

The Ultimate Troop 241 Cookbook!



“I don’t know if it’s done, I can’t see anything!”

This cookbook belongs to the _____ Patrol.

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Patrol Favorite Recipes!

BEVERAGES

Hot Chocolate Drink Mix

1 lb. instant powdered milk
1/2 lb. powdered sugar or regular
1/2 lb. powdered coffee creamer
1 @ 1 lb. can of Nestle's Quick

Mix in large bowl with wooden or plastic spoon. Store in air-tight, dark container. Pack in plastic bags for camping. 3 Tablespoons in 8-12 oz hot water.

Hot Cocoa Mix

1/3 cup cocoa
1 1/3 cup instant nonfat dry milk

1/2 cup sugar
2 T. non-dairy creamer powdered
dash salt

Mix, store in airtight container, for 1 cup cocoa, add 1/4 to 1/3 dry mix to 1 cup boiling water.

Swamp Water

2 packages Grape Kool Aid
2 Packages Lemon-Lime Kool Aid

Mix and add water, pre-sweetened or add the sugar.

Rich and Creamy Cocoa

2 cups hot water
1/4 cup unsweetened cocoa powder
1/8 tsp. ground nutmeg
2 cups Pet® Evaporated Milk
1/4 cup sugar
6 large marshmallows
1/4 tsp. salt
1/4 tsp. ground cinnamon
3/4 tsp. vanilla

In heavy saucepan, mix hot water, cocoa, sugar, salt, cinnamon, and nutmeg. Cook over medium heat until mix comes to a boil. Stir frequently. Boil 5 minutes, stirring frequently. Reduce heat and add evaporated milk and marshmallows. Heat slowly until marshmallows dissolved. Add vanilla. Remove from heat and beat 1 minute with beater. Serve.

Mocha Mix

Servings: 6

1 c Cocoa Mix
1/4 c Instant Coffee
1/2 c Sugar
1 1/4 tsp. Cinnamon

1. Mix all ingredients together and package.
2. Use 5 heaping teaspoons to 1 cup boiling water.

Variations For true Mocha make hot chocolate adding brewed coffee instead of water to the hot chocolate mix.

Cockerall River Water

2 packages Cherry Kool Aid
2 Packages Orange Kool Aid

Mix and add water, pre-sweetened or add the sugar.

Rich Trail Cocoa

Servings: 1

1 lb. Instant Cocoa
6 oz Nondairy Coffee Creamer
1 pkg. Dry milk, 8 qt size
2/3 c Powdered Sugar

1. Mix ingredients together and store in a air-tight container.
2. Use 1/3 cup of mix in 1 cup hot water.

Variations a. Try adding 2 teaspoons of cinnamon to mix.

Hot TANG

Mix **TANG** in a cup of hot water for a different breakfast drink

Hot JELL-O

Mix **1-2 Tbs. JELL-O** in a cup of hot water for a different breakfast drink.
Cheery, Lime, and Orange are good to try..
Beware not to drink boiling water.

Maxwell's Chocolate Bar

1 cup Hot chocolate and add 1 Snickers bar, Mix, Melt, and drink or spoon.

Hot Spiced Cider

Servings: 16

2 qt Apple Cider
12 Whole Cloves
4 3" Cinnamon Sticks
1/4 c Sugar
6 Whole Allspice

1. Combine the cider, sugar and spices in a large saucepan.
2. Heat slowly to simmering, continue for 3-5 minutes and remove spices.
3. Serve hot, garnished with orange slices, lemon slices, or rings of unpeeled red apple with whole cloves forced through peel.

Coffee

Servings: 1

1 tbs. Coffee, fine ground
1 c Water

1. Bring water to boil and then remove from the heat.
2. Add 1 tablespoon of coffee per cup of water.
3. Stir, cover and let set for 3-5 minutes, or until desired strength is reached.

Variations Add 1/4 teaspoon cinnamon and/or a few drops of almond extract to 8 cups of coffee for a gourmet touch.

Russian Tea

Servings: 1

2 c Sugar
1 c Tang orange powder
1/2 c Instant Tea
1/2 tsp. Cinnamon
1/2 tsp. Cloves
1 pk. Lemonade mix, 1 qt size

Directions:

1. Mix ingredients together and store in a air-tight container.
2. Mix 2-3 Tbs. with a cup of hot water, to taste.

Trail Shake

Servings: 1

2 cup Dry Milk

1/2 cup Malted Milk Powder

1/2 cup flavoring: cocoa, instant coffee, berry syrup mix, jam, etc.

Directions:

1. Package each individual serving in a Ziplock plastic bag, 1/2 cup of mix.
2. To use add 1 cup of water to plastic bag, seal, and shake until mixed

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CAMP BREADS

Bannock (fried bread)

1 cup flour
1/3 tablespoon (1 teaspoon) baking powder
dash salt
oil or margarine
water

At home: package the flour, baking powder, and salt together in a large, tough plastic bag.

In the field: Put a little oil of margarine into the bag, and slowly add enough water to give the mixture the consistency of dough.

You may have to mix it with your hands. Flatten it out into a cake, and fry it in a little oil, very slowly. Note: If you end up with a bread that has its outside a delicious, golden brown and its inside a uncooked, doughy mass, do not despair. Just pretend you're an ancient trailperson.

Bisquick Bannock

6-8 tablespoons water
1 cup Bisquick buttermilk baking mix
3 Tablespoons oil or margarine

At home: Package the baking mix in a large, tough plastic bag. In the field: Put a 3-4 Tbs. oil or margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, about 1/2 inch thick and fry it in a little oil, very slowly over coals or lowest possible flame. Fry it, as gently as possible, turning it often. After the bottom is

browned, prop the pan up in front of the fire's flames to brown the top.

1. The batter should not be too thick - 1/2 inch is enough
2. Use straight sided fry pan, curved sides allow slips when propped before the fire.
3. Aluminum skillets get too hot too quick.
4. Don't prop up the pan until the bottom is browned.

Also try putting the dough in a zip-lock freezer bag. Place on rack in covered pot of boiling water. Let the steam 'bake' the bread. Add raisins and cinnamon, or serve with honey when done.

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.

Mount Logan Bread

3 cups flour (white or whole wheat)
1/2 cup chopped dried fruit
1/2-1 cup shelled nuts (walnuts, pecans, cashews, peanuts)
1 cup honey

3/4 cup wheat germ
1/4 cup brown sugar
6 eggs
1/2 cup powdered milk
1/2 cup raisins
2 Tbs. Peanut oil

Mix dried ingredients, then stir in oil, honey and eggs. Spray a 9 x 5-1/3 x 2-2/3 inch bread pan with a nonstick coating. Pour in batter and tap the pan on the counter. Bake in a preheated 275 degree oven for 2 hours. Cool 10 minutes before taking out of pan.

Yield: 18 slices.

Camp Bread

2 cups biscuit mix
1/2 cup plus 1 tablespoon milk

1. Stir the ingredients together; this will make a very thick dough. Add a few teaspoons of milk if necessary. Shape it like a bread loaf, and dust with additional biscuit mix or flour.

2. Grease a large sheet of foil heavily. Place the dough on the foil and wrap it loosely so the foil package will not burst when the dough rises. Wrap the dough loosely again to cover the seams and crimping

3. Place the bread package at the edge of the coals and turn every 10 minutes for about 1 1/2 hours, depending on the intensity of the heat. Yield: 1 loaf

Indian Fry Bread

3 cups flour
3 tsp. Baking powder
1 tsp. salt

At camp add 1-1/2 1-2/3 cups water... just enough to form a biscuit dough consistency. Knead well until the dough is elastic and doesn't stick. (Have some extra flour available)

For 7-8 inch rounds, use a piece of dough the size of a lemon. Pat by hand into a flat round shape. Fry in deep fat, turning once. The bread should be crisp on the outside. Serve hot.

Cimarron 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.

Hudson Bay Bread

(a)
1.5 lb. margarine or butter
2/3 cup Karo syrup
2/3 cup honey
2 tbs. maple flavoring
4 cups sugar

(b)
19 cups Quick Oats
1 1/2 cups ground nuts (walnuts, pecans, hazelnuts, almonds or sesame seeds)

Cream all (a) ingredients together. Add oats and nuts, mixing well. Spread about 1/4 inch

thick in sheet pans. Press mixture down in pan. Bake at 350 degrees 18-20 minutes. As soon as the bread comes out of the oven, use a spatula to press it down again. This keeps the bread from crumbling. Cut while still warm: 1 inch squares for snacks and 2 inch squares for trail lunches. Wrap to keep the bread or freeze until ready to use. Peanut butter and jelly are optional.

Can substitute molasses for the honey.

Mound Bread

2 cups whole wheat flour
1/4 cup sugar
1/4 cup shortening
2 tsp salt
2 pkg dry yeast
2 cups very warm water
3 to 4 cup flour

Mix whole wheat flour, sugar, shortening, salt, and yeast in large pot. Stir in warm water. Whisk slow for 1 minutes, then rapid for 1 minutes. Stir in flour, 1 cup at a time, to make dough easy to handle. Turn dough onto lightly floured surface and knead until smooth. Place in greased medium pot. Lightly oil top of dough. Cover and let rise until double (1 hour). Punch down dough and divide into 1/2's. Let rest 5 minutes. Shape each 1/2 into round, slightly flat loaf. Place on lid of large pot cover and let rise again (45min). Make 1/2in slashes in top of loaf. Sprinkle with 1 tsp flour. Bake in Dutch oven or cardboard oven until loaves are golden brown --30 to 45 minutes.

Monkey Bread

2 cups milk
2 tbs sugar

2 to 3 tsp salt
1 tbs shortening
2 packages dry yeast
1/2 cups hot water
6 to 7 cup flour
Melted margarine

Scald milk and add sugar, salt, and shortening. Cool mixture to lukewarm. Sprinkle yeast into hot water and stir until dissolved. Stir yeast into milk mixture. Gradually add flour to milk mixture, mixing well. Add enough flour to make dough stiff enough to be handled easily. Turn onto lightly floured surface and knead until smooth. Shape dough into a 18x3in loaf. Oil surface lightly. Cover and let rise until doubled (1 hour). Place large pot lid on bottom of Dutch oven, then line with foil. Cut loaf crosswise into 32 slices and dip slices into melted margarine. Place 8 slices to each layer in oven. Let rise again until doubled (1 hour). Bake until golden and crusty

Real Cinnamon Rolls

2 cup lukewarm water
1 package dry yeast
2 tbs sugar
1 tsp salt
4-5 cups flour
tub soft margarine
1 cup sugar
2 tbs cinnamon
8oz pecan pieces

Mix lukewarm water, yeast, 2 tbs sugar, and salt in medium pot. After yeast mixture is bubbly, add 2 cups flour and mix well. Add rest of flour slowly to make dough. Place on floured surface and knead until smooth. Oil surface well. Place in large pot, cover, and let rise (1 hour). Knead second time and roll

into a thin sheet on a floured surface. Spread soft margarine, sprinkle on sugar, cinnamon, and pecan pieces. Roll into a log and pinch ends shut. Spiral log onto greased large pot lid and press down until log covers bottom of lid. Spread more margarine on top. Bake in pre-heated Dutch oven 30-45 minutes. Slice while warm but not hot.

Baked Native American Pudding

1/4 cups sugar
1 tsp cinnamon
1/2 tsp ground ginger
1/4 tsp salt
1/4 tsp nutmeg
4 cups milk
1/2 cup yellow cornmeal
1/2 cup raisins
1/2 cup pancake syrup
2 tbs margarine, softened
2 eggs, beaten

Pre-heat Dutch oven. Mix together sugar, cinnamon, ginger, salt, and nutmeg. Blend well and set aside. Heat milk in medium pot. Stir in cornmeal. Cook over low heat, stirring constantly, until very thick (20min). Remove from heat. Stir in sugar mixture and remaining ingredients. Pour into large greased pot and bake in Dutch oven 1 hour or until knife inserted in center comes out clean. Serve warm.

Sourdough Starter

1qt lukewarm water
1 pkg dry yeast
2 tsp sugar
4 cups flour

Put water in 1/2 gal jar, add yeast and sugar to soften, stir in flour. Cover with a clean cloth. Let rise until mixture is light and

slightly aged, about 2 days. Mixture will thin as it stands; add flour as needed. As you use starter, replace with equal amounts of flour and water.

Crunchy Granola Suite

2 cups rolled oats
2 cups flaked wheat
1 cup bran
1 1/2 cups chopped nutmeats -- your choice -- or mixture
2 tbs brewer's yeast
2 cups dry milk
1 cup honey
1/2 cups oil
1/4 tsp each ground ginger, cloves allspice
1/2 tsp cinnamon

Combine the dry ingredients. Over low heat combine dry ingredients with honey and oil. Mix until ingredients are warm and sticky. Spread in a thin layer in a large pot lid and bake in a Dutch oven at low heat for 45-60 minutes or until brown but not burned. Let cool slightly, then cover with wax paper and press into solid cake. Let cool and cut into bars or squares. Wrap in waxed paper and store in zip-lock bags until ready to eat.

Spoon Bread

2 cups yellow cornmeal
2 tsp salt
1 tsp baking soda
1 1/2 tbs margarine, melted
3 cups buttermilk
2 eggs, beaten

Put cornmeal in medium pot and add 1 1/2 cups hot water. Mix well to be mush-like. Add margarine and salt. Stir in milk and baking soda. Add eggs, whipping slightly.

Pre heat Dutch oven. Pour batter in greased large pot lid. Make sure to have aluminum foil balls in bottom of oven to keep an air space underneath pot lid. Bake for 20 minutes.

Scottish Oaten Bread

2 cups flour
1 cup rolled oats
1/2 cups sugar
2 1/2 tsp baking powder
1/2 tsp baking soda
1 tsp salt
1 egg, beaten
3 tbs oil
1/2 tsp vanilla
1 cup Coca-Cola
1/2 cups dried prunes
1/2 cups chopped walnuts

In a large pot, stir together flour, oats, sugar, baking powder, baking soda, and salt. In a small pot, blend egg, oil, and vanilla. Add to flour mixture. Add Coke, prunes, and nuts. Blend well. Pour into a well greased loaf pan. Bake in cardboard oven at 350 for about 1 hour. Cook for 20 minutes before removing from pan. Store in foil overnight before slicing. Thanks to Coke

Geezer Cornbread

3 cups yellow cornmeal
1 cup flour
2 tbs sugar
4 tsp baking powder
2 tsp baking soda
2 tsp salt
2 cups Monterey jack, shredded
1/2 jar jalapenos, finely chopped
4 eggs, beaten
3 cups buttermilk

6 tbs margarine, melted

In a large pot, combine dry ingredients and mix well. Add cheese and jalapenos. Toss well. Add buttermilk and melted margarine. Add eggs and mix well to make batter. Pour into well greased Dutch oven and bake at 400 for 25-30 minutes.

Cheddar Biscuits

1 3/4 cups flour
2 tsp baking powder
1 tsp sugar
1/2 tsp baking soda
1/2 tsp salt
1/4 tsp dry mustard
1/3 cups shredded cheddar cheese
3/4 cups buttermilk
1/4 cups margarine, softened

In medium pot, combine flour, baking powder, sugar, baking soda, salt, dry mustard. Cut in margarine with pastry cutter until mixture resembles coarse meal. Stir in cheese and buttermilk. On lightly floured surface, roll dough to 1/2in thick. Use 2in biscuit cutter and cut into rounds. Keep rolling and cutting until all dough is used. Place on greased cookie sheet and bake in cardboard oven at 450 until tops are light brown.

Blueberry Bran Muffins

1 1/4 cups flour
3 tsp baking powder
1/2 tsp salt
1 1/2 cups bran cereal
1 1/4 cups milk
1 egg, beaten
1/3 cups salad oil
2 cups blueberries
1 tsp sugar

Stir together flour, baking powder, salt, and sugar. Combine milk and bran cereal in small pot. Let stand until cereal is soft. Add egg and oil. Mix well, add blueberries. Add dry ingredients to cereal mixture. Stir well. Pour into greased muffing pans. Bake in cardboard oven at 400 for 20 minutes or until brown.

Banana Walnut Muffins

3 cups oat bran cereal
3 medium bananas, mashed
3 egg whites
2 tbs corn oil
1 cup flour-2 tbs firmly packed brown sugar
1 tbs baking powder
1/4 cups chopped walnuts

In medium pot, combine cereal, bananas, egg whites, milk, and oil. Blend well and let stand 5 minutes. In large pot, combine flour, sugar, and baking powder. Add cereal mixture to flour mixture, stir well. Spoon into muffin cups. Sprinkle with nuts. Bake in cardboard oven at 400 for 20 minutes. Serve warm.

Banana-Date Muffins

2 cups plus 1 tbs flour
2 tbs baking powder
3/4 tsp cinnamon
1/2 tsp salt
1/2 cups sugar
1/2 cups margarine, softened
1 egg, beaten
1 tsp vanilla extract

3 medium bananas, mashed
3/4 cups Wheaties, crushed
12 diced pitted dates

In small pot place flour, baking powder, cinnamon, and salt. Mix well with fork. Set aside. In medium pot, combine sugar, margarine, egg, and vanilla. Mix with fork, then whisk until light and fluffy. Add bananas and stir to combine. Add flour mixture slowly, mixing well. Add dates and Wheaties. Mix well. Spoon into muffin cups. Bake in cardboard oven at 400 for 20 minutes or until brown. Serve warm.

Banana Nut Bread

1/3 cups vegetable oil
4 bananas, mashed
3 eggs, beaten
2 1/3 cups biscuit mix
1 cup sugar
1 cup chopped walnuts
1/2 tsp vanilla

Mix all ingredients in large pot. Beat vigorously with fork for 1 minutes. Pour 1/2 mix into greased loaf pan, then other 1/2 into another greased loaf pan. Bake in cardboard oven at 350 for 1 hour. Cool 5 minutes. Run knife around sides of loaf and remove from pan.

BREAKFAST

Real Scout Quiche (Breakfast)

Pre-made pastry shell
1 onion, chopped
1 tbs margarine
1/8 tsp ground thyme
1 bay leaf
1/2 lb bacon, cut into pieces
5 eggs
2 egg yolks
1 cup half & half
1/8 tsp ground nutmeg
1/3 lb shredded Swiss cheese

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

Down On The Farm Breakfast

1 lb bacon cooked
2 cans new potatoes
2 medium onions, diced
1 green pepper, diced
18 eggs, beaten
1 cup milk
1 tbs garlic powder
Tobasco to taste

Cook bacon and reserve grease. Drain potatoes and slice not more than 1/4in thick. Brown potatoes in reserved bacon

grease. Add onions and Green peppers. Beat eggs and add milk. Break cooked bacon into small chunks and add to mixture. Add garlic powder and Tobasco to taste. Add to potatoes and onions. Stir often until set

Breakfast Fruit Chimichangas

2 pkg (8oz) cream cheese, softened
1 cup ricotta cheese
1/2 cup sugar
2 tsp grated orange peel
16 flour tortillas
1 large jar apricot preserves
1 CAN SLICED APRICOTS, DRAINED
2 eggs beaten
4 tbs margarine, softened

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

Ain't No Golden Arch Burritos

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

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

Pizza Quiche Supreme

2 Pre-made deep dish pastry shell
3oz pepperoni quarter sliced
1 cup shredded mozzarella cheese
1/2 cup sliced black olives
1 cup grated parmesan cheese
1 cup chopped onion
1 tbs garlic flakes
3 eggs, beaten
1 cup mushrooms, chopped
1 cup tomato sauce
1/2 lb pork sausage

1 cup milk
1 tsp dried basil
1 tsp oregano
1 green pepper, diced

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

Camper's Breakfast

4 medium potatoes, sliced
2 onions, sliced
2 cans Spam
12 eggs, beaten
1/4 cups milk
oil
salt and pepper to taste

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

Hobo Breakfast Treat

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

Brown pork sausage in large skillet. Drain grease, but leave enough to brown potatoes. Add O'Brien potatoes (these already have onion and green pepper added) Brown potatoes. Add eggs. Stir until "eggs are set. Serve with biscuits.

Geezer Rockin' Chair Breakfast

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

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

Geezer Sugar Overdose Oatmeal

8c water
1 tbs salt
3 cups quick oatmeal
2 cups brown sugar
2 sticks margarine

Bring water and salt to boil. Add brown sugar and margarine. When at rolling boil, add oatmeal. Cook 5minutes, stirring constantly. Guaranteed to get you going and keep you going on a cold weather campout.

Hot Peach Crumble

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

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

Swiss Scrambled Eggs

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

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

Peanut Butter French Toast

peanut butter
jelly of choice, if desired
1doz eggs
1 cup milk

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

Geezer Corn Cakes

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

Combine all ingredients and drop by spoonfuls onto hot greased 9griddle. Serve with hot sugar syrup or hot pancake syrup.

Geezer Honey Doughnuts

1 envelope dry yeast
1/2 cups warm water
3 cups flour
1 egg, beaten
1/2 tsp salt
1 tbs oil
1 tsp sugar
cooking oil
cinnamon

honey

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

Fried Doughnuts

3 cans buttermilk biscuits
cooking oil
sugar
cinnamon

Heat 1 in cooking oil in large skillet. Fry biscuits in oil until olden brown. Mix sugar & cinnamon together and dredge doughnuts in mixture. Serve warm.

Sourdough Pancakes

2 cups sourdough starter (see entry)
2 cups lukewarm water
2 1/2 cups flour
1 tbs sugar
1/4 cups evaporated milk
1/2 tsp salt
1 tsp baking soda
2 tsp sugar

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

Mountain Man Breakfast

1 lb bacon
1 large onion, chopped
1 32oz bag O'brian potatoes
12 eggs, beaten-1 1/2 lbs grated cheddar cheese
1/2 lb pepper cheese, grated
1 jar salsa

Pre heat Dutch oven. Cut bacon into small pieces and cook bacon and onion until clear. Remove mixture and add O'brian potatoes. Do not rain bacon drippings. Fry until golden brown. Stir bacon mixture back in, then add eggs. Cover and cook until eggs are almost solid. Sprinkle with cheese and continue cooking until eggs are set and cheese melted. Serve with salsa.

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

Drop Cakes

1 egg, beaten
1 tbs sugar
1 pint milk
1/8 tsp salt
2 tsp baking powder
Enough flour to make a stiff dough

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

Rolled Oats Griddle Cakes

2 cups rolled oats
1 1/2 cups flour
1 tsp salt
1 tsp baking soda

2 tbs hot water
1 tsp baking powder
2 1/2 cups buttermilk
2 eggs, beaten
2 tbs margarine, melted
1 cup sugar

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

Baked Asparagus And Mushroom Omelet

2 pkg frozen asparagus
2 cups fresh mushrooms, sliced
1/2 cups green onion, chopped
2 gloves garlic, minced
1 onion, chopped
12 eggs, beaten
1 cup milk
1/2 tsp salt
1/4 tsp nutmeg
1 tsp red pepper
1/2 tsp Tobasco
2 cups shredded Swiss cheese
4 tbs parsley flakes

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

Honey-Apple Pancakes

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

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

Bacon, Avocado & Cheese Omelet

Omelet:

16 eggs, beaten
1/2 cups water
2 sticks margarine, melted-1 lb bacon, cooked and crumbled
4 small avocado, peeled and chopped into 1/2in cubes
2 cups grated Monterey Jack cheese

Salsa:

8 fresh tomatoes, chopped fine
3 onions chopped fine
1 jar chopped jalapeno peppers
1 can green chilies
2 cloves garlic, minced
4 tbs ground coriander
4 tbs lemon juice
1/2 tsp caraway seeds
1 tsp cumin
1/2 tsp red pepper

In a large pot, combine all omelet ingredients and pour into foil lined greased Dutch oven and bake at 375 until set. In a

medium pot, combine all salsa ingredients and stir well. Serve salsa as topping for each serving of omelet.

Early Morning Sausage Ring

2 lbs hot pork sausage
2 eggs, beaten
1 onion, chopped fine
2 cloves garlic, minced
1 1/2 cups Italian bread crumbs
1/4 cups parsley flakes
1 tsp red pepper
1 tsp cumin
1 tsp coriander

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

Eggs Ala King

12 hard-boiled eggs
2 pkg white sauce mix
2 can mushrooms
1 green pepper, chopped
1/4 cups pimentos, chopped
1 can green chilies, chopped

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

Granola Colorado

6 shredded wheat biscuits, crushed
4 cups Grape Nuts cereal
2 cups All Bran cereal
2 cups slivered almonds
1 cup toasted coconut
1 cup brown sugar
2/3 cups wheat germ
1 lb figs, cut into pieces

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

Fruity Rice

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

Drain liquid from fruit cocktail into measuring cup. Pour into medium pot. Add enough water to make 2 cup. Add other ingredients and bring to ,boil. Let set 5 minutes. Stir to fluff and serve.

Coconut French Toast

1 loaf white bread
1 7oz pkg. flaked coconut
12 eggs, beaten
1 1/4 cups milk
1 tbs cinnamon
1 tbs sugar

In a medium pot, whisk together eggs, milk, cinnamon, and sugar. Place coconut in pie pan. Heat griddle, keeping well greased.

Dip each slice bread in egg mixture, then dip in coconut. Pat each side to coat well. Fry on griddle until each side is golden brown. Serve with powdered sugar or syrup.

Aluminum Eggs

FOIL

1 Sausage Patty
1 handful Hash Brown Potatoes
1 dash water
1 Egg
salt, pepper, spices

Wrapped in double foil pack and placed on coals for 10-15 min. If it burns, cut down the time.

Mineshaft Pig

FOIL

1 potato
1 sausage link
aluminum foil

Core a tunnel in a potato with an apple corer, then stuff the tunnel with a sausage link. Wrap in foil and bake on coals, or in oven for about 45 min.

The Better Bator -

SKILLET

2 cups flour
4 tsp. baking powder
1 stick melted margarine
1 cup buttermilk
2 eggs (minus shells)

Mix above ingredients then add regular Homogenized milk 'till batter is right consistency. One half measures of above works as well. GRRREAT Pancakes !!!!

Worm in the Apple FOIL

1 Apple
1 sausage link
aluminum foil

Core an apple, stuff with sausage link, wrap in foil, cook until soft (~40 min.) Canadian Scouts..

Ants in the Oatmeal ONEPOT

Regular oatmeal (not instant) with brown sugar, raisins & nuts, canned fruit

Spamble Eggs SKILLET

1 can (7 oz) SPAM
12 eggs
1/2 cup Sanalac instant milk
2 Tbl. dried onions
2 Tbl. dried green pepper

Dice the SPAM and fry in large pan. Crack and stir the eggs and milk with a whisk in a large bowl. Leave the egg shells out. Hydrate the dried onion and peppers, then add to the SPAM. Fold the eggs over the SPAM and spamble them. Serve to 6 Scouts

Kansas Fly Pie ONEPOT

1 lb. cornmeal
2 qt. water
1 tsp. salt
1/4 - 1/2 cup raisins
beaten eggs
syrup, honey, or jam

You may want to start this at home..

Put 2 quarts of water into a pot, make sure the pot can hold 4 qt. Add 1 teaspoon salt; bring to boil; pour cornmeal into the water a handful at a time (about 1 lb.) stirring constantly until the mush gets thick. Cover and simmer slowly for 20 min. Stirring often; add raisins; mix well; poor into greased bread pans (2) and let cool until congealed. Slice loaf into 1/2 inch thick slices; dip in beaten eggs; then fry, hot and browned. Serve with syrup, honey, or jam.

Sam's Bullfighter Breakfast ONEPOT

1 lb. cornmeal
2 qt. water
syrup, honey, or jam
1 tsp. salt
1 pound of cooked, crumbled sausage
beaten eggs
1 small can of diced chilies (mild or hot)
Same as the Kansas Fly Pie, however, you skip the raisins. Instead, add 1 pound of cooked, crumbled sausage and 1 small can of diced chilies (mild or hot). Mix well: follow cooking directions of Kansas Fly Pie. Serve with Salsa.

New Mexico Omelet SKILLET

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

Egg in the Nest Skillet

1 piece bread,
1 egg,
1 tbs. bacon grease or shortening

On low heat, melt grease in fry pan. Cut a hole in center of bread for the egg. Butter both sides of the bread. Place bread in fry pan. Break egg over hole of bread and pour out egg. Fry egg and bread, Flip once and serve. Season to taste

Crescent Rolls on a 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.

Breakfast Cake SKILLET

8 oz. blueberries or other fruit
2 cups Bisquick Mix
1/4 cup powdered milk
2 tbs. sugar
dash of cinnamon
water

Heat fruit in large pan. Mix dry ingredients with enough water to make a thick batter. Drop large spoonfuls of batter onto fruit. If you pour, the batter will push the fruit to the sides. Cover and cook until batter becomes a cake.

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.

Eggs MacSanches ONEPOT

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.

Termite Pie SKILLET

1 box cake mix

2 quart zip lock bag

1 cup raisins

2 T. vegetable oil

Need a sweet item for breakfast or night time snack? Mix a cake mix in a zip lock bag following directions on box, BUT use only 1/2 the suggested water. Add 1 cup of raisins (termites). Oil a small skillet or mess kit; pour in 1 cup of cake mix for a mess kit, 2 cups for a small skillet; cover pan; fry slowly, very slowly; flipping the pie when the top of the pie starts to set (dry out); cook a few more minutes and then count the termites as you eat.

Vienna Toast SKILLET

2 slices bread

Jam

2 eggs

1 tsp. sugar

1/4 cup milk

cinnamon

powder sugar

Make a Jam sandwich. Beat 2 eggs per person (4 pieces of toast). Add a little sugar, cinnamon, milk, and water. Dip sandwich in egg mixture, fry like French toast. Dip fried sandwich in powder sugar.

Scotch Eggs SKILLET

English muffin

1 egg

butter or margarine

Cut silver dollar size hole in an English Muffin. Butter both sides. Place on griddle. place egg in hole. Fry both sides, slowly until cooked.

Real Scotch Eggs SKILLET

Hard boiled egg

ground sausage

bread crumbs

Take a Hard Boiled Egg and mold a shell of ground sausage around the egg, roll in bread crumbs and Bake 25-30 minutes in a reflector oven or Dutch oven. Rotate as needed.

Dick's 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

True Grits ONEPOT

1/2 cup Instant Grits
1 T. Bacon Bits
dash Molly McButter

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

Granola to Go ONEPOT

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

Sure Syrup ONEPOT

1 cup packed brown sugar
1 cup water
1 Tbs. margarine

Mix and simmer until sugar dissolves.
Watch it. Don't Burn it.

variations: use apple juice instead of water., Maple flavoring, 1/2 tsp. cinnamon, or
Heat together Karo Syrup and Jam.

Home Made Instant Oatmeal

1 cup quick oatmeal
1/3 cup instant dry milk
1/4 tsp. cinnamon
handful wheat bran

1 tbsp. chopped nuts
1/4 cup chopped dried fruit

At home: grind 1/3 cup oatmeal in a blender, until powdered. Mix every thing together and divide into 3 bags. On the Trail. Place serving in a cup and add boiling water.
serves 3.

Eggs R US

2 eggs
1 tbl. margarine
1/2 tsp Dillweed
1/4 tsp Italian seasoning
1/4 tsp. Celery Seed
1 slice ham 1 slice bacon
3 tbs. milk

Dice the ham and slice the bacon into small pieces. Put 1 tbs. margarine into a pan and melt over medium heat. When butter melts, spread it out along the pan and add bacon and ham. Cook for about 10 minutes or until crisp. Don't forget it. Meanwhile, Put the rest of the ingredients into a bowl, without the egg shells. Beat well with a whisk. When the bacon and ham are crisp, add the egg batter to the pan and frequently stir, breaking up the eggs, until the eggs are scrambled.

Serves 1.

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 Tbls. Shredded Cheddar, Jack, or Swiss cheese

4 Tbls. Rehydrated mushroom pieces

1 Tbls. Crushed dry parsley or celery leaves

1 Tbls. Bacon bar (Wilson's) or BACOS

3 Tbls. Rinsed shredded dried beef

1/2 tsp. Chili powder

1 Tbls. Dried tomato slices, crushed

Hush Puppies Mix SKILLET

2 cups yellow corn meal

1 cup flour

4 tsp. Baking powder

2 tsp. salt

3 Tbls. Sugar

1/4 cup dry onion flakes

3-4 Tbls. Dry egg powder

At camp. Measure out one cup of the mixture. Add just enough water to make a thick dough. Drop by spoonful on a well-greased (very generously) hot skillet. Turn to brown both sides
3 meals worth.

Cinnamon FRENCH TOAST

1 loaf white sandwich bread

1 1/4 cups milk

12 eggs, beaten (minus shells)

1 tbs. sugar from home

1 tbs. cinnamon from home

In a medium pot, whisk together eggs, milk, cinnamon, and sugar. Heat griddle, keeping well greased. Dip each slice bread in egg

mixture. Pat each side to coat well. Fry on griddle until each side is golden brown.

Serve with powdered sugar or syrup.

serves 1 patrol

Breakfast Burritos

Yield: 3 Servings

1/2 lb. Ground Beef

1/2 tsp. Ground cumin

1 sm. Onion chopped

2 c Potato Par boiled diced

1/2 sm. Green bell pepper

4 Eggs

1/2 tsp. Salt

9 Flour tortillas

1 tsp. Ground black pepper

1/2 c Shredded cheddar cheese

Brown the ground beef with the onions. Drain the fat, then add the spices and diced potatoes. Whisk the eggs and milk slightly. Add to beef/potato mixture over a medium high. Mix together as in scrambled eggs. Warm flour tortillas on a hot griddle. Put egg/beef mixture on warmed tortilla and sprinkle with shredded cheddar cheese. Fold the tortilla making a burrito. Serve with salsa of your choice.

Breakfast Casserole

Yield: 6 Servings

8 lg. Eggs

2 lb. Sausage, bulk

2 1/2 c Milk

1/2 lb. Mushrooms, fresh

3 c Bread cubes

1 lb. Cheddar, grated-(see note)

1 t Mustard, dry -(or more to taste)

Brown the sausage in a frying pan; drain off excess fat. Set aside.

In a large bowl, beat the eggs. Add milk, mustard and bread cubes. If you like salty dishes, add a teaspoon of salt. Wait a few minutes for the bread cubes to absorb the milk and eggs. Stir in 80 percent of the grated cheese. Add the cooked and drained sausage. Mix well. Pour into a casserole dish of the size that you would use to make lasagna (about 9 x 13 inches).

Slice the mushrooms and arrange the slices on top of the casserole. Sprinkle the remaining 20 percent of the cheese over the top of the mushrooms. Bake for 45 minutes at 350 degrees F. Let cool 10 minutes before serving.

NOTES:

* You can cut up your own bread for the bread cubes, or else buy a package of commercial poultry stuffing. Try to get unflavored bread cubes if you buy them.

* For the sausage, try Spanish chorizo, English Cumberland sausage, or American pork whole-hog sausage. I usually use a mixture of beef chorizo and Jimmy Dean pork sausage. Any spicy pork- or beef-based sausage will work.

* For the cheese, the best bet is Canadian sharp white cheddar. You can substitute any cheddar, or Leicester, or Cantal, or for that matter anything you want. I've never tried it with Swiss cheeses.

Sausage, Cheese, And Egg Casserole

Yield: 6 Servings

12 c Herb seasoned croutons
1/2 t Salt
2 c Grated sharp cheddar cheese
1 Dash of pepper
1 1/2 lb. Mild bulk sausage
1 can Cream of mushroom soup
2 1/2 c Milk

1/2 c Milk
3/4 t Dry mustard
4 Eggs

Place croutons on bottom of greased casserole, top with 1 1/2 cups of cheese. Brown and drain sausage, put on top of cheese. Beat eggs with milk and seasonings, pour over top. Refrigerate overnight. Next Day: Dilute soup with 1/2 cup milk. Pour over and spread remaining 1/2 cup of cheese on top. Bake at 300 F. for 1 1/2 hours.

ONE POT DINNERS!

Take one ingredient from each column to make a dinner!

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

Halfa Super

ONEPOT

1/2 package rice mix
1/2 summer sausage,
tortillas
1/2 can green beans
butter

Cook rice and add sausage and beans. Warp in tortillas. Makes 4-5 tortillas.

Turkey Vulture Casserole **ONEPOT**

2 cans turkey,
1 pkg. elbow macaroni
1 can cream of celery soup
1 pkg. vegetable soup mix

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

Beaubian Beans **ONEPOT**

1 can Pork and Beans
1/4 cup Brown Sugar
1/4 cup BBQ sauce
2 TBS. onion flakes

Mix all in one pot, remove can, heat for a few minutes until onions rehydrate. serve around campfire.

Frontier Dinner **Creamettes** **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

Hawaiian Rice **ONEPOT**

1 can (7oz.) Spam
1-1/3 cups instant rice
1/3-1/2 cup flaked coconut
margarine
Pineapple optional

Melt 1 Tbls margarine in a frying pan. Add cubed Spam and rice and brown slightly.

Add

1-1/3 cups water and bring to a boil. Cover and remove from heat for 5 minutes. Add coconut and toss to mix. 2 servings.

Belly Stretcher **ONEPOT**

15 oz can corned beef hash

10.5 oz can condensed cream of celery soup
1 cup milk
3/4 lb. elbow macaroni
2 tbs. instant chopped onion
4 oz shredded process American cheese

Cook macaroni as directed on package. Drain. Stir in all other ingredients. Heat over medium heat until bubbly. stirring occasionally. 4 servings

Urraca Stew ONEPOT

Beef Stroganoff with Wild Rice Mix
Vegetable Soup Mix, F.D.
Corn

Bring 2 quarts of water to a boil in large pot. Add the soup and corn first to rehydrate, then the beef stroganoff. Cook until rice is done. (F. D. = Freezed Dried)

CousCous ONEPOT

1 cup Cous Cous
oil
onions
bullion
meat
vegetables
soy sauce
green pepper flakes

Cous Cous is coarsely ground Durum wheat which is pre-cooked. Use like you would rice. Bring to boil 1 1/2 cups of water or bullion, add 2 T. butter, and 1 cup of Cous Cous. Stir and cover, remove from heat and let sit 5 minutes. If you are adding dried onions or bell peppers, do so while bringing the water to a boil, use a little more water to rehydrate the dried food. Add a little

margarine or soy sauce. Treat as a side dish or bed for vegetable. and meat. You can also serve with your favorite sauce poured over it, such as tomato sauce, cheese sauce, or gravy. **1 cup =~ 4 servings**

Potato Soup ONEPOT

1 T. dried onion flakes
1 Box Betty Crocker Hash Brown Potatoes
1 tsp. dried bell peppers
dash cooking oil
crumbled bacon
dash salt and pepper.

Dump in large pot and cover with water. Boil and simmer for about 15 minutes, until potatoes are done. You can add ham hocks, Bacon, or hunks of SPAM if you want. Add road kill only if fresh. **serves 4-6**

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
margarine / oil 1 Tsp.
1/2 cup Salsa
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 ONEPOT

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.

Macho Nacho ONE POT

1 can Chili, no beans
1/2 cup shredded cheese
1/2 pk. tortilla chips

Spoon chili over chips. Sprinkle with cheese. Heat in microwave or reflector oven to melt cheese. Categories: Appetizer, Yield: 4

Tortilla Italiano SKILLET

1 can pizza sauce
grated mozzarella cheese
1 tbs. cooking oil
flour tortillas 9"
pizza toppings, sausage, onion,
mushroom.....

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.

Souper Rice ONEPOT

1 can Cream of Mushroom soup
2 cups Minute Rice, uncooked
1 1/3 cans water or milk

Open cans, heat soup and water to a boil and add 2 cups of Minute Rice. Cover and set aside for 5 minutes. Fluff and serve. 4 servings.

Try other Cream Soups..

BBQ Rice and Beans ONEPOT

1-1/2 cups Minute Rice
1 small can Kidney beans, drained
2 Tbs. dried onion flakes
2 Tbs. dried Green Peppers
1 Tbs. oil
1-1/2 cups water
1 beef bouillon cube
1/4 tsp. garlic powder
1/2 cup barbecue sauce or 4-6 tubs from McD's or such.

Rehydrate onion flakes and green peppers in boiling water. Stir in beans, BBQ sauce, garlic powder, bouillon cube. Bring to boil. Stir in Rice and cover. Remove from heat. Stand 5 minutes Fluff with fork. serves 4-6.

Ute Park Pot ONEPOT

2 1/4 cups elbow macaroni
3 tsp. salt
2 #27 cans whole tomatoes
salt and pepper

1 onion
1/2 lb. bacon
5 cups water

Dice the bacon and onions, fry bacon and onions until crisp. Boil the macaroni in salted water until al dente. Drain, add bacon, onions, and whole tomatoes. Stir, breaking up tomatoes. Bring to boil. Salt and pepper to taste.

Cypher Mine Soup ONEPOT

Instant Chicken Noodle Soup or Ramen

Instant Potatoes
Chicken Rice Dinner with Peas & Carrots

Boil 2 quarts of water in big pot to sterilize spoons and cups. Remove utensils and add the rest, bring to boil. Add more water if too thick. If too thin, nuts. Try adding instant potatoes.

Chicken Fettuccini Alfredo

ONEPOT

1 pkg. Lipton Fettuccini Alfredo
1/2 cup milk
1 T. margarine
1/2 lb. chicken.
2 qt. pot
Salt & pepper

Mix the Lipton package with the milk, margarine. Cook according to directions on package.

Add the pre-cooked chicken and heat. If not pre-cooked, then cut the chicken into pieces and cook in fry pan with a little oil and seasonings. **serves 3 boys.**

Patrick J's Dindin ONEPOT

1 @ 4 oz. can chicken
1/4 lb. spaghetti
1 small can tomato paste oil
3/4 cup instant rice
soy sauce
1 packet spaghetti sauce spice mix

Boil 1 3/4 cups water, mix sauce, pasta, and spice. Add rice and chicken. Cover and remove from heat. Let stand 5 min. and eat.

The Rice Stuff ONEPOT

1 bag Success boil in bag rice
1 bag Campbell's instant vegetable soup mix
1 Tablespoon onion flakes
1 (4 oz) can chunk chicken
1 chicken bouillon cube

Boil the rice, set aside the cooked rice and with 1 cup of boiling water mix the bouillon, soup mix, and chicken. Pour over the rice. Season to taste. **Serves 2-3.**

Green Goo ONEPOT

1 bag Success boil-in-bag rice,
2 packages Lipton's Green Pea Cup-of-Soup Mix,
1 T. onion flakes,
1 (4 oz) can Chunk Ham.

Boil the rice, set aside the cooked rice and with 2 cups of the boiling water mix the onion, soup mix and Ham. Pour over the rice. Season to taste. **Serves 2-3.**

Mexican Rice & Beef ONEPOT

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 ONEPOT

1/2 cup dried beef
1 1/2 tsp. salt,
1 1/2 cups Macaroni
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 TWOPOT

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 ONEPOT

1 package dried beef
1 small can sliced mushrooms sour
cream mix
2 T. dried onions
2 T. oil
1/2 teas. paprika
1 cup beef bouillon
1 T. Worcestershire sauce
tomato soup mix
1 1/2 cup Minute Rice

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

"It's in the bag" Chinese ONEPOT

1 can Chinese vegetables,
1 can bean sprouts,
Soy Sauce
1 can Chinese noodles
2 @ 4 oz cans of chicken
1.5 cups Minute Rice

Place rice in a large **2 qt. heavy freezer style zip lock bag**. Boil 1.5 cups of water and place in bag with rice, add Chinese vegetables, sprouts and chicken. Seal and let set 5 minutes. Serve over Chinese noodles and season with Soy Sauce.
No pot to clean... **serves 4-5**

Potato Soup ONEPOT

1 cup potato buds
1/2 cup dry milk
2 beef bouillon
dried parsley and onions.

Boil 4 cups water, mix, bring back to boil and simmer couple of minutes.

Clam Chowder ONEPOT

2 cups dried potatoes
3 cups water
1 T. dried onions
parsley
1 cup dried milk
2 T. margarine
2 T. crumbled bacon
8 oz can minced clams

Can use hash browns. Cook potatoes, et etc., about 10 min. Add the rest, stir and heat, **don't boil**. Add more water if needed.

White Sauce

At Home: 2 T. dry milk, 1 T. Butter Buds,
1 1/2 T. flour, pinch salt into a bag.
At Camp: >mix mixture and 1 cup water
1 1/2 T. butter or

melt butter and cook the mixture slowly 1-2 minutes, low heat. Stir until thick 4-5 minutes.
Add spices or cheese for a sauce over rice or noodles,

Chunky Beef Over Rice ONEPOT

1 can Campbell's Chunky Beef Soup
2 tbs. Worcestershire Sauce
1 cup broccoli flowerets cooked
1 Success Rice, cooked
1 T vegetable oil

In saucepan, combine soup, broccoli and Worcestershire sauce. Over medium heat, heat through, stirring often. Serve over rice.
Yield: 2 servings

Cous - Cous Cluck - Cluck **ONEPOT**

1 cup Cous-Cous
4 oz. canned chicken
chicken bouillon cube
water

Boil the water with the Cous-Cous and bouillon cube. Use enough water to cover the Cous-Cous. add the chicken after you have removed it from the can. Add seasonings.

Paramecium Alfredo ONEPOT

Lipton Alfredo Noodle mix
dry milk
1 can chicken 4 oz
broccoli
butter
parmesan cheese (paramecium's)

1/2 package Alfredo noodle mix, (with 2-3 Tablespoons dry milk and some extra parmesan cheese mixed in) 1 can 4 oz. chicken meat, fresh broccoli, butter. This all goes in one pot and cooks together. Add a Hard Roll.

Cimarroncito Carbonara ONEPOT

2 1/4 cups elbow macaroni
1 pkg. white sauce mix
1/4 cup powder milk
1/4 cup dried vegetable mix
salt & pepper to taste
1/4 cup bacon bits

Place the bacon bits in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and **5 cups water**. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the bacon bits before serving or as a topping.

Cheeseburger Rice ONEPOT

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

Zastrow-roni ONEPOT

2 1/4 cups elbow macaroni
1 pkg. taco sauce mix
1/4 cup powder milk
1/4 cup dried vegetable mix
salt & cayenne pepper to taste
5 cups water

1/2 cup grated Parmesan cheese

Place the cheese in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the Parmesan before serving or as a topping.

Miner's Luck ONEPOT

1 can baked beans
1 can pork & beans
1 can pinto beans
1 can Kidney beans
1 strip of Bacon

Open Cans, Drain fluid from kidney beans and pinto beans. Cook the one strip of bacon. Add all the beans into one pot and add the cooked bacon. Heat to a boiling point.

The **LUCK** is the one miner finding the bacon in his share.

Macaroni Hot Dish

1/2 cup corn oil
1 (8 oz.) pkg. elbow macaroni.
1 small onion, chopped
1/2 green pepper, chopped
1 clove garlic, minced
1 1/2 tsp. Worcestershire sauce
3 cups tomato juice
salt & pepper

Heat oil in heavy skillet over medium hot coals. Add macaroni, onion, green pepper and garlic. Sauté in oil until macaroni turns yellow. Add Worcestershire sauce and tomato juice; season with salt and pepper to taste. Bring to a boil, stirring occasionally.

Reduce heat, cover and simmer for 25 minutes.

Campfire Stew

2 lb. hamburger or 4 cups leftover meat

6 tbs. cooking oil

1 cup macaroni, cooked

2 onions, sliced

3 15 oz cans kidney beans

2 cans (1 lb. each) tomatoes

salt and pepper to taste

Brown onions and meat, drain fat. Combine the rest of ingredients, adding water and salt and pepper.

Simmer 20 minutes.

FOIL COOKING

- Just a touch of garlic salt makes a lot of difference. If you look at the labels in the stores, you will see that onion and garlic are part of almost everything! It doesn't take much to make it great.
- Use cabbage leaves to wrap it all in before you wrap in foil. A little catsup can also help. I also add a few slices of onion.
- Add Cream of Mushroom soup to the bunyan burgers. It adds taste as well as additional moisture. A couple of tablespoons will do just fine. Yum-yum.
- How about BBQ sauce, Worchester sauce, or even Italian dressing?
- Spices ... a measuring teaspoon of Italian seasoning or of curry powder or of chili powder wouldn't hurt it either. You might be able to combine BBQ and chili powder; or Italian dressing and Italian seasoning
- Add some Heinze 57 Steak Sauce to bunyan burgers.
- Instead of hamburger, try Pork Loin, or Boneless Chicken Breast! Also vary the vegetable ingredients to include slices of tomato, and/or bell peppers. BBQ sauces may be included also. If you use chicken, try pineapple slices with mild BBQ sauce. Ground turkey can be used instead of ground beef, and is "more healthy".
- Substitute: Mrs. Dash, garlic pepper, Montreal seasoning, or any other favorite general-purpose seasoning for the pretty dull salt and pepper usually found in a foil dinner.
- Also, consider replacing the hamburger with stew meat, cubed steak, or chicken or turkey breasts cut into stew meat sized cubes. As to spices, consider adding a part of a clove of fresh garlic. Smash it first. You might also consider adding soy sauce, teriyaki, or plain old steak sauce. Try adding small dough balls of biscuit mix for dumplings.

Foil Cooking Hints

Use two layers of light-weight, or one layer of heavy duty aluminum foil. Foil should be large enough to go around food and allow for crimping the edges in a tight seal. This will keep the juices and steam in. This wrap is know as the "drugstore" wrap.

Drugstore Wrap

Use heavy foil three times the width of the food. Fold over and roll up the leading edges. Then roll sides for a steamproof seal.

A shallow bed of glowing coals that will last the length of cooking time is necessary.

Cooking Times:

Hamburger: 8-12 minutes, Carrots: 15-20 minutes

Chicken pieces: 20-30 minutes, Whole Apples: 20-30 minutes

Hotdogs: 5-10 minutes, Sliced potatoes 10-15 minutes

DINNER ITEMS: 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

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 Tbs. water. Seal the Wrap and place on coals for 45 minutes to a hour.

Baked Apple

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

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.

Complete Meal

Meat, seasoned to taste
Potatoes
Other vegetables

Cut meat, potatoes, and other vegetables into bite-size pieces. Divide the ingredients into individual portions on pieces of foil. Wrap each portion carefully. Cook in hot ashes about 1 to 2 hours. Serve, in foil.

Pi-Chee Ham

1 can candied yams
1 can SPAM,
a pat of butter
dash brown sugar

Slice SPAM into a double or triple layer foil pack. Put in candied yams, the SPAM, a pat of butter and sprinkle some brown sugar on top. Seal the pack and heat on the coals for eight minutes a side. Tastes like candied ham and yams.

Caramel Apple

1 apple per person,
3 caramel cubes per apple

Wash apple. Cut a slice off the top, remove the core, and put the caramels in the hollow. Wrap in foil. Seal good. Cook in hot ashes about 30 minutes.

Sue's Goulash

1/2 cup of Minute Rice
canned chicken, beef, or chopped ham
dried onion flakes
dry seasoning, or gravy ingredients

Form three (3) sheets of foil into a bowl shape. Put in the bottom, sprinkle and mix dried onion flakes, dry seasoning, or gray ingredients. Add some canned chicken, beef, or chopped ham. Pour in 1/2 cup water. Seal and place on coals for 15 minutes.

Cheese Potatoes in a Parcel

1 Med. Potato, peeled and sliced
2 oz. Cheese cut in cubes
1 slice Bacon, diced
3 slices onion, separated into rings
1 tbs. Butter or Margarine
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.(4-6) water.

Wieners in foil

wieners
foil
mustard
onion
cheese
pickle relish

Place wieners in double heavy foil and spread with one or more of the following: Mustard, fine chopped onion, cheese strips, pickle relish. Wrap tightly and cook over coals for 10 min., turning once.

Rice on the Coals

1 1/2 cups minute rice
1 1/2 cups water
1 T. margarine
1/2 tsp. salt
dash pepper
4 tsp. instant bouillon

Place two sheets of foil (14" sq.) on top of each other in a cooking pot. Press into a bowl or pouch. Add ingredients and seal tightly. Remove from pot and place on coals for 15 minutes. serves 4

Sauced Dogs

1/2 LB hot dogs
1/2 cup cheddar cheese
1 hard boiled egg
2 Tbs. chili sauce
1 Tbs. pickle relish
1/2 tsp. mustard
1/2 tsp. garlic salt

At home, grind together: 1/2 lb. hot dogs, 1/2 cup mild cheddar cheese. Add 1 chopped hard boiled egg, 2 T. chili sauce, 1 T. pickle relish, 1/2 tsp. mustard, 1/2 tsp. garlic salt. At camp spread this mess, I mean mixture, on buns. Wrap in double heavy foil. Heat on coals 10 min. (serves 3-4)

Foil Baked Fish

filleted fish
onion
salt & pepper
lemon
tomato

Lay out a strip of heavy doubled foil and butter generously. Lay out a filleted fish on the foil. Sprinkle with salt and pepper. Cover with onion rings, lemon slices, tomato slices. Seal tightly with foil and place on a grill over the coals. When steam balloons the foil prick it once. A large filleted fish is ready to eat in 20-30 minutes. **Chef's secret:** If your fish tend to be dry, add a can of tomato sauce.

Veggies on the Barbie

potato
sweet potato
corn on cob

Foil wrapped potatoes will take about 45 min.-1 hr. depending on size. Prick the Tatter to keep from exploding. Sweet potatoes, yams, large onions in foil = 45 min.-1 hr. Foil wrapped corn on the cob, 25-45 min. depending on maturity of the corn, not the boy.

Sweet, Sweet Potatoes (3-4 ser.)

1 can sweet potatoes
margarine
maple flavored syrup

Remove completely the top from a 18 oz. can of sweet potatoes. Strip off Label. Drain some of the liquid into a cup, and add 1/4 cup maple flavored syrup and 1 T. margarine. Return liquid to cover the sweet potatoes. Cover can with foil. Place on a grill or near coals and heat until bubbly, about 20 min.

Baden Baked Sliced Potatoes

potato
margarine
foil
salt, pepper, garlic salt

Scrub and cut potatoes into thick slices. Use one potato per person. Do not peel the potatoes. Place each one on a double sheet of heavy foil. Add 1 T. margarine. Sprinkle with garlic, onion salt and pepper. Seal and bake on the grill, turning often for a hour. or 15-20 minutes on coals.

Drumsticks

1 lb. hamburger
1 cup cornflakes **1 egg**
1/2 chopped onion
salt & pepper
1 tsp. mustard
1 tbs. ketchup

Crush the cornflakes and mix with all the rest of the ingredients, except egg shell. Warp a handful around a green stick and wrap aluminum foil around meat and stick. cook 20 - 30 min. over bed of coals, turning slowly. Makes about 6-7 drumsticks.

Foiled Onions

Large onion
margarine
salt & pepper
bacon
foil

Peel a large onion and cut in half. Place a pat of margarine on the cut side and sprinkle with salt and pepper. Top with a half strip of bacon on each half onion. Wrap each in

double heavy foil and seal tightly. Bake on coals 35-45 minutes. (1 onion for 2 persons)

Hot Chicken Sandwiches

1 can boned chicken
1 cup chopped celery
1/4 cup sliced ripe olives
1/4 cup shredded jack cheese,
1/4 cup mayonnaise
1 tsp. dry onion flakes
hamburger buns

Combine 1 can boned chicken, 1 cup chopped celery, 1/4 cup sliced ripe olives, 1/4 cup shredded jack cheese, 1/4 cup mayonnaise, 1 tsp. dry onion flakes, and spread on hamburger buns. Wrap in double heavy foil and heat over coals 15-20 min.(serves 3-4)

Cornish Hen

At home, parboil (3 mins) a cornish hen. oil it up, salt and pepper and wrap in foil. Cook as you would a foil pack (15 min/side). Do another pack of just thin sliced potatoes and onion, salt/pepper with a bit of olive oil. Makes an OUTSTANDING meal. BTW, differentiate your foil pack by wrapping a length of foil in with the folded seam; never an argument over who's pack it is.

Pizza Pocket

Use packages of 'flat' dough (those tubes from The Dough Boy). You take the flat dough, and fill the center with pizza sauce, pepperoni, cheese, with optional mushroom, olives etc. Fold it over to enclose the 'goodies' and wrap in 2 layers of foil.

'BAKE' 10 minutes on each side, and you might have a pizza pocket.

Seafood Dinners

For variety, try peeled shrimp or scallops, snow peas, strips of red pepper, sliced mushrooms, thin slice of ginger root. This cooks rather quickly, usually in less than 10 minutes depending on size of shrimp or scallops. Kids seldom like it . . . it's too different.

Shark chunks cook up well with a thin slice of lemon.

Ham Dinners

Use chunks of ham, sweet potatoes (par boiled), pineapple. As soon as it comes out of fire, add a few mini marshmallows on top.

Upside Down Ham

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

Ham & Potatoes Au Gratin:

Cubed Ham, chopped Potato, Onions, Grated cheese of your choice.

Chicken Dinners

Try using boned chicken instead of hamburger. Cooking time is the same, add a small amount of water or soy sauce to replace the water found in hamburger.

Foil "Stir-Fry" Chicken

Combine chicken breasts, shrimp, snow peas, celery, and bean sprouts. Similar to a stir-fry. Place the meat on the bottom with the vegi's on top. Add a couple of dashes of Teryaki sauce, some spices (tarragon and others from a pre-mix spice jar).

Don't turn it over, let the vegi's cook in the heat from the meat. They will be still slightly crunchy, almost steamed.

Lemon Chicken

Take a whole chicken.

Brush with melted butter.

Take a whole lemon, slice, squeeze juice over chicken.

Sprinkle generously with Lemon & Herb spice.

Put leftover lemon peel & pulp inside chicken with slices of onion.

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

Cook potatoes & onions in other foil packs.

Aluminum Eggs (Foil Breakfast)

Sausage

Egg

Hash brown potatoes

Salt, pepper and spices to taste

Place potatoes, scrambled egg (doesn't need to be cooked) sausage patty and spices in foil. Wrap securely. Place on coals for 15 minutes.

Don's Hawaiian Delight

In a square piece of heavy duty aluminum foil place enough of each of the following to make one serving:

Sliced ham
Sweet potatoes
Carrots
Pineapple

Surround the ham slices with the other ingredients on the foil then add 1 tablespoon of syrup or honey. Fold using "drugstore" wrap to hold in the juice. Cook package on hot coals for approximately 15 minutes on each side.

Foil Fajitas

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

Stuffed Potatoes

Core small to medium potato, insert a small pre-cooked sausage or weiner. Wrap in foil, set in hot ashes to bake. Takes 45-90 minutes to cook. Remove and slice top and add cheese, chili or fixins of your choice.

Hobo Popcorn

In center of 18" x 18" square of heavy or doubled foil, place one teaspoon of oil and one tbspoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string and hold the pouch over the hot coals.

Shake constantly until all the corn has popped. Season with salt and margarine. Or soy sauce, or melted chocolate, or melted peanut butter, or melted caramels or use as a base for chili.

Portable Chili

Cook up a pot of chili (homemade or canned). Buy individual size bags of Doritos or something similar. Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese. And you have portable lunchtime nachos/tacos.

HELPFUL HINTS

Do NOT, REPEAT NOT use cheese in your recipes, unless put on after cooking.

The cheese will warm and separate and the oil will catch fire or cook the food faster than expected. We had a few very unhappy Cubs expecting Cheeseburgers, but receiving, well something else if you can imagine.

It may cost a bit more too, but try to keep your meats lean and let the veggies add the moisture necessary.

Also, have some extra bread and cheese slices available as there will inevitably be an accident or two (broken foil-food in fire), and a few boys who will not be to happy with the final product.

Don't forget extra utensils as you'll be moving alot of packages around.

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 | 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 pan can be metal or plywood with a thick layer of mineral soil (sand). Three or four stones can be used to prop up the pan above the ground.

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

DUTCH OVEN RECIPES

French Style Roast Beef

3 lb Boneless chuck or rolled rump roast
6 whole cloves
1 bay leaf
4 c water
2 med. onions, quartered
2 med. stalks celery, cut into 1" pieces
1 tsp salt
5 peppercorns
1 lg clove, garlic
4 med. carrots cut into quarters
2 med. turnips cut into quarters
Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2-1/2 hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables.

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.

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.

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.

Onion Swiss Steak

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

Cut steak into serving pieces, season with salt and pepper and place into dutch oven. Sprinkle onion soup mix over top and pour

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

Steak & Mushrooms

1 lb mushrooms sliced
1/2 tsp salt
1 c onions, diced
1/2 tsp pepper
1/4 lb butter
1 round steak
8 oz can tomato sauce
flour
1 tbs Worcestershire sauce

Cut meat into strips and coat with flour. Sauté in melted butter for 5 min. Add onion and mushrooms, cook another 5 min or until onion turns clear. Add remaining ingredients and stir well. Simmer 1 to 1-1/2 hours. Serve over rice.

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.

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.

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.

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.

Beef Burgundy

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

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

Beef Stew

2 lb stew meat, 1" cubes
1 lg onion, sliced
3 tbs oil
1 can (1lb 12oz) tomatoes
1/2 c flour
1 clove garlic, minced
2 tsp salt
1/3 c water
1/2 tsp pepper
1 bay leaf
6 carrots, cut into 1" pieces
3 med potatoes, peeled, cubed

Coat beef cubes with a mixture of flour, salt and pepper. Brown in hot oil in bottom of

oven. While oven is still hot, pour water in and scrape brown bits from bottom. Place remaining ingredients into oven and cover. Simmer 1 to 2 hours or until meat is tender and potatoes are done.

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.,

Great Beef Stew

1/4 lb chuck steak (cheap) for each person
5 pounds of potatoes
5 pounds of carrots
Salt, pepper, bay leaves, water

Let the beef cook for 30 minutes after the water is a full boil, (make sure pot has a

cover for more efficient heating) throw in carrots + potatoes , bring to boil and serve once carrots and potatoes are soft.

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.

Genuine Australian Camel Stew

NOTE: Recipe requires a quite large Dutch Oven.

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.

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.

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.

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.

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.

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.

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.

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.

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

Turkey and Stuffing Pie

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.

Meat loaf

1/4 cup milk
1 cup herb-seasoned bread stuffing (from an 8-ounce bag)
1 egg
1 1/4 pounds ground beef round (2 1/2 cups packed down)
1 teaspoon salt
1/8 teaspoon pepper **2 ribs celery (1 scant cup), finely chopped**
1/2 cup bottled chili sauce

Preheat oven to 375 degrees. In a medium mixing bowl, combine stuffing, milk, chili sauce, egg, salt and pepper until bread is thoroughly moistened and paste like. Add beef and celery; mix with hands until blended. Line a small (11-by-7-by-1 1/2-inch) baking pan with foil. Turn meat mixture into pan and shape into an 8-inch-square loaf. Bake about 1 hour. Makes 6 servings.

Slow Cooker Mexican Meat loaf

2 pounds ground beef chuck
1 cup coarsely crushed corn chips
1/3 cup taco sauce
2 tablespoons taco seasoning or taco spices
1 egg, lightly beaten
1/2 cup grated cheese (Cheddar, Monterey Jack or Mexican blend)

Mix meat, crushed chips, taco sauce, seasoning, egg and cheese. Shape into a loaf. Place in electric slow cooker. Cover and cook on low 8 to 10 hours (or on high 3 1/2 to 5 hours). Makes 5 to 6 servings.

Guadeloupe Chili Pie

2 lb. ground beef
1/2 tsp. chili powder
1 med. onion, sliced
1/2 tsp. salt
1 tbs. margarine
1 8-oz can tomato sauce
1 15-oz can chili beans
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

1/2 cup creamed cottage cheese
1 can (6 oz) tomato paste
1 lb. Ground beef
1 cup milk
1 cup shredded Mozzarella cheese
1/2 cup Bisquick Baking mix
1/2 tsp. Salt
2 eggs
1/2 tsp. Dried oregano

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

4 cups Pepperidge Farm Herb Seasoned Stuffing **Paprika**
margarine
6 Skinless Boneless chicken breast halves

1/3 cup milk
1 can Campbell's Cream of Mushroom soup
1 tbs. Chopped parsley

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

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

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
1 onion
2 pkg. sloppy Joe seasoning mix
2 6 oz. cans tomato paste
2 cups water
1 16 oz. pkg. refrigerator biscuits

Brown the beef and onion. add seasoning mix, tomato 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

Corn Casserole

1 can creamed corn
1 can whole kernel corn
1 stick melted margarine
1 (6 oz) package cornbread mix
1 (8 oz) carton sour cream

Mix all ingredients together. Bake at 350 degrees for 30 minutes. serve with crackers.

Harvesters Meat loaf

2 shallots
2 ounces each: crimini and button mushrooms
1 cup milk
6 slices fresh white bread, crusts removed

3 tablespoons butter
2 pounds ground beef chuck
1 pound ground pork
2 teaspoons salt
1 bunch fresh chives, diced
2 large eggs

Ketchup

1 teaspoon each: ground black pepper, onion and garlic powders

Preheat oven to 350 degrees. Purée shallots and mushrooms in food processor; set aside. Combine bread and milk in large mixing bowl, and mash with hands until milk is absorbed and mixture has a smooth texture. Heat butter in skillet and sauté shallot-mushroom purée about 3 minutes until tender.

In large mixing bowl, combine mushroom mixture, bread, chuck, pork, salt, pepper, onion and garlic powders, chives and egg; mix by hand until evenly blended. Transfer mixture to a 9-by-5-by-3-inch loaf pan and pound on table to remove any air bubbles. Cover with foil. Bake about 1 hour until slightly browned on top. Remove foil and glaze top with ketchup.

Return to oven and bake 10 minutes more, until browned. Remove from oven and let rest 15 minutes before slicing. Serve with additional ketchup. Makes 4 to 6 servings.

Ann Landers' Meat loaf

2 pounds ground round steak

2 eggs
1 1/2 cups bread crumbs

1/4 cup ketchup
1 teaspoon flavor enhancer

1/2 cup warm water
2 strips bacon (optional)

1 (8-ounce) can tomato sauce
1 package onion soup mix (Lipton's specified)

Preheat oven to 350 degrees. Combine meat, eggs, crumbs, ketchup, flavor enhancer, water and soup mix and mix thoroughly. Place in loaf pan; cover with bacon strips if desired. Pour tomato sauce over all. Bake 1 hour. Serves 6.

Turkey Spinach Loaf

1 (10-ounce) package frozen spinach, thawed and well drained
5 tablespoons Dijon-style mustard, divided

1 pound ground turkey
1 (2-ounce) jar chopped pimentos, drained

1/2 cup seasoned bread crumbs
1/2 cup grated mozzarella cheese

1/3 cup chopped onion

Combine turkey, spinach, crumbs, onion and 4 tablespoons mustard in medium bowl. Spray a 9-inch pie plate with nonstick spray. Shape turkey mixture into a 6-by-4-inch loaf in pie plate. Bake at 350 degrees 50 to 55 minutes or until meat thermometer inserted

in center of loaf registers 160 degrees and juices run clear; remove from oven.

Spread remaining 1 tablespoon mustard over top of loaf and top with pimentos and cheese. Return to oven and bake 4 to 5 minutes or until cheese is melted. Cut into slices to serve.

Makes 6 servings, each: 201 calories, 18 grams protein, 8 grams fat, 63 milligrams cholesterol, 10 grams carbohydrates, 708 milligrams sodium.

"Musty Ham Loaf"

This recipe came from a mother-in-law. She got this from a small paper in Oklahoma. It takes more effort than most of us would go to these days, but is well worth it on special occasions.

We had our minister over for Sunday dinner and he said, "Mrs. Evans, this meat is musty." I thought, "Oh dear, what did I do wrong?" Then he said, "I just musty have some more." -- Helen Evans

Ham Loaf

1 pound each, ground: lean pork roast and cured ham

2 cups fine soft white bread crumbs

1 egg, beaten

1/4 cup milk

1 teaspoon salt

1/8 teaspoon freshly ground black pepper

3 tablespoons melted butter

1/4 cup brown sugar

3 slices pineapple

3 maraschino cherries (optional)

Ask butcher to grind meats. (Lean ground pork, available in the meat section, can be substituted for the pork roast.) Mix meats, crumbs, egg, milk, salt and pepper.

Preheat oven to 350 degrees. Pour butter into a 9-by-5-by-3-inch loaf pan. Add brown sugar; arrange pineapple slices in bottom of pan. Place a cherry in the hole in each slice. Fill pan almost to the top with meat mixture. Any extra meat can be baked in a separate pan.

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.

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

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 tbs chili powder
1 tbs dry mustard
1 tbs vinegar
1 tbs Worcestershire sauce
1/2 tsp ground cumin
1/2 tsp coriander
1 tsp salt
1 tsp pepper
3/4 tsp ground allspice
1/2 tsp ground cinnamon
5 bay leaves
Dash of hot sauce
Pinch of red pepper

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.

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.

Green Chili

2 lb lean pork
2 stalks of celery, chopped 1/2" <
2 med tomatoes, chopped
1/2 c Ortega Green Chillies
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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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 roux 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.

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.

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.

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.

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

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.

Ham & Chicken la

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.

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.

Red-Hots with Kidney Beans

1 lb frankfurters
1 tbs lemon juice
2 slices bacon, chopped
1 tbs Worcestershire sauce
1/4 c chopped onion
1 tbs brown sugar
1 (8 oz) can tomato sauce
1 tsp salt
1 can kidney beans
1/2 tsp chili powder
1/4 c catsup
1/8 tsp garlic salt

Fry bacon bits in oven over low flame until crisp. Remove and reserve bits. Saute onions in bacon fat until light brown. Add tomato sauce into which flour has been blended. Cook until slightly thickened, stirring constantly. Add kidney beans and bean liquid. Blend together liquid and dry seasonings separately; then combine them and stir thoroughly into bean mixture. Cover and simmer 15 min. Cut frankfurters into 1" pieces. Add to beans, cover

and cook for 8 min longer. Sprinkle with bacon bits.

Shrimp Etoufee

(Pronounced A-TO-FAY)

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

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

Catfish Etoufee

(Pronounced A-TO-FAY)

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

If rue is not fresh, warm over low heat stirring frequently. Add onions, scallions, celery, green pepper and garlic. Cook 5 min, stirring often, until soft but not brown. Add court bouillon stirring constantly. Add tomatoes, lemon, and seasonings. Reduce heat and simmer, partially

covered, 30 min. Add catfish and parsley, stir gently to poisten fish evenly. Simmer partially covered and without stirring, 10 min. Taste for seasoning. Serve immediately.

Scallop Gumbo

2 lb small scallops
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 rue 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 scallops and simmer an additional 6 min.

Fish Court Boui

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

Pour oil in oven and heat. Place onion, celery, peppers, parsley, green onion and grated carrot in and saute until onion starts to turn clear. Add garlic and lemon juice and stir and simmer some more. Add remaining ingredients except water, and stir and simmer some more. Pour just

enough water to cover mixture. Bring to boil, reduce heat and cover. Simmer for about 30 min.

Spaghetti & Meatballs

1 lg onion
1 clove garlic, crushed
1 tsp sugar
1 tsp oregano leaves
3/4 tsp salt
3/4 tsp basil leaves
1/2 tsp marjoram leaves
1 can(8 oz) tomato sauce
4 c hot cooked spaghetti
1 can(16 oz) whole tomatoes
For Meatballs:
1 lb ground beef
1/2 c dry bread crumbs
1/4 c milk
3/4 tsp salt
1/2 tsp Worcestershire sauce
1/4 tsp pepper
1 sm onion diced (1/4 c)
1 egg

Meatballs: Mix all ingredients, shape into 1-1/2 inch meatballs. Place in dutch oven and bake at 400 until done and light brown, 20 to 25 min. Spaghetti: Prepare spaghetti according to package instructions. Mix all ingredients except meatballs, break up tomatoes. Heat to boiling, reduce heat. Cover and simmer, stirring occasionally, 30 min. Stir meatballs onto mixture, Cover and simmer stirring occasionally, 30 min longer. Serve over spaghetti and if desired, with grated Parmesan cheese.

Pizza Hot Dish

2 pkg Crescent rolls
8 oz Shredded Cheddar Cheese
1 jar Pizza Sauce
8 oz Shredded Mozzarella Cheese
1-1/2 lb Ground Beef

Brown ground beef, drain. Line dutch oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use

second pkg of rolls to form a top crust. Bake 30 min. at 350.

Calzone

Dough: 2 cup warm water
1 Tbsp sugar
1 packet yeast (approx. 1 Tbsp.)
1 tsp salt
6 cups all purpose flour
1/4 cup olive oil
Filling: Your choice

Mix water, yeast and sugar and let bubble. Add salt, 2 cups flour, olive oil and mix. Add approximately 4 more cups of flour 1/2 cup at a time till you have a workable dough. Let it rest. Divide into eighths. flatten into pizza thin rounds on floured board. put 1/4 cup pizza filling of your choice on each round. fold over and seal. Bake in the middle of a very hot dutch oven with coals piled on the lid for approximately 15 minutes. This is also good with chili beans and with curries.

Dutch Oven Lasagna

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

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.

Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread

1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break

up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

DESSERTS, DESSERTS, DESSERTS!

Cheap Pie **FOIL**

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

Butter two slices of bread, place buttered side down on foil. spoon on fruit filling and cinnamon sugar. Place on top the other slice of buttered bread and pinch the edges together. Seal in foil and lay on the coals for 10 minutes or so, turn over for another 5 minutes.

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.

Pineapple Upside Down Cake – Dutch Oven

1 pkg "complete" white cake mix
1 can pineapple rings
1 small bag pecans
1 small jar maraschino cherries
1/2 cup brown sugar
foil
margarine
flour
cardboard circle cut slightly- smaller than inside of Dutch oven then covered with foil

Line Dutch oven with foil. Grease and flour well. Layer bottom of oven with pineapple rings. Save juice. Use pecans and maraschino cherries to fill in holes. Sprinkle over pineapple: brown sugar, 2 to 2 1/2 tbs pineapple juice, 4 to 5 pats margarine. Prepare cake mix. Use rest of pineapple juice as liquid in mix. Pour into oven. Cover and eat oven. Use 6 briquettes on bottom and 18 on top. Keep briquettes in a B1 to 3 ratio to keep up heat. Bake 20-30 minutes. Let oven cool. Place foiled

cardboard on top of cake and invert oven to remove cake. Slowly peel off foil from cake. Serve.

Outdoor Geezer Apple Crisp

1 cup flour
3 cup dry oatmeal
1 1/2 cup brown sugar
1 2/ tsp salt
3 tsp cinnamon
1 cup margarine, melted
1 gallon can apples

Mix thoroughly in medium pot flour, oatmeal, brown sugar, salt, and cinnamon. Add melted margarine and mix well. Mixture should be crumbly. Place large pot lid upside down in dutch oven and line with foil. Grease well with margarine. Add apples. Top with oatmeal mixture. Cover and place coals on bottom and top of oven in 1 to 3 ratio. Bake 1 hour. Serve warm. Peaches, pineapple, or cherries can be substituted for apples.

Stir Crazy Cake

2 1/2 cup flour
1 1/2 cup sugar
1/2 cup cocoa
2 tsp baking soda
1/2 tsp salt
2/3 cup oil
2 tbs vinegar
1 tbs vanilla
2 cups cold coffee
1/4 cups sugar
1/2 tsp cinnamon

Put flour, 1 1/2 cup sugar, cocoa, baking soda, and salt in a lined, ungreased Dutch oven. Stir with a fork to mix; form 3 wells in flour mixture. Pour oil into one well,

vinegar in one, and vanilla in one. Pour cold coffee over all ingredients and stir with fork until well mixed. Combine remaining sugar and cinnamon; sprinkle over (batter. Bake in Dutch oven for 34-45 minutes.

Dried Apple Cakes

1/2 lb dried apples, chopped
4 cups water
1 cup sugar
1 recipe dry baking mix
1 1/2 cup sourdough starter (see listing)
1/2 cup brown sugar
1 tsp cinnamon
1/2 tsp nutmeg
1/4 cups margarine

Cook dried apples in 4 cups water until tender. Drain and save juice. Measure 2 cup juice, adding water if needed. mix 1/4 cups sugar with dry baking mix; stir in sourdough starter to moisten flour. Turn out onto a floured surface, knead lightly, pat or roll to a 12x18in rectangle. Sprinkle with apples. Roll, starting at short end; cut into 12 slices. Put remaining sugar, brown sugar, cinnamon, nutmeg, margarine and the 2 cups apple liquid into a Dutch oven. Bring to boil. Gently lower apple cake slices into hot syrup. Bake for 35-40 minutes.

Dutch Oven Baked Stuffed Apples

12 tart red apples
2 cups brown sugar
1/2 cups seedless raisins
2 tbs grated orange peel
1/2 cups soft margarine
2 cups very hot water
12 tbs orange juice concentrate

Wash, core, and stem apples, but don't peel. Stand them in the bottom of a foil lined Dutch oven. Stuff with 1 cup of brown sugar, raisins, And orange peel equally. Fill with margarine and sprinkle remaining sugar over tops. Pour hot water in oven. Spoon 1 tbs juice concentrate over the top of each apple. Cover oven and place coals on top to low heat and bake 2-3 hours.

Red Epaulet Chocolate Cake

2 cups flour
3 tbs cocoa 1 tsp salt
1/2 cups shortening or oil
2 eggs
1oz red food coloring
1 tsp vanilla
1 cup buttermilk
1 tbs vinegar
1 tsp baking soda
FROSTING
1 cup milk
1/4 cups flour
salt
1 cup sugar
1/2 cups shortening
1/2 cups margarine
1 tsp vanilla

Pre heat cardboard oven to 350 degrees. Grease and flour 2 9in round cake pans or make out of heavy aluminum foil. In small pot, mix flour, cocoa, and salt very well with fork. In medium pot, mix shortening and sugar well with fork. Add eggs, red food coloring, and vanilla. Mix well. Beat while gradually adding flour mixture and buttermilk. Mix vinegar and baking soda in separate container, then add to batter. Pour batter into pans and bake for 30 minutes.

FROSTING: Heat milk and flour in small pot over medium heat, stirring until thick. Add pinch of salt and cool. Beat sugar with remaining ingredients until fluffy. Add flour mix and beat until well blended. Frost cooled cake and serve.

Chocolate Lovers Upside Down Cake

1 cup flour
3/4 cups sugar
2 tsp baking powder
1/4 tsp salt
5 tsp cocoa
1/2 cups milk
1 tsp vanilla
2 tbs melted margarine
1 cup chopped pecans
1 cup boiling water
TOPPING
1/2 cups sugar
1/2 cups brown sugar
1/4 cups cocoa

In small pot, mix flour, sugar, baking powder, salt, and cocoa. Stir in milk and vanilla. Add melted margarine and pecans. Line Dutch oven with foil, grease and flour. Pour batter into oven. Combine sugar, brown sugar, and cocoa. Spread mixture over cake batter. Pour 1 cup boiling water over top of cake. Bake at 350 degrees for 30-35 minutes. When done, carefully turn oven over with lid on. Attempt to remove cake on lid. When cool, carefully peel off foil and serve.

Giant Cinnamon-Pecan Ring

2 loaves frozen bread dough
1/2 cups sugar

2 tsp cinnamon
1 1/4 cups powdered sugar
1/2 cups packed brown sugar
1/2 chopped pecans
1/2 cups margarine, melted
1/2 tsp vanilla
4 tsp milk
pecan halves

Lightly grease inside of Dutch oven. On a lightly floured surface, flatten thawed dough slightly. Cut each loaf into 4 pieces. Form each piece into a rope about 18in long. Brush each rope with melted margarine on all sides. 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. Do the same with remaining ropes. Sprinkle with chopped pecans. Cover and let rise for about 30-40 minutes. Bake at 350 for 30 minutes. Cover with foil last 15 minutes to prevent browning if necessary. Cool about 15 minutes. Stir together powdered sugar, vanilla, and enough milk to make glaze and spoon over cake. Serve

Hawaiian Pie

1 stick margarine, melted
1 cup sugar
2 eggs, slightly beaten
1/2 cups coconut
1/2 cups raisins
1/2 cups chopped nuts of choice
1 tsp vanilla
1 tsp white vinegar
1 unbaked pie shell

Combine margarine, sugar, and eggs in small pot. Add remaining ingredients, mix

well and pour into pie shell. Put large pot lid upside down in bottom of Dutch oven and place pie on lid. Bake at 350 for 30 minutes. Let stand in oven about 5 minutes after removing from coals or attempting to remove pie.

Maple Custard Pie

1 cup brown sugar
1/4 tsp maple extract
1 tbs cornstarch
3 eggs, beaten
2 uncooked pie shells
1 1/2 cups scalded milk
2 tbs margarine, melted
1/2 cups cold milk
pinch of salt
nutmeg

Mix sugar, maple extract, melted margarine into scalded milk in medium pot. Combine in small pot cold milk and cornstarch and mix well. Add to sugar mixture along with salt and eggs. Beat well. Pour into pie shells. Place large pot lid upside down in Dutch oven. Put pie shell onto pot lid and bake at 450 for 10 minutes. Top with nutmeg and bake another 25 minutes at 350.

Blueberry Muffins

2 cups flour
2/3 cups sugar
1 tbs baking powder
1/2 tsp salt
1/2 tsp nutmeg
2 eggs, beaten 1/2 cups milk
1/2 cups margarine, melted
3/4 cups blueberries
1/4 sliced almonds
1 tbs sugar

Combine dry ingredients. Save 1 tbs of mixture. Combine eggs, milk, and margarine and add to rest of dry ingredients. Stir until well moistened. Toss blueberries with reserved flour mixture and stir into batter. Spoon into greased muffin pans. Sprinkle with almonds and 4 tbs sugar. Bake in cardboard oven at 400 for 15 minutes.

Hickory Nut Cake

1 cup hickory nut meats
3/4 cups shortening
1 1/2 cups sugar
3 cups flour
3/4 tsp salt
5 tsp baking powder
1 1/2 cups milk
1 tsp vanilla
3 egg whites, beaten until stiff

Combine shortening and sugar. Mix well. Place flour, salt, and baking powder into gallon zip-lock and shake until well mixed. Pour milk into medium pot and add dry ingredients to make batter. Stir until smooth. Add hickory nut meats and vanilla. Fold in beaten egg whites. Pour batter into greased cake pan and bake in cardboard oven at 350 for 45 minutes or until knife inserted into center comes out clean.

Molasses Cake

1 cup sugar
3 eggs, beaten
1 tsp baking soda
1/2 tsp ginger
2 cups flour
1 cup light molasses
1/2 tsp salt

1/2 tsp ground cloves
1/2 tsp cinnamon
1 cup margarine, softened

Cream together margarine and sugar. Add eggs and blend well. Add molasses. Combine cloves, cinnamon, ginger, salt, and flour. Mix well. Add 1 cup boiling water to mixture. Then add baking soda and stir. Combine flour mixture slowly to margarine mixture. Batter will be thin. Don't add more flour. Pour batter into greased floured cake pan and bake in cardboard oven at 350 for 45 minutes. When still warm, turn upside down onto plate and serve.

Jam Cake

1 1/2 cups sugar
1 cup margarine
2 eggs, beaten
1 tsp cinnamon
1 tsp allspice
1 tsp cloves
1 1/2 tsp baking soda
14 tbs sour milk
2 cups flour
1 small jar fruit jam

Cream together sugar and margarine. Add eggs and spices. Dissolve baking soda in sour milk and add to mixture. Add fruit jam. Mix well and add flour to make batter. Bake in a loaf pan in cardboard oven at 350 45 minutes.

Cinnamon Crisps

3/4 cups sugar
1/3 cups shortening
1/3 cups margarine
1 tsp cinnamon

1/4 cups milk
2 tsp baking powder
1/2 cups flour

Cream together sugar, shortening, and margarine. Add rest of ingredients and mix well. Add a little more milk, enough to make a dough that can be rolled. Roll out very thin and cut. Bake in cardboard oven at 400 for 15 minutes.

Blackberry Cobbler

4 tbs cornstarch
3 cups sugar
2 tbs lemon juice
8c blackberries
2 cups flour
2 tsp baking powder
1 tsp salt
12 tbs margarine, softened

In a medium pot, stir together the cornstarch and 1/2 cups cold water until cornstarch is dissolved. Add 2 cups sugar, lemon juice, and blackberries. Stir well. Transfer to a large skillet. In a large pot, combine 1 cup sugar, baking powder, flour, and salt. Blend in margarine until mixture resembles coarse meal. Add 1/2 cups boiling water and stir until it forms a dough. Bring the blackberry mixture to a boil. Stir often to prevent scorching. Drop dough by spoonfuls onto the mixture.

Remove from stove and bake in cardboard oven at 400 for 20-25 minutes.

Blackberry Jam Cake With Caramel Icing

1 cup margarine
2 cups sugar
5 large eggs, beaten
3 cups flour plus 1 tbs
1 1/2 tsp allspice
1 1/2 tsp ground cloves
1/2 tsp cinnamon
1/4 tsp salt
1 cup buttermilk
1 tsp baking soda
1 cup raisins
1 cup pecans
1 cup blackberry jam
Icing
3 cups brown sugar
1 cup evaporated milk
1/2 cups margarine

In a medium pot, cream together the margarine and sugar. Add eggs and combine well. In a large pot, mix well flour, allspice, cloves, cinnamon, and salt. In a small pot, combine buttermilk and baking soda. Add the butter mixture to the flour mixture alternating with the buttermilk mixture. Mix well each time. Add raisins, pecans, jam, and 1 tbs flour. Stir well until combined. Line the bottoms of 2 greased 9in cake pans with wax paper and grease the paper. Pour the batter into the pans and bake in a cardboard oven at 325 for 40 minutes. Let cool for 15 minutes, then invert, remove layers and cool completely.

Icing: In a small pot, combine brown sugar, evaporated milk, and margarine. Cook over mod-low heat, stirring until the sugar is dissolved. Continue to cook until it registers 238f on a candy thermometer. Transfer to a bowl, eat until it cools to a spreading consistency. Frost the layers.

Fudge Brownies

4oz unsweetened chocolate
1 cup margarine, softened
2 cups sugar
3 large eggs
1 tsp vanilla
1 cup flour
3/4 cups walnuts, chopped
1 pinch salt

In a small pot, melt the chocolate and 1/2 cups margarine over low heat, stirring constantly until smooth. Let cool completely. In a medium pot, cream together the remaining margarine and sugar until smooth. Add eggs, one at a time, and mix well after each egg. Stir in vanilla and chocolate mixture. Add flour and pinch of salt. Stir well. Stir in walnuts. Pour into a greased and floured 13x9x2 pan and bake in cardboard oven at 350 for 30-4- minutes. Let cool completely before cutting into squares.

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.

Fruit Compost

Pot

1 cup dried fruit bits

1/2 cup sugar
1 teaspoon cinnamon
graham cracker

Rehydrate the fruit in enough boiling water to cover the fruit. Let simmer with the sugar and cinnamon till fruit is soft and the liquid is thick. Don't let the sugar burn. Top with graham cracker crumbs.

Dutch Oven cake

1 box cake mix (your choice)
2 cans fruit pie filling
margarine
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

Choco-Chip Pie

1 graham cracker crust pie shell
1 package instant chocolate pudding and pie filling
Cool Whip instant Mix
dried milk powder.
1/2 cup chocolate chips (or pick out from your GORP)

Mix the pudding mix, water, and milk. Let set for a few minutes and then fold in the chips. Pour into the crust. Whip up the Cool Whip mix and top the pie. Sprinkle a few chips on top. Great for that surprise birthday party at camp. **Serves 6 or 1**

Skillet Pudding Skillet

1 can evaporated milk
1/4 cup sugar
3/4 cup water
3/4 cup instant cocoa mix
10-12 Graham crackers, cookies...

Put the first 4 ingredients in a skillet and bring to a boil, stirring constantly. Add 10-12 coarsely broken graham crackers; cover. Cook over low heat for about 10 minutes, stirring occasionally.

Here Come the Fudge

Double Boiler

1 12 oz. package semi-sweet chocolate chips
1 teaspoon vanilla extract
1 cup peanut butter chips
1 (14 oz) can Eagle Brand Sweetened condensed milk

In a double boiler or heavy saucepan over low heat, melt the chocolate chips, vanilla extract, and sweetened condensed milk. Stir frequently. Remove from heat and add peanut butter chips. Stir to distribute, not to melt. Spread evenly into foil lined 8 inch square pan and chill in ice box for 2 hours or until firm. Turn over on cutting board and peel off foil. then cut into squares and protect from temptation.

Termite Pie Skillet

1 box cake mix
2 quart zip lock bag
1 cup raisins
2 T. vegetable oil

Need a sweet item for breakfast or night time snack? Mix a cake mix in a zip lock bag following directions on box, BUT use only 1/2 the suggested water. Add 1 cup of raisins (termites). Oil a small skillet or mess kit; pour in 1 cup of cake mix for a mess kit , 2 cups for a small skillet; cover pan; fry slowly, very slowly; flipping the pie when the top of the pie starts to set (dry out); cook a few more minutes and then count the termites as you eat.

Instant Pie ONEPOT

1 box instant pudding mix,
1/4 cup instant milk
graham crackers.

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

BACK COUNTRY DUMPLINGS

Good backpacking dessert: You Need

1 1/2 Cups Bisquick

1/4 cup sugar

1 TBS. Cinnamon

Some more sugar

Dried Fruit (Apples, Cherries or blue berries)

Directions:

When you make it into camp, take your dried fruit and start soaking it in water. The longer you soak the better (at least 3 hours) to rehydrate the fruit. Add a couple of tbs. of sugar to the mix to sweeten the mixture.

Boil and reduce heat to simmer. Mix Bisquick, sugar and cinnamon slowly add water until a thick dough forms. "Glop" on top of the simmering sauce cover and simmer 10 minutes. Mmmmmmmm dumplings.....

Chocolate Tortillas Skillet

2 flour tortillas

chocolate bar or chips

mini Marshmallows

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.

Rice Krispies Treats ONEPOT

6 cups Rice Krispies cereal

1 10 oz package marshmallows

vegetable cooking spray

1/4 cup margarine

Melt margarine in a large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat.

Add Rice Krispies and stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Peanut Butter Treats ONEPOT

Original Rice Krispies Treat recipe above ^ plus 1/4 cup peanut butter

add 1/4 cup of peanut butter to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Caramel Treats ONEPOT

Original Rice Krispies Treat recipe above ^ plus 1/3 cup caramel ice cream topping

add 1/3 cup of caramel ice cream topping to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Choco Treats

ONEPOT

**Original Rice Krispies Treat recipe above
^ plus 1/3 cup mini chocolate chips**

add 1/3 cup of mini chocolate chips to Rice Krispies before adding the melted marshmallows. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

NoSlowMor Power Bars

**Original Rice Krispies Treat recipe
plus 1/3 cup Mini chocolate chips
1/2 cup sunflower seeds,
1/2 cup peanut butter**

Add 1/2 cup of peanut butter to melted marshmallows before adding to a mixture of Rice Krispies and the sunflower seeds and chocolate chips. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 bars.** Variety: substitute 1/2 sugar and 3/4 cup Karo syrup for the marshmallows and margarine.

Joy's Joy

ONEPOT

**1/2 cup sugar
3/4 cup light Karo Syrup waxed paper
1 cup Peanut Butter
6 cups Corn Flakes
shortening**

Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Corn Flakes and fold in. Form or scoop into balls and cool on waxed paper. Variety: add 1/4 cup miniature chocolate chips.

Rice Krispies GORP Bars

**6 cups Rice Krispies cereal
vegetable cooking spray
Peanuts
Raisins,
M&M's
1/2 cup sugar
3/4 cup light Karo Syrup
1 cup Peanut Butter**

Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Rice Krispies and fold in. Add 1/4 cup peanuts 1/4 cup M&M's. 1/4 cup raisins, and stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Crunchy Granola Bar

**1/2 cup crunchy peanut butter
2 T. honey
1 tsp. lemon juice**

Stir together and warm in large double boiler

1 1/4 cups granola with dates

add to mixture. press into a lightly greased 8x8 inch pan. cut into squares after drying until firm in dryer or low oven (120 F) with door open.

Mock Coconut Angel Cake

6 thick (3/4- to 1-inch) slices bread
1 cup shredded coconut
14 ounces sweetened condensed milk
(make your own with equal portions milk, powdered milk, and powdered sugar)

Cut bread slices into fourths. Dip the squares in the milk, then roll in the shredded coconut. Pierce the prepared square with a two-pronged fork and toast over the fire coals until lightly browned. Reverse position of the bread to brown both sides. Be careful, as this burns easily.
Yield: 24 squares

Fruit Turnovers

1 tube Crescent Rolls
1 can fruit pie filling or chunky apple sauce.

1 beaten egg
foil lined cardboard oven or reflector oven

Lay out a triangle of crescent roll dough and place 1-2 tablespoons of pie filling in center. Brush beaten egg along the edges and lay a second piece of dough on top. press edges together. Bake for 10-15 minutes or until golden brown. serves 4

Fruit Bits Cobbler ONEPOT

1 pkg. Jiffy cake mix
1/2 package Sunkist Fruit Bites
1/2 cup sugar
1 tsp. cinnamon

Mix the fruit bites, sugar and cinnamon with 2 cups water and stir. Heat to boil and reduce on simmer for 5 minutes. Mix the cake mix (small box) with 5-7 tbs. water to make thick batter. Spoon onto fruit and cook about 10 more minutes on simmer. serves 3.

GORP and SNACKS

Good Old 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.

Trail Peak Trail Mix

**1 cup Chex's cereal, rice, corn, wheat or
mixed
1 cup M&M's
1 cup salted peanuts
or dried roasted peanuts
1 cup raisins**
mix in a 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 M&M's
1 cup roasted sunflower kernels**
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
M&M's
1 cup roasted sunflower kernels**
mix in a large Zip lock bag and eat on the trail.

Mac GORP

**1/2 cup mixed nuts
1/2 cup Macadamia nuts
1 cup dried Fruit Bits
1 cup M&M's
1 cup roasted sunflower kernels**

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

Tom Brokaw's Granola GORP

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

4 cups old-fashioned oatmeal

1 cup pine nuts or walnuts

1 cup shredded coconut

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.

GORP Balls

1/3 cup each raisins, apples, apricots, dates and coconut.

Add 1/2 cup sesame seeds,

1/3 cup walnuts

2 cups peanuts.

For the glue, use 1 cup chocolate chips, 1/3 cup honey and 1/2 cup peanut butter.

Make sure the Scouts don't pack food in the same place as their socks and underwear. Food and patrol cooking gear go in the top of the pack, and personal gear in the bottom and the side pockets. Reserve one side pocket for trail munchies: nuts, dried fruits, smarties, hard candies and chocolate bars. Each Scout should have his own bagful to

ration out to himself so that it lasts the duration of the trip. Our favorite is GORP balls; chopped dehydrated fruits and nuts "glued" together with honey, peanut butter and melted chocolate chips and rolled in icing sugar.

Energy Balls

Nothing re-charges the body and encourages tired hikers faster than a quick snack on the trail. Try these "energy balls".

Mix together **1 cup chopped dates 1/2 cup peanut butter, 1 3/4 cups chopped figs, and 1 cup chopped apricots.** Roll into balls. Recipe should make about 33 servings, each weighing 0.9 oz. (Calories per serving: 72; shelf life: 14 days.)

Heidi's Trail Mix

1 cup dry cereal (Cheerio's, Chex, etc.)

1 cup peanuts or soy nuts

1 handful pretzel sticks

1 cup raisins

optional, handful of dried fruit

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

SAM's Mix

1 big box Pepperidge farm cheese fish crackers or 1 box Chex Mix,

1 @1 lb. bag M&M's

1/2 LB raisins

1 jar Planter's Dry Roasted Peanuts

Mix in a 2 gallon zip lock bag. **serves one Troop.**

People Chow ONEPOT

- 1 pkg. semi sweet morsels**
- 1 cup Peanut Butter**
- 1 stick margarine**
- 1 box Crispex cereal**
- 1 lb. Powdered sugar**

Melt semi sweet morsels, peanut butter and margarine over low heat. stir in cereal until well coated. Place powdered sugar in grocery sack and then put “the mixture” into the bag and shake until well coated. The chow that is, not you.

Donny’s Mix

- 1 cup Pretzels**
 - 1 cup Chex Mix**
 - 1 cup nuts**
 - 1 cup M&M’s**
- Mix and eat and share with your buddies

Pick a Trail Mix

Pick 1/2 cup from each column, pack in bag.

| Cereal | Nuts | Fruit | Candy |
|----------------|-------------------|--------------|---------------------|
| Cheerio’s | Peanuts | Raisins | M&M’s |
| Chex ‘s | Mixed Nuts | Fruit Bits | Chocolate chips |
| Grape Nuts | Macadamia | Apple chips | Reese’s Pieces |
| Granola | Sunflower kernels | Banana chips | Peanut Butter Chips |
| Wheat Thins | Almond slices | Pineapple | Butterscotch chips |
| Snack crackers | Corn Nuts | coconut | Carob chips |
| Pretzels | | | |
| Fish crackers | | | |
| | | | |

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SHOPPING INFORMATION

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.

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

| Food | Weights/Approximate Measurement | Approximate 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 |
| Meats | | |
| Bacon | 1 pound / 20 to 24 slices | 10 to 12 2-slice servings |
| Hamburger | 1 pound / 2 cups | 4 to 5 |
| 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 |

| Food | Weights/Approximate Measurement | Approximate 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 |
| instant "buds" | 13.75 oz / 7 2/3 cups | 17 servings |
| Tomatoes | 1 pound / 3 to 4 | 5 to 8 |
| 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 |

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The Golden Rules Of Food Safety

**ALWAYS WASH YOUR HANDS BEFORE AND AFTER HANDLING FOOD.
ALWAYS WASH YOUR HANDS AFTER USING THE REST ROOM, etc.**

When preparing food, keep surfaces and utensils clean. Use one cutting board for raw meats, another for fruits and vegetables that won't be cooked. **WASH YOUR HANDS BETWEEN EACH TASK!**

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

Read the preparation directions twice before beginning.

- **WASH YOUR HANDS**

- Pick up trash as you create it.
- Soak pots and pans after using, Saves on that stuck on food mess after the meal.
A simple trick is to fill dishpans with hot, sudsy water. This serves two purposes for me.

When preparing food, you can toss the dirty dishes into the hot water to soak while you cook. This makes for easier cleanup.

As you cook, stick your hands in the water to clean.

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

- **WASH YOUR HANDS**

ALWAYS SERVE FOOD ON CLEAN PLATTERS. Now, you are probably thinking - "I know that! Why are they saying that to me?" But think? Have you every taken raw meat to the barbecue on a plate and then put the cooked meat back on the same plate to serve? Don't do this unless you have washed the dish in between. Raw meat has bacteria that will spread to the cooked meat.

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

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

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 |
| 16 Tablespoons | = | 1 Cup | = | 8 oz |
| 2 Cups | = | 1 Pint | = | 16 oz |
| 2 Pints | = | 1 Quart | = | 32 oz |
| 4 Quarts | = | 1 Gallon | = | 128 oz |
| 1 Gallon water | = | 8 pounds | | |

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 cup sour milk | = | 1 cup sweet milk + 1 Tbs. vinegar / lemon juice |
| 1 stick butter | = | 1/4 lb. or 1/2 cup or 8 tbs. |
| 1 lb. loaf bread | = | about 17 slices |
| 1 1/2 tsp. cornstarch | = | 1 tbs. all purpose flour |
| 1 cup Honey | = | 1 1/4c sugar + 1/4c water or other liquid |
| 1 cup of fine crumbs | = | 22 vanilla wafers, 4 slices of bread, 26 saltine crackers, 14 graham crackers |

| | | | |
|------------------------------------|---|----------------------------------|--------------------------|
| 1 Tbs. instant minced onion | = | 1 small fresh onion | |
| 1 Tbs. prepared mustard | = | 1 tsp. dry mustard | |
| 1 cup sugar | = | 2/3 to 3/4 cup honey | |
| 1 cup honey | = | 1 cup molasses | |
| 1 whole egg | = | 2 egg whites | = 1/4 cup egg substitute |
| | = | 1 egg white + 1 tsp. oil | |
| 1 cup sour cream | = | 1 cup plain low-fat yogurt | |
| 1 oz baking chocolate | = | 3 Tbs. cocoa powder + 1 Tbs. oil | |
| 1 Tbs. cornstarch (for thickening) | = | 2 Tbs. flour | |