

Scout and Scouter Food Recipes 2013 - Lake Minnetonka District

Four Categories

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These recipes were provided by the Scouts and Scouters of Lake Minnetonka District during the September roundtable meeting 2013.

Voted Best Recipe

Sinful Sticky Buns by Mark LaBaw Dutch oven

Buns

2 packages active dry yeast
½ cups warm water
2 cups warm milk
½ cup vegetable shortening
6 tablespoons sugar
2 teaspoons salt
2 eggs
6 ½ cups unbleached all-purpose flour

Carmel Glaze

1 cup (2 sticks) unsalted butter
3 cups brown sugar
½ cup light corn syrup
3 cups broken pecan or walnut pieces

The seductive flavors of caramel and sweet butter and crunch of nuts makes these buns the highlight of any campout.

Dissolve the yeast in the warm water.

In a large bowl, mix milk, shortening, sugar, salt, and eggs until well blended. Add the yeast and 4 cups of the flour; mix vigorously. Add the rest of the flour to make soft dough. Knead for 1 minute. Let dough rest for 10 minutes, then knead again until the dough is smooth and elastic. Cover it and let rise until it doubles in bulk.

Make the caramel glaze: Put butter, brown sugar, and corn syrup in a saucepan. Heat and stir until the butter is melted and the sugar dissolved. Remove from heat and pour 1 cup of glaze into a small bowl and set aside. Sprinkle the remaining glaze over the bottom of the 12" Dutch oven or 9" X 12" baking pan and sprinkle nuts over the glaze.

Roll out the dough into a rectangle and spread with glaze. Rollup like a jelly roll from the wide side into a long tube. Cut into 1 1/2 – inch pieces. Place each piece in the Dutch oven, flat side down. Cover and let rise until puffy.

Bake in Dutch oven for 25 to 30 minutes, or 350F conventional oven for 30 to 35 minutes. Invest pan onto waxed paper and service warm

Yield 12 large buns.

Camp Cooking

1. Coghlin's

Required:

Pie Iron (Coghlin's \$13.00)

Ingredients:

1 can apple pie filling
1 loaf bread
1/4 stick butter
brown sugar
cinnamon

Notes:

Have a handful of irons for a group campfire.
Have a choice of apple, cherry, or blueberry filling.
Have whipped cream.

Instructions:

Heat pie iron for a couple minutes.
Open pie iron and rub inside with stick of butter.
Sprinkle sugar in both sides of iron.
Place slice of bread on one side of iron.
Top with spoonful of apple pie filling.
Sprinkle on cinnamon and brown sugar.
Place on second slice of bread and close pie iron.
Hold over campfire for 2 minutes, flip, and hold 2 more minutes.

2. Chili Mac

Ingredients:

1 lb hamburger
1 onion, chopped
2 cans of Ro-Tel diced tomatoes with chilies, undrained
1 1/2 cup elbow macaroni or other fun shapes
1 cup water
1/2 cup cheddar cheese, shredded

Notes:

main course

Instructions:

When Dutch oven is pre-heated to 350 degrees, put in hamburger and onion.
Cook uncovered until hamburger is well browned, stirring often.
Stir in tomatoes, water, and pasta.
Bring to a boil.
Reduce heat to about 250 degrees, cover, and simmer 20 minutes or until pasta is tender.
Sprinkle cheese on each bowl when it is served.
Serves about 4.

3. TACO in a Bag

Ingredients:

1 individual Doritos chips bag
1/3 cup hamburger
1/3 cup refried beans
2 Tbsp shredded cheese
salsa

Notes:

This is quite a popular meal with the scouts I have around, but it's hard to call it cooking. :-)

Instructions:

Cook the hamburger in a skillet.
Heat the beans.
Cut open the end of a bag of chips.
Spoon in some hamburger and beans, sprinkle on cheese, pour in salsa.

If hamburger is cooked at home, this can be a cold lunch with no mess or clean-up.

You can use a can of chili rather than hamburger and beans.

4. Breakfast in a PAPER BAG!

Lunch sized paper bag

Pointed stick

1-2 Strips of bacon

1-2 Handfuls frozen hash browns

1-2 Eggs

- Open paper bag and place bacon strips on bottom. Toss in potatoes.

Break in egg(s).

Close by folding down top of paper bag at least three times but leaving 3"- 4" of air space above the food.

Insert pointed stick only through the top folded part of the bag.

Prop with rocks, or hold bag on the stick about 4"-5" over the hot coals for about 8-10 minutes

(careful not to touch the coals or hold over flames or you'll set your breakfast on fire.) Remove from heat and pull out the stick with an oven mitt. Open the bag and fold down the paper. Eat right out of the brown bag.

Throw your "dishes" in the fire

5. Tater Tot Casserole

Ingredients

- 1 bag tater tots
- 1 diced onion
- 1 small can sliced mushrooms
- 1 stick (4 oz) of butter, cut up
- 1 can diced chilies (optional)

Preparation

1. Mix all ingredients. Make a boat out of tin foil. Add all ingredients and seal up tight.
2. Place it on the fire for 30 min. Mash it all up and serve

6. Egg Pizza

Serves 8

Ingredients

Mixing bowl, large skillet, spoon, knife

1-pkg. sliced pepperoni, 1 lb. ground beef, bacon or whatever meat you like

1 green pepper-diced

1 small onion, diced

2 cups Mozzarella or Pizza Blend cheese

1 cup pizza sauce

8 tortilla or 4 English muffins

8

1. Brown meat in skillet.
2. Add onion and green pepper and cook until softened
3. Scramble the eggs in a bowl and add to mixture in skillet. Stir constantly until eggs are cooked.
4. Toast English muffins/warm tortillas while eggs are cooking (Place on cookie sheet on the grill)
5. To serve, take a warm tortilla or lightly toasted English muffin and spread with pizza sauce.
6. Take cooked egg mixture and wrap them in warmed tortilla or place atop English muffin. Add cheese on top. Tortilla can then be rolled.

7. Apple Pies

Serves 4

Ingredients

Charcoal

Pkg of 8" Ready made refrigerator pie pastry-each box usually contains 2 pie pastries (or make your own)

1 tsp Nutmeg

1 tsp cinnamon

1/4 cup Sugar

5 Apples, peeled and thinly sliced

Heavy Duty Foil

1

Prepare a charcoal fire with glowing embers.

1. Cut circle of pie pastry in half and place the ½ circle of pie pastry on a sheet of foil.
2. Mix remaining ingredients in a bowl and divide onto each of the four pie pastries, placing filling on ½ of the pastry.
3. Fold side of pastry without filling over side with the filling and seal the edges by crimping.
4. Seal apple pie loosely in foil, packet style, closing all the edges.
5. Cook on charcoal embers for about 10 minutes, turning often.

Canned pie filling can be used for younger Scouts or when time is short. Caution that filling will be hot. Great with Kick the can Ice Cream!

8. Campfire Éclair's Serves approx 15

You can also try these filled with cinnamon and sugar or butter and jelly!

Ingredients

1/2 to 3/4 inch diameter Sticks or dowel rods-cover upper ¼ with foil

Heavy aluminum foil

Ziploc-type Bags

2 cans refrigerator biscuits-do not use the extra buttery kind

1 large. box instant chocolate pudding

1 large box instant vanilla pudding

Milk to make puddings according to pkg directions

1. Make vanilla and chocolate puddings in the Ziploc-type bags. Place contents of pudding box and a little less milk than directed by pkg into Ziploc-type bag and shake until set. Place in cooler until ready to use.
2. Wrap 1 or 2 uncooked biscuits carefully around a foil covered end of a stick or dowel. Make sure there are no seams or holes by squishing the dough together.
3. Hold dough on stick over embers and cook SLOWLY until golden brown. These require patience!! If outside starts to brown too quickly, foil can be wrapped around biscuits. Instruct girls not to hold too close to fire. Biscuit will slip off foil when done.
4. When the biscuits are done, snip the corner of each

pudding bag. Squeeze vanilla and/or chocolate pudding into the hole

9. Cupcakes in an Orange Serves 10

Ingredients

Foil

Knife

1 spoon for each person

Mixing Bowl or 1 gallon Ziploc-type bag

10 oranges

Spice cake mix and additional ingredients as listed on the box

Prepare a charcoal fire with glowing embers

1. Each person should slice the top off of their orange, leaving about a 2 inch hole in the top. Save the top.
2. The inside of the orange should then be scooped out and eaten.
3. Mix spice cake as directed-this can be done in the bowl or in the Ziploc gallon bag.
4. Fill each orange shell about 1/3 full of cake mix and top with "lid" cut off the top earlier.
5. Wrap the orange in foil and cook in glowing embers for 15 to 20 min or until baked.
6. Scoop out cake and eat.

Variation:

Use muffin mix instead of spice cake

10. Egg McScout 1 serving

Ingredients

Heavy aluminum foil

Long tongs

Small amount of vegetable oil to prep the tuna can

1 -small tuna can (6 oz)

2 pieces of heat & serve link sausage (may substitute ham)

1 egg

1 whole English muffin

1 slice of American cheese

water

1. Prepare a charcoal fire-burn to glowing embers. Prep inside of tuna can with oil-be sure to go up the sides
2. Place sausages (or ham) in bottom of can with 1 Tablespoon of water Break egg over sausages and water.
3. Cover top of can securely with foil and place can in coals for 15-30 minutes. Check about every 10 minutes to see when eggs are done
4. While eggs are cooking, heat english muffins on stick or grill
5. When eggs are done, remove from coals with long handled tongs
6. When eggs are done, remove from coals with long tongs
7. Place slice of cheese on 1/2 of hot muffin. Top with eggs, sausage and remaining half of muffin. Enjoy!!

11. Pancakes

Makes about 48

Ingredients

Frying pan or griddle, large mixing bowl

Spatula, spoon and measuring cups

Scissors

8 Large Ziploc-type freezer bags

10 cups plain flour (all-purpose)

2-1/2 cups dried milk

1/2 cup sugar

1/4 cup baking powder

2 tablespoons salt

8 eggs

2 Tablespoons vegetable oil

1. Combine first 5 ingredients in large bowl
2. Divide contents of bowl between the 8 Ziploc-type freezer bags.
3. Break one egg into each bag
4. Add 1 cup water and 3 tablespoons vegetable oil to bag
5. Seal bag, squeezing out all the air. Make sure seal is tight. You may wish to double bag
6. Knead bags gently to mix ingredients
Snip off corner of bag to make pouring batter easier.
7. Cook pancakes on hot fry pan or griddle.
8. Serve topped with syrup, jam or jelly

12. Hamburger On A Stick

Serves 4

Ingredients

1 stick or 3/4 inch dowel rod for each person

heavy duty foil

mixing bowl

spoon

measuring spoon

1 pound of hamburger

1 egg, beaten

2 tsp dried onion

1 teas. each salt and pepper

4 hot dog buns

4 slices of cheddar cheese, cut length wise, pickle spears,
mustard and ketchup (optional)

1. In a bowl, mix egg, hamburger, onion, salt and pepper
2. Place foil over the end of stick or dowel rod
3. Mold 1/4 of the hamburger mixture around the end of the stick. The hamburger should cover about the length of the hotdog bun.
4. Wrap heavy duty foil up and over the hamburger. Fold in the sides and crimp closed along the top
5. Cook over embers for 10-15 minutes or until done.
6. Remove from stick and place on bun. Condiments can be added down center hole of hamburger-mustard, ketchup,cheese, pickles

Variations: meatloaf on a stick-omit onion, salt and pepper and use onion soup mix to flavor hamburger

13. Foil Pack Hamburgers Serves 1

Ingredients

Heavy-Duty Aluminum Foil

tongs/pot holders

can opener

Ground Beef made into patties-1/4# per person

canned sliced potatoes or slice your own

baby carrots sliced in half length wise

seasoning-onion powder, garlic powder, salt, pepper

any other veggies you wish-mushrooms, broccoli work well

water

cream of mushroom or cream of chicken soup (optional-will make packet more stew-like)

1. On a square (approx. 12 x 12 inch) of foil, place the ground beef patty
2. Layer potatoes, carrots and any other veggies on top of patty. Add a spoonful of water or undiluted soup (soup optional) and top with desired seasonings.
3. Bring 2 edges of foil together and from top, begin to fold down in about 1/4 in. folds. Bring fold down close to food, but leave a little bit of room for steam to expand the bag.
4. Fold sides up the same way.
5. Place in embers with the meat side down for about 10 min. Cook on all 4 sides 7-10 minutes each side.
6. Open carefully to prevent steam burns!

14. Charcoal Stuffed Chicken Serves 4 to 6 Foil

Ingredients

heavy duty aluminum foil and newspaper

tongs

oven mitts

whole chicken

butter or margarine

1. Remove giblets from chicken cavity and rinse cavity
2. Start charcoal fire. When charcoal becomes gray, place approximately 4-5 briquettes on a piece of heavy-duty aluminum foil using tongs. Close up foil around charcoal and wrap coals in a second piece of foil. Place seams on opposite sides of the packet.
3. Place coal packet into the cavity of the chicken.
Place chicken on a large piece of foil and place rub butter or margarine over the skin liberally.

4. Close foil around the chicken securely. Wrap a second time being sure to place the seam on the opposite side of the chicken. Be sure to wrap chicken securely to keep the juices in.
5. Place chicken packet directly on the charcoal. Pile more charcoal around and on top of the chicken packet.
6. Cook for approximately 1 1/2 hours. Turn the packet over half way through the cooking time. Add more briquettes as needed.
7. Open carefully to avoid steam burns

15. Kick The Can Ice Cream

Serves 4

Can

Ingredients

1-lb. coffee can with lid-washed well
 3-lb. coffee can with lid-washed well
 Ice
 Rock salt
 Duck tape
 1 cup milk
 1 cup whipping cream
 1/2 cup sugar
 1/2 tsp. vanilla

1. Combine milk, cream, sugar and vanilla in the 1-lb. coffee can and mix well
2. Put lid on can and secure it well with duck tape. Make sure there are no leaks.
3. Place the 1-lb. can inside the 3-lb. can. Layer ice and salt around the smaller can. Place the lid on the large can and secure with tape.
4. Roll the can back and forth for 10 minutes
5. Open the large can carefully and pour off any melted water. Layer ice and salt again and roll for another 10-15 minutes.
6. Remove small can from large can. Be sure to wipe away any excess water and open.

16. Egg in a Cup

Serves 1

Fire

Ingredients

1 egg
 1 paper cup filled with water
 Long handled tongs to remove cup from fire

1. Put egg in cup and cover with water.
2. Cook on grill over coals for about 25 minutes
3. Remove cup from grill with long handled tongs

Water in cup will keep cup from burning

17. Hobo Stick Popcorn

Serves 1

Stick

Ingredients

Long stick or Toasting fork

18" square of heavy duty foil

1 tsp cooking oil and 1 Tablespoon popcorn kernels

1. In center of foil, place one teaspoon of oil and one tablespoon of popcorn
2. Bring foil corners together to make a pouch and seal any open edges of foil by folding. Be sure to leave space for the popcorn to pop.
3. Attach foil pouch to stick
4. Hold the pouch over the hot coals. Shake constantly until all the corn has popped

Open carefully, be careful of hot steam! Add salt/butter

18. Chocolate Trifle

1 - 19.8 oz package of Fudge Brownie mix

1/2 c coffee flavored liqueur

4 tbs strong brewed coffee

1 tbs sugar

3 - 3.9 oz package instant chocolate pudding mix

12 oz container whipped topping

6 - 1.4 oz English toffee candy bars (crushed)

Prepare the brownie mix and bake according to package directions. Prick the top of the warm brownies at 1 inch intervals using a fork and drizzle with kahula or coffee. Let cool and crumble.

Prepare pudding mix according to package directions, omitting chilling. Place 1/3 of crumbled brownies in the bottom of dutch oven which has been chilled to freezing (i.e.: place in snow for 1/2 hour). Top with 1/3 of pudding, whipped toping and crushed candy bars. Repeat layers twice with remaining ingredients, ending with crushed candy bars. Chill for 8 hours.

19. Corn Meal Mush

1 qt boiling water

1 c cornmeal

Salt

Bring water to boil with salt. Slowly stir in cornmeal. Cook 20 min stirring often.

20. Hasty Pudding

1 recipe cornmeal mush
Flour
1 tbs oil

Mold mush and refrigerate overnight. Slice into 1/2" slices. Flour lightly and pan fry in small amount of oil until brown, about 15 min a side.

21. Indian Pemmican

2 lb dried beef
1 c raisins
1/2 c yellow raisins
Beef suet

Using a blender, mince meat to a fine pulp. Stir in raisins. Chop just enough to break up raisins. Turn into bowl and mix well. Pour melted suet over top, using only enough to hold beef and raisins together. Allow to cool slightly. Turn onto a jelly roll pan and allow to cool completely. Cut into strips and then into bars about 1" wide and 4" long. Store in Ziploc bags. These bars can be stored for several months.

Dutch Oven

22. Dutch Oven Pizza Serves about 6 Dutch Oven

Ingredients

Dutch Oven and charcoal
Oven mitts
Lid lifter-I use a claw hammer
1 loaf frozen bread dough OR pizza dough in a can
2 cups (1 Bag) shredded Pizza cheese or grate your own
1 pkg. Pre- sliced pepperoni, 1 lb. cooked Italian Sausage or Hamburger
Vegetable oil
1 jar pizza sauce

Additional toppings: whatever you like on pizza-mushrooms, black olives, onions ect.

1. Start charcoal fire
2. Prep toppings and precook meat topping in dutch oven if using sausage or hamburger. Drain off excess fat
3. Let bread dough thaw and partially rise
4. Oil dutch oven bottom and sides
5. Press dough to cover entire bottom and come up side just a bit Pour and spread sauce evenly over dough, avoid going up to the very edge to prevent sticking
6. Top with cheese, meat and other toppings

7. Place lid on dutch oven and place coals under and on top of oven to obtain 400 deegrees-refer to chart
8. Bake for 30-40 minutes. After 20 minutes of cooking, check every 10 minutes for doneness

23. Dutch Oven Spaghetti Serves 8-10 Dutch Oven

Ingredients

Dutch oven and Lid Lifter

Large spoon, knife and 1 Tbls measuring spoon

Oven mitts

2 lbs. ground beef

1 small chopped onion

2 - 2 oz. cans mushrooms

1 Tbls garlic powder

1 Tbls Italian Seasoning

2 - 29 oz. cans tomato sauce

8 oz. spaghetti-thin works best

1 oz. grated Parmesan cheese

1. Start charcoal fire. Refer to Dutch oven temperature chart for number of briquettes to use
2. Peel and chop onion
3. Brown ground beef and onion
4. When meat is browned and onions translucent, add mushrooms, garlic powder, Italian seasoning and tomato sauce-stir well
5. Place lid on Dutch oven and cover with hot coals
6. Cook sauce 30 mins. Beak spaghetti pieces in half and add to Dutch oven, mixing well with sauce.
7. Replace lid and cook until spaghetti is tender. Check after 10 mins. Avoid lifting lid unless necessary. Add water if spaghetti not done and liquid has been absorbed.

24. RKS (Road Kill Stew) Serves 10 Dutch oven/Pot

Great first meal-easy for first time campers! Good with warmed loaves of bread!

Ingredients

Dutch oven OR Large Pot with Lid

Large spoon, Can opener

Oven Mitts

3 pounds Ground Beef

1 large onion

4-1# cans potatoes

2-1# cans carrots

2-1# cans peas

1/2 envelope stew mix

1. Brown hamburger and drain off excess fat

2. Add onion and cook until the onion is translucent (If using this as a first meal at camp and you will be arriving near dinner time, precook meat and onions at home and freeze)
3. Open all cans-do not drain! Empty contents of cans into pot with ground beef and onions
4. Add the stew mix and stir well
5. Heat the stew until it is hot, stirring occasionally. If it gets thicker than you like, add water, ½ cup at a time until you reach the desired consistency

P.S. I have no idea about the name!

1. Pour rice (uncooked) into Dutch oven
2. Mix chicken broth, cream of mushroom soup and 1 can of water in a bowl.
3. Add this mixture to the rice in the dutch oven and stir well.
4. Cut chicken breasts in half and place on top of rice and sauce
5. Sprinkle Onion Soup Mix over chicken
6. Bake at 350 degrees F for about 45 minutes or until chicken and rice are done.

25. Garbage

Serves 12

Dutch oven

Ingredients

Dutch oven or large skillet

Knife to chop

1 1/2 dozen eggs

1 lb. bacon or ham (chopped)

6 large potatoes, cubed or 1 large bag frozen diced potatoes or hash browns-thawed

1 med. chopped onion, chopped

1 bag shredded mild cheddar cheese

1. Cut up bacon or ham into small pieces and fry
2. Remove from fire when done and drain off any grease.
3. Add thawed potatoes and chopped onion
4. Cook until potatoes are almost done, then add eggs
5. Cook and stir until eggs are done then add cheese
6. Cook just until cheese is melted and serve

Notes:

Eggs tend to cook quickly on an open fire so be sure to stir constantly after they are added

Some people also add green chopped green pepper when they add the onion

Hash brown potatoes will cook faster than the cubed potatoes

26. Beef Pot Roast

3-4 lb rump roast or pot roast

3 med potatoes, pared and halved

3 med carrots, cut into 2" pieces

2 med onions, halved

1 tsp salt

1/4 tsp pepper
1/2 c water or beef broth

Brown roast in oven on all sides in small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 for 3-5 hours depending upon size of roast and degree of doneness desired. Remove meat and vegetables carefully and place on serving platter.

27. Ann's Brisket

3-4 lb beef brisket
Seasoned tenderizer
2-3 tbs flour
Salt and pepper

Coat brisket well with tenderizer. Wrap with 2 layers of heavy duty foil. Refrigerate overnight. Place in dutch oven, cover and cook 225 to 250 for 6 to 7 hours. You can cook it faster but it is juicier cooked slow. Remove from foil and place on warm serving plate. Using the juice, flour, salt and pepper, make a thin gravy. Pour gravy over brisket before serving.

28. Swiss Steak

3 lb round steak
3 stalks celery, peeled, chopped fine
3 tbs butter
1/2 c catsup
1 tsp salt
1 tbs chopped parsley
1 lg onion, diced

Brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2 to 2-1/2 hours. 1/2 c water may be needed if mixture thickens too much

29. Flank Steak Teriyaki

4-6 flank steaks
4-6 pineapple slices
1 tbs salad oil
1/2 c soy sauce
1/4 c sugar
2 tbs sherry (optional)
1 tsp ginger

1 clove garlic, crushed
1/2 tsp MSG

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1-1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Serve over rice.

30. Corned Beef with Dijon Glaze

3 lb corned beef brisket
4 c water
1/4 c vinegar
1/4 c Worcestershire Sauce
2 bay leaves
8 whole cloves
3 cloves garlic, crushed
1/2 c dijon mustard
1/2 c orange marmalade
2 tbs horseradish
2 tbs Worcestershire Sauce

Place brisket in dutch oven. Add water and next 5 ingredients, bring to a boil. Cover, reduce heat and simmer 2-1/2 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 1/2 c glaze. Bake at 350 for 20 min. Serve with remaining glaze.

31. Beef Goulash

3 lb beef, cubed
1 tsp salt
2 tbs Cooking oil
1 can mushroom soup

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

32. Hungarian Goulash

2 lb beef tips, 2" cubes
2 tsp paprika
1 sm onion
1-1/2 tsp salt

3 tbs Wesson oil
1/4 tsp pepper
1 can whole tomatoes
1 c sour cream
4 oz whole mushrooms
2 tbs flour

Brown beef tips and onion in oil, add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

33. Easy Beef Stew

2 lb. Stew meat
3 large onions
Potatoes
Corn
Carrots
Peas
Cauliflower
2 Beef bouillon cubes
Mushrooms
Seasonings
Cornstarch
Water
Kitchen Bouquet

Cut meat into pieces of eating size, Cut onion into quarters, Cut vegetables and potatoes into desired size for eating. Put 1/4 inch of oil in Dutch oven and place on coals. When oil is hot, add meat and onions. Cook until meat is browned. Remove pot from fire and drain off excess oil. Add all vegetables, potatoes, and mushrooms. Add seasoning to taste. Add bouillon cubes. Add enough warm water to cover vegetables. Cover and place pot on coals. Put 10 coals on top. Cook until vegetables are tender. When vegetables are tender, add corn starch to thicken water mixture. Add some Kitchen Bouquet to create browner gravy.

34. Stew and Biscuits

1 roast (1/4 - 1/2 lb. per person; cheaper than stew meat)
1 bottle Zesty Italian salad dressing
1 tbsp. Worcestershire sauce
1 tbsp. butter or margarine
1 large onion
1 tsp. pepper
1 tsp. garlic salt
1 tsp. seasoning salt

1/2 cup corn starch
1 - 2 cans refrigerated jumbo biscuits
1 large Ziplock bag
2 - 3 1 lb. bags frozen vegetables (chef's choice - many combinations are available at the supermarket.

Note: The onion can be omitted if the frozen vegetable package includes onion. It's nice to include a specialty mixture of vegetables for color and variety.) 1 package mushroom (or brown) gravy mix. Also, (a package of e.g., McCormick, beef stew seasoning can be used in place of the seasonings and corn starch)

The morning of the dinner, cut up the roast into bite-sized cubes, put the cubes in the Ziplock bag, and add the salad dressing and Worcestershire sauce. Seal the bag and knead to mix the contents. Put the bag back in the cooler until its time to cook. It is best if the meat can marinate at least four hours (this imparts a wonderful flavor to the meat as well as tenderizes it).

Dice the onion. Saute' in the butter in the Dutch oven. Then add the marinated meat and spices and brown the meat. After the meat has browned, add the mixed vegetables and stir. When everything is combined, mix the gravy mix with water in a separate cup per the instructions on the package and add to the stew. If there is not enough liquid to the mixture, add a little more water. Cover the Dutch Oven and allow to cook for about 1/2 hour, stirring occasionally. There will be extra liquid in the stew from the marinade, vegetables, and added water, which will have to be thickened. To do this, mix the corn starch with cold water in a separate cup until it is a thick white liquid. Slowly stir this into the stew over heat until it starts to thicken. Cover and allow to simmer on low heat for 5 - 10 more minutes, stirring frequently. Pull the oven off the fire and uncover. Place jumbo biscuits on top of the stew leaving a small gap between the biscuits. Cover the oven and place the oven on a pile of coals, then place coals on the lid. Check periodically until the biscuits are light golden brown.

35. Genuine Australian Camel Stew

NOTE: Recipe requires a quite large Dutch Oven, Recommended for entertaining V.I.P's in Camp.

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

Cut camels 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.

36. Sausage Balls

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

Mix all ingredients together. Mixes best with your hands. Pinch off small pieces and form into balls. Cook 10-15 min at 350 in dutch oven. Makes 6 dozen.

37. Corned Beef & Cabbage

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

Pour enough cold water on corned beef in dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce head. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carats, heat to boiling. Reduce heat and simmer uncovered 15 min.

38. Round Steak Hawaiian

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

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

39. Poor Man's Steak

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

Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Let stand in refrigerator overnight or as least 6 hours. Cut into slices and brown in margarine. Mix soup with 1 c of water and pour over meat placed in dutch oven. Bake at 350 for 1-1/2 hours.

40. Salisbury Steaks

2 lb ground beef
2/3 c bread crumbs
1 tsp salt
1/2 tsp pepper
2 eggs
2 lg onions, sliced
2 cans(10 oz) condensed beef
2 cans (4 oz) mushrooms, drained
Broth
1/4 c cold water
4 tbs cornstarch

Mix ground beef, bread crumbs, salt, pepper and eggs, shape into 8 oval patties, each about 3/4" thick. Cook patties over medium heat, turning occasionally, until brown, about 10 min, drain. Add onions broth and mushrooms. Heat to boiling, reduce heat. Cover and simmer until beef is done, about 10 min.

41. Meat Loaf

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

Mix all ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

42. Basic Hamburger, Beans & Biscuits

2 lb lean Hamburger or Turkey Hamburger
2 2 lb cans of Pork & Beans
1 jar Hickory Smoked BBQ sauce
1 jar Mesquite BBQ sauce
1 jar Regular BBQ sauce
1 cup shredded Cheese
Ketchup
Mustard
Onions
Your favorite Rollout Biscuit Mix

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

Make your Rollout Biscuits. Cut out in circles. Cut circles in half giving two half circles. Stir the Beans & Hamburger. Arrange biscuit halves on top of simmering beans. Stand biscuit halves on end so that round halves are up. Cover the complete top of the beans and hamburger mix with biscuit halves. Add all shredded cheese on top of biscuits. Bake for 30 minutes at 400 degrees. It's done when the biscuits are done.

43. Mess

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

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

44. Taco Pie

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

Brown ground beef, drain. Combine taco sauce and tomato puree. Line dutch oven with aluminum foil. Place 2 tortilla shells in Dutch oven. Place 1/2 of ground beef on top, pour 1/2 taco sauce over top. Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top. Sprinkle with cheese. Cover and bake until cheese is melted.

Variations: Add chopped onions, mushrooms or tomatoes to meat.

45. Mike's Chili

2 lb ground beef

4 tbs water

1 tbs oil

2 tsp each of salt, sugar, Worcestershire Sauce, cocoa, ground cumin, oregano

1/2 tbs Tabasco sauce

1 lg onion chopped

1-1/2 tbs chili powder

2 cans kidney beans

3 c 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.

46. Texas Chili

2 lb lean chuck roast

1 large onion

Bacon grease

6 cloves garlic, minced

6 jalapeno peppers, seeded & chopped

2 tsp salt

4 tbs chili powder

1 tbs cumin

1 tbs oregano

1 (20 oz) 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

47. Chili a La 1772

1/2 lb dried pinto beans
1 lb hot sausage
1 lb ground beef
2 medium onions, chopped
2 cloves garlic, minced
1 can (6-ounce) tomato paste
1 quart tomato juice
3 tbsp chili powder
1 tbsp dry mustard
1 tbsp vinegar
1 tbsp Worcestershire sauce
1/2 tsp ground cumin
1/2 tsp coriander
1 tsp salt
1 tsp pepper
3/4 tsp ground allspice
1/2 tsp ground cinnamon
5 bay leaves
Dash of hot sauce
Pinch of red pepper

Combine ground meat, onion, and garlic in a large Dutch oven; cook until meat is browned, stirring to crumble meat. Drain off pan drippings. Add remaining ingredients, mixing well. Cook, uncovered, over low heat 1 1/2 hours, stirring occasionally. Remove bay leaves. Yield, about 2 1/2 quarts. Cook beans separate and add to chili.

48. Homestyle Chili

1 lb ground beef
1 lg yellow onion, chopped
3 cloves garlic, minced
1 tbs cumin
2 tbs chili powder
1 tbs Worcestershire sauce
1 (20 oz) can tomatoes, chopped
1 green bell pepper, chopped
1 c red wine(dry)
Salt & pepper to taste
1 lb uncooked kidney beans

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. Add fresh ground ginger, paprika or cocoa.

49. Green Chili

2 lb lean pork
2 stalks of celery, chopped 1/2"
2 med tomatoes, chopped
1/2 c Ortega Green Chilies
6 cloves garlic, minced
3 tbs jalapeno pepper sauce

Brown pork in a dab of 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.

50. Chili Rellano Casserole

2 lg cans whole green chillies
1 lb cheddar cheese
1 lb Monterey Jack Cheese
1 can (13 oz) evaporated milk
3 tbs flour
4 eggs, separated
Salt & Pepper

Place 1/2 of chillies in bottom of greased casserole dish, cover with all of cheddar cheese. Top with rest of chillies. Cover with all of jack cheese. Beat egg whites until stiff. Beat yolks with flour, milk, salt and pepper in large bowl. Fold egg whites into yolk mixture. Pour over casserole. Bake in 325 dutch oven for 45 minutes or until knife inserted in center comes out clean.

51. Chicken in a Pot

3-4 lb whole frying chicken
1 tsp poultry seasoning
1/2 tsp salt
1/4 tsp basil
1/4 tsp pepper

Wash chicken and pat dry. Sprinkle cavity with salt, pepper, and poultry seasoning. Put in dutch oven and sprinkle with basil. Cover and bake for 4 to 6 hours or until tender.

52. Easy Chicken Dinner

2 Chickens
Flour
Seasonings
Potatoes
Carrots
Broccoli

Cut vegetables and potatoes into small pieces for eating. Cut chicken into 8 parts. Skin chicken.

Mix flour and seasonings in plastic 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 1/2 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 1/4 inch of warm water. Place potatoes and vegetables over chicken. Cover pot and place back on coals.

Put 10 coals on top of oven. Cook for 1 hour or until chicken is tender. Check periodically to ensure there is always a small amount of moisture in the Dutch oven.

53. Arroz con Pollo

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

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

54. Festive Chicken Bake

1/4 c flour
2/3 c light molasses
1 tsp salt
1/4 tsp pepper
2-1/2-3 lb frier chicken
1 tbs prepared mustard
2 tbs oil
1 tbs cider vinegar
1 can (8 oz) Sliced pineapple
1 can (16 oz) sweet potatoes, drained

Combine flour, salt and pepper. Coat chicken pieces in flour mixture. Brown in hot oil. Drain pineapple, reserving juice. Combine juice, molasses, mustard, and vinegar, mix well. Place chicken in dutch oven, arrange potatoes around chicken. Brush with half of the sauce. Cover and bake at 350 for 30 minutes. Top with pineapple, brush with remaining sauce, cook 30 min more.

55. Baked Chicken with Cheese

8 chicken breasts, deboned
6 tbs peanut oil
2 tbs lemon juice
2 tbs thyme
Salt, pepper
8 slices of boiled ham
8 slices of cheese
8 slices of tomato

Cut foil into 12" squares, place chicken in center. Combine oil, lemon juice, thyme and mix well. Spoon over breasts. Seal foil well and place in 350 dutch oven. Bake 30 min. Open foil and place one slice ham, cheese and tomato over each breast. Bake open for 3 to 5 min. Remove from foil and place on serving platter.

56. Easy Chicken Casserole

1 Whole chicken cooked, boned, chopped
2 cans Cream of Chicken Soup
1 c Mayonnaise
1 box "Stove Top" stuffing, chicken flavor

Combine soup and mayonnaise in a large bowl. Add seasoning pkg from stuffing mix and 3/4c stuffing crumbs. Add chicken and mix well. Place in dutch oven and top with remaining crumbs. Bake at 350 for 30 min or until bubbly and crumbs are brown. Variation: Substitute 1 can Golden

Mushroom soup for Cream of Chicken soup. Add shredded cheddar cheese in soup mixture or sprinkle on top.

57. Chicken Cacciatore

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

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

58. Chicken and Dumplings

1 envelope chicken noodle soup mix (NOT single serving size)
1 6-1/2 oz can boned chicken
Buttermilk biscuit mix

Mix soup mix with about half the normal water, add boned chicken and bring to a boil. Mix biscuit mix and drop by spoonfuls on the chicken mix. Cover tightly and SIMMER (not too hot) until dumplings are done (usually takes 12-20 minutes). Serves two or three. I have made a double recipe and served six by adding a small can of mixed vegetables.

59. Chicken Pot Pie

3 to 3-1/2 lb Chicken
Chopped parsley
2-1/2 tsp salt
4 hard-boiled eggs, cut into wedges

1 stalk of celery, chopped
1 med onion, chopped
1/2 tsp saffron
4 med potatoes, peeled, cut
4 stalks celery, thinly sliced
1/4 tsp pepper

Dough:

2 c sifted flour
2 eggs
1/2 tsp salt
4-6 tbs water

Place chicken in dutch oven, add salt, pepper, celery, onion and saffron. Add water to almost cover chicken. Bring to a boil, reduce heat, cover and simmer about 1 hour or until the chicken is tender. Do not overcook. Remove the chicken from the broth to make dough, place the flour into a mixing bowl. Make a well in the center of the flour and add the eggs and salt. Gradually work eggs into the flour, adding only enough water to make a soft but not sticky dough. Knead five minutes. Cover the dough with clean cloth and let rest 30 minutes. Divide the dough in half and roll out each as thinly as possible into a 15" square and cut each square into 2" squares with a sharp knife. Add potatoes and celery to the broth, simmer 25 min. until vegetables are tender. Taste the broth and add more salt or pepper if needed. Add the chicken pieces and bring to boil. Slide the squares of dough into the broth, a few at a time, pushing them down gently. Cover and simmer 20 min. Ladle the pot pie into large soup bowls and garnish with chopped parsley and the wedges of hard cooked eggs.

60. Chicken Gumbo

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

Prepare a roue with cooking oil and flour. Cook until brown, 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.

61. Duck with Sauerkraut

2 qt Sauerkraut
2 med onion, quartered
3 tbs brown sugar
Salt
Pepper
1 c water
1 whole game duck

Bake duck in 375 oven for 25 to 30 min. Pour sauerkraut, water, onions, brown sugar, salt and pepper over duck and stir well. Simmer for 1-1/2 hours. Good served with mashed potatoes.

62. Apricot Glazed Cornish Hens

6 Cornish Game Hens
Wild rice and sausage dressing mix (1 to 1-1/2 lb)
1 jar (12 oz) Apricot preserves
Salt
1/2 c water

Rinse hens, remove giblets and pat dry. Sprinkle cavity with salt. Lightly stuff each hen with about 1 c of dressing. Tie legs together with string. Place into dutch oven. In small saucepan, combine preserves and water and bring to a boil, stirring occasionally, set aside. Place hens on a rack in dutch oven. Do not place on bottom, they will burn. Bake hens at 350 for 1-1/2 to 2 hours or until tender. During last 1/2 hour of baking, baste hens frequently with preserves mixture. Remove strings before serving. If desired, split in half for smaller servings. Serve with remaining preserves.

63. Barger Pork Chops

1 c Soy Sauce
1 tsp Garlic Salt
1/2 c Brown sugar
1 tsp Molasses
1/2 c Sherry Family pkg Pork Chops (8)
2 tsp Cinnamon

Combine all except pork chops for a marinade. Pour over chops and marinate overnight in refrigerator. Place chops about 6"-8" above fire. Turn frequently and baste with marinade while cooking. Done in 35 to 45 min.

64. Pork Chops & Garden Vegetables

6 (1" thick) pork chops
3 tbs butter, melted
3 carrots, cut 1/2" slices
1 tsp basil
6 (1/4 oz) instant onion soup mix
2 c water
1-1/2 c fresh green beans, cut 1" lengths
3 sm potatoes, peeled, 1/2" 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

65. Texas Pork Roast

1 small leg of pork
2 tbs lemon juice
1 tsp salt
Dash of Tabasco sauce
Pepper to taste
1 c melted cinnamon-flavored
1/8 tsp allspice or plain apple jelly
1 tsp chili powder
1 tbs Worcestershire sauce
1-1/4 c 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 at 350 for 30 min per pound. Baste frequently with well seasoned drippings in the pan. Serves 14-16.

66. Ham & Chicken Ia

1-1/2 c baked ham, 1/2" cubes
3 tbs flour
1/2 c cooked chicken, 1/2" cubes
1 c hot chicken stock
1 c sliced mushrooms or liquid from mushrooms
1 c light sour cream
Salt
1 lg green pepper, chopped
Ground pepper
3 tbs butter
1 lg pimento cut in small squares

Saute mushrooms and green pepper in butter; remove to a hot platter. Add flour to the oven and blend well. Gradually stir in hot stock, cream, salt & pepper. Place over low heat and simmer for about 10 min. Combine chicken, ham, mushroom mixture and pimento, and add to the sauce. Heat thoroughly. Serves 8 to 10.

67. Northshore Jambalaya

1/2 lb pork tenderloin, chopped
1/2 lb smoked sausage, 1/2" slices
1/4 c vegetable oil
1/4 c all-purpose flour
1 c chopped onion
1 c chopped celery
1 bunch green onions, chopped
4 cloves garlic, minced
1 tbs chopped parsley
1 (8 oz) can tomato sauce
1 tsp garlic salt
1/2 tsp pepper
1/2 tsp Hungarian paprika
1/2 tsp dried thyme
1/4 tsp red pepper
6 c uncooked rice

Cook sausage and pork until browned; drain well. Set aside. Cook rice according to package and set aside. Heat oil in dutch oven, add oil and cook over medium-high heat stirring constantly, until rue turns dark brown. Stir in onion, celery, 1/2 of green onion, garlic and parsley. Cook over medium heat 10 min stirring frequently. Add tomato sauce and seasonings. Reduce heat and simmer 5 min, stirring occasionally. Stir in meat and remaining green onions. Cook until thoroughly heated. Add cooked rice and mix well. Simmer 5 min covered.

68. Cowboy Soup

Potato chunks
1 can peas
1 lb ground beef
1 can green beans
1 med onion
1 can baked beans
Chili powder
1 can tomato soup
1 can corn
1 can tomatoes
Bay leaf
Nutmeg, salt, pepper

Brown ground beef and onion together. Add all except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and cook 30 min.

69. Potatoes and Broth

2 lb new potatoes, well washed
6 c water
6 beef broth cubes

Heat water to boiling and add cubes to form cube. Place potatoes in broth and simmer 45 min or until potatoes are done. Serve as a soup with a potato.

70. Garlic Potatoes

6 medium sized potatoes
Garlic salt
1/2 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 lot, and cook for an hour or so until the potatoes are cooked through.

71. Homemade Biscuits

1c + 2tbs flour
1/4 tsp baking soda
1 tsp baking powder
Pinch of salt
2 tbs crisco(solid)
1/2 c buttermilk

Place 1 tbs crisco in bottom of oven. Place coals on oven to bring temperature to 500 while making dough. Combine flour, baking soda, salt and baking soda in bowl. Cut in crisco until mixture becomes grainy. Add buttermilk and stir with fork until it forms dough. Turn out on floured surface and briefly kneed. Do not over-knead. Flatten to 1/2" thick. Cut out with glass or cup. Place in oven and turn once to coat on both sides. Bake at 500 for 10 min. or until done.

Quick Biscuits

While you are preheating the dutch oven (10 charcoal briquets underneath), make rolled (or drop, if you're camping) biscuits, using the recipe off a Bisquik box. Powdered milk just fine.

Put the biscuits into the dutch oven and cover. Let sit for 5-7 minutes (this browns them on the bottom). Lift the dutch oven off the bottom coals, and put 25 coals on top. Cook another 8-10 minutes (check at 5 minutes to make sure they aren't burning). Key--oven needs to be HOT.

72. Monkey Bread

4 cans Biscuits
1 c Sugar
1 c Brown sugar
4 tbs Cinnamon
1 stick oleo

Cut biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop quarters into bag and coat well. Place in dutch oven. Melt oleo in lid and pour over quarters. Bake 350 for 35 min.

73. Dump Cobbler

1 pkg yellow or white cake mix
2 cans pie filling or 1 lg can fruit cocktail
Cinnamon
Butter

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 30-45 min. Any combination of fruits can be used. I recommend 1 can apple filling and 1 can of fruit cocktail.

74. "Mother of Invention" Dutch Oven Cobbler

1 box yellow cake mix
2 boxes Jiffy brand cornbread (or muffin) mix
2 eggs
2 Tbs vegetable oil
Ingredients required by cake mix
Water to make a medium-thick batter
1 can pineapple chunks or crushed pineapple

Combine all 3 boxes of mixes together, mixing well. Add the oil and eggs, and any other ingredients that your particular cake mix calls for. Add water until the resulting batter is fairly thick yet. This doesn't seem to be too critical, except if it is too thick it seems to burn easier. Preheat the Dutch oven slightly and oil up good. Add the batter. Drain the pineapple juice and spread the pineapple out evenly over the top of the batter.

Place the cover on the oven. Use a very small amount of coals on the bottom, about four or five charcoal briquettes worth. Cover the oven top with coals, and bake for about 30 minutes. Replenish the coals on top if needed.

75. Easy Peach Cobbler

1 Box Duncan Hines yellow cake mix (O/U, parve)
2 29 oz cans sliced peaches (or equivalent)
3 eggs
1 cup sugar
1/2 cup brown sugar
Oil (at least 1/3 cup plus 4 teaspoons)
1 teaspoon cinnamon
Water
Large Ziploc bag to mix cake in

In Ziploc 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 1/2 cup brown sugar to pot

When sugar has melted, dump in peaches (with no more than 1/2 cup of the juice), Add 1 cup sugar, Add 2 teaspoons cinnamon . . . and . . . Stir. Pour cake batter on peaches S-L-O-W-L-Y

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.

76. Cherry Crisp

2 cans cherry pie filling
2 sticks butter, melted
1 white cake mix
1-3/4 c chopped nuts

Pour pie filling in bottom of oven. Sprinkle cake mix over top and DO NOT STIR. Top with nuts. Pour melted butter over top. Bake for about 30 min at 350 degrees.

77. Indian Bread Pudding

2 c milk
1/4 tsp Ginger
1/4 c Yellow cornmeal

1 egg
2 tbs Sugar
1/4 c Molasses
1/2 tsp Salt
1 tbs butter
1/2 tsp Cinnamon

Place 1 1/2c milk in dutch oven and heat to scalding. Combine cornmeal, sugar, salt, cinnamon and ginger, add to milk stirring constantly. Cook 2 min. Combine egg, molasses and butter. Add small amount of the hot milk mixture, slowly. Then add to remaining milk mixture. Stir and cook until thickened, 2-5 minutes. Pour remaining milk OVER (do not stir in!) pudding. Cook until set, 5 minutes. LET STAND 10 to 15 minutes before serving.

78. Memphis Molly

1 15-16oz can tart cherries (not pie filling)
1 15-16oz can blueberries (not pie filling)
1 smaller can crushed pineapple
1 small package of chopped walnuts
2 boxes Jiffy cake mix
1/2 stick butter pats

Add ingredients order, 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.

79. Hawaiian Pie

1 stick margarine
1/2 c chopped nuts (pecans, peanuts, almonds)
1 c sugar
1 tsp vanilla
2 eggs
1 tsp vinegar
1/2 c coconut
1 unbaked pie shell
1/2 c raisins

Combine margarine, sugar and slightly beaten eggs. Add remaining ingredients. Mix well and pour into pie shell. Place on trivet or inverted pie tin in 350 dutch oven. Bake for 30 min. Let stand in oven about 5 min after removing coals.

80. Giant Cinnamon-Pecan Ring

2 1lb loaves frozen bread dough
1/2 c butter, melted
1/2 c sugar
1/2 c packed brown sugar
2 tsp cinnamon
1/2 c chopped pecans
1-1/4 c sifted powdered sugar
1/2 tsp vanilla
Milk (about 4 tsp)
Cinnamon sticks (optional)
Pecan Halves (Optional)

Lightly grease inside of dutch oven. On a lightly floured surface, flatten thawed dough slightly. Cut each loaf into 4 pieces (total of 8). Form each piece into a rope about 18" long. Brush each rope on all sides with melted butter. Stir together sugar, brown sugar, and cinnamon. Place mixture on sheet of foil. Roll rope in sugar mixture to coat evenly. Shape rope into a coil in the center of the dutch oven. Roll another rope in sugar. Attach securely to end of first rope and continue coil. Continue coating ropes and attaching to form a 10-11" circle. Sprinkle any remaining sugar over coil. Sprinkle with chopped pecans. Cover and let rise in a warm place for about 30-40 min. Bake at 350 for 30 to 3 min or till done. Cover with foil last 15 minutes to prevent over browning if necessary. Cool about 15 min. Stir together powdered sugar, vanilla, and enough milk to make a thick glaze. Spoon over top of cake. Decorate with cinnamon sticks and pecan halves. Serves 16

81. Maple Custard Pie

1 c brown sugar
1-1/2 c scalded milk
1/4 tsp maple extract
2 tbs melted butter
1 tbs cornstarch
1/2 c cold milk
3 beaten eggs
Pinch of salt
2 uncooked pie shells nutmeg

Makes 2 pies Into scalded milk, mix sugar, extract and melted butter. Combine cold milk and cornstarch and mix well. Add to mixture along with salt and eggs. Beat well. Pour into pie shell. Place on top of inverted pie tin and bake at 450 for 10 min. Top with nutmeg and bake another 25 min at 350

82. Sugar Cookies

1/2 c softened butter
1/2 tsp salt
1 c sugar
2 tsp baking powder
1 egg
2 c flour
1/2 tsp vanilla extract

Combine butter and sugar, stirring until well mixed. Blend in egg and vanilla. Add remaining ingredients and mix well. Drop onto greased pie tin or aluminum pan. Place on trivet or inverted pie tin in 400 dutch oven. Bake for 6 to 7 min.

83. Chocolate Chip Cookies

2-1/4 c all purpose flour
2 eggs
1 c butter, softened
1 (12oz) semi-sweet morsels
3/4 c sugar
3/4 c brown sugar
1 tsp vanilla extract

In large bowl, combine butter, sugar, brown sugar, and vanilla extract. Beat until smooth. Beat in egg. Gradually add flour. Stir in chocolate chips. Drop onto ungreased pie tin or aluminum pan. Place on trivet or inverted pie tin in 350 dutch oven

84. Pineapple Upside Down Cake

Yellow cake mix (Jiffy cake mix doesn't require eggs)
Pineapple slices
Brown sugar
Maraschino cherries
Butter or margarine

Use a metal pan that will fit into the dutch oven *or* use foil. Put the pan into the oven so that it rests above or on top of 1/2 inch of water in the bottom of the oven. If you are using foil, wrap the foil over the sides of the dutch oven, so that you have a "pan" inside that just rests on top of the water/other but won't fall in. Use several layers of foil. Put dots of butter in pan. Sprinkle brown sugar over bottom. Place pineapple slices in a single layer on the bottom. Place maraschino cherries in the holes in the pineapple slices. Pour cake batter over this. Close up dutch oven, place coals on top if desired or possible, and bake until done. Also, you can include walnuts.

85. Devil's Tooth Cheesecake

Crust: 1/2 cube melted butter
1 pkg chocolate cookie wafers (Nabisco), crushed.

Mix butter and crumbs and press into a 10-inch Dutch Oven, going up the sides at least 1-inch.

Filling: 2 pkgs 8-oz cream cheese
1 cup sugar
1 16-oz tub ricotta
6 eggs
1/2 cup sour cream
1.5 tsp almond flavoring
1.5 tsp vanilla
12 oz Nestles chocolate chips
1/4 cup butter
1/2 cup whipping cream.

Mix first five ingredients (cream cheese, sugar, ricotta, eggs, sour cream) until smooth. Melt chips, butter and whipping cream over low heat until smooth. Add almond flavoring. Pour 1/3 of white mixture into chocolate mixture and mix well. Pour this into crust. Add vanilla to remaining white mixture and carefully pour this over the chocolate layer already in the Dutch.

This is very dense and takes about 1.25 hours to bake, so be patient. It is done when the top cracks and is firm. This dessert is great warm, but to true chocoholics, it becomes the ultimate after cooling all night in the cold Idaho mountain air and enjoyed with a cup of morning coffee.

Breakfast tip

- Turn the lid upside down on the coals and make french toast or eggs on it.
- Bake jelly danish by adding a little sugar and butter to a biscuit recipe. Drop on pie tin. Make a depression in middle and fill with spoon of jelly. When baked, drizzle mixture of powdered sugar and vanilla (just a little goes a long way) over top for icing!

86. Cholesterol Free Breakfast

Carton/package of egg substitute. We used "Nu-Liad". (8 oz.-8 egg equiv.)
Various omelette fixin's, i.e. celery, onions, CF "bacon" bits, etc.
Sandwich-size Ziploc^(TM) plastic bag for each omelette.

Fill large pot (2-3qt) 4/5 full of water. Bring water to boil. Pour some egg substitute into Ziploc bag. Add favorite omelette fixin's to contents of Ziploc bag. Seal Ziploc bag. Mix contents thoroughly by squeezing. Drop Ziploc bag of omelette into boiling water. Check occasionally. When done, open bag, dump omelette on plate, and dig in.

This takes about 8-10 minutes to cook. This does really work! I did it, and the Ziploc bag doesn't melt - or leak.

87. Pita Pocket Breakfast

1 lb sausage (pork, turkey or ground beef)
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 TBS. Stir in onion, garlic, pepper, saute with sausage. Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into Pita Pockets top with salsa to taste. (Hints: Brown sausage and saute garlic onions and peppers in advance, refrigerate or freeze in Ziploc bags. Add 2 TBS of Olive Oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that will need to dispose of).

88. Country Breakfast

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

In the bottom of the Dutch Oven, crumble the pork sausage. Cover with a water and boil until sausage is cooked. Add hash brown potatoes, cover with water, boil until water is dissolved. Fry potato/sausage mixture until potatoes are browned. Remove the Dutch oven from the coals. Using a large spoon, make several depressions in the top of the potatoes. Crack one or two eggs in to each of the depressions. Cover the Dutch Oven. Add heat to the top to cook the eggs. When the whites are white, sprinkle cheese over the top and return the heat to the top of the Dutch Oven long enough to melt the cheese. The yolks should be liquid. Eat and enjoy.

89. Quick & Easy Breakfast Casserole

8 slices of bread
2 pounds of sausage
16 oz grated cheddar cheese
12 eggs
1 qt. Milk

1-1/2 tsp. Dry mustard
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 (to taste). Pour the egg mixture over the layered bread/sausage/cheese in the oven, cover, and bake for 35 - 40 minutes, checking occasionally. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!

90. Train Wreck Breakfast

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

91. Mountain Man Breakfast

1/2 lb bacon (or pre-cooked sausage)
Med onion
2 lb. bag of hash brown potatoes
1/2 pound of grated cheddar
1 doz eggs
Small jar of salsa (optional)

The following requires 6-9 bottom coals and 12 -15 top coals:

Pre-heat 12" Dutch Oven. Slice bacon and onion into small pieces and brown in the bottom of the DO until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes) Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set.(10 - 15 minutes)

Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and 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. Slice and server like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.) Cooking times will vary with the weather and your state of awake but its almost impossible to screw up. Serves 6.

92. Crustless Quiche

1/4 lb Butter
3 oz Cream cheese
1/2 c Flour
2 c Cottage Cheese (approx. 1 lb)
10 Eggs
1 tsp Baking Powder
1 c Milk
1 tsp Salt
1 lb Monterey Jack Cheese
1 tsp Sugar

Melt butter and add flour. Cook into a light rye. Beat eggs, milk, 3 cheeses, baking powder, salt and sugar together. Stir into rye until well blended. Pour into dutch oven and bake 350 for 45 min.

93. Breakfast Muffins

1/2 lb butter, softened
2 c sugar
2 c boiling water
5 tsp baking soda
4 eggs
1 qt buttermilk
5 c flour
6 c raisin bran

Warning: This makes 6 dozen. Can be refrigerated for up to 6 weeks covered.

Combine water and baking soda. Allow to cool slightly. Cream together butter and sugar. Mix in eggs. Gradually add flour and buttermilk alternately. Blend in water mixture. Mix in raisin bran. Bake in 375 oven for 25-30 min.

94. Biscuits & Gravy

1/2 lb ground sausage
3 tbs chopped onion
2 tbs flour
2 c hot milk
Black pepper to taste

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

95. Breakfast Pizza

All you need is biscuit dough pre-made from the store or homemade if you have the time, eggs, ham, bacon, sausage your preference or all three and cheese. First stretch the biscuit dough thin a spread it over the bottom of the dutch oven so none of the oven can be seen. Then pour a small layer of scrambled eggs over the dough. Add your preference of ham, bacon or sausage or all on top of the eggs if you use bacon pre-cook it. Then spread the cheese over that and cook for 10 to 15 minutes and the Scouts will eat it up.

96. Blueberry Muffins

2 c flour
1/2 c Milk
2/3 c sugar
1/2 c melted butter
1 tbs baking powder
3/4 c blueberries
1/2 tsp salt
1/4 c sliced almonds
1/2 tsp nutmeg
1 tbs sugar
2 eggs, beaten

Combine dry ingredients. Save 1 tbs of mixture. Combine eggs, milk and butter. Add to dry

ingredients. Stir until well moistened. Toss blueberries with reserved flour mixture. Stir into batter. Spoon into greased muffin pans. Sprinkle with almonds and 1 tbs sugar. Bake 15 min at 400

97. Cinnamon Sugar Donuts

Several tubes of refrigerator biscuits
Mixture of sugar and cinnamon
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 them once. Remove them from the oil and roll them in the cinnamon and sugar mixture. WARNING: These are habit forming.

98. Pecan Caramel Rolls

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

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 and raisins 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 using the "three stone method" bake the biscuits until they are golden brown. About 15 minutes. Enjoy.

99. Australian Brumbies in the Sandhills

Filling:

Cold cooked meat
Any vegetables you have
Some oil

Batter:

2 cups SR flour
Pinch salt
Milk
1 egg

Place flour, salt and the egg in a bowl and mix well slowly adding a little milk until you have a smooth batter. Chop vegetables and leftover cooked meat then mince the vegetables and meat together then mix into the batter. Have hot oil in the camp oven. Spoon mixture into the hot oil. Turn them when the edges look like crumpets that are bubbly. Fry till golden brown. Serve as they are but I like them with Bacon and eggs!

100. One Pot Chicken DO Dinner

This is the first meal I'd ever eaten from a DO and is still a favorite in my family. In a 12-inch Dutch Oven, layer the following: Dot bottom with dabs of butter or margarine, add sliced potatoes to feed your party (we use 4). While adding potatoes also add green peppers that are diced. Add sliced onions and mashed garlic if desired in the potato mix. Season with salt, pepper, garlic. Add sliced carrots to feed your party (in coins or slices or those new baby carrots right out of the bag). Place on top of this 3-4 chicken breasts, or chicken tenders to cover the layers.

At this point the DO is fuller than some recommend, but oh well, it works.

Put about a dozen coals on top and bottom. Cook 45 to 60 minutes, until the chicken is done. Heating is about equal from top and bottom because you're trying to fry up cottage fries and bake chicken.

101. SMACOS

Failure being the mother of invention led us to discover a uniquely delicious treat this past summer at Webelos Camp. Being part Smores and part Taco we aptly named them SMACOs.

Take your dutch oven. Using a paper towel with dipped in veg.oil wipe the bottom (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-marshmellows.

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 (THIS IS A MUST... IT COMES OUT TOO HOT TO HANDLE).

Once shell has cooled to touch enjoy.....the inside will still be moist and warm, gooey chocolate and marshmallows. Unlike SMOREs the shell will not crumble but allow you to enjoy this delicacy in a relatively clean manner.

We made over 200 of these in under an hour using multiple dutch ovens, and the kids LOVED them. We cooked up some extra for the next morning and they were just as good the next morning as they were that night.

102. Adirondack Beans

1/2 lb. hamburger
1/4 lb. bacon cut into small pieces
1/2 cup chopped onion
1/2 cup brown sugar
1/2 cup catsup
1/4 cup molasses
1 tsp mustard
1 can pork and beans
1 can chili beans (drain and discard excess liquid)

1 can kidney beans (drain and discard excess liquid)

Utensils: Dutch oven, mixing spoons, knife, can opener

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.

This dish provides a well balanced meal, as well as a tasty one.

103. Hudson Bay Bread

2 c. margarine

2 c. Sugar

1/3 c. corn syrup (light)

1/3 c. honey

10 c. rolled oats, finely chopped

1 c. almonds, finely chopped

Blend the margarine, sugar, syrup, and honey. Add oats and almonds and mix well. Place batter in a greased baking pan into a 14 inch Dutch oven. Cover and bake 20 minutes. Remove from the pan and allow to cool on rack. Temperature should be about 350 degrees F which equates to 8 coals on the bottom and 10 coals on the top of a 14 inch oven.

Rehydration Cooking

Why?

- Fast.
- Easy clean up.
- Filling.
- Low weight and low volume
- Limited utensil needs
- No cooler
- Low trash
- Low fuel consumption
- Prepares boys for different types of camping (high adventure, extended trips etc...)
- Cheap (if that's a priority)
- Intentional nutrition
- Control of additives (ie sodium)
- Easy to start but has layers of complexity that can be added over time

The Basics

- **Carbohydrates** (ramen noodles, instant rice, cous cous, and small noodles if you want to start dehydrating meals)
- **Protein** (canned meats (i.e. chicken), dried meats (jerky or commercially purchased), TVP (texturized vegetable protein – soy), legumes + cereal grains)
- **Fruits and Veggies (mostly for fiber and some vitamins/minerals)** (Supermarket: raisins, craisins, dried cherries, dried tomatoes, dried onions, dried nori (seaweed), dried

red peppers (Cub) Online: green peppers, green beans, corn, peas, beans, spinach, carrots potatoes etc... or used canned or dehydrate your own (blanching may be needed).

- **Tortillas** (2 per boy per meal to be sure they get full).

Commercial sources for dried food I have used:

Mountain House (#10 can of dried chicken for a week trek – excellent!).

<http://www.mountainhouse.com/>

North Bay Trading Company (Foil pouches of dried veggies – easily rehydrated, one foil pouch will last for several camp-outs and stores well – also excellent).

<http://www.northbaytrading.com/>

Equipment

- Stove + fuel
- Pot + lid
- Serving / stirring spoon
- Can opener
- Water (does not even need to be purified).
- Garbage bag
- Personal mess kit

Method

- Pre-measure and pre package meal and label it.
- Heat water (generally the volume of dehydrated food + some extra) to boiling.
- Add contents of packaged meal. Stir.
- Cover.
- Turn off heat and let sit 5-10 minutes
- Eat.
- Clean (water and a little soap on a rag and rinse).

Cautions

- Canned meat cans are tough on pocket knife can openers – bring a can opener.
- I do not dry my own meats because I am frightened to.
- Many of the attached recipes are low fat – fine for a weekend but a potential problem for boys (not adults) on a long term (2 weeks) trek
- Dried potatoes rehydrate slowly. I avoid them. Use instant mashed potatoes or canned potatoes instead.
- The first night on a trek you eat TVP there will be gas.

Resources

- Sierra Club Granite Gourmet Knowledge Cards (Google or Bing for sources)
- Backpack Gourmet, Yaffe, Linda Frederick, Stackpole Books, Mechanicsburg PA, 2002 (Recipes in this book involve cooking a meal at home, dehydrating it and then rehydrating on the trail – Boys love the hot dog stew).

104. Schmidt Stew

3 bags raman noodles (we use a chicken flavor)
1-2 large cans chicken (or 1 cup dehydrated chicken or about a cup of TVP)
1 pkt dried veggies for soup (Cub)
Additional dried vegetables (If you want)
2 tortillas per scout

Boil enough water to cover all the dry ingredients plus some extra (maybe an extra inch of water – it depends on how soupy you want the finished product). Add all the ingredients, but only one of the flavor packets included with the raman. Stir. Cover. Turn off heat. Let sit for 5-10 minutes. Enjoy.

Note: There are lots of “upscale” ramen packages in a variety of flavors plus other dried instant noodle products available in grocery stores. Probably a good area for experimentation (a little more money maybe a lot more flavor!)

Another note: I guess you could use SPAM too.

Feeds 4 hungry scouts.

105. Brent Kellum’s Hope

3 c instant white rice
¾ c TVP (can use 1 large can of chicken instead)
3 tsp chicken or veggie bouillon
½ cup dried or one can of veggies, drained (like onions, green or red peppers, carrots, corn, parsley or spinach)
Seasonings according to taste (salt, pepper, curry powder, cumin, chilli powder etc...)
¼ tsp tumeric (to color rice yellow)
2 tortillas per scout

Boil enough water to cover all the dry ingredients plus some extra (maybe an extra inch of water – it depends on how soupy you want the finished product). Add all the ingredients. Stir. Cover. Turn off heat. Let sit for 5-10 minutes. Enjoy.

Feeds 4 hungry scouts.

106. Basically Boring

3 c instant white rice OR couscous
2 lg cans chicken, drained or 1 c dried chicken
1 c dried vegetables or 1-2 cans vegetables, drained

3 tsp chicken bouillon

Boil enough water to cover all the dry ingredients plus some extra (maybe an extra inch of water – it depends on how soupy you want the finished product). Add all the ingredients. Stir. Cover. Turn off heat. Let sit for 5-10 minutes. Enjoy.

Feeds 4 hungry scouts.

107. Taco Rice and Beans

3 c instant white rice

1 c dried black beans or 1 can of beans (rinsed)

1 lg can of chicken or 1 c dried chicken

1 package taco seasoning.

½ cup dried onions and peppers and maybe some dried or canned tomatoes

Crushed red pepper to taste.

2 tortillas per scout.

Boil enough water to cover all the dry ingredients plus some extra (maybe an extra inch of water – it depends on how soupy you want the finished product). Add all the ingredients. Stir. Cover. Turn off heat. Let sit for 5-10 minutes. Enjoy.

NOTE: You can leave the chicken out or replace with TVP for a vegan entrée. The rice and beans combination provide a complete protein (all the essential amino acids in the ratios human require)

Feeds 4 hungry scouts.

108. Thanksgiving Dinner

2 boxes packaged stuffing

2 tsp bouillon

4 tbsp vegetable shortening

2/3 c dried veggies (carrots, green beans, celery) or 1-2 cans of veggies drained

2 lg cans of chicken or 1.5 cups dried chicken

2 tortillas per scout

Boil enough water to cover all the dry ingredients plus some extra (maybe an extra inch of water – it depends on how soupy you want the finished product). Add all the ingredients starting with the vegetable shortening. Stir. Cover. Turn off heat. Let sit for 5-10 minutes. Enjoy.

NOTE: If you have a second pot, make a box of flavored instant mashed potatoes. Add dry milk (1/3 c dry milk per cup of water) rather than bringing milk along.

Feeds 4 hungry scouts.

109. Spicy Couscous and Vegetables

3 c couscous
1 lg can chicken or 1 cup dried chicken
3 tsp chicken bouillon
¼ - ½ tsp ground cayenne pepper
1 tsp cumin
1 tsp garlic powder
1 tsp ground ginger
1 c dried vegetables (tomatoes, spinach, peas, carrots, onions, peppers) or 1-2 cans vegetables (drained)
2 tortillas per scout

Boil enough water to cover all the dry ingredients plus some extra (maybe an extra inch of water – it depends on how soupy you want the finished product). Add all the ingredients. Stir. Cover. Turn off heat. Let sit for 5-10 minutes. Enjoy.

Feeds 4 hungry scouts.

110. Couscous with Parsley

2.5 c couscous
½ tsp cinnamon
2 Tbsp onion powder
1 c slivered almonds (toasted at home if you want).
1 tsp salt
4 tbsp dried parsley
½ c dried fruit (raisin, craisins, cherries)
2 lg cans chicken (drained) or 1 c dried chicken
2 tortillas per scout
Lemon pepper seasoning to taste.

Boil enough water to cover all the dry ingredients plus some extra (maybe an extra inch of water – it depends on how soupy you want the finished product). Add all the ingredients. Stir. Cover. Turn off heat. Let sit for 5-10 minutes. Enjoy.

NOTE: You can leave the chicken out or replace with TVP for a vegan entrée. The almonds are close to a complete protein

Feeds 4 hungry scouts.

111. Fruit and Jerky Stew

3 ounces beef jerky shredded or chopped
1 cup dried fruit (craisins, cherries)
1 tsp pepper
3 cans of root vegetables, drained (potatoes, carrots, sweet potatoes).
1 tsp thyme or oregano
1 extra c water
1 tsp beef boullion
Dried mashed potatoes

Boil enough water to cover all the dry ingredients plus some extra (maybe an extra inch of water – it depends on how soupy you want the finished product). Add all the ingredients. Stir. Cover. Turn off heat. Let sit for 5-10 minutes. Peek inside. Added instant mashed potatoes to thicken to desired consistency. Enjoy.

Note: This is a modification of a traditional Lakota soup.

112. Hot 'n Fast Breakfast (Each scout prepares his own!)

1 packet of flavored oatmeal
1/3 c powdered milk
1 c boiling water

1 packet of instant malt o meal
1/3 c of powdered milk
1 c boiling water
Chocolate chips to taste

1 packet instant cocoa
1 c boiling water