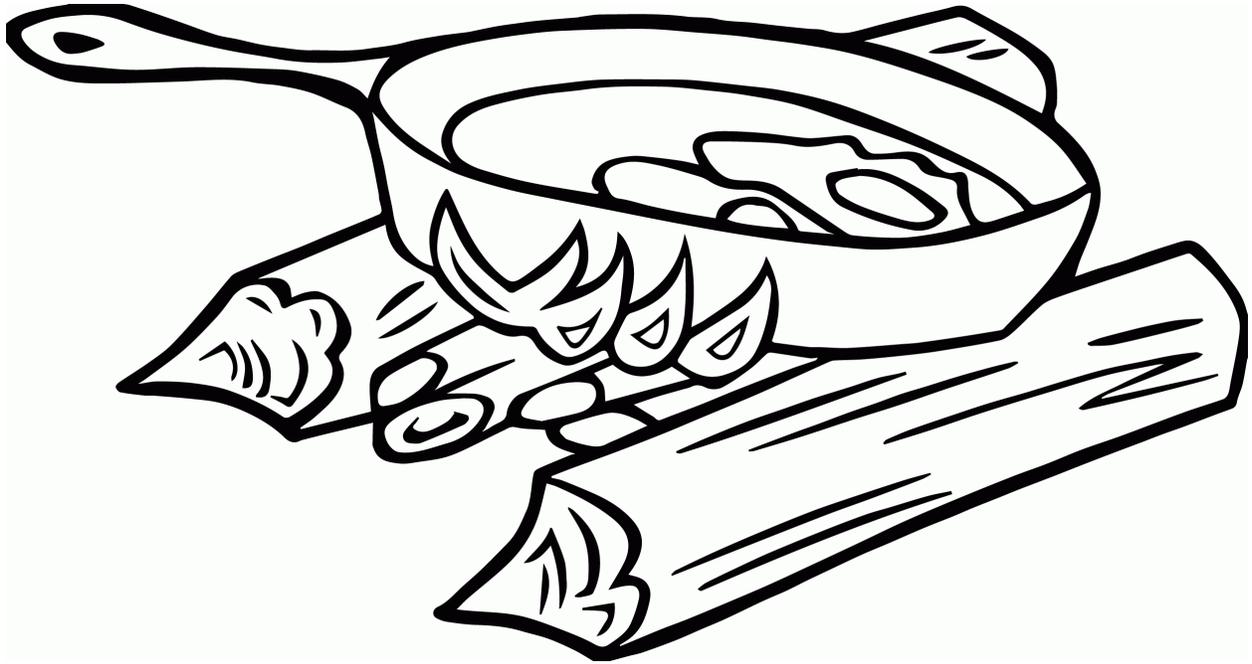


Troop 220 Cook Book



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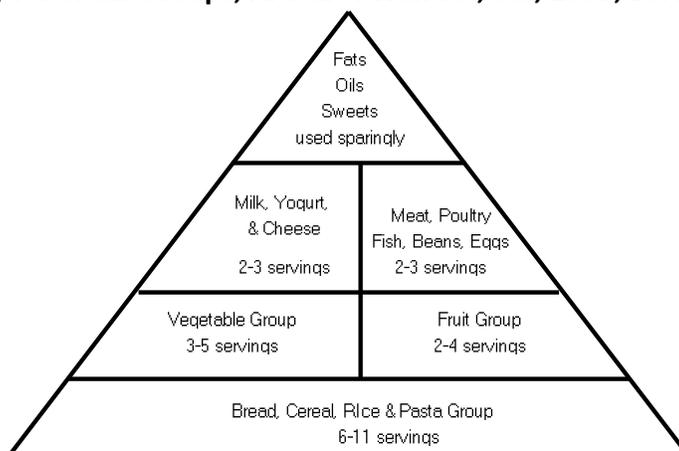
Planning, Measuring, etc...

General Commandments on trail cookery: *go light, no fuss, no mess*

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

Highly recommended reading for Parents, Leaders, and gormet Scout cooks and eaters:

Camp Cookery for Small Groups, Arthur J. Walrath, ed., 1967, BSA



Eating well is not just part of the fun of camping. It is important to eat well to replace the energy used in the hiking and activities that busy scouts are prone to do. High fluid intake and high caloric intake are needed. Seasonal changes may demand over 3,000 calories per day. The food pyramid is a guide for meal planning. The Pyramid can change with camping. The high calorie diet of campers use more fats during colder weather. Try to take the bulk of the food from the carbohydrate group.

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

adventuresome who would like to try different things. Great, but try them at home first, not 20 miles out on the trail.

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

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

When	Water	Fire / Stoves / Cook	Clean Up	Food Bags
Fri Night				
Sat morn				
Sat Noon				
Sat Night				
Sun Morn				
Sun Noon				

Dried Beans and Peas Yield Values

When you start with: You will get at least:

1 cup black beans	2 cups cooked beans
1 cup blackeye beans	2 1/2 cups cooked beans
1 cup Great Northern beans	2 1/2 cups cooked beans
1 cup kidney beans	2 3/4 cups cooked beans
1 cup lentils	2 1/2 cups cooked lentils
2 cup large lima beans	2 1/2 cups cooked beans
1 cup small lima beans	2 cups cooked beans
1 cup pea (or navy) beans	2 1/2 cups cooked beans
1 cup split peas	2 1/2 cups cooked peas
1 cup pinto beans	2 1/2 cups cooked beans

Source: Utah State Extension

Can Sizes

<u>Can Size</u>	<u>Net Weight</u>	<u>Cups</u>	<u>Servings/Can</u>
#1	10 1/2 - 12 oz.	1 1/4	1
#300	14 - 16 oz.	1 3/4	2 or 3
#303	16 - 17 oz.	2	4 or 5
#2 1/2	1lbs 13 oz.	2 or 3	4 or 6
#3 cylinder	3lbs 3 oz. or 1 qt 14 oz	5 3/4	12
#10	6.5lbs to 7lbs 5 oz.	2 - 13	25
#5	48 oz	6	

SOURCE: Purchasing Food for 50 Servings, Cornell Ext. Bulletin 803

Camper's measurements without utensils

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

Fluid Standard Measures

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

SUBSTITUTIONS & EQUIVALENTS

1 lb. butter / shortening	=	2 cup
4 oz. cheddar cheese	=	1 cup grated
1/2 pt. whipping cream	=	1 cup (2 c. whipped)
8 oz. sour cream	=	1 cup
1 lb. flour	=	app. 3 1/2 cup
1 cup marshmallows	=	11 large or 110 miniature
1 lb. brown sugar	=	2 1/4 cup (packed)
1 lb. granulated sugar	=	2 1/4 cup
1 cup milk	=	1/2 cup evaporated milk + 1/2 cup water -or-
	=	1 cup reconstituted dry milk + 2 tbs. butter
1 cup buttermilk	=	1 cup milk + 1 tbs. vinegar -or-
	=	3/4 cup milk + 1/4 cup butter + 1 1/2 tsp. corn starch
1 stick butter	=	1/4 lb. or 1/2 cup or 8 tbs.
1 lb. loaf bread	=	about 17 slices
1 1/2 tsp cornstarch	=	1 tbs all purpose flour
1 cup Honey	=	1 1/4c sugar + 1/4c water or other liquid

Menu Sheet

for _____ scouts

date: _____

Breakfast

	amount	equipment	cost \$
drink			
meal			

Lunch

	amount	equipment	cost \$
drink			
meal			
fruit			

Dinner

	amount	equipment	cost \$
drink			
meal			
desert			
fruit			

Shopping Lists

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

Here is an example of a shopping list

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

Plan your budget as well. Use Coupons and leftover stock from last camp out. No one likes to dig deep at the checkout line.

SHOPPING GUIDE

Food Weights/Approximate Measurement Approximate Servings

Beverage

Coffee singles	3.5 ounces	19 coffee bags
Hot chocolate	12 ounces	1 serving
Kool-Aid	1 package	8 servings
Soft drink	12 ounces	1 serving
Tea	3.5 ounces	16 tea bags

Bread

1 loaf	1 pound	20 to 22 slices
corn muffin mix	7 oz.	6 muffins

Cereal Ready to eat

Flaked	18 ounces / 18 to 20 cups	18 to 20 1-cup servings
Puffed	18 ounces / 32 to 36 cups	26 1 1/2-cup servings
Cooked:		
Oatmeal	18 ounces / 6 cups (1 cup uncooked = 1 2/3 cooked)	12 to 14 3/4-cup servings
Rice	2 oz. / 1 cup	2 servings
Minute	4.5 oz. / 1 cup	2 servings

Crackers

Graham	1 pound / 65 crackers	32 to 35 2-cracker servings
Saltine	1 pound / 130 squares	32 4-cracker servings

Dairy Products

Cheddar Cheese	1 pound / 12 to 16 slices	4 cups grated	6 to 8 sandwiches (2 slices each)
Cottage cheese	1 pound / 2 cups	6 to 8 1/2-cup servings	

Milk:

	1 can milk + 1 can water = whole milk	
Evaporated	14 1/2 ounces / 1 2/3 cups	Equivalent to 3 1/3 cups milk
Whole	1 quart / 4 cups	4 servings
Nonfat dry	1 pound / 5 quarts	20 servings

Fats

Butter or margarine	1 pound / 2 cups	48 pats
Shortening	1 pound / 2 1/2 cups	
	3 pounds / 7 1/2 cups	
Salad oil	1 pint / 2 cups	

Flour

All-purpose 1 pound / 4 cups
 Whole wheat 1 pound / 3 1/2 cups

Fruit Juices

Frozen concentrated 6 ounces / 3 cups 6 1/2-cup servings
 Canned 46 ounces / 5 3/4 cups 11 to 12 1/2-cup servings

Fruits Fresh

Apples 1 pound / 3 medium 3
 Bananas 1 pound / 3 medium 3
 Grapefruit 1 pound / 2 medium 2
 Oranges 1 pound / 2 medium 2 (1 orange= 1/3 cup juice)
 Pineapple 2 pound / 1 medium 6 to 8

SHOPPING GUIDE

Food Weights/Approximate Measurement Approximate Servings

Meats

Bacon 1 pound / 20 to 24 slices 10 to 12 2-slice servings
 Hamburger 1 pound / 2 cups 4 to 5 servings

General guide: 1/4 pound per serving
 Boneless meat 1 pound 4
 Small-boned meat 1 pound 3
 Large-boned meat 1 pound 2
 Chicken ,whole 2 1/2 to 3 1/2 pounds 4
 Ham 1 pound 4 to 6
 Fish 1 pound 2

Pasta

Macaroni 1 pound / 4 cups uncooked
 8 cups cooked 14 to 16 1/2-cup servings
 Noodles 1 pound / 6 cups uncooked
 8 cups cooked 14 to 16 1/2-cup servings
 Spaghetti 1 pound / 4 cups uncooked
 8 cups cooked 14 to 16 1/2-cup servings

Sugar

Brown 1 pound / 2 1/4 cups packed
 Granulated 1 pound / 2 1/4 cups
 Confectioners 1 pound / 4 cups

Syrup

Corn syrup	1 pint / 2 cups	
Honey	1 pound / 1 1/4 cups	20 1-tablespoon servings
Molasses	1 pint / 2 cups	16 2-tablespoon servings
Pancake	1 pint / 2 cups	16 2-tablespoon servings

Legumes Dried

All kinds	1 pound / 2 cups uncooked	
	6 cups cooked	6 1-cup servings

Vegetables Fresh

Beans	1 pound / 3 cups	5 to 6 1/2-cup servings
Broccoli	1 pound	3 to 4 1/2-cup servings
Cabbage	Raw 2-pound head / 18 to 24 leaves	14 1/2-cup servings
	Cooked 2 pounds	8 1/2-cup servings
Carrots	3 mature / 2 1/2 cups	5 1/2-cup servings
Cauliflower	1 pound / 1 1/2 cups	3 1/2-cup servings
Lettuce	1 pound / 1 large head	8 to 10
Onions	3 large; 4 to 5 medium /	2 1/2 to 3 cups
Potatoes	1 pound / 3 medium	3 servings
instant "buds"	13.75 oz / 7 2/3 cups	17 servings
Tomatoes	1 pound / 3 to 4	5 to 8 servings

Miscellaneous

Marshmallows	1 pound / 64	
Peanut butter	18 ounces / 2 cups	8 to 10 2-tablespoon servings
Potato chips	1 pound	16
Walnuts	1 pound / 4 to 4 1/2 cups	8 1/2-cup servings

Kitchen accessories mostly shared between scouts as patrol gear

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

Car Camp Options

Car camping suggestions

Suggested Breakfast items

Breakfast Bars, Granola Bars
Pop Tarts
Canned juice / Dry juice mixes
Biscuit/ Pancake Mix
Granola Mix (see recipe)
Powdered Milk
Melba Toast
Bakery Goods
English Muffins w/ butter & Jam
Fresh fruit - oranges - grapefruit
Hard boiled eggs (done in advance)
Milk gravy on pancakes
Hot Chocolate
Instant Oatmeal (add raisins, brown sugar)
Instant Grits
Sausage and bacon

Suggested Lunch Items

dried fruit
fresh fruit
Triscuit/Wheat thins/ crackers
cheese
cheese squeeze
Hard Boiled eggs (done in advance)
Raw Carrots / Broccoli / Cauliflower
Peanut Butter
Salami Sausage
Meat sticks Beef Jerky
Canned chicken / SPAM / Tuna
Spreadables
Canned turkey / ham spreads
Chocolate bars
chewy brownies or cookies
Drink Mix

Car camping allows greater use of fresh foods. You can have elaborate kitchens and expanded menus. But it is a great time to try variety of cooking styles and techniques. Propane or charcoal. It is still cooking, try out those backpacking meals before you are 20 miles from the store.

The grocery Store is a good place to buy for the trail. You just have to imagine the food without the package. Get curious and browse through your nearby supermarket. That TRAIL PACK of pancake mix is still only pancake mix.

Breakfast Meals

New Mexico Omelet

SKILLET

Eggs ground sausage green pepper onion cheese

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

Crescent Rolls on a Stick

STICK

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

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

Ranch House Potatoes

SKILLETS

1/2 bag small potatoes, 1 dozen eggs, 1 pound sausage or bacon

On the afternoon before leaving, wash potatoes with water, piercing skins with knife. Microwave until almost cooked. Place in refrigerator/ice chest until ready to make recipe. (Flat non-stick griddle)

Fry sausage/bacon, then drain well. Break bacon or any large sausage pieces into bits. (Large non-stick skillet)

Slice potatoes thin (less than 1/4 inch). Use left over grease from meat to fry potatoes in, breaking large pieces. Turn potatoes to brown well. Add meat. Break eggs on top of potato/meat mixture, and stir to cook eggs. **Serve immediately to 8 hungry persons.**

Hash Tortillas

SKILLET

tortillas 1/2 package dehydrated hash brown potatoes
butter 1/2 summer sausage (beef stick) canned fruit

Fix the hash brown potatoes according to directions, when almost done add slices of sausage. Wrap in tortillas. Fruit for a nosh.

One Pot Breakfast Burritos

POT

2 eggs bacon bits, or crumbled bacon onion flakes
flour tortillas 1 slice cheese or shredded cheese salsa sauce
1 Quart Freezer Zip type bag. The heavy freezer bags are needed, not the regular.

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

Scrambled Egg Variations

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

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

Add one of the following:

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

Skillet Breakfast Hash

SKILLET

2 potatoes 1 can chunk Ham
1 egg Shortening/margarine

Pre-cook 2 potatoes, skins on. Wrap in foil for trip. At camp: melt shortening in fry pan and slice the potato for frying. After browning add chunk ham and egg. Cook until egg is done. Salt and pepper to taste. Alternate: use dried hash brown potatoes on long trips

Mountain Man Breakfast

DUTCH OVEN

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

Car Camp – Dinner Meals

Frontier Dinner

ONE POT

7 oz or 1/2 lb. package of Elbow Macaroni 1 can tomato soup

1 can Chili with beans

Prepare Macaroni by boiling till done, drain. In a large saucepan, blend chili and tomato soup; heat through, Add macaroni; heat through. 4-6 servings

Rice N' Chicken

ONE POT

1-1/3 cups instant rice

2 Tbls. Dry onion flakes

1 can boned chicken

1/2 tsp. Sage

2 tsp. Instant bouillon

Boil 1-2/3 cups water. Add dry ingredients and can chicken. Simmer 5 min.

Variations: Tuna and dry mushrooms 2 servings

Chicken Fried Rice

ONE POT

2 cups cooked instant rice

margarine / oil 1 Tsp.

dried onion flakes

2-3 Soy Sauce packets, Chinese Rest. Supply

vegetable. mix peas & carrots

canned chicken 8 oz.

2 eggs

Boil water and cook rice with dried onion flakes, then fry in oil in large fry pan. Add soy sauce, vegetables. and chicken. Break eggs over heated mixture and cook eggs as you stir. **Serves 4.**

Spanish Fried Rice

ONE POT

**2 cups cooked instant rice
1/2 cup Salsa**

**margarine / oil 1 Tsp.
dried onion flakes**

2 eggs

Boil water and cook rice with dried onion flakes, then fry in oil in large fry pan. Add Salsa. Break eggs over heated mixture and cook eggs as you stir. **Serves 4.**

Scoutmaster Stew

ONE POT

1 can soup

1 can vegetables

1 can potatoes

1 can Dinty Moore

Open cans, slice the potatoes, put in pot, heat, eat with copious amounts of grunts and growls.

Tortilla Italiano

SKILLET

**1 can pizza sauce
flour tortillas 9"**

**grated mozzarella cheese
pizza toppings, sausage, onion, mushroom.....**

1 tbs. cooking oil

Cook the sausage, mushrooms, and onions. Oil skillet and put tortilla on the sauce, toppings and cheese. Put 2nd tortilla on top and heat for 2 minutes, flip and heat 3 minutes more or less.

Mac and.....**ONE POT****1 box macaroni and cheese, 1 can of tuna, chicken, or turkey, 1 small can vegetable.**Cook the macaroni and add some onion flakes, drain and add the cheese mix, add the can meat and vegetable., add pepper. Heat and eat. ~ **4 servings**

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

Nachos**ONE POT****1 can (10.75 oz) Campbell's Condensed Cheddar Cheese Soup****1/2 cup Salsa****Sliced green onions****1 bag tortilla chips****1 Chopped Tomato****slices pitted ripe olives****Chopped green or sweet red pepper****Option – add/cook hamburger, chicken or ground turkey before cheese soup**

1. In 1 1/2 quart saucepan, combine soup and salsa. Over low heat, heat through, stir often.
2. Serve over tortilla chips. Top with tomato, green onions, olives and peppers.
3. Add ground beef or chili.

Ranger Stew

ONE POT

1 1/2 lb. Lean ground beef	1 1/2	teaspoon salt
1 small onion chopped	1/2	teaspoon ground thyme
1 (28 oz) can peeled whole tomatoes	1/8	teaspoon ground black pepper
1 (14 oz) can beef broth	2	(6-8 oz) cans sliced mushrooms
Water	1	cup uncooked quick-cooking rice
2 tablespoons Worcestershire sauce	1/4	cup ketchup

Place a large skillet over medium-high heat and add ground beef and onion. Cook, breaking up beef, until beef is no longer pink inside; drain fat. Add tomatoes, broth, 2 soup cans of water, ketchup, Worcestershire sauce, salt, thyme, pepper, and mushrooms. Bring to a boil. Reduce heat and simmer, uncovered, 5 minutes. Stir in rice, cover and set aside 5 minutes. **Makes 4 to 6 servings.**

Mexican Rice & Beef

ONE POT

1/2 lb. ground beef	4 whole scallions,	1+1/2 teas. chili powder
1 (8 oz). can tomato sauce	1/2 cup water,	3/4 cup Minute Rice

Brown beef & scallions, add tomato, water, chili powder. Bring to boil. Stir in rice, cover, stand for 5 min. Serve with tortilla chips. **Serves 4**

alternate: FD beef and dried onions.

Chili Mac

ONE POT

1/2 cup dried beef	1 1/2 tsp. salt,	
1/4 tsp. black pepper	2 T. chili powder	3 cup water

Bring to boil. Add 1 1/2 cups noodles and simmer 15 min. When done, stir in 1/3 cup powder milk and 4 T. margarine. Top with parmesan cheese or cheddar.

Beef Stroganoff*version 1***TWO POT**

2 cups egg noodles

1/2 cup dried beef

2 tsp. salt

3 cups water

boil and simmer 15 minutes, Stir in sauce and 4 T. margarine.

2/3 cup powder milk 1 pkg. sour cream mix

1 pkg. stroganoff mix,

mix above with 1 1/2 cup water and simmer

Beef Stroganoff*version 2***ONE POT**

1 package dried beef

1 small can sliced mushrooms

2 T. dried onions

2 T. oil

1 cup beef bouillon

1 T. Worcestershire sauce

1/2 teas. paprika

sour cream mix

1 1/2 cup Minute Rice

tomato soup mix

Mix all but the rice and bring to full boil. Add rice and cover and stand 5 minutes.

Dad's Chili**BIG POT**

2 lb. ground beef

2 teaspoons cumin

1 (15 oz) can red beans

1 quart tomato juice

pepper, oregano, sugar

1 med. onion chopped

1 (29 oz) can tomato puree

1 teaspoon salt

1/2 cup diced celery

1/4 cup diced green bell pepper

1/4 cup chili powder

1/2 teaspoon black

1/8 teaspoon cayenne pepper

1 1/2 teaspoons garlic powder

Brown beef in skillet, drain, then add all the rest into a 6 quart pot, cover and simmer 1 to 1.5 hours stirring every 15 minutes. **makes 16 (1 cup) servings.**

Frito Pie

ONE POT

1 can chili 6-8 small bags Frito's corn chips shredded cheese

Cook up pot of chili (homemade or canned). Buy individual size bags of Frito's corn chips. Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese. And you have portable lunchtime Frito Pie.

***Arroz con Pollo* Chicken with Rice**

BIG SKILLET

- 1 2 1/2 to 3 lb. Broiler-fryer chicken, cut up (can be pre-boned pieces)**
- 2 tpls cooking oil**
- 1 1/2 cups long grain rice**
- 1 cup chopped onion**
- 2 cloves garlic, minced**
- 3 cups water**
- 1 8 oz. Can tomatoes, cut up**
- 1 tpls. Instant chicken bouillon granules**
- 1 teaspoon salt**
- 1/4 teaspoon pepper**
- 1/4 teaspoon coriander**
- 1 cup frozen peas**
- 1 2 oz can sliced pimientos**

Sprinkle chicken lightly with salt. In a 12-inch skillet brown chicken in hot oil about 15 minutes. Remove chicken from pan. In drippings remaining in pan, cook rice, onion, and garlic until rice is golden. Add water, undrained tomatoes, bouillon granules, salt, pepper, and coriander. Bring to boiling, stir well. Arrange chicken atop rice mixture. Cover and simmer 30-35 minutes or until chicken is tender. Add peas. Cover and cook 5 minutes more. Garnish with pimiento strips. Makes 4-6 servings.

Chicken Quesadillas

POT & SKILLET

2 tortillas for each quesadilla	3 boneless chicken breasts	
2 lb. Monterey Jack cheese		
Salsa, hot or mild	1 onion	1 Green pepper
2 Tbs. finely chopped cilantro or parsley		oil

Boil Chicken breasts in large pot of water until cooked. Chop chicken, set meat aside. Grate the cheese, set aside. Simmer sliced onions and green peppers with a little oil. Add salsa and chicken. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve. Add Guacamole, sour cream, lettuce, Eat

Cheeseburger Rice

ONE POT

1 lb. ground beef	1 sm. onion, chopped	1 1/2 cups water
1/2 cup catsup	2 T. mustard	1/2 tsp. salt
1/2 tsp. pepper	1 1/2 cups Minute rice	1 cup shredded cheese

Brown meat and onions, drain fat. Stir in water, catsup, mustard, salt & pepper. Bring to boil. Stir in rice, cover. Remove from heat and let stand 5 minutes. fluff with fork and sprinkle with cheese; cover. Let stand 3 minutes or until cheese melts. serves 4

One Pot dinners – Mix and Match

Take one from each column

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

Dutch Oven Meals

Cooking with coals...

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

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

All dutch oven cooking is done by hot coals, never in a flaming fire. The coals may be from hardwoods like oak and hickory or from charcoal. Hardwoods yield long-burning coals which are necessary for the lengthy cooking process in most dutch oven recipes. Soft woods like pine are unsatisfactory.

Charcoal is more convenient to use and is necessary in areas where there is no downed hardwood. Use a firepan under the coals to prevent killing ground cover.

The amount of charcoal needed will vary with the weather (wind and temperature)

ROASTING:

The heat source should come from the top and bottom equally. Coals should be placed under the oven and on the lid at a 1 to 1 ratio.

BAKING:

Usually done with more heat from the top than from the bottom. Coals should be placed under the oven and on the lid at a 1 to 3 ratio, having more on the lid.

FRYING, BOILING ETC:

All of the heat should come from the bottom. Coals will be placed under the oven only.

STEWING, SIMMERING:

Almost all heat will be from the bottom. Place the coals under and on the oven at a 4 to 1 ratio with more underneath than on the lid.

THE LID:

The lid can be placed on the fire or stove upside down and used as a skillet or griddle. Using the lid in this fashion, you can make virtually error free pancakes and eggs that don't run all over. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center, even if the lid is not level.

Rayado Biscuits

DUTCH OVEN

Biscuit Mix

Flour

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

Cimaron Cinnamon Rolls

DUTCH OVEN

2 6-oz pkg. biscuit mix flour

1 cup brown sugar

3 4-oz raisins

cinnamon

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

Turkey and Stuffing Pie

DUTCH OVEN

Categories: Dinner, Dutch oven

Yield: 6

2 cup prepared stuffing

1 cup shredded swiss cheese

2 can chunk turkey (5 oz)

1/2 cup milk

3 eggs

Preheat dutch oven. Pat stuffing evenly into 9-inch pie plate to form crust. Building up sides to form rim. Sprinkle turkey and cheese evenly over stuffing. In small bowl, beat together milk and eggs; pour over turkey. Bake 35 to 40 minutes or until knife inserted near center comes out clean. Let stand 5 minutes before serving.

Guadeloupe Chili Pie

DUTCH OVEN

2 lb. ground beef
1 med. onion, sliced
1 tbs. margarine
1 15-oz can chili beans

1/2 tsp. chili powder
1/2 tsp. salt
1 8-oz can tomato sauce
1 6-oz package cornbread mix

Brown beef and onions in the margarine in open Dutch oven. Add beans, chili powder, salt, and sauce; cook for 15 minutes in covered oven.

Mix the cornbread as directed and add to top of meat and beans. Place lid on oven, Cook for 20-30 minutes, until cornbread is done. **Serves 8 persons.**

Lasagna Pie

DUTCH OVEN

1/2 cup creamed cottage cheese
1 lb. Ground beef
1 cup shredded Mozzarella cheese
1/2 tsp. Salt
1/2 tsp. Dried oregano

1 can (6 oz) tomato paste
1 cup milk
1/2 cup Bisquick Baking mix
2 eggs

Grease a 9" dutch oven and line with aluminum foil. Spread the cottage cheese in the bottom of the dutch oven. In a separate pan cook the ground beef and drain the grease. Stir in 1/2 cup mozzarella cheese, salt, oregano, and tomato paste; Then spoon over cottage cheese. In a bowl or heavy plastic bag stir the milk, Bisquick, and eggs until well blended. Pour into dutch oven. Bake for 30-35 min. or until knife inserted in the center comes out clean. Sprinkle with remaining cheese. And Bake 1-2 min. to melt cheese. **8 servings**

Chicken and Stuffing Bake

DUTCH OVEN

4 cups Pepperidge Farm Herb Seasoned Stuffing
6 Skinless Boneless chicken breast halves
1 can Campbell's Cream of Mushroom soup
margarine

Paprika
1/3 cup milk
1 tbs. Chopped parsley

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

Chili Pie

DUTCH OVEN

4 cups corn chips **1 @ 19 oz can Name brand Chili**
2/3 cup chopped onion **1 1/2 cups shredded Colby or Cheddar cheese**

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

Serves 4-5 or one scoutmaster

Chili Rice Casserole

DUTCH OVEN

3 cups cooked rice **1 (19 oz) can plain chili**
1/2 cup onions, chopped **3/4 cup crushed corn chips**
4 oz cheddar cheese, shredded

Place rice in buttered baking dish or Dutch oven. Spread half the onions and crushed corn chips over the rice. Heat chili and pour over rice. Top with remaining cheese, onions and crushed corn chips. Heat in at ~375 for 25 minutes. **Serves 4-6.**

Kit Carson Pie

2 lb. lean ground beef
2 6 oz. cans tomatoe paste
1 16 oz. pkg refrigerator biscuits

1 onion
2 cups water

DUTCH OVEN

2 pkg. sloppy joe seasoning mix

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

Serves 4-6 or one scoutmaster

Foil Meals

Drugstore wrap:

1. Cut 2 pieces of lightweight foil or 1 piece of heavy-duty foil, twice the circumference of the item to be wrapped.
2. Place food in middle of foil, shiny side in. Food must be moist or add 4 T. of fluid.
3. Bring opposite sides of foil together, and fold 1/2 inch, repeat turning down to item.
4. Flatten top of package, Fold corners of open ends in and roll ends in small folds into center. The edges must seal to keep steam in.

Boy Scout Potatoes

FOIL

Potato

Carrot

Small onion

Salt & Pepper

margarine

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

Baked Apple

FOIL

1 apple per person,

1 tablespoon brown or white sugar per apple

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

Mountain Melts

FOIL

Rolls (any kind)

Meat (thinly sliced)

Cheese (sliced)

Mustard

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

Cheese Potatoes in a Parcel

FOIL

1 Med. Potato, peeled and sliced

1 slice Bacon, diced

1 tbs. Butter or Margarine

2 oz. Cheese cut in cubes

3 slices onion, separated into rings

salt, pepper, paprika

Use a double thick piece of heavy duty foil. With a little oil, lay the potatoes on the foil, distributing the slices evenly, and season with a little salt, pepper, and paprika. Scatter the cheese and bacon and onion rings evenly over the potatoes, sprinkle the butter pieces on top. Fold the foil to form a parcel, closing the edges carefully.

Cook the cheese potatoes over a charcoal grill for 50 minutes, turning the parcel repeatedly.

You can use dried diced onions and dried bacon, but add a few tbs. water.

Campfire Cooking

Crescent Rolls on a Stick

STICK

tube of refrigerated Crescent rolls

Butter or margarine

Jam, jelly or honey

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

Desserts

Baked Bananas

FOIL

Do not peel the bananas, but cut off the end tips to keep from breaking the foil. Slit the skin on the inside curve and fill with raisins and cinnamon sugar, chocolate or butterscotch chips, M&M's , brown sugar, chocolate bar squares, wheat germ, mini-marshmallows. Place on heavy foil and wrap tightly. Heat over coals 10-15 minutes.

Trail Cobbler

DUTCH OVEN

2 cups biscuit mix

1 cup margarine

2 cups sugar

1 can fruit, drained

2 cups milk or water

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

Apple Rings

FOIL

For each serving, place **3-4 thick apple slices** in **heavy double foil**. Sprinkle with **brown sugar** and **grated orange peel**. Dot with margarine and seal. Cook over low coals 10-15 minutes.

Foiled Again Apples.

FOIL

Place a peeled and cored **apple** on a double square of **heavy foil**. Fill center with 1 T crushed **pineapple** and **raisins**. Sprinkle generously with **cinnamon sugar**. Fold foil around each apple and seal tightly. Place in glowing coals and bake 20-40 minutes depending on size. You can also try cinnamon candies for filling.

Dutch Oven cake

DUTCH OVEN

**1 box cake mix (your choice)
margarine**

**2 cans fruit pie filling
eggs if needed for cake**

Empty the cake mix into a Large zip-lock type bag, add water and eggs according to box directions. Close the bag and mix by needing the bag.

Line the Dutch oven with heavy foil, (saves on clean-up). Empty the 2 cans of fruit pie filling into the lined Dutch oven, pour the cake mix over the top. Don't stir. Cover and place on coals, add 5-10 hot coals on top. Bake 30-45 minutes. Check with tooth pick or cleaned green stick.

combinations:

Chocolate cake and cherry pie filling

Yellow cake and peach pie filling with maraschino cherries (no steams)

White cake and apple pie filling with cinnamon

Instant Pie

ONE POT

**1 box instant pudding mix,
graham crackers.**

1/4 cup instant milk

Mix the pudding and dried milk with the right amount of cold water and beat with a whisk until thick. Pour into cups. Top with crushed graham crackers. **Serves 3-4.**

Chocolate Tortillas

SKILLET

**2 flour tortillas
mini Marshmallows**

**chocolate bar or chips
vegetable. oil**

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

Backpacking and Trail Food

Trail Meals:

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

NOTE: Trail meal items should **NOT** require refrigeration. Remember they will travel in your pack, sometimes for multiple days.

Trail Breakfast

Mix and Match: Pick one from each category.

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

Trail Lunches Pick one from each category.

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

GORP and SNACKS

NOTE: Nuts may not be allowed if a person in your group has an allergy to them

Good Old Raisins and Peanuts

Granola, Oats, Raisins, and Peanuts

1 cup salted peanuts or dried roasted peanuts

1 cup raisins

mix in a Zip lock bag and eat on the trail.

GORPMM

1 cup salted peanuts or dried roasted peanuts

1 cup raisins

1 cup M&M's

mix in a Zip lock bag and eat on the trail.

Good-for-you-GORP

2 1/2 cups low-fat granola

1 cup dried pears

1/2 cup M&M's

mix in a Zip lock bag and eat on the trail.

Sunny GORP

1 cup salted peanuts or dried roasted peanuts

1 cup raisins

1 cup roasted sunflower kernels

1 cup M&M's

mix in a large Zip lock bag and eat on the trail.

Fruity GORP

1 cup salted peanuts or dried roasted peanuts

1 cup dried Fruit Bits

1 cup roasted sunflower kernels

1 cup M&M's

mix in a large Zip lock bag and eat on the trail.

Mixed GORP

1 cup mixed nuts or dried roasted mixed nuts

1 cup dried Fruit Bits

1 cup roasted sunflower kernels

1 cup M&M's

mix in a large Zip lock bag and eat on the trail.

Mac GORP

Backpacker Magazine

1/2 cup mixed nuts 1/2 cup Macadamia nuts

1 cup dried Fruit Bits 1 cup roasted sunflower kernels

1 cup M&M's

mix in a large Zip lock bag and eat on the trail.

Tom Brokaw's Granola GORP

Backpacker Magazine

1 cup pitted dates, prunes, raisins or other dried fruit

4 cups old-fashioned oatmeal

1 cup shredded coconut

1 cup pine nuts or walnuts

1 cup wheat germ

1/3 cup sesame seeds

1/2 cup honey

1/2 cup oil

Snip fruit into small pieces and set aside. Combine dry ingredients in a large bowl. In a sauce pan, stir together honey and oil and heat to boil. Pour over dry ingredients, and mix. Spread onto two 10"x15" baking sheets. Bake 25 minutes at 325° F, stirring occasionally. Add fruit once the granola is cool.

Trail Peak Trail Mix

PTC

1 cup Chex's cereal, rice, corn, wheat or mixed

1 cup salted peanuts or dried roasted peanuts

1 cup raisins

1 cup M&M's

mix in a Zip lock bag and eat on the trail.