)
- Pretzels (Hard or Soft)
- Slim Jim
- Hot Chocolate
- Apple Cider
- Hawaiian Punch

BREAKFAST IDEAS

Main Dish

- Mountaineer Breakfast
- French Toast
- Pancakes
- Breakfast Burrito
- Omelet In a Bag (Eggs in a Bag)
- Egg McMuffin style sandwich
- Scrambled Eggs
- Quick and Easy Breakfast Casserole

Sides

- Sausage (Pork or Turkey)
- Bacon
- Ham slices
- Hash Browns
- Fresh Fruit
- Melon
- Muffins
- English Muffins
- Cinnamon Rolls
- Bagels
- Banana Bread
- Sunrise Coffee Cake
- Pecan Caramel Rolls
- Dutch Oven Sticky Rolls
- Yogurt

Drinks

- Water
- Milk
- Orange Juice
- Apple Juice

LUNCH IDEAS

Main Dish

- Tacos
- Fajitas
- Quesadillas
- Sloppy Joes
- BLT Wraps
- Hamburgers
- Sandwiches

Sides

- Baked Beans
- Mac and Cheese
- Salad
- Fruit Salad
- Soup
- Chips
- Grapes

Drinks

- Water
- Lemonade (powdered mix)
- Fruit juice (powdered mix)

DINNER IDEAS

Entrees

- Pot Roast
- Pork Loin Roast or Tenderloin
- Pulled Pork Sandwiches
- Meat Loaf
- Chicken and Rice
- Fried Chicken
- Orange Chicken

- Pork Chops and Scalloped Potatoes
- Stew
- Chili
- Sloppy Joes
- Spaghetti
- Lasagna
- Fajitas
- Taco Pie
- Enchilada Casserole

Sides

- Corn on the Cob
- Hash Browns
- Soup (from a can or from scratch)
- Salad
- Bread Sticks
- Garlic Bread
- Baked Beans

- Prepared Boxed side dishes (rice, potatoes, noodles, etc.)
- Au Gratin Potatoes
- Corn Bread
- Biscuits
- Dinner Rolls
- Canned Veggies

DESERT IDEAS

- Apple Streusel Cake
- Apple Crisp
- Troop Cobbler (Any Flavor)
- Baked Apples
- Lemon Bars
- Caramel Apple Cobbler
- Cake
- Brownies
- Pie
- Cookies
- Pudding Cups

TRAIL MEALS

Breakfast

- Eggs and Bacon
- Salmon Bagel
- Nutella Wraps

Lunch

- Mediterranean Couscous
- Jerky Noodles
- Meet, Cheese and Crackers

Dinner

- Chili Mac
- Pizza Wrap
- Chicken and Rice

TRAIL SNACKS

- Gorps
 - Sweet
 - Salty
- Honey Bars
- Granola
- Anzacs
- Mountain Bars
- Spicy Seeds
- Walking Salad
- Bloated Oaties
- PBJ Crackers

SNACKS

Sweet Gorp

- M&M's
- Crushed Cookies (your choice)
- Hazelnuts
- Shredded coconut

Mix these ingredients in whatever ratio you prefer!

Salty Gorp

- Cheese Crackers (Better Cheddars or Cheese Nips)
- Salted Peanuts
- Pretzels
- Sesame Sticks

Mix per your personal preference!

Honey Bars

- 1/4 lb. of seedless raisins
- 1/4 lb. dry figs
- 1/4 lb. dried apricots
- 1/4 lb. roasted and chopped peanuts or almonds
- 1 tsp lemon juice
- honey (enough to give the right consistency)

This recipe can be made at home and stored for use on the trail. Grind the fruits in a food processor. Place fruit in large bowl and mix in lemon juice and nuts. Add enough honey to make a stiff dough. Form into bar-sized chunks. Wrap each chunk in aluminum foil.

Walking Salad

- 1 large eating apple
- Chunky peanut butter
- Seedless raisins

Cut off top and core the apple. Slice the bottom 1/4" off core and replace this on the bottom of the apple to seal. Fill hole with a mixture of peanut butter and raisins. Replace top of apple and put in a Ziploc bag. Make at home.

Granola

This recipe should be made at home prior to the outing.

- 1/2 cup of oil
- 1/2 cup of honey
- 1/2 cup of maple syrup
- 1 tbsp of vanilla
- 1/4 cup of powdered milk
- 2 tbsp of nutritional yeast
- 1 tbsp of grated orange or lemon peel
- 1 cup of wheat germ
- 9 cups of rolled oats
- 1 cup of unsweetened coconut
- 2 cups of raisins
- 1 cup of cashews
- 1 cup of sunflower seeds
- 1 cup of pitted dates

Heat oil, honey, and syrup in large pot until thin. Remove from heat. Add all of the other ingredients in the order listed, except the fruit, nuts, and seeds. Stir well after each addition. Spread the mixture onto two large cookie sheets (ungreased) and bake at 250° for 1 1/2 -2 hours, stirring occasionally. Let cool and then stir in the remaining ingredients. Store in airtight container. Package in meal-size resealable bags when on the trail.

Anzacs

Make these biscuits ahead of time for a quick snack

- 1 cup whole wheat flour
- 1 cup unsweetened coconut
- 1 cup of brown sugar
- 1 cup of rolled oats
- 1/2 cup butter
- 2 tbsps of water
- 1/2 tsp of baking soda
- 1 tbsp. of honey

Combine flour, coconut, sugar and oats in a large bowl. Mix well. In a small saucepan melt the butter with the water, soda and honey. Add to the dry mixture and mix well with your hands! Shape into cookies and bake on cookie sheet (spray with cooking spray first) and cook for 350° for about 20 minutes or until golden brown. Cool and package in resealable bag or foil.

Mountain Bars

- 12 ounces of butterscotch chips
- 1/2 cup of honey
- 1/2 cup of nuts (pecans, almonds or whatever)
- 1/2 cup of wheat germ
- 1/2 cup of coconut (shredded or flaked)
- 1/2 cup of raisins

Melt chips in double boiler; blend in honey. Add all remaining ingredients, stirring quickly to blend well. Pat mixture into greased 9" square pan. When partly cool, cut into squares and store in refrigerator or freezer.

Make at home.

Spicy Seeds

At home, toast pumpkin seeds and sunflower seed kernels in margarine over low heat.

Season with soy sauce, salt, chili powder (to taste) and stir well.

Bloated Oaties

- 3 cups instant rolled oats
- 1/4 cup safflower oil
- 1/2 cup wheat germ
- 1/2 cup of sliced almonds
- 1/2 cup of dried apples
- 1/2 cup of raisins
- 1/4 cup of brown sugar

Spread the oats over a cookie sheet and drizzle with oil. Place the oats in a 300° oven for 10 minutes stirring occasionally. Remove the oats and let cool. Place oats in large bowl and add wheat germ and brown sugar. Stir and then add the nuts, apples and raisins. To serve, eat right out of the bag or add 2 tbsps. of dry milk powder and 2/3 cup of water.

Trail Meals

Eggs and Bacon

Serves 1

- $\frac{1}{4}$ cup Bacon Bits
- $\frac{1}{2}$ cup Mashed Potatoes
- $\frac{1}{2}$ Powdered Eggs

Follow instructions on eggs and potatoes to cook with water. Add all ingredients and cook.

Salmon Bagel

Serves 1

- 1 small bag of shelf stable Salmon
- 1 bagel
- 2 tbsps. Cream Cheese

Toast bagel lightly, spread on cream cheese, apply salmon evenly across bagel.

Nutella Wraps

Serves 1

- 2 oz Nutella
- 1 Small soft tortilla
- ¼ cup dried banana chips

Mediterranean Couscous

Serves 2

- 1 cup Couscous
- ¼ cup Parmesan Cheese
- 3 tblsp Pesto Mix
- A Few Olives
- 3 cups water

Boil water

Add couscous and cook for 10 minutes

Add pesto, parmesan, and olives and stir

Jerky Noodles

Serves 1

- 1 pack Ramen or Rice noodles
- 2 oz Beef Jerky
- 2 tbsp Peanut Butter
- 2 cups water

Boil water

Add noodles and cook for 5 minutes

Add beef jerky, peanut butter

Stir well and let simmer for 5 minutes

Meet, Cheese and Crackers

Serves 1

- 4 oz peperoni
- 12 ritz crackers
- 4 oz string cheese or packaged cheese squares

Chili Mac

Serves 3

- ½ cup Dried Beans
- 1 cup Instant Macaroni
- ¼ cup Cheddar Cheese
- 1 pack of Chili mix
- 4 cups water

Boil water

Add beans and cook for 10 minutes

Add noodles and cook for 5 minutes

Add cheese and chili powder and stir

Pizza Wrap

Serves 1

- 2 Medium Tortillas
- 1 tube of Tomato Sauce
- 1 string cheese
- 2 oz Pepperoni

Chicken and Rice

Serves 2

- 1 pack Pre-Cooked Chicken
- 1 cup Instant Rice
- ½ cup Dried Broccoli
- 2 tblsp Olive Oil
- 1 tblsp Soy Sauce
- 2 cups water

Boil water

Add broccoli and cook for 5 minutes

Add rice and cook for 5 minutes

Add chicken, soy sauce and olive oil

DINNERS & LUNCHESES

Camp Stew

Serves 8

- 2 pounds beef stew meat
- 8 medium sized potatoes, chopped to bite size
- 1 chopped onion
- 8 chopped carrots
- 4 chopped stalks of celery
- packet of onion soup mix
- tablespoons cooking oil
- Salt and pepper or any other spices you want for taste

Line a 12-inch Dutch oven with foil or use a large pot on a camp stove. Add the cooking oil and heat it up.

Add the beef and cook till brown on all sides.

Add about $\frac{1}{4}$ of the potatoes and briefly brown. (The potatoes contain starch that will help thicken the sauce.)

Add the packet of onion soup mix and just enough water to cover the ingredients.

Cover and simmer (gentle boil) for 30 minutes.

Check the flavor and add salt and pepper if needed.

Add remaining ingredients and cup of water if too thick.

Cover and simmer (gentle boil) for another 30 minutes.

Cornbread and Black Bean Chili

Servings: 4

- 1 lb ground beef
- 1 large onion, chopped
- red bell, chopped
- cloves garlic minced
- 1 (15 oz) can black beans, drained
- 1 (8 oz) can tomato sauce
- 1 (28 oz) can tomatoes
- (4 oz) can whole green chilies, chopped
- ½ tsp cayenne pepper
- tsp cumin
- 1 tsp garlic powder
- 1 tsp salt

In the Dutch oven. Brown meat, then add onion and peppers, cooking 10 minutes. Add the remaining ingredients. Bring to a boil and simmer 30 minutes.

Make the cornbread by combining the following in a bowl:

- 1 box Jiffy Cornbread Mix.
- 1/2 cup milk
- 1 egg

Place cornbread batter on top of chili, replace the lid and bake at 400 degrees (about 16 briquettes on top and 12 underneath for 12" Dutch oven) until brown on top (about 30 minutes).

Easy Camp Chili

Servings: 4

- 1 pound ground beef
- 1 medium onion
- 1 can (15 ounce) kidney beans or red beans
- 1 can ROTELLE diced tomatoes and chiles
- 1 can (8 ounces) tomato sauce
- 1 Tablespoon Chili powder
- Salt to taste

Line a 12-inch Dutch oven with foil.

Chop the onion.

Cook the onion and ground beef in the bottom of a Dutch oven until the beef is browned.

Add the rest of the ingredients and stir.

Cover the Dutch oven and simmer for about 30 to 35 minutes.

Home Style Chili

Servings: 4

- 1 pound ground beef
- 1 large yellow onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 2 tablespoons chili powder
- 1 (20-ounce) can tomatoes, chopped
- 1 green bell pepper, chopped
- Salt and pepper to taste
- 2 (15-ounce) cans kidney beans

Brown ground beef with onion and garlic.

Add remaining ingredients.

Cover and simmer 30 minutes.

Enchilada Casserole

Servings: 8

- 2 lbs. Ground beef
- 1 tsp. Salt
- 1 large onion, chopped
- can (10 oz.) tomato soup
- cans (10 oz. each) enchilada mild sauce
- 1 can water (10 oz.)
- 6 corn tortillas, uncooked
- 1 cup shredded cheddar cheese

Brown the ground beef, salt, and onion.

Add tomato soup, enchilada sauce, and water.

Simmer for 5 minutes.

Remove $\frac{3}{4}$ of the mixture.

Place 3 corn tortillas on top of the remaining mixture.

Add another layer of the meat mixture on top of the corn tortillas.

Sprinkle with half of the cheese.

Add another layer of the meat mixture.

Add 3 more corn tortillas on top of the meat mixture.

Add another layer of meat mixture and sprinkle the remaining cheese on top.

Cover and simmer for 10-15 minutes.

Goulash

Servings: 8

- 1 pound dry macaroni or penne pasta
- 1 pound hamburger or sausage
- 1 large jar (26 ounces) spaghetti sauce
- 3 cups (12 ounces) mozzarella cheese
- Salt and Pepper to taste

Bring water to a boil in a large pot.

Add the pasta and cook for 8 to 10 minutes until tender to bite.

Brown the meat in a fry pan.

When the pasta is done, drain the water.

Combine the meat and sauce together with the pasta and stir.

Add salt and pepper to taste.

Layer half of the pasta mixture into the Dutch oven.

Place a layer of half the cheese on top of the pasta layer.

Add the rest of the pasta and top with the rest of the cheese.

Hobo Burgers

4 Servings

- 1 pound ground beef
- 1 large potato
- 1 carrot
- 1 onion
- Salt and pepper
- 4 hamburger buns
- Ketchup and other burger toppings

Make four hamburger patties from the ground beef and put each one on its own piece of aluminum foil. Slice the vegetables and place on top of each burger. Season everything with salt and pepper. Wrap the food in the foil and crimp the edges tightly all around.

Be careful not to poke a hole in the foil. Place foil pouches over coals or on a grill and cook for about 15 to 20 minutes until the meat is well done and has reached an internal temperature of at least 160 degrees. Remove the packets with tongs and carefully unwrap the food. Eat the burger and veggies from the foil or put the burger on a bun and eat the veggies as a side dish.

The burgers, veggies, and pouches can be prepared in advance and stored in a cooler until ready to cook.

Lasagna

Serves 6

- 1 pound Ground Beef or Sausage
- 1 (26 ounce) jar spaghetti sauce
- 3 cups shredded mozzarella cheese
- 1 (16 ounce) container Cottage Cheese
- 1 egg
- 1 (8 ounce) box of lasagna noodles

Line a 12-inch Dutch oven with foil.

Brown the meat and drain the excess grease.

In a bowl, combine mozzarella cheese, cottage cheese, and egg.

Make a layer of noodles in the bottom of the Dutch oven.

Place a thin layer of spaghetti sauce over the noodles.

Add a layer of meat and then a layer of the cheese mixture. Repeat each of the layers in the same order until all the ingredients are used up.

Cook for about 45 minutes to an hour. The lasagna is done when the noodles are soft.

Meat Loaf

Serves 4

- 1 pound Ground Beef
- 1 egg, beaten
- ½ cup milk
- ½ chopped onion
- ¼ cup ketchup or barbecue sauce
- 1 tsp salt

Line a 12-inch Dutch oven with foil.

Sautee the onion until softened (about 5 minutes).

Combine all ingredients together in a bowl and form into a round loaf.

Bake for about 50 minutes at 350 degrees.

Then glaze the meatloaf with a little barbecue sauce or ketchup and cook for about another 10 minutes.

Not Walkin' Tacos

Serves 4

- 1 package of 12 taco shells (crunchy or soft, your choice)
- 1 pound ground beef
- 1 package taco seasoning mix
- Any taco condiments you want like lettuce, shredded cheese, tomatoes, etc.)

Brown the ground beef in a fry pan till no longer pink.

Follow the directions on the taco seasoning package.

Chop lettuce and tomatoes and set aside.

When the taco meat is done add meat and toppings to a shell

Pot Roast

Serves 6

12-inch Dutch oven

- 3 to 4 pound roast
- 4 medium (about 1 pound) potatoes
- 1 medium onion
- 3 to 4 large carrots
- package onion soup mix
- Salt and pepper
- to 4 cups water
- 3 Tbsp Oil for browning the meat

Slice the vegetables.

Heat the oven over coals.

Rub the meat with salt, pepper, and the onion soup mix.

Bring water to a boil.

Brown the meat lightly in oil.

Add 2 cups boiling water and the vegetables into the Dutch oven and spread around the meat.

Cover oven and cook for 2 hours.

Check periodically to add more water if necessary.

Replace coals as necessary.

Beef Stroganoff

Serves 8

- 3 pounds beef round
- 1 medium yellow onion, diced
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- 2 Tablespoons oil
- 1 tablespoon Worcestershire sauce
- 1/2 cup flour
- ½ cup sour cream
- 20-32 ozs egg noodles

Make meat and noodles at same time in separate pots

PREP WORK:

Slice beef into about 2-inch strips

Put flour, salt, pepper & garlic in a bag or large bowl & mix

FOR MEAT:

Heat oil in pot over medium heat.

Place beef in flour mixture - stirring until all meat is coated

Add flour coated beef to hot oil & Cook until beef is browned, stirring frequently. Add onion, Worcestershire sauce, 1/4 cup hot water; mix well.

Reduce heat to low; cover and simmer.

NOW start noodle water, see below. Check meat about every 10 minutes: Stir & Add water as needed Just before serving, stir in sour cream until well blended.

FOR NOODLES:

Bring a pot 2/3rds full of water to boil. Once boils (& Meat is simmering,)

Add noodles Cook until tender (approximate time on package)

Drain and Lightly butter/margarine

Quartermaster's Stew

Serves 6 to 8

- 2 pounds hamburger
- 2 cans mixed vegetables (save liquid)
- 2 cans potatoes (drain off liquid and discard)
- 1 packet stew seasoning mix

Optional:

1 can stewed tomatoes

Additional vegetables, such as beans or corn

Heat Dutch oven on coals, add 4 tbsp of cooking oil, and brown hamburger. Drain grease. Stir in stew seasoning mix, add $\frac{1}{4}$ cup of water, and cook for 5 minutes.

Add canned vegetables with liquid. Chop up potatoes into small chunks and add to stew. Add small quantity of water if needed to cover contents.

Place oven on bed of charcoal (10 briquettes (more in winter)) Cover with lid and put 25 briquettes on top. Cook about 15 minutes.

Add tomatoes. Cook until potatoes are tender and stew is bubbly and hot through- 15 to 20 minutes depending upon heat level, stirring occasionally.

Sloppy Joes

Serves 8

- 1 pound ground beef
- 1 can sloppy joe sauce (15 or 16 ounce can)
- 8 hamburger buns

Brown 1 lb. lean ground beef in large skillet until no longer pink.

Stir in one can of your favorite sloppy joe sauce.

Cook till heated thoroughly

Serve on hamburger buns

Options:

Add sliced dill pickles or diced onions on top of the beef mix when serving

Taco Pie

Serves 6

- 1½ lbs. Ground beef
- 1 medium jar of taco sauce
- 6 large corn tortillas
- 8 oz shredded cheddar cheese
- 8 oz can of tomato sauce

Brown ground beef and drain.

Mix the taco sauce and tomato sauce.

Line the Dutch oven with foil and put 3 tortillas in the bottom.

Put ½ of the ground beef on the tortillas and cover with ½ of the sauce.

Put 3 more tortilla shells on top and put the remaining ground beef and sauce on top of those tortillas.

Sprinkle the cheese on top.

Cover the Dutch oven, place 8-10 coals on top, and bake until the cheese is melted.

You could also add onions, olives, and mushrooms for some variety.

Tex-Mex Dutch Oven Burritos

Serves: 8

- 1 1/2 Lbs. ground beef
- 1-can rinsed black beans
- 1-can corn kernels
- 1-cup Colby cheddar cheese
- 1-cup salsa
- 1-cup sour cream
- 1/2-cup onions, diced
- 1/2-cup water
- 1/4-cup green chiles (optional)
- 1-Tbsp. cumin
- 1-Tbsp ground chili powder
- 1-tsp garlic salt

Add all ingredients into the Dutch oven as they appear in order above.

Bake at 350 degrees for about 40 minutes.

Heat a tortilla in a fry pan or on a griddle with a little bit of water, roll and enjoy!

Cheesy Chicken Mac Casserole

Serves: 3

- (7¼ ounce) box of macaroni and cheese (Kraft
- Original preferred)
- (3-ounce) cans chicken breast meat
- 1 (15 ounce) can baby peas, drained
- 1 (10½ ounce) can condensed cream of chicken soup
- 1 (single portion) bag potato chips

In a medium size cook pot, boil 4 cups of water.

Add mac and cheese noodles and boil until soft. Stir occasionally to prevent macaroni from sticking together.

Drain water.

Add cheese powder from the mac and cheese box, along with the cheese powder along with the chicken, peas, and cream of chicken soup. Stir until well mixed.

Sprinkle crushed potatoes over the top.

Chicken and Dumplings

Serves: 8

Need 12-inch Dutch oven.

- 2 Tablespoons vegetable oil
- medium onion
- pounds boneless chicken breast
- 2 carrots
- 2 potatoes
- 2 (15 ounce) cans mixed vegetables
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 3 (10 ounce) cans chicken gravy
- 1 (16 ounce) container Pillsbury Grands! Biscuits (or similar)

Line Dutch oven with foil. Peel and dice the potatoes and carrots. Cube the chicken. Heat oil, add onions and cook until soft. Add cubed chicken to the onions. Stir occasionally till the meat turns white and no pink remains.

Add the remaining ingredients except the biscuits.

Stir. Cover the oven and cook for about an hour at 350 degrees. Stir occasionally. After about an hour lay individual biscuits on top of stew. Replace lid and cook another 15 minutes or until biscuits rise and start to brown. Be sure to arrange fresh coals for baking biscuits

Chicken and Kraft Dinner

Serves: 8

- 4 boxes of Kraft macaroni dinner
- 3 cans of chicken chunks
- 1 cup of powdered milk in zipper bag
- 6 packets of Cup-o-Soup, flavor of your choice
- Salt and pepper to taste

In large pot, heat 4 quarts of water to rolling boil. Do not salt water. Add macaroni to water and stir constantly until boil resumes. Stir occasionally to keep from sticking. May have to reduce heat to prevent boil over. Cook 8-9 minutes until macaroni is tender. Open chicken and add chicken and juice to pot. Break up chunks of chicken with spoon. Cook for a minute or two to heat chicken. Remove pot from stove (turn off heat) or fire. Use cup or ladle to dip off excess water and use to make Cup-o-Soup as appetizer. Water remaining should be no more than enough to cover 1/4 of macaroni. Save excess water in case needed later. Add powdered milk and cheese powder and a pinch or two of salt to pot and stir thoroughly until cheese is melted and macaroni is well coated. If macaroni is too thick, add a little of the saved water. Serve in bowls, season with salt and pepper to taste.

Chicken Parmesan

Serves: 8

- 1 (16 ounce) box Spaghetti
- 1 (26 ounce) jar Spaghetti sauce
- 8 breaded chicken patties
- 2 cups shredded mozzarella cheese

In a large size pot, cook spaghetti according to package directions.

Drain water.

Mix spaghetti with the sauce.

Place breaded chicken patties on top of spaghetti.

Bake all together until warm throughout.

Near the end top with some shredded cheese.

Bake till cheese is melted.

Chicken Quesadillas

Serves: 8

- 1 package large burrito shells (need 1 shell per serving)
- 4 cans chicken breast meat
- 2 cans green chiles (hot or mild)
- 2 cups shredded cheese (cheddar or Monterey Jack)
- 1 jar salsa
- Any other condiments you might like (lettuce, black olives, sour cream, guacamole, etc.)

Heat a large fry pan over medium heat. (Could use a griddle to cook two at a time.) The quesadillas are made one at a time. Use multiple pans to speed things up if you can. Place one burrito shell in the pan. Layer the following ingredients on one HALF of the shell ONLY. Spread 2 or 3 tablespoons of chicken on one half of the shell, followed by the cheese, chiles, and anything else you want on it. Fold the empty half of the shell over onto the chicken side and flip the quesadilla over so that it warms the other side and melts the cheese. When the cheese is melted, slice into pizza wedges, serve with salsa and enjoy.

Chicken and Rice

Servings: 8

- 8 chicken thighs
- 1 cup uncooked rice
- 1/3 cup uncooked wild rice
- 1 cup diced carrots
- 3/4 cup diced bell pepper (red and/or green)
- 5 cups chicken broth or water (upstream from the cows)
- 2 Tablespoons vegetable oil for frying

Line a 12-inch Dutch oven with foil.

Season the chicken with salt and pepper.

Brown the chicken and then set aside.

Add rice and broth to the Dutch oven.

Add the chicken on top.

Cover the Dutch oven with the lid and bake with high heat for about an hour.

Add hot water if necessary during cooking. Stir the rice and veggies every once in a while to prevent burning.

Barbecued Chicken Wings

Serves 4

- 18-24 chicken wings
- 1 cup water
- ¼ cup cooking oil
- 2 eggs
- 1 cup corn starch
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp pepper

Sauce

- ¾ cup chicken broth
- ¼ cup brown sugar
- ½ cup sweet chili sauce
- ¼ cup catsup
- ¼ cup vinegar

Wash chicken wings, remove tips, cut in half.

Place chicken wings and water in Dutch Oven and bake for 20 minutes. Drain and save the broth. Remove chicken and set aside. Add cooking oil to Dutch Oven. Beat eggs in medium bowl. Mix corn starch, onion powder, garlic powder, salt and pepper in a plastic bag. Combine sauce ingredients in small bowl. Coat wings in corn starch mixture and brown in Dutch Oven. Cover wings with sauce.

Simmer for 20-25 minutes, stir to prevent sticking.

Honey Mustard Chicken

Serves 6

- 2 lbs chicken tenders
- 10 slices bacon
- 1 cup sliced mushrooms
- 8 oz honey mustard
- 1 cup shredded cheese
- 2 cups Rice

Cut bacon in one-inch pieces and sauté in Dutch Oven. When almost cooked, add mushrooms and chicken cut in bite sized pieces.

Add mustard and cook until done, 30 minutes, add cheese and replace lid until melted, then serve over hot rice.

Coca-Cola Barbecue Chicken

Serves 6 to 8

- 2 pounds Chicken strips
- 1 can Coke
- 1 bottle barbecue sauce

Line a 12-inch Dutch oven with foil

Add all ingredients into the Dutch oven

Stir

Bake for about 1 hour

Stir after about half an hour.

Dutch Oven Chicken Bake

Servings: 6 to 8

- 3 lbs frozen chicken breasts (skinless and boneless)
- 2 lbs frozen hashbrowns
- 1 (29 oz) can cream of mushroom soup milk

Layer hash browns and chicken to fill a 12" oven 3/4 full. Mix can of soup and a can of milk together and pour over top of chicken and hash browns.

Cook for one hour at 350 degrees or until chicken is done. Chicken is done when there is no more pink meat and the juices run clear.

Orange Chicken and Rice

Serves 4 to 6

- 2 pounds boneless, skinless chicken breasts
- 1 cup flour
- 1 zip-top plastic bag (one gallon size)
- 4 tablespoons vegetable oil or butter
- 1 bottle Orange Sauce (or Sweet and Sour Sauce)
- 2 cups uncooked white rice
- 4 cups water

Put the uncooked rice and water into a pot and cover.

Bring the water to a boil and reduce to a simmer.

Simmer the rice for 20 to 25 minutes then remove from the heat but keep warm. Cut the chicken into small bite-size pieces.

Add the flour into a 1-gallon zip-top bag. Add some chicken, a few pieces at a time into the bag and shake to coat the chicken.

Heat the vegetable oil (or butter) in a fry pan and add a single layer of chicken. Be careful with cross contamination when cooking chicken. Do not touch cooked chicken with anything used to touch raw chicken. Cook the chicken one layer at a time and set aside the cooked chicken in a clean bowl while you cook the rest of the chicken. After the chicken has all been cooked turn the heat to low and add all of the chicken back into the fry pan. Add the bottle of orange sauce to the chicken and cook till thoroughly warm.

Oven Fried Chicken

Servings: 8

- 2/3 cup oil
- 2/3 cup butter
- 2 cup flour
- 1 tsp. salt
- 1 tsp. ground black pepper
- 2 tsp garlic salt
- 2 tsp onion powder
- 16 chicken pieces (legs, thighs, breasts)

Place butter and oil in Dutch oven and melt butter over low heat.

In a zip-lock bag, combine flour, and seasonings.

Coat two pieces of chicken with butter and oil mixture.

Put chicken into bag and shake well, coating the chicken well. Place the chicken into the Dutch oven, skin side down, and repeat with remaining chicken.

Cover oven and bake for 45 minutes at 350 degrees.

Remove lid and turn pieces over.

Replace lid and bake an additional 10 minutes.

Cheddar Taters

8 servings

- 1 package (32 oz) frozen Tater Tots
- 1 can condensed cream of chicken soup, undiluted
- 1 can evaporated milk
- 1 cup sour cream
- ½ cup butter or margarine, melted
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 ½ cups shredded cheddar cheese
- 1 cup lightly crushed potato chips (Ruffles, Fritos, etc.)

Combine soup, evaporated milk, sour cream, butter and spices

Stir in Tater Tots

Sprinkle with cheese and potato chips

Bake 30-35 minutes at 350 degrees

Spanish Rice

6 servings

- 2 cups rice
- 4 cups water
- 2 tbsp vegetable oil
- 1 onion (chopped)
- 2 tomatoes (peeled and chopped)
- 1 garlic clove
- pinch of cumin seeds
- pinch of pepper corn

Lightly brown rice in oil and add onion, tomatoes and water.

Grind the cumin seeds, pepper corn and garlic clove then add to rice.

Stir together and bring to boil.

Cover and let simmer 25 minutes.

Oven Baked Beans

12 servings

- 6 cans great northern beans, rinsed and drained
- 3 small cans tomato sauce
- ½ pound sliced bacon
- 1 large onion, chopped
- 2/3 cup packed brown sugar
- 1/3 cup molasses
- 2/3 cup cider vinegar
- 1 tsp ground mustard
- 1 tsp Worcestershire sauce
- ¼ tsp pepper

Cook the bacon in the Dutch Oven, drain, crumble the bacon.

Stir in all remaining ingredients

Bring to a boil and simmer for 15 minutes.

Brat Bake

Servings: 8 to 10

Need 12-inch Dutch oven.

- 2 pounds fresh bratwurst
- 2 pounds whole potatoes (or can substitute frozen diced potatoes)
- 2 pounds granny smith apples
- large onion
- teaspoons salt
- ½ teaspoon black pepper
- 2 cups shredded cheddar cheese (optional)

Line the Dutch oven with foil.

Chop the brats into bite sized pieces

If using whole potatoes, peel them and slice thin.

Peel apples, core, and slice into thin wedges.

Peel onion and slice into wedges.

If using fresh raw brats, brown them in the Dutch oven or a fry pan.

Add all ingredients into the Dutch oven and stir. Bake at 350 degrees for 45 to 60 minutes until the potatoes are tender and all is warm.

If desired, top with the cheddar cheese during the last 15 minutes of baking time.

Ham and Bean Soup

Servings: 4 to 6

- 2-1/2 cups dry navy beans
- 1 meaty ham bone
- 1 medium onion, diced
- 1/2 cup diced celery
- 10 cups cold water
- 1/2 tsp salt

Wash dry beans.

Place beans and water in large bowl and soak overnight. Leave the water in.

The next day combine beans and water, ham bone, salt, and peppercorns in a Dutch oven.

Cover and slowly bring to a boil.

About 12 coals on top and 12 under the oven works well.

Simmer for two hours, stirring occasionally.

Then add onions and celery.

Continue to simmer another hour or until the beans are soft. Clean meat off the ham bone and discard the bone.

Ham and Potatoes Au Gratin

Servings: 6 to 8

- 1½ cups cooked ham, diced
- 2 cups milk
- 4 cups potatoes, diced
- Salt and pepper
- 4 tablespoons veg oil
- 1 cup grated cheese
- 1 onion, minced
- 4 tablespoons breadcrumbs
- 4 tablespoons flour

Add oil and sauté onion in a pan.

Blend in flour to make a light white sauce.

Gradually add milk and cook; stirring until thickened.

Add pepper and seasoned salt.

Pour over ham and potatoes in Dutch oven.

Sprinkle cheese and breadcrumbs over top.

Bake for 30 minutes at 350 degrees or until potatoes are tender.

Johnny Appleseed Pork Chops

Servings: 6

Need 12-inch Dutch oven.

- 6 thick-cut boneless pork loin chops
- 1 (6 ounce) box stuffing AND ingredients needed to make the stuffing. Check the Box.
- 1 (21 ounce) can apple pie filling
- 4 tablespoons vegetable oil

Fry pork chops in oil just until browned. Set aside.
Prepare stuffing according to package directions in a medium mixing bowl.

Spread pie filling over bottom of Dutch oven.

Place pork chops over pie filling.

Spread stuffing over pork chops.

Bake for about 45 minutes at 350 degrees.

Beef Brisket with Gravy

6 servings

- 1 fresh beef brisket (about 2 pounds, not corned beef brisket!)
- 2 tbsp vegetable oil
- 1 cup hot water
- 1 envelope beefy onion soup mix
- 2 tbsp cornstarch
- ½ cup cold water

In Dutch Oven, brown brisket in oil, both sides.

Combine hot water and soup mix, pour over brisket.

Cover and bake for 2—2½ hours or until meat is tender.

Set brisket aside 10-15 minutes to cool.

Drain off fat, combine cornstarch and cold water until smooth.

Bring gravy to a boil and cook about 2 minutes or until thickened.

Slice meat across the grain and serve with gravy.

BBQ Meatballs

6 servings

- 2 lbs lean ground beef
- 1 can evaporated milk
- 2 eggs
- 2 cups quick oatmeal
- 1 cup onion, minced

Sauce

- 2 cups catsup
- 1½ cup brown sugar
- 2 tbsp Liquid Smoke
- 2 tsp salt
- ½ tsp pepper

Mix ground beef, milk, eggs, oatmeal and onion.

Make 72 walnut sized meatballs (small meatballs cook faster).

Mix sauce ingredients in Dutch Oven over low heat and remove.

Place meatballs in Dutch Oven as flat as possible on the bottom.

Pour sauce over meatballs.

Bake for 60 minutes at 350 degrees

Onion Swiss Steak

6 servings

- 3 lb round steak, 3/4" thick
- 2 pkg onion soup mix
- 1 ½ tsp salt
- 2 cans (10 oz) tomatoes
- ¼ tsp pepper

Cut steak into serving pieces,

Season with salt and pepper and place into Dutch oven.

Sprinkle onion soup mix over top and

Pour tomatoes over all.

Cover and cook over slow fire for 2 to 3 hours or until meat is done and tender.

Oven BBQ Beef and Beans

6 Servings

- 2 lbs lean ground beef
- 1 large can pork and beans
- 1 can kidney beans
- 1 can garbanzo beans
- 1 medium onion, chopped
- 1 cup brown sugar
- ½ cup hickory smoke flavor BBQ sauce
- Salt and pepper to taste

Brown beef, add salt and pepper to taste.

Mix in beans, onions, brown sugar and BBQ sauce.

Bake 90 minutes.

Pizzaritos

Servings: 4 (2 Pizzaritos per Scout)

- 8 flour tortillas
- 1 jar (15 ounce) pizza sauce
- 2 cups shredded mozzarella cheese
- 8 ounces sliced pepperoni
- Any other optional pizza toppings

Spread a thin layer of pizza sauce on each tortilla shell.

Spread 1/4 cup of cheese on each tortilla.

Add a layer of pepperoni (and any other toppings you have).

Fold in the sides of the tortilla and roll from one of the open sides like a burrito.

Wrap each pizzarito in foil.

Heat the pizzaritos on a griddle on a stove for about 10 minutes or until the cheese is melted.

(Can also heat them over coals instead of a stove.)

Roasted Pork Loin

Servings: 8

Need 12-inch Dutch oven.

- 4 pounds pork loin
- 8 carrots
- 8 small red potatoes
- 1 onion
- 1 (15 ounce) can chicken broth or vegetable broth
- Salt and pepper to taste

Line the Dutch oven with foil.

Peel the carrots and cut into chunks

Cut the potatoes in half.

Peel and slice the onion.

Put loin into the Dutch oven. (Can first brown the loin in a fry pan for color & extra flavor)

Arrange the potatoes and carrots all around the loin.

Lay the onion slices over the meat.

Pour the broth over the meat and veggies.

Sprinkle the salt and pepper over the food.

Cover the oven and bake for 10 to 15 minutes per pound at 350 degrees.

Dutch's Oven Potatoes

Serves 6

- 1 lb. bacon, cut into 1" pieces
- 2 lbs. onions
- 6 lbs. potatoes, unpeeled
- 3/4 lb. mushrooms (optional)
- salt and pepper

Brown the bacon in an uncovered Dutch oven on top of briquettes. Half the onions after peeling, and then slice into 1/4" slices. Add the onions to the bacon and bake in oven at 375°. For a 12" oven, use 17-18 coals on the top and 10-11 coals underneath. Cook until onions are limp, or about 10 minutes. Scrub the potatoes, cut into chunks and add to the bacon and onion mixture. Cook for 30 minutes. Add some salt and pepper at this point and the mushrooms, and cook for another 15-20 minutes or until the potatoes are tender. If you choose, you can spread some shredded cheese over the potatoes about 5 minutes before you serve them.

Mike's Broccoli Pie

Serves 6

- 2 10 oz. packages of chopped broccoli
- 3 cups of cheddar cheese
- 2/3 cup of chopped onion
- 1 1/3 cup of milk
- 3 eggs
- 3/4 cup of Bisquick
- 3/4 tsp of salt
- 1/4 tsp of white pepper

Mix the broccoli, 2 cups of cheese and onion in the Dutch oven. Beat eggs, milk, bisquick, salt and pepper until smooth. Pour this batter into the oven. Bake until toothpick comes out clean, approximately 30 minutes at 375°. Top with remaining cheese and heat for 1-2 minutes more to melt the cheese.

Ozark Baked Beans

Serves 8

- 2 cups of white beans, dried
- 1 1/2 quart of water
- 1 tsp of salt
- 1/3 cup of brown sugar
- 1 tsp of dry mustard
- 1/4 cup of molasses
- 1/4 lb.of salt pork, sliced
- 1 large onion, diced

Place beans in water and soak overnight. Add salt and cook for 1 hour or until tender. Drain liquid into a separate pan. Add other ingredients and 2 cups of the drained liquid to beans. Cover and bake for 4-5 hours. Check occasionally, adding small amounts of water if needed.

Baked Corn

Serves 8

- 1 16 oz. can of cream-style corn
- 1 16 oz. can of whole kernel corn
- 1/2 cup of corn meal
- 1 tbsp of garlic salt
- 2 cups of grated cheese
- 1 tsp of baking powder
- 1/4 cup of cooking oil
- 2 eggs, beaten

Combine corn, corn meal, garlic salt, cheese, baking powder and cooking oil. Beat eggs and add to mixture. Place mixture in baking pan or directly in oven. Bake for 45 minutes.

Mashed Potatoes

Serves 8

- 8 medium potatoes
- 1 tsp of salt
- 1/2 stick of butter
- 1 1/2 cups of milk

In a 12" oven, put about 4 quarts of water and place over 12-14 coals to heat water. Add 1 tsp of salt to the water. Wash the potatoes to remove the dirt. Peel and cut the potatoes into quarters. When water is boiling, about 15 minutes, put the potatoes into the water and cover. Keep water boiling while potatoes are cooking. Cook for about 20 minutes or until fork goes into the potatoes easily. When potatoes are ready, drain the water and put the oven back over the fire until moisture is gone from oven. Mash the potatoes with a fork or spoon. Add the milk as you mash the potatoes. Add the butter and allow the butter to melt before serving.

Sparkling Potatoes

Serves 8-10

- 1 pound of bacon
- 1 large onion, sliced thin
- 1/4 tsp of garlic powder
- 8 potatoes
- 1/2 lb. of fresh mushrooms, sliced
- 1 12 oz. can of Sprite
- 1 tsp of salt
- 1/2 tsp of pepper
- 1/4 cup of chopped parsley
- 1/2 pound of mild cheddar cheese, grated

Brown the bacon in a 12" oven after cutting the bacon into small pieces. Drain the grease and then add the onion and the garlic powder. Cook the onion until clear. Slice up the potatoes after scrubbing (leave the skins on) and add to oven along with mushrooms. Mix well with bacon and onion. Pour in Sprite and then sprinkle the mixture with salt and pepper. Cover with lid and steam with top and bottom heat. When potatoes are tender, add the parsley. Just before serving, top with the cheese and heat until the cheese melts.

Au Gratin Potatoes

Servings: 8

- 8-10 potatoes, sliced thin
- 2-3 Tbsp. Melted butter
- 3 Tbsp. Vegetable Oil
- 2-3 medium onions, sliced thin
- 1 (15 oz) can of cheese soup
- ¼ cup milk
- ½ cup cracker or breadcrumbs
- 1 cup shredded cheese

Put vegetable oil in the bottom of the Dutch oven.

Put a layer of potatoes in the bottom and brush with the melted butter.

Season with salt and pepper.

Add a layer of sliced onions.

Continue the layering with potatoes and onions until all have been used.

Mix the soup with the milk and pour over the top.

Sprinkle the top with the bread or cracker crumbs.

Bake at 350 degrees for 45 minutes.

Remove and sprinkle the top with the shredded cheese.

Replace lid and let the cheese melt.

Baked Beans

Servings: 8

- 1 can (2 lb.) pork and beans
- 1/4 cup mustard
- 4 slices of bacon (optional)
- 1/4 cup ketchup
- 1 onion, chopped
- 1/8 cup cider vinegar
- 1/2 cup brown sugar

Mix beans thoroughly with the onion, brown sugar, mustard, catsup and vinegar.

Put into Dutch oven and place bacon on top of beans. Cover and cook at 350 degrees 1 hour.

Cornbread

Servings: 8

- 2-1/2 cups flour
- 1-1/2 cups yellow cornmeal
- 4 teaspoons baking powder
- 1 teaspoon salt
- 2/3 cup sugar
- 1 stick melted butter
- 4 eggs, beaten
- 2 cups milk

Line a 12-inch Dutch oven with foil.

Be careful not to use too much charcoal under the Dutch oven or use a trivet to keep the food from burning. A trivet is just something that raises the food off the bottom of the Dutch oven. A trivet can be made by crumpling up a piece of foil and coil it like a snake. Then lay the coil under the Dutch oven liner to elevate the food.

Spray the foil with cooking spray or grease the foil.

Pre-heat the Dutch oven while you prepare the batter.

Combine dry ingredients.

Stir in the milk, butter, and egg just until dry ingredients are moistened.

Pour batter into Dutch oven.

Bake about 25 minutes at 350 degrees or until golden brown.

BLT Wraps

Serves 5

- 5 Flour Tortillas (or pitas)
- 1 package PRE-COOKED bacon, 15 slices
- Lettuce
- Tomato, sliced
- Cheese (optional)
- Your favorite condiment, choose one: mayonnaise, mustard, honey mustard, Italian dressing.

Add to each tortilla or pita your favorite condiment, lettuce, tomato slice, and three slices of bacon.

Add black pepper to taste and optional cheese.

Roll up and serve.

Basic Meat Sandwiches

1 Serving

- 2 slices of bread (white or wheat)
- 5 slices of deli meat (Ham, Turkey, Roast Beef)
- 1 slice of cheese (Swiss or Cheddar)

One pound of meat makes about 5 sandwiches

Toppings:

- Mayonnaise
- Mustard
- Lettuce
- Tomato
- Onion
- Pickles

Grilled Cheese Sandwich

1 Serving

- 2 slices bread
- Butter
- 2 Tablespoons shredded cheddar cheese

Heat a griddle or fry pan to medium heat.

Butter one side of each slice of bread. The buttered sides will be the Outside of the sandwich.

Place one of the slices of bread with the buttered side DOWN on the griddle.

Put the cheese on the Unbuttered side.

Cover the cheese with the other slice of bread, BUTTERED side UP.

Peek at the bottom of the sandwich and flip when it is golden brown.

Keep an eye on things. If the heat is too high, it can go from “tasty eats” to “burned to a crisp” in the blink of an eye.

Cook the second side until it is also golden brown then eat and enjoy.

Grilled Ham and Cheese Sandwich

1 Serving (Multiply as needed)

- 2 slices bread
- Butter
- 4 slices of Ham (or other tasty meat)
- Tablespoons shredded cheddar cheese

Heat a griddle or fry pan to medium heat.

Butter one side of each slice of bread. The buttered sides will be the Outside of the sandwich.

Place one of the slices of bread with the buttered side DOWN on the griddle.

Put the slice of ham on the unbuttered side of the bread.

Put the cheese on the ham.

Cover the cheese with the other slice of bread, BUTTERED side UP.

Peek at the bottom of the sandwich and flip when it is golden brown. Keep an eye on things. If the heat is too high, it can go from "tasty eats" to "burned to a crisp" in the blink of an eye.

Cook the second side until it is also golden brown then eat and enjoy.

BREAKFAST

French Toast

Servings: 4 slices of French Toast

- 4 slices of Texas toast or white bread
- 2 eggs
- 1/4 cup milk
- Cinnamon to sprinkle over each slice (optional)
- Syrup and butter

Warm up a griddle on a stove. Use MEDIUM heat. Spray the griddle with some cooking spray or coat with a teaspoon of oil.

Remember to not to use too much heat. You can always cook it longer if you need to. But once food is burned, you can't fix it.

Beat the eggs. Stir the milk into the eggs.

When the griddle is ready to cook, dip the slices of bread into the egg mixture on both sides and put them on the griddle. Sprinkle the top of each slice of bread with cinnamon.

After 2 or 3 minutes, peek at the bottom of each slice to see if it ready to flip. When the bottom is golden brown, flip it and cook the other side.

When both sides are golden, serve warm with butter and syrup.

Breakfast Burritos

8 servings

- 1 dozen eggs
- 1 pound sausage (can use pre-cooked)
- 8 ounces (2 cups) shredded cheese
- 1 (20 ounce) bag hash brown potatoes
- 8 large burrito style flour tortillas
- Salsa (optional)

Brown the sausage in a frying pan.

While the sausage is browning, beat the eggs in a medium size mixing bowl.

When the sausage is done, place it in a bowl and then add the eggs and hash browns to the empty frying pan and scramble the eggs.

After the eggs are cooked, season the mixture with salt and pepper to taste.

Combine the egg mixture and sausage in the bowl (or the fry pan) and stir.

Scoop some of the filling onto a tortilla, add some cheese and salsa, and roll up into a burrito.

Mountain Man Breakfast

10 servings

- 2 dozen eggs
- 2 (1 pound each) bags frozen hash browns
- 1 pound sausage or ham
- 12 ounces (3 cups) cheddar cheese

12-inch Dutch oven

Line Dutch oven with foil.

Brown the sausage.

While the sausage is cooking, beat the eggs in a bowl.

Combine the sausage (or ham), cheese, and hash browns in the Dutch oven.

Pour the egg mixture over the sausage, cheese, and hash browns.

Season with salt and pepper.

Cover and bake for 50 to 60 minutes at 350 degrees.

Quick and Easy Breakfast Casserole

Servings: 8

- 8 slices of bread
- 2 pounds of sausage
- 16 oz grated cheddar cheese
- 12 eggs
- 1 qt. Milk
- 1 tsp 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 tsp. salt. Pour the egg mixture over the layered bread/sausage/cheese in the oven.

Cover and bake for 35 - 40 minutes at 350 degrees, checking occasionally.

The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs.

Mountaineer Breakfast

Servings 6-8

- 12 eggs
- ½ pound bacon, cut into small pieces
- 1 32 oz bag hash brown potatoes
- 1 medium onion, chopped
- 1½ lb cheddar cheese, grated
- 1 small jar salsa

Scramble eggs in medium bowl.

Brown bacon pieces, drain.

Stir in onion and cook until clear.

Remove bacon and onions and set aside.

Fry hash browns until golden brown.

Stir bacon and onions back in.

Pour eggs over potatoes, bacon and onions

Cover and bake for about 5-10 minutes, or until eggs are almost solid.

Sprinkle top with cheese.

Cover and bake for 5-10 minutes until eggs set and cheese melts.

Serve with salsa.

Easy Breakfast

Serves 4-6

- 1 lb. pork sausage
- 2 pounds of frozen hash browns
- 2 cups of shredded cheddar cheese
- 8 eggs, scrambled

Fry the sausage in the oven. Add the hash browns. Stir until browned. Add eggs and sprinkle with cheese. Cover and cook for 10 minutes. Use 6-8 coals on bottom and 15-17 coals on top.

Sausage Hash Brown Bake

Serves 10

- 1 lbs bulk pork sausage
- 1 pkg (30 ounces) frozen shredded hash brown potatoes
- 1 can condensed cream of chicken soup, undiluted
- 2 cups (8 ounces) shredded cheddar cheese, divided
- 1 cup sour cream
- 1 carton (8 ounces) French onion dip
- 1 cup chopped onion
- ¼ cup chopped green pepper
- ¼ cup chopped sweet red pepper
- 1/8 tsp pepper

Brown sausage in Dutch Oven until no longer pink, drain. In a large bowl, combine 1 3/4 cups cheese, soup, sour cream, French onion dip, onion, peppers, pepper. Fold in hash browns, reserving a handful. Top with sausage and reserved hash browns. Bake 55 minutes.

Omelet in a Bag (Eggs in a Bag)

1 Serving (Multiply as needed)

- 3 eggs
- 1 quart size zip-top “freezer” bag (with name or other ID written on bag)

Choose from your favorite ingredients in the list below:

- Bell Pepper, diced
- Onion, diced
- Cooked Bacon or ham or sausage, chopped
- Shredded cheese
- Salt and Pepper

Fill a large pot 3/4 full of water and bring to a boil. Crack the eggs into the freezer bag. Add some of the other ingredients, but be careful not to overload the bag or the eggs will not cook right. DO NOT add cheese until after eggs are cooked or you might only get a bag of goo. Seal the bags. (Squish out almost all the air when you do this so it will submerge in the water and cook faster. This is IMPORTANT so that it will not swell up and burst.) Squish up the eggs too, so that they are scrambled. Put the bag into the boiling water. Don't put too many bags at a time in the water or they won't cook very fast and the water will just cool down. When the eggs are set, remove from water and squish some more to scramble the eggs if that's what you want.

Scrambled Eggs

Servings: 2

- 6 large eggs (3 for each serving)
- 6 tablespoons milk
- Cooking Spray OR 1 Tablespoon butter for frying
- Salt and pepper to taste.

Heat a large non-stick frying pan to medium heat.

A 12-inch pan works well for 6 eggs.

Do not add butter yet.

In large mixing bowl, whisk the eggs with the milk.

Beat vigorously. Spray the cooking spray onto the pan OR melt the butter in the frying pan. Add the egg mixture.

Do not stir immediately. Wait until the first hint of setting begins. Use a spatula to push eggs around the pan. Continue this as the eggs continue to set. Break apart large pieces as they form with your spoon or spatula.

When the eggs look wet but are no longer runny, turn off the heat, and stack the eggs in the middle of the pan. to finish cooking.

Transfer eggs to serving plates.

Add salt and pepper to taste.

The Best Pancakes

Makes about 8 pancakes

- 1½ cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 tablespoon granulated sugar
- 1½ cups milk
- 1 egg, lightly beaten
- 3 tablespoons melted butter or vegetable oil
- 1 teaspoon vanilla (optional)

Mix the flour together with the baking powder, salt, and sugar in a large mixing bowl. Mix the melted butter (or the oil) with the egg, vanilla, and milk.

Pour the wet ingredients into the dry ingredients, stirring gently and don't stir too much or the pancakes will be chewy. Heat the griddle to about medium high heat. Lightly grease the griddle with brushed on vegetable oil or cooking spray. Don't put on too much or you'll fry the pancakes.

When the griddle is ready, scoop about ¼ cup of batter and pour it onto the pan. Let the pancakes cook on the griddle for about 1 to 3 minutes until tiny bubbles have formed all across the top of the pancake. The bottom should be a nice golden brown color. Flip them over and continue to cook on the other side for 1 to 2 minutes or until golden brown. Serve the pancakes immediately with butter and syrup.

Dutch Oven Biscuits

Servings: 8

- 2 cup flour
- 1/2 cup shortening
- 2/3 cup milk
- 1 Tbsp sugar
- 4 Tbsp baking powder
- 1 egg

Mix dry ingredients and cut in shortening.

Beat the egg and combine with the milk.

Add to the flour mixture and knead to make a dough.

Form into biscuits and bake at 350 degrees until golden brown (about 10-12 minutes).

Desserts

Dutch Oven Sticky Rolls

Servings: 8

- 2 package frozen bread dough
- 2 pints heavy whipping cream
- 1 cup brown sugar
- Brown sugar/cinnamon mixture
- Cooking spray

Thaw frozen bread dough overnight.

Grease the bottom of a 12" Dutch oven with cooking spray. Combine the heavy whipping cream and brown sugar and pour into the greased Dutch oven.

Place brown sugar and cinnamon mix in a shallow bowl and roll each piece of bread dough into the mix.

Place the bread dough in the Dutch oven.

Don't layer too high as the bread dough will rise a lot in the oven.

Bake for 20 minutes at about 350 degrees.

French Toast Casserole

Servings: 8

- 1 (16 ounce) loaf French or Italian bread (can also use white sliced sandwich bread)
- 12 eggs
- 4 cups milk
- 1/3 cup sugar
- 1 teaspoon salt
- 1 Tablespoon vanilla
- 1/2 teaspoon cinnamon
- Syrup

Line a 12-inch Dutch oven with foil.

Cut bread into one-inch cubes and put into Dutch oven.

Mix remaining ingredients together and pour over bread.

Bake at 350 degrees until bread is fluffy and browned (about 15-20 minutes).

French toast is ready when knife inserted into center comes out clean.

Serve warm with syrup.

Monkey Bread

Serves 8

- 2 (12 ounce, 10 count) tubes refrigerated biscuit dough
- (such as Pillsbury)
- 1 cup sugar
- 1 teaspoon cinnamon
- 1 stick butter
- 1 large zip lock plastic bag

12-inch Dutch oven lined with foil

Melt the butter and set aside.

Cut biscuits in half and roll into balls.

Place sugar and cinnamon in zip lock sandwich bag and shake to mix.

Roll dough balls in melted butter and drop a few at a time into the bag of sugar. Shake the bag until the balls are covered with sugar and cinnamon.

Place the dough balls in the Dutch oven.

Bake until the bread turns golden brown. About 25 to 30 minutes at 350 degrees. Be careful not to put too much charcoal under the oven. Seven or eight coals will be enough. Use too much and the bread will burn before it is done. A trivet can help prevent burning.

Pecan Caramel Rolls

Servings: 8

- 1 tube of refrigerator biscuits (10 count)
- 1/2 cup brown sugar
- 1 stick butter or margarine
- Generous amount of chopped pecans
- Cinnamon

Melt butter, brown sugar, cinnamon, and a tablespoon of water in the cover of a chef kit (large frying pan).

Stir well until sugar/butter becomes a caramel.

Add pecans to the caramel mixture.

Cut the biscuits into quarters.

Stir into the caramel mixture, coating each part with caramel.

Place the pan in the Dutch oven on trivet in the oven (or three stones placed in the bottom of the oven) and bake the biscuits at 350 degrees until they are golden brown about 15 minutes.

Apple Crisp

8 to 10 servings

Mix the dry topping ingredients at home and bring to camp in a zip-top bag.

- 6 large apples

Topping:

- 1-1/4 cups brown sugar
- 3/4 cups flour
- 3/4 cups oatmeal (not Quick Oats)
- 1-1/2 tsp cinnamon
- 1 stick softened butter
- Optional whipped cream

Line a 12-inch Dutch oven with foil Slice the apples.
Layer the apples in the bottom of the Dutch oven.

Topping:

Mix the remaining ingredients until well blended and the butter forms pea sized crumbles.

Sprinkle the topping evenly across the apples.

Bake in Dutch oven at 350 degrees until the topping is golden brown and the apples are tender. About 35 minutes.

Serve warm with ice cream.

Apple Streusel Cake

Servings: 12

Cake:

(Hint: Measure and combine the flour, baking powder, and soda into a zip lock bag at home before leaving for camp.)

- 3 cups flour
- 1½ teaspoon baking powder
- ¾ teaspoon baking soda
- 1½ sticks softened butter
- 1¼ cups sugar
- 3 eggs
- 2 teaspoons vanilla
- 16 ounces plain yogurt
- 2 granny smith apples, peeled, cored, and diced

Streusel topping:

(Hint: Measure and combine the brown sugar, flour, and cinnamon into a zip lock bag at home before leaving for camp.)

- 1¼ cups packed brown sugar
- ¾ cups flour
- stick cold butter, cut into small pieces
- teaspoons cinnamon 1 cup chopped pecans

Make the cake:

Combine butter and sugar in a large mixing bowl until well blended.
Add eggs one at a time, blending well after each egg is added.
Stir in the vanilla and yogurt. Mix until fluffy.
Add the dry ingredients and mix just until blended.

Make the topping:

Combine the brown sugar, flour, butter, and cinnamon in a medium sized mixing bowl until crumbly and the butter is completely incorporated.

Then stir in the pecans.

Line a 12-inch Dutch oven with foil.

Coat the foil with cooking spray or vegetable oil. Put 3 cups of batter into the Dutch oven and spread evenly.

Sprinkle a layer of $\frac{1}{4}$ cup of the streusel, then all the apples, then $\frac{1}{2}$ cup of streusel.

Spoon on the rest of the batter and spread evenly.

Sprinkle the remaining streusel on top and press in slightly.

Bake for 50 to 60 minutes at 350 degrees or until a toothpick comes out clean.

May need some extra coals to keep it baking for an hour.

Cool for about 15 minutes before serving.

Baked Apples

Servings: 8

- 8 apples (any desired variety)
- 1 cup sugar or brown sugar
- ¼ pound butter ¼ tsp. cinnamon water

Wash and core apples.

Mix sugar and cinnamon in bowl and put mixture in cored apple.

Add a dab of butter to the top of apple.

Place the apples in a tin pie pan that is set on top of several 1" rocks (or balls of foil) on the bottom of the Dutch oven.

Cover Dutch oven and add coals to top and bottom (about 10-12 on top and 6-8 on bottom).

Bake for 15-20 minutes until apples are tender.

Let cool 15 minutes and serve.

Caramel Apple Cobbler

Servings: 8 to 10

- 8-10 large granny smith apples; peeled, cored, and sliced
- 2/3 cup sugar
- 1/3 cup flour
- 1 Tbsp ground cinnamon
- 3/4 tsp ground nutmeg
- 3/4 tsp salt
- (12 oz.) jar caramel sauce
- 2 cups brown sugar
- 2 cups flour
- 1/2 cup instant oatmeal
- 2 sticks melted butter

Add apples to a buttered Dutch oven.

In a separate dish combine sugar, flour, cinnamon, nutmeg, and salt. Mix well.

Pour the dry ingredient mix over the apples and stir until the apples are well coated.

Pour the caramel sauce over the top.

In a separate bowl combine the brown sugar, flour, and oatmeal. Use a fork to mix in the melted butter to form coarse crumbs. Spread this topping over apples.

Cover the Dutch oven and bake using 10-12 briquettes on the bottom and 16-18 briquettes top for 60 minutes.

Cookie Dough Cobbler

Serves 8

- 2 (21 ounce) cans pie filling (flavor of your choice)
- 2 (18 ounce) rolls refrigerated cookie dough (flavor your choice)

(Recommend cherry pie filling with chocolate chip cookie dough)

Need 12-inch Dutch oven.

Line the Dutch oven with foil.

Grease the Dutch oven or spray with cooking spray.

Spread pie filling in the Dutch oven.

Cut off pieces of cookie dough and spread evenly over the pie filling.

Bake 25 to 30 minutes at 350 degrees until the cookie dough raises and is golden brown.

Dirt and Worms Parfait

Servings: 6

- 1 (15 ounce) box Jell-O INSTANT chocolate pudding mix
- 3 cups milk
- 1 (18 ounce) package Oreo cookies
- 1 (8 ounce) container whipped topping
- 1 (5 ounce) package gummy worms (or other gummy creature)
- 6 clear plastic cups

Stir chocolate pudding mix and milk until pudding becomes smooth.

Put cookies in a plastic bag and smash into small pieces.

Put a scoop of pudding into each cup (about $\frac{1}{4}$ cup of pudding).

Top pudding with whipped cream and a layer of crushed cookies

Add a couple of gummy worms.

Make a second layer of pudding, cookies, and gummies.

Dutch Oven Smores

Servings: 8

- graham crackers
- miniature marshmallows
- Hershey milk chocolate candy bars

Grease a round cake pan that will fit in the Dutch oven.

Break up graham crackers, and candy bars.

Layer pan with graham crackers, then bars, then marshmallows, and then start over until your pan is full.

Place pan inside your Dutch oven.

Cook over hot coals until chocolate and marshmallows are melted.

About 30 minutes.

Green Meese Oreo Cobbler

Servings: 8

- 1 package of Oreo cookies
- 1 bag mini-marshmallows
- 1 white cake mix
- 1 20 oz. bottle of Sprite soda

Crumble cookies in a 12” Dutch oven.

Cover mixture with dry cake mix.

Sprinkle soda over top (ensuring that all areas of the cake mix are covered with moisture) and then cover with marshmallows. Bake as usual for Dutch oven and weather conditions.

Lemon Bars

Servings: 8

Blend the following:

- 2 cups flour
- 1 cup soft butter
- 1/2 cup powdered sugar
- Dash of salt

Line a 12" oven with waxed paper.

Press cookie dough onto waxed paper in bottom of oven.

Bake with high heat for 18 to 20 min.

Crust should be slightly browned.

Combine:

- 6 eggs, beaten
- 3 cups sugar
- 1 cup flour
- 1/2 cup lemon juice (try lime juice or half and half for variations)
- 1 Tablespoon lemon rind, chopped fine (try lime rind)

Pour over cookie crust.

Bake for 10 min.

Remove oven from bottom heat. Add bottom briquets to top.

Continue cooking with top heat until mixture sets up, 15-20 minutes. Remove lid. Sprinkle with powdered sugar. Let cool.

Cut into wedges.

Smacos (Smores Tacos)

1 Serving (Multiply as needed)

- 1 small flour tortilla (taco sized)
- 1/8 cup (about 2 tablespoons) semi-sweet chocolate chips
- 1/8 cup mini-marshmallows

Dip fingers into water and dampen one side of the tortilla.

Place tortilla, damp side down, into a Dutch oven or fry pan over medium heat.

Spread chocolate chips over one half of the tortilla.

Add mini-marshmallows on top of the chocolate.

Use tongs or a fork to fold the other half of the tortilla over the chocolate and marshmallows.

Place lid on Dutch oven or frying pan and wait about 30 seconds.

Take off the lid, flip the tortilla, put the lid back on, and wait another 30 seconds.

Remove the SMACO, slice with a pizza cutter, and enjoy.

Sunrise Coffee Cake

Servings: 8

Need 12-inch Dutch oven.

- 2¼ cups flour
- ½ teaspoon salt
- 1 Tablespoon cinnamon
- 1 cup brown sugar
- ¾ cup sugar
- ¾ cup vegetable oil
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 egg, beaten
- 1 cup milk
- 1 cup chopped nuts

HINT: Measure & mix the dry ingredients at home and bring to camp in a zip lock bag.

Line the Dutch oven with foil. Coat the foil with cooking spray. Preheat the Dutch oven.

Mix all ingredients, except the nuts, in a medium sized mixing bowl.

Remove oven from heat and pour the batter into the oven and spread evenly.

Sprinkle nuts over top of batter.

Cover and return oven to coals.

Bake for about 30 minutes.

Troop Cobbler

Serves 8 to 10

- 2 cans fruit pie filling (any fruit)
- 1 box yellow cake mix (18 ounces)
- 1 stick of butter
- 1/2 can of soda (6 ounces, any clear soda)

Line a 12-inch Dutch oven with foil.

Layer the pie filling in the Dutch oven. Spread evenly.

Cover the pie filling with the cake mix. Spread evenly.
Do not stir.

Place slices of butter over the top of the cake mix. Do not stir.

Pour half of the soda over the butter and cake mix. Do not stir.

Drink the other half of the soda while you tend the charcoal.

Bake at 350 degrees for about 45 minutes till golden brown on top.

Easy Lemony Fruit Salad

Servings: 8

- 3 Bananas

- 1 large can (14 ounces) Mandarin Oranges
- 1 large can chunk pineapple, drained
- 1 small (3 ounce) package INSTANT Lemon pudding mix

Peel and slice bananas into a mixing bowl.

Add pineapple chunks and stir

Add mandarin oranges and their juice.

Add pudding mix and combine until there is no more dry powder.

Ready to serve.

Baking Temperature Chart for Dutch Oven Cooking by Lodge Cast Iron

Oven top/bottom	325°	350°	375°	400°	425°	450°
8"	15	16	17	18	19	20
*****	10/5	11/5	11/6	12/6	13/6	14/6
10"	19	21	23	25	27	29
*****	13/6	14/7	16/7	17/8	18/9	19/10
12"	23	25	27	29	31	33
*****	16/7	17/8	18/9	19/10	21/10	22/11
14"	30	32	34	36	38	40
*****	20/10	21/11	22/12	24/12	25/13	26/14

Servings Per Dutch Oven- These are approximate as some people can eat more than others but they do serve as an aid:

Oven Size	Persons Served
8"	1-2
10"	4-7
12"	12-14
12"deep	16-20
14"	16-20
14"deep	22-28

Baking temperatures taken from regular cookbooks, sometimes refer to Slow, Moderate, Hot, or Very Hot ovens. Those terms normally reflect following temperatures; Slow-250° to 350°; Moderate-350° to 400°; Hot-400° to 450°; Very Hot-450° to 500°.

Appendix A – Dutch Oven Care

Break-In/Seasoning

New Dutch Ovens usually come with a protective coating sprayed on at the factory to protect them from moisture during shipping. Remove the protective coating by scrubbing it with hot water and dishwashing soap. It won't look like you did much to the oven, but you did. Thoroughly rinse out all of the soap and towel dry the Dutch Oven.

Next, the Dutch Oven must be properly seasoned. All cast iron must be seasoned before use in cooking. Seasoning is the process of filling all the small holes in the cast iron with cooking oil and converting it to carbon with high heat. With repeated use, the carbon will eventually fill in all of the holes in the very porous cast iron and create a smooth non-stick surface for cooking on.

Cast iron can be seasoned as follows:

Warm the Dutch Oven in a stove but not too hot to touch, then remove from the heat. Immediately wipe all surfaces of the Dutch Oven, inside and out, with a solid shortening on a paper towel. The Vegetable oil can also be used but better results will be obtained with a solid shortening. Let the Dutch Oven cool. The shortening will be pulled into all of the pores in the cast iron as it cools. Then wipe out any remaining excess shortening. Lightly coat the all surfaces again this time with vegetable oil (not too heavy) and reheat the oven up to about 350 degrees for about an hour. Allow it to cool and wipe out any excess. Now you are ready to cook.

Cleaning

Once the oven is seasoned, NEVER use soap on it ever again! You will need to re-season it. Avoid using hard metal utensils or you might scratch off the black carbon surface you are trying to build up. Over time the carbon surface will build up more and more and the Dutch Oven will become easier to clean as well as cook in. Hot water and a plastic scrub pad should be all that is needed to properly clean the oven. They must be completely dry before storage or they will absolutely rust. You will know when this happens because of the flavor your next meal will have. If you use soap you will also know this at your next meal. Remember cast iron is porous and absorbs flavors like soap.

Storing

Dutch Ovens must be stored where they are not exposed to moisture or high humidity. If an oven shows signs of rust, it must be re-seasoned. The oven can be wiped with a very light coating of cooking spray or vegetable oil before storage. Do not store ovens with lids firmly in place. The interior must be allowed to breathe. Use layers of paper towels or foil to maintain an air gap between the lid and base while storing.

Appendix B – Help With Measurements

Equivalent Kitchen Measures

A Pinch	=	1/8 teaspoon or less
1 Tablespoon	=	3 teaspoons
1 Tablespoon	=	1/2 ounce
1/8 cup	=	2 Tablespoons
1/4 cup	=	4 Tablespoons
1/3 cup	=	5 Tablespoons + 1 teaspoon
1/2 cup	=	16 Tablespoons
1 cup	=	8 ounces
ounce	=	2 Tablespoons
cups sugar	=	1 pound sugar
4 cups sifted flour	=	1 pound sifted flour
1 pound of ice	=	2 cups water
1 cup uncooked rice	=	2 cups cooked rice

Appendix C – Leave No Trace (Low Impact Cooking)

The principles of low impact cooking provide a way to plan and make decisions that allow us to preserve and care for our natural areas and campgrounds. These choices help to ensure we will continue to have great outdoor places to experience now and into the future.

The Leave No Trace organization emphasizes seven different principles for keeping a low impact effect on our outdoor recreation areas. These seven principles are:

Plan ahead and prepare.

Travel and camp on durable surfaces.

Dispose of waste properly.

Leave what you find.

Minimize campfire impacts

Respect wildlife

Be considerate of other visitors

Low impact cooking means more than just selecting a menu of tasty things to eat. The way the food is cooked also has an impact. Gas stoves have a smaller impact than wood fires. Meals that require no cooking have the least impact of all. When cooking with wood, use only an established fire ring and only collect downed wood. Observe any local restrictions on open fires particularly

during dry seasons and droughts. After the fire is no longer needed, make sure it is completely out.

Don't pack more food than you need and don't cook more food than you can eat. Leftovers make messy trash that needs to be carried out and attracts animals into camp. Once an animal gets into the trash, the trash will be scattered around and create a trash problem that may be impossible to completely clean up.

Before leaving for camp, repackage foods whenever possible to eliminate excess packaging. Pre-measure ingredients into plastic bags so that only the amount needed goes to camp. This helps minimize the load that needs to be carried to camp.