

# T805 Cookbook





# Contents

## 1-Breakfast

Aluminum Eggs	2
Ants In The Oatmeal	3
Breakfast Burritos	4
Breakfast Burritos In Dutch Oven	5
Breakfast In The Rocking Chair	6
Cinnamon Sugar Donuts	7
Egg In An Onion	8
Egg In Orange Peel	9
Huevos Tacos	10
Mountain Mike's Breakfast	11
Oatmeal Extraordinaire	12
Pig In A Blanket	13
Scrambled Eggs - Minimal Cleanup	14
Spam In A Can	15
Sugar Overdose Oatmeal	16
Swiss Scrambled Eggs	17

## 2-Lunches & Snacks

Camp Lunches And Snacks	19
Pocket Pizza	22

## 3-Appetizer

Chicken Quesadillas	24
Nachos!	25

## 4-Main Dish

2-Step Creamy Chicken & Pasta	27
Angel Hair Pasta With Shrimp And Basil	28
Baja Fish Tacos	29
BBQ Spare Ribs	30
Beef Stroganoff	31
Beef Taco Skillet	32
Camper's Stew	33
Chicken A La Foil - Lemon & Herb	34
Chicken And Rice - Beginner	35
Chicken And Rice - Expert	36
Chicken And Smoked Sausage Casserole	37
Chicken And Stuffing Bake	38
Chicken Biscuit Pot Pie	39
Chicken Egg Foo Young	40
Chicken Kabob	41
Chicken With Garlic Honey Marinade	42
Chicken With Honey Mustard Marinade	43
Chicken With Spicy Hot Marinade	44
Chicken-N-Gravy Over Mashed Potatoes	45
Chili	46
Chili Blast	47

# Contents

Chili Mac	48
Dutch Oven Camper's Stew With Biscuits	49
Dutch Oven Chicken Pot Pie	50
Dutch Oven Pizza	52
Dutch Oven Tater Tot Casserole	54
Easy Beef In A Pot	55
First Class Steak	56
Fried Rice A La Oki	57
Garbage Can Pizza	58
Garibaldi's Roast Beef	59
Hamburger Hash	60
High On Life Hamburgers	61
Hot Stuff Chicken	62
Jambalayia	63
Monterey Chicken Fajitas	65
Poached Salmon	66
Red & Green Chicken	67
Rice El Groton	68
Salisbury Steak	69
Salmon Pasta	70
Shrimp Barbecue	71
Skillet Hash	72
Sloppy Joes	73
Southwest Flank Steak	74
Standard Foil Dinner - Hobo	75
Sticky Chicken	77
Stuffed Trout	78
Taco Soup	79
Ultra Hot Five Alarm Chili	80
<b>5-Side Dish</b>	
Carrots A La Fresco	82
Cheesy Scalloped Potatoes And Ham	83
Minute Rice In A Bag	84
Potato Onions	85
Tossed Green Salad	86
<b>6-Dessert</b>	
Applesauce Cake	88
Baked Apples	89
Banana Hot Boat	90
Cherry Crisp	91
Chocolate Upside Down Cake	92
Dump Cobbler	94
Fruit Tacos	95
Pineapple Upside Down Cake	96
Toxic Chocolate Pudding Cake	97

# Contents

Zip-Loc Fudge	98
Zip-Loc Fudge - Patrol Size	99
Zip-Loc Ice Cream	100
<b>7-Beverages</b>	
Drinks	102
Hot Chocolate	103
Spiced Apple Cider	104
<b>Appendix A - Cooking Basics</b>	
Cooking Tips	106
Dutch Oven Basics	107
<b>Appendix B - Sanitation</b>	
Cleaning Up	110
Cleaning Up - 3 Bowl Method	111
<b>Appendix C - Grace &amp; Blessings</b>	
"Indian/Native" Thanks	113
Edelweiss Grace	114
Johnny Appleseed	115
Philmont Grace	116
Simple - Thank You	117
<b>Appendix D - Forms</b>	
Patrol Duty Roster	119
Patrol Menu	121





# 1-Breakfast







## **Aluminum Eggs**

*Foil Breakfast*

Preparation Time: 10 minutes

Servings: 4

**8 oz Sausage or Bacon, pre-cooked**

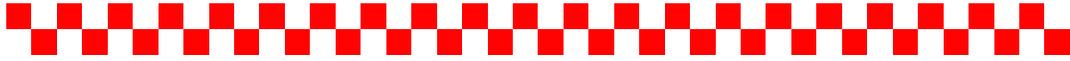
**6 Egg**

**8 oz 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.*



## ***Ants In The Oatmeal***

Preparation Time: 5 minutes

Servings: 1

***1 pkg. Instant Oatmeal  
1/4 cup Raisins & nuts  
2 tsp. Brown sugar  
canned fruit (optional)  
water***

*Prepare oatmeal as noted on the package.*

*Add raisins & nuts, and canned fruit and top with brown sugar.*



## **Breakfast Burritos**

Preparation Time: 10 minutes

Servings: 8

**1 pkg. Flour Tortillas (8)**

**8 Eggs**

**1 pkg. Brown and Serve Sausage**

**Green Onion**

**1/4 cup Cheese**

**1 Tbsp Picante sauce**

**Seasoning**

**1/2 cup Milk**

*Brown the sausage and drain grease.*

*Add the green onion to the sausage, and warm.*

*Mix eggs in a mixing bowl, add milk and stir.*

*Add Picante sauce, and cheese and scramble in the frying pan.*

*Serve wrapped in warmed tortillas, seasoning to taste.*



## **Breakfast Burritos In Dutch Oven**

*Dutch Oven*

Preparation Time: 30 minutes

Servings: 8

**2 lb hot pork sausage**  
**2 Tbsp garlic powder**  
**2 Tbsp onion powder**  
**2 Tbsp chili powder**  
**2 large onions, chopped**  
**2 medium green peppers, chopped**  
**2 Tbsp margarine**  
**24 eggs, beaten**  
**16 flour tortillas**  
**3 cup Jack cheese, shredded**  
**4 Tbsp 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 Tbsp 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.*



## **Breakfast In The Rocking Chair**

Preparation Time: 15 minutes

Servings: 8

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

*Melt margarine in large skillet and saute 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.*



## **Cinnamon Sugar Donuts**

*Habit forming!!*

Servings: 8

**2 tubes      refrigerator biscuits**

**1 cup sugar**

**1/3 cup cinnamon**

**Cooking oil**

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

*Prepare the biscuits by sticking your thumb through them to make a ring.*

*CAREFULLY drop them from a spoon into the hot oil. Turn them once.*

*Mix sugar and cinnamon to taste.*

*Remove "donuts" from the oil and roll them in the cinnamon and sugar mixture.*



## ***Egg In An Onion***

Preparation Time: 5 minutes

Servings: 2

**2 Eggs**

**1 Onion**

**Aluminum Foil**

*Cut onion in half and remove inner layers until only two (2) outermost layers are left.*

*Crack an egg into onion, and CAREFULLY wrap in aluminum foil.*

*Set on coals to cook approx. 3-4 min.*



## ***Egg In Orange Peel***

Preparation Time: 5 minutes

Servings: 2

**2 Eggs**

**1 Orange**

**Aluminum Foil**

*Cut orange in half and scoop out the orange pulp and eat it.*

*Crack an egg into it, and CAREFULLY wrap in aluminum foil.*

*Set on coals to cook approx. 4 min.*



## **Huevos Tacos**

Boys Life Magazine, May 1995

Servings: 2

**2 Flour Tortillas**

**3 Eggs**

**2 oz Muenster Cheese, Shredded**

**Tabasco Sauce**

**1 Avocado, Sliced**

**1 Tbsp Black Olives, Diced**

**1/2 Tbsp Vegetable Oil**

**Salsa, Optional**

*Warm the tortillas in a dry frying pan; set them aside in a covered dish to keep them warm.*

*In a bowl mix eggs cheese and optionally hot sauce.*

*Add oil to frying pan, let warm a minute. Add egg mixture and scramble.*

*When egg mixture is cooked, remove from heat and stir in avocado and olives.*

*Spoon onto warm tortillas, roll and top optionally with salsa.*



## **Mountain Mike's Breakfast**

*Dutch oven*

Preparation Time: 15 minutes

Servings: 8

**1 lb bacon**  
**1 large onion, chopped**  
**1 bag (32 oz) 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 bacon & onion mixture and set aside.*

*Add O'Brian potatoes to the pot. Do not drain 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.*



## **Oatmeal Extraordinaire**

Boys Life Magazine, May 1995

Servings: 2

**1 1/2 cup Water**  
**2/3 cup Oatmeal, Plain**  
**1/2 cup Raisins**  
**2 Tbsp Brown Sugar**  
**1/4 cup Walnuts**  
**1/8 tsp Salt, Optional**

*Over a medium flame, bring water (salt added, if desired) to a boil.*

*Add oats, stirring slowly to prevent lumping. Cook for 5 minutes.*

*Add raisins; cook another 2 to 3 minutes, stirring occasionally.*

*Serve into bowls and add brown sugar and walnuts.*



## ***Pig In A Blanket***

Preparation Time: 15 minutes

Servings: 8

**1 tube Refrigerator Biscuits**

**1 pkg Hot Dogs**

**Bamboo Skewers**

*Wrap a hot dog in biscuit dough, skewer on a stick and bake over hot coals.*

*Or slit the wiener and insert a piece of cheese before you wrap and cook it.*



## **Scrambled Eggs - Minimal Cleanup**

Preparation Time: 5 minutes

Servings: 1

**2 Eggs**

**2 slices Ham, Chopped**

**Green Onion, Chopped**

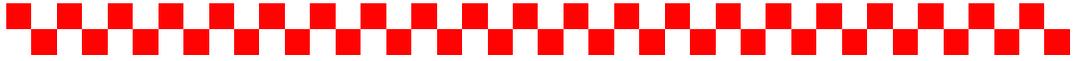
**1 small Zip-Loc Freezer Bag**

*Place all ingredients inside the Zip-Loc bag, seal and mix.*

*Boil water in a saucepan and CAREFULLY place the sealed Zip Lock bag in the boiling water.*

*Gently boil for 5 minutes.*

*Remove bag from water and set on plate to cool slightly before eating.*



## **Spam In A Can**

Preparation Time: 20 minutes

Servings: 8

**4 medium potatoes, sliced**

**2 onions, sliced**

**2 can Spam**

**12 eggs, beaten**

**1/4 cup milk**

**oil**

**salt & 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.*



## **Sugar Overdose Oatmeal**

Preparation Time: 10 minutes

Servings: 8

**8 cup water**

**1 Tbsp salt**

**3 cup quick oatmeal**

**2 cup brown sugar**

**2 margarine**

*Bring water and salt to boil.*

*Add brown sugar and margarine.*

*When at rolling boil, add oatmeal.*

*Cook 5 minutes, stirring constantly.*

*Guaranteed to get you going and keep you going on a cold weather campout.*



## **Swiss Scrambled Eggs**

Preparation Time: 5 minutes

Servings: 8

**4 Tbsp margarine**  
**2 Tbsp onion flakes**  
**1/2 cup water**  
**4 Tbsp dry milk**  
**1 cup shredded Swiss cheese**  
**2 tsp Worcestershire sauce**  
**12 eggs, beaten**  
**salt & 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.*



# 2-Lunch & Snacks







## Camp Lunches And Snacks

Preparation Time: 5 minutes

### *THINGS TO CONSIDER:*

#### *NUTRITION:*

*You need some protein and fats but have mostly carbohydrates.*

#### *SPOILAGE:*

*Only food that does not need refrigeration before use. If it must be refrigerated after use, buy small quantities to reduce waste.*

#### *EASE OF HANDLING:*

*Not easily crushable. Easy preparation with no or little cooking.*

*Something everyone likes!!*

### *FOOD CONTAINING PROTEINS AND FATS:*

- \* Cheese*
- \* Meats*
- \* String Cheese*
- \* Summer Sausage*
- \* Cheese Spread*
- \* Salami*
- \* Bonbells*
- \* Beef Jerky*
- \* Beef Stick*
- \* Ham, Turkey or Tuna spread*

### *FOOD CONTAINING CARBOHYDRATES:*

#### *NUTS:*

- \* Peanuts*
- \* Peanut Butter*

#### *FRUIT:*

- \* Apples*
- \* Apple Sauce*
- \* Bananas*
- \* Grapes*
- \* Oranges*
- \* Raisins*
- \* Apple Juice*
- \* Orange Juice*

- \* *Grape Juice*
- \* *Dates*

*VEGETABLES:*

- \* *Carrots*
- \* *Potato Chips*
- \* *Corn Chips*
- \* *Popcorn*

*GRAINS:*

- \* *Bread*
- \* *Bagels*
- \* *Cereal*
- \* *Graham Crackers*
- \* *Rice Cakes*
- \* *Wheat Crackers*
- \* *Sesame Seeds*
- \* *Pretzels*
- \* *Popcorn*

*SAMPLE SNACKS:*

- \* *Peanuts, Raisins, Granola, Sesame seeds (mixed or not)*
- \* *Cereals*
- \* *Trail Mix*
- \* *Power bars*

*SAMPLE LUNCHESES:*

1. *Fruit juice drink*  
*Peanut butter & jelly sandwich*  
*Graham crackers*  
*Apples*  
*Oranges*
2. *Fruit juice drink*  
*Ham, turkey or tuna spread on*  
*crackers, bagels or pita bread*  
*Mini carrots*  
*Granola Bars*
3. *Fruit juice drink*  
*Beef jerky*  
*Cheese*  
*Crackers*
4. *Fruit juice drink*  
*Meat or cheese lunchables*  
*Potato chips*  
*Bananas*





## **Pocket Pizza**

*Try a pizza pocket dinner or lunch made with those packages of 'flat' dough - pita bread.*

Preparation Time: 5 minutes

Servings: 8

**1 pkg Pita Bread**  
**1 cup Pizza Sauce**  
**1 pkg Pepperoni**  
**2 cup Cheddar Cheese**  
**1/2 cup Mushrooms, Optional**  
**1/2 cup Black Olives, Optional**  
**Heavy Duty Aluminum Foil**

*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 in charcoal or just on a griddle at medium heat 10 minutes on each side, and you might have a pizza pocket.*



# 3-Appetizer







## **Chicken Quesadillas**

Campbells

Servings: 6

**1 pkg Flour tortillas, small**  
**1 pkg Shredded Cheese**  
**1 cup Cooked Chicken,Cubed**  
**1/4 cup Butter**  
**1/2 cup Pace Picate Sauce**

*Butter one side of each small tortillas and place in a frying pan.*

*Add shredded cheeses and cubed cooked chicken and then more cheese and put another tortillas on top.*

*Brown on one side and flip and brown other side.*

*Slice like a pizza and serve with pace thick and chunky and sour cream.*



## **Nachos!**

Campbell's

Preparation Time: 10 minutes

Servings: 8

**1 lb Ground Beef**

**1 can Campbell's Fiesta Nacho Cheese Soup**

**1/2 cup Pace Picante Sauce**

**1 bag Nacho Chips**

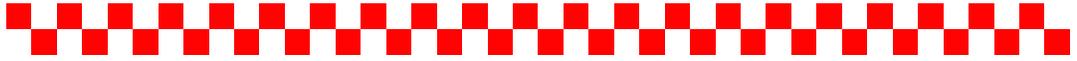
- 1. Brown beef in medium size pan, add soup and salsa.*
- 2. Let simmer until soup, salsa, and beef is thoroughly cooked.*
- 3. Pour over nacho chips or use as a dip.*



# 4-Main Dish







## **2-Step Creamy Chicken & Pasta**

Campbell's

Preparation Time: 20 minutes

Servings: 4

**1 lb boneless chicken breasts, skin removed**

**1 can cream of chicken soup, condensed**

**2 cup pasta**

**1 16 oz frozen vegetables - defrosted**

**water**

**1 tsp vegetable oil**

*Put pasta in a medium saucepan and cover to a level 1" above with water. Bring to a boil and reduce heat to medium*

*Cook on medium heat, low boil, for about 15 minutes.*

*Meat: Cut chicken into cubes and place in large skillet; brown.*

*Add soup, vegetables and 1/2 cup of water. Mix well.*

*Add cooked pasta to meat and vegetable mix. Simmer on medium heat for 5 mins.*



## **Angel Hair Pasta With Shrimp And Basil**

Preparation Time: 20 minutes

Servings: 6

- 1/4 c light olive oil**
- 1 pkg. angel hair pasta**
- 1 tsp. chopped garlic**
- 1 lb large shrimp, peeled and deveined**
- 2 cans (28 oz) Italian-style diced tomatoes, drained**
- 1/4 cup chopped parsley**
- 3 Tbsp chopped fresh basil**
- 3 Tbsp grated Parmesan cheese**

*Add 1 tablespoon olive oil to a large pot of lightly salted water, and bring to a boil. Add pasta, and cook until al dente; drain. To keep pasta from sticking together, rinse it quickly with cold water.*

*Heat remaining olive oil in a 10 inch skillet. Cook garlic over medium heat, stirring constantly until the garlic is tender, about 1 minute. Do not let the garlic burn. Add shrimp, and continue stirring until pink, about 3 to 5 minutes. Remove shrimp from the skillet, and set aside.*

*Stir tomatoes, parsley and basil into the skillet. Continue cooking, stirring occasionally, until liquid is reduced by half, 8 to 12 minutes. Return shrimp to the skillet, and continue cooking until the shrimp are heated through, about 2 to 3 minutes.*

*Serve the shrimp mixture over the pasta. Top with Parmesan cheese.*



## **Baja Fish Tacos**

Ortega

Preparation Time: 20 minutes

Servings: 6

**1/2 cup sour cream**

**1/2 cup mayonnaise**

**1/4 cup fresh cilantro, chopped**

**1 pkg. (1 1/4 oz) ORTEGA . Taco Seasoning Mix, divided**

**1 lb cod or other white fish fillets, cut into 1-inch pieces**

**2 Tbsp vegetable oil**

**2 Tbsp lemon juice**

**1 pkg. (12) ORTEGA . Taco Shells, warmed**

**TOPPINGS**

**shredded cabbage**

**chopped tomato**

**lime juice**

**ORTEGA . Thick & Smooth Taco Sauce, for topping**

*COMBINE sour cream, mayonnaise, cilantro and 2 tablespoons seasoning mix in small bowl.*

*COMBINE cod, vegetable oil, lemon juice and remaining seasoning mix in medium bowl; pour into large skillet.*

*Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with fork.*

*FILL taco shells with fish mixture. Top with cabbage, tomato and sour cream mixture, lime juice and taco sauce.*



## **BBQ Spare Ribs**

Preparation Time: 15 minutes

Servings: 8

**4 lb Beef short ribs, marinate overnight**  
**3 cup BBQ sauce**

*Pierce meat with a large fork and place in a flat pan or dish or large zip-loc bag.*

*Pour BBQ sauce over ribs, turning so as to coat both sides;*

*Marinate 8 hours, turning once. (best done at home )*

*Remove ribs from marinate and brush off excess sauce to avoid burning.*

*Grill over coals for 10 minutes.*

*Brush with marinade and cook 4-5 minutes more.*

*Heat remaining sauce and serve with ribs.*



## **Beef Stroganoff**

Preparation Time: 20 minutes

Servings: 8

**2 lb Round Steak, Sliced Into Thin Strips**

**2 Butter Or Margarine**

**16 oz Rotini noodles**

**16 oz Sour Cream**

**1 can Cream Of Mushroom Soup, Condensed**

**1 med Onion, Chopped**

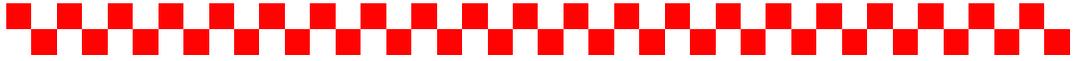
*Saute onions in butter and brown meat.*

*Meanwhile, begin boiling rotini noodles.*

*After meat browns, add all sour cream and cream of mushroom soup. DO NOT drain butter from pan before you add the sour cream and soup.*

*Heat sour cream, soup, and meat.*

*Once the noodles boil to perfection, drain and stir in the creamy meat mixture.*



## **Beef Taco Skillet**

Preparation Time: 20 minutes

Servings: 4

**1 lb ground beef**

**1 can (10 3/4 oz.) Campbell's® Tomato Soup**

**1 cup Chunky Salsa or Picante Sauce**

**1/2 cup water**

**8 flour or corn tortillas (6"), cut into 1" pieces**

**1 cup Cheddar cheese, shredded**

*COOK beef in skillet until browned. Pour off fat.*

*ADD soup, salsa, water, tortillas and half the cheese. Heat to a boil. Cover and cook over low heat 5 min. or until hot.*

*TOP with remaining cheese.*



## **Camper's Stew**

Preparation Time: 20 minutes

Servings: 4

**1 lb ground beef**  
**2 can vegetable soup**  
**1 cans water (1 to 2)**

*Brown ground beef in a pan; pour off grease.*

*Add the vegetable soup and 1-2 cans of water (depending on how much gravy you want) .*

*Cook until the liquid boils.*

*Serve with bread and butter.*



## **Chicken A La Foil - Lemon & Herb**

*Dutch Oven*

Preparation Time: 1 hour

Servings: 8

**1 Whole Chicken**  
**1 Tbsp Lemon Juice**  
**Lemon & Herb Spice**  
**1/2 Onion**  
**Foil**

*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.*



## **Chicken And Rice - Beginner**

Servings: 4

**Vegetable Oil**

**4 Chicken Breasts**

**2 Cup Long Grain and Wild Rice Mix**

**3 Cup Water**

*Brown chicken (sauté until it turns white on all sides )*

*Add rice mix and water; follow cooking instructions on rice mix box, typically cook until water has evaporated.*



## **Chicken And Rice - Expert**

Preparation Time: 1 hour

Servings: 8

**2 medium chickens, cut up**  
**2 Tbsp garlic powder**  
**1 tsp pepper**  
**1 tsp ground basil**  
**1 tsp tarragon**  
**1 tsp ground cumin**  
**2 bay leaves, crushed**  
**1 cup cider vinegar**  
**1 bottle teriyaki sauce**  
**Olive oil**  
**Hot cooked brown rice**

*Combine dry ingredients, vinegar, and teriyaki sauce to make the marinade.*

*Peel skin from chicken and discard. Combine chicken with marinade in double 1 gallon ziplock bag.*

*Place in cooler for 1 hour.*

*Put chicken and marinade in large pot and add 1 cup water.*

*Cover and cook over medium heat about 40 minutes.*

*Remove chicken and brown in large skillet with 1/4 in olive oil.*

*Return to pot and simmer, covered for 10 minutes.*

*Serve with hot cooked brown rice.*



## **Chicken And Smoked Sausage Casserole**

Campbells

Preparation Time: 40 minutes

Servings: 4

**1 grilled chicken breast, Diced**  
**1 smoked sausage, Thickly Sliced**  
**1 med Onion, Chopped**  
**1 Butter**  
**1 lg potato, Cooked sliced**  
**1 cup noodles or rice, cooked**  
**1 cup grated cheddar cheese**  
**1/2 cup bread crumbs (optional)**  
**1 can cream of chicken soup, condensed**

*In a Dutch oven, melt butter. Add onions and saute till onions are a light golden color.*

*Add chicken, sausage and soup. Mix well and simmer for 10 minutes.*

*Add noodles, and potato. Top with cheddar cheese and then the bread crumbs.*

*Cover and cook for 20-30 minutes.*



## **Chicken And Stuffing Bake**

*Dutch oven*

Preparation Time: 45 minutes

Servings: 4

**1 pkg (6 ounces) Chicken stuffing mix**  
**1 cup hot water**  
**1/4 cup butter, softened**  
**4 boneless, skinless chicken breasts**  
**1/4 tsp Paprika**  
**1/4 tsp Black Pepper**  
**1 can (10-3/4 ounces) cream of mushroom soup, condensed**  
**1/3 cup milk**

*In medium bowl, mix stuffing crumbs, contents of seasoning packet, water and butter until moistened; set aside.*

*Sprinkle chicken breasts lightly with paprika and pepper; place in Dutch oven.*

*In a small bowl, combine soup and milk. Pour over chicken. Top with stuffing.*

*Bake in a Dutch Oven at 375F for 35 minutes until chicken is no longer pink.*



## **Chicken Biscuit Pot Pie**

*Dutch oven*

Preparation Time: 50 minutes

Servings: 6

**1 2/3 cup frozen mixed vegetables, thawed**  
**1 1/2 cup chicken, cubed cooked**  
**1 can cream of chicken soup, condensed**  
**1/4 tsp dried thyme**  
**1/4 tsp dried basil**  
**1 cup biscuit/baking mix**  
**1/2 cup milk**  
**1 egg**

*In a bowl, combine vegetables, chicken, soup, thyme and basil.*

*Pour into an ungreased foil deep-dish pie plate.*

*Combine biscuit mix, egg and milk; pour over chicken mixture.*

*Bake in Dutch Oven at 400 degrees for 30 minutes or until golden brown.*



## **Chicken Egg Foo Young**

Preparation Time: 20 minutes

Servings: 8

- 2 can bean sprouts, drained**
- 2 can chicken, diced**
- 1 onion, diced**
- 2 clove garlic, minced**
- 6 eggs, beaten**
- 1 tsp salt**
- 1 tsp red pepper**
- 1 Tbsp teriyaki sauce**
- 2 Tbsp olive oil**
- 2 pkg chicken gravy mix**

*Chop bean sprouts, add onions, garlic, chicken, and seasonings. Blend well.*

*Add eggs. Fry by spoonfuls in large skillet in olive oil.*

*Make chicken gravy according to package directions and serve as toping for patties.*



## **Chicken Kabob**

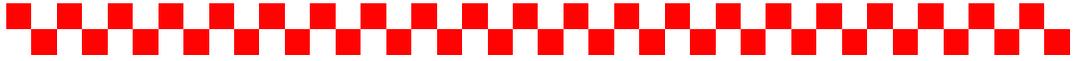
Servings: 4

**1 lb Chicken Breast, Skinned & Deboned**  
**1 small Onion, Cut Into Cubes**  
**8 Cherry Tomatoes**  
**1 Bell Pepper, Cut Into 1" Pieces**  
**8 Mushroom, Cleaned**  
**Bamboo Skewers**  
**Aluminum Foil**

*Skewer meat, and vegetable on a stick.*

*Cook over hot coals.*

*(Can be wrapped in aluminum foil if desired and cooked in hot coals. )*



## **Chicken With Garlic Honey Marinade**

Preparation Time: 20 minutes

Servings: 8

**1 Whole Chicken (or boneless breasts)**

**2 1 gallon Ziploc bags**

### **MARINADE**

**1 small onion, chopped finely**

**1/4 cup lemon juice**

**1/4 cup olive oil**

**2 Tbsp soy sauce**

**2 cloves garlic, minced**

**1 Tbsp ginger**

**2 Tbsp honey**

**2 tsp parsley flakes**

*Mix in small pot marinade ingredients.*

*Let chicken marinate in cooler in double 1-gallon ziplock overnight.*

*Grill chicken over coals.*



## **Chicken With Honey Mustard Marinade**

Preparation Time: 20 minutes

Servings: 8

**1 Whole Chicken (or boneless breasts)**

**2 1 gallon Ziploc bags**

### **MARINADE**

**1 cup Dijon mustard**

**1 cup red wine vinegar**

**3/4 cup olive oil**

**1/4 cup honey**

**1 clove garlic, minced**

**2 Tbsp soy sauce**

*Mix in small pot marinade ingredients.*

*Marinate chicken overnight in cooler in double 1-gallon ziplock bags.*

*Grill chicken over coals.*



## **Chicken With Spicy Hot Marinade**

Preparation Time: 20 minutes

Servings: 8

**1 Whole Chicken (or boneless breasts)**

**2 1 gallon Ziploc bags**

### **MARINADE**

**4 green onions**

**2 jalapeno peppers**

**1/3 cup lemon juice**

**1/4 cup honey**

**2 Tbsp olive oil**

**2 Tbsp thyme**

**1/2 tsp salt**

**1/4 tsp allspice**

**1/4 tsp nutmeg**

*At home, place all marinade ingredients in blender and blend until smooth.*

*At camp, put chicken (best for boneless chicken breasts) in double 1-gallon ziplock bag.*

*Add marinade and let set 2-6 hours.*

*Grill chicken and baste with marinade.*



## **Chicken-N-Gravy Over Mashed Potatoes**

Campbells

Servings: 4

**3 Chicken Breast, Skinned & Deboned**  
**2 cup Water**  
**1 med Onion, Chopped**  
**Pepper, to taste**  
**1 can Cream of Mushroom Soup, condensed**  
**2 cup Instant Mash Potato**

*Dice up chicken breasts and fry in a pan using water to cook the chicken. Just cover the chicken with the water.*

*Add onions, and pepper. Let the water boil off.*

*When the water has boiled off, it will continue to heat the chicken and browning it at the same time.*

*When the bottom of the pan and the chicken becomes browned (not burnt) , you can add 1/2 cup of water; this makes an excellent base for the gravy.*

*Add 1 can of Campbells Cream of Mushroom Soup and simmer until you have a nice thick gravy.*

*Prepare the instant mash potato, use the chicken-n- gravy over mashed potatoes.*



## **Chili**

Preparation Time: 30 minutes

Servings: 8

### **Vegetable Oil**

**1 lrg Yellow Onion**

**3 Garlic Cloves**

**1 cup Brown Sugar, Packed**

**1 can (24 oz) Stewed Tomatoes**

**3 Dijon Mustard**

**2 Cider Vinegar**

**1 can (24 oz) Baked Beans**

**1 can (24 oz) Kidney Beans**

**Cayenne Pepper**

**2 cup Shredded Sharp Cheddar Cheese**

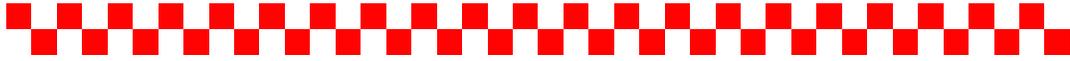
*Saute onion and garlic, in oil, until limp*

*Stir in sugar, stewed tomatoes, mustard and vinegar Simmer 5 minutes*

*Add beans and pepper (to taste )*

*Simmer 15-20 minutes*

*Top with cheese and simmer until melted*



## **Chili Blast**

*Boys Life Magazine, May 1995*

Preparation Time: 40 minutes

Servings: 4

- 1 lb Stew Beef Or Steak, Cut Into 1/2" Cubes**
- 1 small Onion, Chopped**
- 1 clove Garlic, minced or chopped finely**
- 2 Tbsp Vegetable Oil**
- 1/2 cup Dried Corn, Rehydrated**
- 1 can (6 oz) Tomato Paste**
- 1 1/4 cup Water**
- 2 Chili Peppers, Seeded & Chopped**
- 1/4 tsp Salt, Optional**
- Chili Powder**
- 1 pint Raisins, Grapes, Summer Squash, Zucchini**

*In frying pan, cook onion, beef and garlic in oil until beef is browned.*

*Add all other ingredients except optional ones.*

*Bring to the boil, then reduce heat. Simmer covered for 30 minutes.*

*Add desired optional ingredients; simmer 10 more minutes or until meat is tender.*



## **Chili Mac**

Campbell's

Preparation Time: 30 minutes

Servings: 6

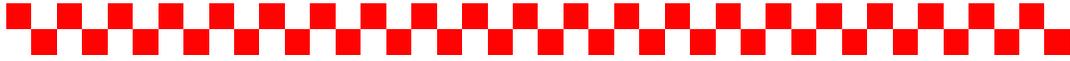
- 1 lb lean ground beef**
- 1 md Onion, chopped**
- 1 clove garlic, minced**
- 1 can (14 1/4 oz) tomatoes, cut up**
- 2 cup water**
- 1 can (10 3/4 oz) Tomato Soup, condensed**
- 1 chili powder**
- 1/2 tsp oregano**
- 8 oz elbow macaroni, uncooked**
- 1 can (15 1/4 oz) dark red kidney beans, undrained**

*Brown ground beef, onion and garlic in a 3-quart saucepan; drain.*

*Return beef mixture to saucepan. Add tomatoes, water, tomato soup and seasonings; bring to a boil.*

*Reduce heat; cover and simmer 10 minutes.*

*Stir in uncooked macaroni and kidney beans. Bring to a boil; reduce heat to medium heat. Simmer 9 to 10 minutes or until macaroni is tender, stirring occasionally.*



## **Dutch Oven Camper's Stew With Biscuits**

*Dutch Oven*

Preparation Time: 45 minutes

Servings: 4

**1 lb ground beef**  
**1 med onion, diced**  
**1 pkg. beef gravy mix**  
**2 can vegetable soup, condensed**  
**1 cans water (1 to 2)**  
**1 tube refrigerator biscuits**

*Brown ground beef in a Dutch Oven; pour off grease.*

*Add onions and brown with the meat.*

*Add the vegetable soup and 1-2 cans of water.*

*Add a package of beef gravy mix to make a more thicker gravy.*

*Place refrigerator biscuits over the top of the stew; cover and add hot coals to the lid.*

*Continue to cook until the biscuits are golden brown.*



## **Dutch Oven Chicken Pot Pie**

*Awesome!!*

Muir JLT 2001

Preparation Time: 1 hour 30 minutes

Servings: 8

**2 pkg McCormick Chicken gravy mixes (makes two cups)**

**2 cans (10 oz) Chicken meat in water**

**1 med onion, chopped**

**4 med boiled potatoes**

**2 carrots (2 to 3)**

**2/3 cup peas, frozen or fresh**

**2/3 cup corn, frozen or fresh**

**2/3 cup green beans, frozen or fresh**

**1 Pillsbury prepared 9" piecrust**

**1 tsp salt**

**1 tsp coarse ground pepper**

**Giant Casserole Foil Pan 9 1/4" dia. x 2**

*GRAVY MIX PREPARATION:*

*Whisk the two packets of gravy mix into 2 cups of cold water in the saucepan*

*Add chopped onion to gravy mix*

*Heat mix slowly to a boil, stir/whisk frequently.*

*After boiling, simmer gravy for 1 minute.*

*Add salt and pepper to gravy.*

*Take off stove and mix in the two cans of chicken with the water from the cans. Cover and set aside*

*VEGETABLE PREPARATION:*

*Clean and cut carrots into slices, no need to peel carrots.*

*Place the potatoes, carrots, peas, corn and green beans into the aluminum foil casserole pan.*

*Add prepared gravy mix to vegetables and mix thoroughly, Do Not Puncture the pan.*

*Round off the top of the mixture with the spoon.*

*Cover the mixture with one piecrust, snug piecrust to pan to seal.*

*Poke 8 sets of fork holes in piecrust to vent.*

**COOKING:**

*Cover casserole with lid. Bake 30 minutes*

*Dutch oven is to be heated over 14 hot briquettes.*

*Dutch oven lid is to be heated with 8 to 10 hot briquettes.*

*Add six briquettes to top and bottom of Dutch oven. Bake for 30 more minutes*

*Remove casserole pan from heat and let sit for 15 to 20 minutes*

*Divide into 8 portions and serve*



## Dutch Oven Pizza

*Dutch Oven. After you buy the pizza crust store it in the refrigerator. For transportation on an outing wrap it in several layers of newspaper and keep it out of the sun. Otherwise it might blow up!*

Preparation Time: 45 minutes

Servings: 8

**2 Tbsp Oil**  
**2 10 oz Pillsbury Refrigerator Pizza Crust**  
**1 pkg (8 oz) Shredded Mozzarella Cheese**  
**1 pkg (4 oz) Shredded Sharp Cheddar Cheese**  
**1 pkg (3 oz) Pre-sliced Pepperoni**  
**1 can (15 oz) Pizza Sauce**  
**1 med Onion, Peeled & Sliced**  
**1/2 Green Pepper, Chopped**  
**1 can (2 1/4 oz) Sliced Black Olives**  
**1 bag (4 lb) Match Light Charcoal**

### DIRECTIONS:

*While the briquettes are firing up, oil the oven liberally - bottom and sides. Open both pizza crust rolls and combine them into one big ball. Now place the ball in the center bottom of the oven and mash/pound it down and out, until you get a layer of even thickness across the bottom and up the sides about inch. Try not to create any rips or holes; if you do patch them with some dough taken from a place where it is too thick. Pour and spread the pizza sauce evenly, leaving edges clear.*

*Sprinkle cheese on top of sauce, first the mozzarella and then the cheddar. Now spread evenly all the rest - olives, onion rings, pepper slices.*

*Ready to bake. Place the oven on the usual 5 or 6 hot coals, then 20 - 25 on the lid. Baking time is about 40 minutes. Check every 15 minutes to be sure there is no burning, especially of the bottom crust. If so remove the underneath coals. Pizza is ready when the outside crust is brown and the cheese is bubbling.*

*RECOMMENDATION: The pizza crust, pizza sauce and cheeses are essential. Otherwise you can add or substitute whatever you'd like: pineapple chunks [small can, drained well], salami [thin sliced], mushrooms [about a cup of fresh, sliced, or a small can, drained well], Italian sausage [buy pre-cooked and slice thin; watch refrigeration], ground beef [brown at home, freeze in plastic bag, wrap in newspapers], ham [about a cup full; buy pre-cooked, dice into 1/2 inch cubes], shrimp [small can, drained] anchovies [small can, drained], etc, etc.*

*HINT: Got some vegetarians in your group? Just put any meats on one half or three quarters of the pizza.*

*ANOTHER HINT: Serve with salad [about 3 oz pre-packaged salad per person] and salad dressing.*



## **Dutch Oven Tater Tot Casserole**

*Dutch Oven*

Preparation Time: 40 minutes

Servings: 8

**1/2 lb Hamburger**  
**1 can Cream Of Chicken Soup, condensed Or**  
**1 can Cream Of Mushroom Soup, condensed**  
**1 can Water**  
**Salt & Pepper**  
**1 pkg (8 oz) Tater Tots**  
**4 oz Cheddar Cheese, Grated**  
**Green Beans, Optional**

*Brown hamburger and drain the fat.*

*Combine meat, soup, water, and green beans in the Dutch oven.*

*Sprinkle Tater Tots on top, then top with grated cheese.*

*Bake 30-40 minutes.*



## **Easy Beef In A Pot**

*Dutch oven*

Servings: 8

**1 Large Round steak**  
**1 can Pepsi or Coke**  
**3/4 cup Ketchup**  
**1 large Onion, sliced**  
**1 Green pepper, sliced**  
**2 Tbsp Olive oil**  
**Salt & Pepper**  
**1 pkg (16 oz) Egg noodles, cooked**

*Heat Dutch oven over medium heat.*

*Add olive oil. cut round steak into 8 strips. Brown steak and add onions.*

*When onions are soft, remove meat and onions. Drain oil from oven. Return meat, onions, and green pepper to the oven.*

*Add can of Pepsi and ketchup. Salt and pepper to taste.*

*Cover and place coals on bottom and top of oven in 1 to 3 ratio.*

*Cook 1 hour or until sauce thickens.*

*Serve over egg noodles.*

### **VARIATIONS:**

*\* Add 4 tbs teriyaki sauce and 2 tbs garlic powder while browning. Do not drain.*

*\* Add 1/4 cups jalapeno peppers and 1 tsp red pepper to mixture before baking.*



## **First Class Steak**

Preparation Time: 30 minutes

Servings: 8

**3 lb boneless sirloin steak**

**1 1/2 tsp pepper**

**3/4 tsp caraway seeds**

**3/4 tsp ground turmeric**

**1/4 tsp cardamom**

**2 1 gallon ziplock bags**

*Mix all ingredients except steak.*

*Sprinkle on both sides of steak and lightly press into beef.*

*Place into ziplock bag. Squeeze out air and seal.*

*Place in second ziplock and seal. Put in cooler at least 1 hour.*

*Grill over coals 25-30 minutes, turning 2 or 3 times.*

*Cut into serving pieces.*



## **Fried Rice A La Oki**

Chris Oki

Preparation Time: 10 minutes

Servings: 8

**3 cup Cooked Rice**  
**1 cup Frozen Peas/Carrots**  
**1 Onion, finely chopped**  
**4 oz Breakfast Meat (Spam, Bacon, or Ham)**  
**4 Tbsp Soy Sauce**  
**3 tsp Vegetable Oil**  
**1 Egg, optional**  
**Salt and Pepper**  
**Water**

*Place chopped onions in frying pan with enough water to just cover. Bring to a boil.*

*Boil the onions until almost all the water has evaporated. Reduce heat to medium-low.*

*Add 1 tsp. of the oil - enough to coat the pan. Cook onions until golden brown*

*Add breakfast meat and brown. Add remaining oil only if needed.*

*Add rice to the mixture and 2 Tablespoons of soy sauce. Mix ingredients together until the soy sauce is absorbed and rice looks a brown color.*

*Continually move the mixture in the pan so that it does not burn.*

*After about 2-3 minutes add the remaining soy sauce and again mix.*

*Reduce the heat to low. Add the frozen peas and carrots and stir.*

*Add salt and pepper to taste.*

*Cover the pan and leave to cook on low heat for about 5 minutes. Check occasionally and stir.*

*If desired add a beaten egg to the mixture about 2 minutes before serving. Stir into rice mixture cover and leave to cook.*



## **Garbage Can Pizza**

Servings: 8

- 2 pkg. crescent rolls**
- 1 jar pizza sauce**
- 1 1/2 lb ground beef**
- 8 oz shredded cheddar cheese**
- 8 oz shredded mozzarella cheese**
- 4 oz pepperoni**
- 2 tsp oregano**
- 1 tsp garlic powder**
- 1 tsp onion powder**

*Brown ground beef, drain.*

*Line Dutch oven with 1 pkg. crescent rolls.*

*Spread pizza sauce on dough. Add ground beef, pepperoni, and sprinkle oregano, garlic powder, and onion powder on top.*

*Add cheeses and use second pkg. crescent rolls to form top crust.*

*Bake 30 minutes at 350 degrees.*

*Other ingredients such as chopped green pepper, chopped onion, cooked bacon, and/or mushrooms can be added to make a "garbage can" pizza.*



## **Garibaldi's Roast Beef**

*Boys Life Magazine, May 1995*

Preparation Time: 1 hour 30 minutes

Servings: 2

**1/2 lb Boston Roast**

**2 tsp Olive Oil**

**1/2 tsp Garlic Powder**

**1/2 tsp Basil**

**2 tsp Prepared Mustard**

**1 cup Water**

**1 Green Bell Peppers, Cut In Strips**

**1 lg Potato, Leave Skins On**

**1 Red Bell Peppers, Cut In Strips**

**1 Onion, Chopped**

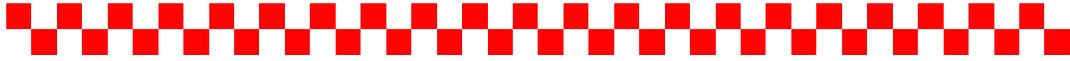
*Rub garlic powder, basil, and mustard on meat.*

*Heat oil in pan over a medium flame, add meat and brown on all sides.*

*Add water, cover and cook about 1 hour.*

*Add vegetables, cover and cook another 30 minutes.*

*Serve with Italian bread rolls.*



## **Hamburger Hash**

*Boys Life Magazine, May 1995*

Preparation Time: 40 minutes

Servings: 2

**1/2 lb Lean Ground Beef**

**1/2 md Onion, Diced**

**1/2 cup Pinto Beans, previously soaked at home**

**2 oz Ketchup**

**1 Tbsp Brown Sugar**

**1/2 cup Water**

**1 Beef Bouillon Cube**

**Salt & Pepper**

*Brown beef, and add onions. Cook until tender.*

*Add remaining ingredients, stir mixture.*

*Simmer (low heat) for 10 or 15 minutes.*

*Serve.*



## **High On Life Hamburgers**

Preparation Time: 45 minutes

Servings: 8

- 2 Tbsp Olive oil**
- 2 small Onions, minced**
- 2 tsp pepper**
- 1 tsp ground nutmeg**
- 2 tsp ground coriander**
- 4 lb ground beef**
- 2 Tbsp Garlic flakes**
- 8 sandwich-size ziplock bags**
- 1 1 gallon ziplock bag**
- CONDIMENTS, ETC.**
- 1 Bottle A-1 steak sauce**
- 8 buttered toasted hamburger buns**
- 8 slices red onion - sliced thinly**
- 8 slices tomato**

*Combine oil, minced onion, and garlic in large skillet over medium heat until onions soften.*

*Add pepper, nutmeg, and coriander. Cook 1min.*

*Scrape mixture into large pot and mix well. Form into 8 patties.*

*Seal each in sandwich ziplock. Seal all bags into gallon ziplock. Put in cooler for 1/2 hour.*

*Grill on hot griddle until desired doneness.*

*Serve on hot buttered toasted buns with a slice of onion and tomato.*

*Top with A-1.*



## **Hot Stuff Chicken**

Preparation Time: 1 hour 15 minutes

Servings: 8

**2 lb boneless chicken breasts**

**2 cup flour**

**oil**

**1 1 gallon ziplock bag**

**MARINADE**

**2 tsp chili powder**

**2 tsp Tobasco**

**2 tsp soy sauce**

**2 tsp teriyaki sauce**

**4 tsp ground ginger**

**2 Tbsp onion flakes**

**2 tsp sugar**

**2 tsp vinegar**

*Cut chicken into strips 2 in by 1/2 in and put in gallon ziplock bag.*

*Blend marinade ingredients and pour into bag. Squeeze air out and seal bag. Marinate for 1 hour at room temp.*

*Heat 1 in of oil in large skillet until quite hot.*

*Take chicken pieces out of bag and lightly sprinkle with flour.*

*Fry for 4 minutes. Turn once and fry for another 4 minutes.*

*Remove and drain on paper towels.*

*Serve while hot.*



## **Jambalaya**

Preparation Time: 1 hour

Servings: 8

**1/2 lb pork tenderloin, chopped**  
**1 cup chopped celery**  
**4 cloves garlic, minced**  
**8 oz Tomato sauce**  
**1/2 tsp Pepper**  
**1/2 tsp dried Thyme**  
**6 cup Uncooked Rice**  
**1/4 cup Flour**  
**2 lb okra, cut in 1/4" slices**  
**2 med onions, chopped**  
**1/2 cup celery, chopped**  
**3 Tbsp flour**  
**2 cloves garlic, minced**  
**1/2 lb smoked sausage, 1/2" slices**  
**1/4 cup vegetable oil**  
**1 cup chopped onion**  
**1 bundle green onions, chopped**  
**1 Tbsp chopped parsley**  
**1 tsp garlic salt**  
**1/2 tsp paprika**  
**1/4 tsp red pepper**

*Cook sausage and pork until browned; drain well and set aside.*

*Cook rice according to package directions and set aside.*

*Heat oil in Dutch oven, add flour and cook over med-high heat stirring constantly, until roux turns dark brown.*

*Stir in onion, celery, 1/2 of green onion, garlic and parsley.*

*Cook over medium heat (8-12 Coals) 10 minutes stirring frequently.*

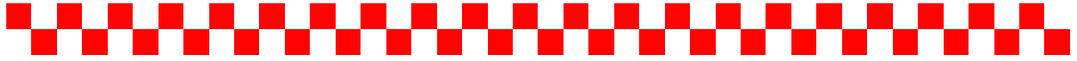
*Add tomato sauce and seasonings.*

*Reduce heat and simmer 5 minutes, stirring occasionally.*

*Stir in meat and remaining green onions.*

*Cover and cook until meat reheated, approximately 5-10 more minutes.*





## **Monterey Chicken Fajitas**

Servings: 4

**2 Tbsp Vegetable oil**  
**1 lb boneless chicken breasts, cut into strips**  
**1 med green pepper, cut into strips**  
**1 med Onion, sliced**  
**1 can Cream of Mushroom Soup, condensed**  
**1/2 cup Chunky Salsa**  
**8 Flour Tortillas (8")**  
**1 cup Monterey Jack cheese, shredded**

*HEAT oil in skillet. Add chicken and cook until browned, stirring often.*

*ADD pepper and onion and cook until tender- crisp.*

*ADD soup and salsa and heat through.*

*Spoon about 1/2 cup chicken mixture down center of each tortilla. Top with cheese and additional salsa.*

*Fold tortilla around filling*



## Poached Salmon

*Salmon can be frozen for easy of transportation. If not completely defrosted increase cooking time by 5 minutes.*

Preparation Time: 15 minutes

Servings: 8

**2 cup water**  
**2 lb salmon fillets, cut into 4 pieces**  
**2 Tbsp butter, softened**  
**1 1/2 tsp dried parsley**  
**1 1/2 tsp chopped garlic**  
**salt & pepper, to taste**

### *DIRECTIONS:*

*Heat water over medium high heat in a large non-stick skillet for 5 minutes.*

*Slide salmon pieces into poaching liquid and dot with butter. Sprinkle with dried parsley, garlic, salt and pepper.*

*Bring to a slow boil, reduce heat to medium and poach until salmon flesh is firm, about 10 to 15 minutes.*



## **Red & Green Chicken**

Boys Life Magazine, May 1995

Preparation Time: 40 minutes

Servings: 2

**1/2 lb Chicken Breast, 1" Strips**

**2 Tbsp Margarine**

**1 small Onion, Diced**

**1/2 tsp Paprika**

**1/2 tsp Salt, Optional**

**Pepper, To Taste**

**1 Green Bell Pepper, Diced**

**1 Red Bell Pepper, Diced**

**3/4 cup Water**

**4 oz Cream Cheese**

**1/2 lb Precooked Pasta**

*Over a medium flame, melt the margarine, add the diced onions, and brown.*

*Add paprika and chicken, and cook over low heat for about 20 minutes.*

*Add water, salt, pepper, and remaining vegetables.*

*Cover and cook for another 15 to 20 minutes stirring occasionally.*

*Add cream cheese, a lump at a time until it melts and mixes into the sauce.*

*Serve over pasta with sourdough or other heavy grain bread.*



## **Rice El Groton**

Chris Celio

Preparation Time: 20 minutes

Servings: 8

**2 pkg Chicken & Broccoli Rice A Roni**

**3 can Chunky White Chicken**

**Water**

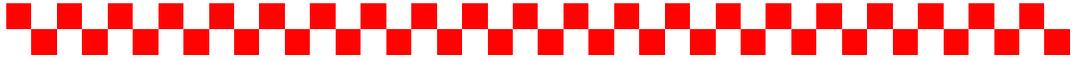
*Pour in large pot the amount of water the ingredients call for the rice in the Rice a Roni packages., add and additional 1/2 Cup of water.*

*Add Rice a Roni and seasoning to pot and bring to a boil.*

*Continue to boil the Rice a Roni, over a medium heat, until almost all the liquid is gone. Stir with spatuala continously to ensure ingredients don't stick to bottom of pot or burn.*

*Add the chicken and water from the can to the pot and continue to slow boil over a medium heat.*

*When all the water has gone the meal is ready to serve.*



## **Salisbury Steak**

Preparation Time: 20 minutes

Servings: 8

**2 lb ground beef**  
**1 tsp salt**  
**2 eggs, beaten**  
**2 can beef broth**  
**4 tsp cornstarch**  
**2/3 cup Italian bread crumbs**  
**1/2 tsp pepper**  
**2 large onions, sliced**  
**2 cloves garlic, minced**  
**2 can mushrooms, drained**  
**1/4 cup water**

*Mix ground beef, bread crumbs, salt, pepper, and eggs.*

*Shape into eight (8) patties, each about 3/4 in thick.*

*Cook patties in large skillet over medium heat until brown. Drain off the fat.*

*Add onions, garlic, broth and mushrooms.*

*Heat to boiling, then reduce heat to simmer.*

*Cook another 10 minutes.*



## **Salmon Pasta**

Servings: 4

**1 pkg Smoked Salmon, Cut Into Small Bits**  
**1 pkg Cheese Tortellini**  
**1 can Cream of Mushroom Soup, Condensed**  
**1 pkg Frozen Broccoli**  
**1/2 cup Grated Parmesan Cheese**  
**Salt & Pepper**

*Empty can of soup into saucepan with salmon, half of the cheese, salt & pepper. Warm until soup bubbles.*

*At the same time cook the pasta and vegetables.*

*Dish out pasta, vegetables and pour soup mixture over the top.*

*Sprinkle on top remaining cheese.*



## **Shrimp Barbecue**

<http://www.usscouts.org/>

Preparation Time: 10 minutes

Servings: 8

**4 lb Large Shrimp, Pealed And Cleaned**

**1 cup Butter Or Margarine**

**1 Clove Garlic, Minced**

**1 1/2 tsp Black Pepper**

**1 tsp Salt**

**1 cup Parsley, Minced**

**Heavy Duty Tin Foil**

**1 Large Zip-Loc Bag**

*Cream butter/margarine in a large zip-loc bag with all the other ingredients (except shrimp) and mix well.*

*Divide shrimp evenly between group. Place shrimp on a sheet of heavy-duty foil and top with butter mix.*

*Seal the foil package by twisting the ends.*

*Cook for 5-8 minutes on hot charcoal.*

*Serve with vegetables.*



## **Skillet Hash**

Preparation Time: 15 minutes

Servings: 8

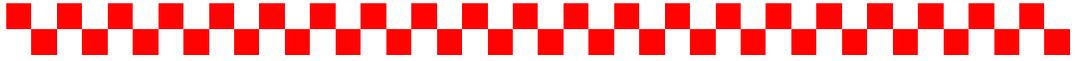
**4 cup ground beef, cooked**  
**2 cup potatoes, cooked & chopped**  
**1 cup onion, chopped**  
**1 tsp salt**  
**1/4 tsp red pepper**  
**1/4 tsp sage**  
**1 pkg brown gravy mix**  
**1/4 cup shortening**  
**1 Tbsp garlic flakes**

*HASH: In a large bowl, mix meat, potatoes, onions, garlic and seasonings.*

*Prepare the gravy mix per the directions on the package. Mix brown gravy mixture into the \*hash\*.*

*Heat shortening in large skillet.*

*Add \*hash\* and fry slowly until brown and crisp.*



## **Sloppy Joes**

Servings: 8

**1 1/2 lb ground beef**  
**1 can (10 3/4 oz.) Condensed Tomato Soup**  
**2 Tbsp ketchup**  
**1 tsp prepared mustard**  
**8 hamburger rolls**

*COOK beef in skillet until browned. Pour off fat.*

*ADD soup, ketchup and mustard and heat through.*

*Serve on rolls.*



## **Southwest Flank Steak**

Preparation Time: 1 hour 15 minutes

Servings: 8

- 6 fresh chili peppers**
- 2 Tbsp garlic flakes**
- 1 Tbsp brown sugar**
- 1 tsp thyme**
- 1/4 tsp salt**
- 1/4 tsp red pepper**
- 2 lb beef flank steak**
- 2 1 gallon ziplock bags**

*Place chili peppers and enough water to cover in medium pot. Heat to boiling.*

*Boil uncovered 5 minutes. Drain. Remove stems and chop.*

*Mix chili peppers and remaining ingredients except steak.*

*Rub mixture on both sides of steak. Place in gallon ziplock. Squeeze air out and seal.*

*Place in another gallon ziplock and seal. Put in cooler for 1 hour.*

*Grill over coals 5 minutes on a side.*

*Cut beef diagonally across grain into thin slices.*

*Serve with beef Rice-a-Roni as side dish.*



## **Standard Foil Dinner - Hobo**

Preparation Time: 15 minutes

Servings: 1

**Meat, As Desired**

**Potato**

**Onions**

**Carrot**

**Butter**

**Salt & Pepper**

**Heavy-Duty Aluminum Foil**

*Lay slices of potatoes, onion, and carrots on a sheet of heavy-duty foil then place hamburger patty or chicken on top.*

*Cover with slices of potato, onion, and carrots.*

*Season with butter, salt and pepper. Seal the end of the foil package.*

*Cook 20-30 minutes over hot coals, turning twice during cooking.*

**VARIATIONS ON THE HAMBURGER FOIL DINNER:**

*This a collection of ideas to make foil dinners more interesting:*

*Use cabbage leaves to wrap it all in before wrapping in foil. A little catsup helps for some boys. So can a few slices of onion.*

*Add Cream of Mushroom soup to our hobos. It adds taste as well as additional moisture. A couple of tablespoons will do just fine.*

*Add BBQ sauce, Worcestershire sauce, or even Italian dressing*

*A measuring teaspoon of Italian seasoning or of curry powder or of chili powder wouldn't hurt.*

*Try combining BBQ and chili powder; or Italian dressing and Italian seasoning; Don't mix Worcestershire and curry powder though.*

*Spiced up your hunters pack aluminum foil dinners by adding Heinz 57 sauce. It really makes a big difference.*

*Instead of hamburger, try Pork Loin, or Boneless Chicken Breast! Also vary the vegetable ingredients to include slices of tomato, and/or bell peppers.*

*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.*

*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.*



## **Sticky Chicken**

*Boys Life Magazine, May 1995*

Preparation Time: 30 minutes

Servings: 2

**2 Boneless Chicken Breasts, Cut Into 1" Cubes**

**1/4 cup Peanut Butter**

**1 Tbsp Honey**

**2 Tbsp Soy Sauce**

**1/8 Tbsp Garlic Powder**

**1 Tbsp Lemon Juice**

**1/4 tsp Cayenne Pepper**

**2 med Onion, Chopped**

**1 cup Water**

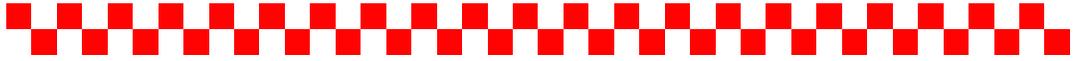
**1 Tbsp Ketchup**

**Salt & Pepper**

*Combine all of the ingredients into a pan.*

*Cook over medium flame for about 30 minutes or until chicken is cooked (white in center) .*

*Serve.*



## **Stuffed Trout**

<http://www.usscouts.org/>

Preparation Time: 25 minutes

Servings: 8

**8 large Trout**

**4 med Onions, Chopped Fine**

**1 Butter**

**Salt & Pepper**

**Heavy Duty Aluminum Foil**

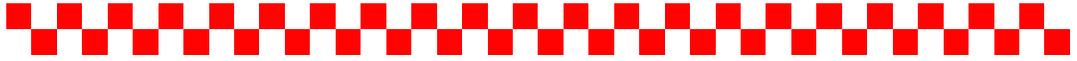
*Clean trout, and salt and pepper on the insides.*

*Fill the fish with chopped onions and top with 1/8 stick of butter.*

*Wrap each fish in its own heavy duty foil package and seal.*

*Bury in hot charcoal; bake for 20 to 25 minutes.*

*Serve with vegetable or pasta.*



## **Taco Soup**

*Can be cooked in a Dutch Oven if desired.*

Preparation Time: 30 minutes

Servings: 8

- 1 lb Hamburger**
- 1 med Onion, Chopped**
- 1 can Tomato Sauce**
- 1 can Stewed Tomatoes**
- 1 can Refried Beans**
- 1 pkg Taco Seasoning**
- 1 1/2 cup Water**
- 1 bag Corn Chips**

*Brown hamburger in a pan with the chopped onions.*

*Drain fat and add the remaining ingredients except the corn chips.*

*Simmer on low heat for 15-20 minutes.*

*Garnish with cheese, sour cream, and green onions, as desired.*

*Serve over corn chips.*



## **Ultra Hot Five Alarm Chili**

Preparation Time: 2 hours 15 minutes

Servings: 8

**6 dried habenero peppers**  
**3 lb boneless chuck, diced 1/4 in**  
**6 Tbsp olive oil**  
**beef suet**  
**4 onions, chopped**  
**4 garlic cloves, minced**  
**1 1/2 tsp cumin**  
**1 large can tomatoes, squished**  
**1 large can chili hot beans**  
**1 Tbsp cocoa**  
**2 bay leaves, crushed**  
**1 tsp oregano**

*Heat a skillet over mod-high heat and toast peppers, turning often, for 1-2 minutes.*

*Let cool, and crush.*

*Combine crushed peppers with 1 cup water in a small pot, and bring to boil. Simmer 5 minutes.*

*Saute meat in a Dutch oven or frying pan with olive oil until lightly browned.*

*Add onions and garlic, cook until onions are softened.*

*Add cumin and cook 1 minute.*

*Add rest of ingredients.*

*Add enough water to cover barely and bring to boil.*

*Cover and simmer for 2 hours.*

*Serve with LOTS of cold drinks.*



# 5-Side Dish







## **Carrots A La Fresco**

Preparation Time: 1 minute

Servings: 1

***1/2 cup Carrots, Washed & Trimmed***  
***1 Tbsp Ranch Dressing***

*Raw carrots is always a valid approach to your daily vegetable intake and they require little or no preparation.*

*Use Ranch or another Dressing as a dip.*



## **Cheesy Scalloped Potatoes And Ham**

*Dutch Oven*

Preparation Time: 40 minutes

Servings: 8

**2 med Onion, Chopped**

**1/2 lb Ham, Diced**

**4 med Potato, Sliced Thinly**

**1 can Cheddar cheese soup, condensed**

**2/3 can Evaporated Milk**

**Salt & Pepper, To Taste**

*Layer the onions, ham, and potatoes in a dutch oven dish. Make 2 to 3 layers, ending with potatoes.*

*Mix soup, milk, and a little salt and pepper, and pour mixture over layers.*

*Bake at 375-400 degrees for approx. 40 minutes until potatoes are tender.*

*Let it sit for 5 minutes to cool somewhat.*



## **Minute Rice In A Bag**

*1/2 cup minute rice = 1 serving*

Preparation Time: 5 minutes

Servings: 4

- 1 pkg. Minute White Rice mix or**
- 1 pkg. Minute long grain and wild rice mix**
- 1 quart Zip-Loc Freezer Bag**

*Put the mix in the Zip-Loc bag and add boiling water. The bags are strong enough to not melt or break. You can use two, just in case but it really isn't necessary.*



## **Potato Onions**

<http://www.usscouts.org/>

Preparation Time: 40 minutes

Servings: 8

**8 med Potatoes**

**8 med Onions, Sliced In 1/2" Rounds**

**Salt & Pepper**

**1/4 cup Butter Or Margarine**

*Cut each potato into 4 cross wise slices.*

*Spread the butter on each side of the slices.*

*Cut onions into 1/2-inch rounds, and place between potato slices. Salt and pepper as desired.*

*Wrap each potato in heavy duty tin foil and seal.*

*Bake in charcoal for 30 to 40 minutes.*



## **Tossed Green Salad**

Preparation Time: 1 minute

Servings: 8

**1 lb Green Salad Mix**

**2 Tomatoes**

**1 Ranch Dressing**

**Croutons**

*Mix ingredients together.*

*Top with Croutons and Ranch Dressing*





# 6-Dessert







## **Applesauce Cake**

*Dutch oven*

Preparation Time: 15 minutes

Servings: 10

**1 cup Margarine**  
**2 cup Brown sugar**  
**1 can (16oz) Applesauce**  
**3 cup Flour**  
**2 tsp. Baking soda**  
**1/2 tsp. Salt**  
**2 tsp. Ground Cinnamon**

*Cream margarine and sugar; mix in applesauce.*

*Combine flour, soda, salt, and cinnamon and stir into the mixture*

*Place in an oiled foil baking pan and place in the Dutch Oven.*

*Bake for 50-60 minutes at 400 Deg F.*



## **Baked Apples**

*Mr. Fettke*

Preparation Time: 15 minutes

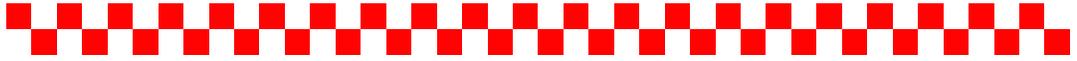
Servings: 8

**8 lg Apples, Cored**  
**1 cup Brown Sugar**  
**1/2 cup Raisins**  
**2 Tbsp Nutmeg**  
**1/2 Butter**  
**2 Tbsp Cinnamon**

*Remove core of the apples, and fill with other ingredients.*

*Wrap well in heavy duty tin foil.*

*Cook in hot charcoal for 10 to 15 minutes.*



## **Banana Hot Boat**

Muir JLTC

Preparation Time: 10 minutes

Servings: 1

**1 Banana**

**1 Tbsp Chocolate Chips**

**1 Tbsp Marshmallows**

**Aluminum Foil**

*Cut a v-shaped wedge from the top of an unpeeled banana.*

*Fill wedge with pieces of chocolate and marshmallow.*

*Wrap in foil and place on coals for 8-10 minutes.*

**ENJOY!**



## **Cherry Crisp**

*Dutch Oven*

Preparation Time: 30 minutes

Servings: 12

**2 can cherry pie filling**

**2 butter, Melted**

**1 white cake mix**

**1 cup chopped nuts**

*Pour pie filling in bottom of oven.*

*Sprinkle cake mix over top and DO NOT STIR.*

*Top with nuts. Pour melted butter over top.*

*Bake for about 30 min at 350 degrees in Dutch Oven.*



## **Chocolate Upside Down Cake**

*Dutch oven*

Preparation Time: 40 minutes

Servings: 10

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





## **Dump Cobbler**

*Delicious!!*

Preparation Time: 1 hour

Servings: 12

**1 pkg Yellow or white cake mix**

**2 can Pie filling**

**OR**

**1 can (14 3/4 oz) fruit cocktail or peaches**

**Cinnamon**

**Butter**

*Pour cans of filling or fruit cocktail in bottom of dutch oven.*

*Sprinkle cake mix over top of fruit, DO NOT STIR!*

*Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR, it will burn.*

*Cover and bake until bubbly and top is lightly browned, about 30-45 min.*

*Any combination of fruits can be used.*



## **Fruit Tacos**

Preparation Time: 5 minutes

Servings: 6

- 1 1/4 cup apple, chopped**
- 1 1/4 cup banana, sliced**
- 1 1/4 cup seedless green grapes**
- 1 1/4 cup strawberries, sliced**
- 2 Tbsp orange juice**
- 1 pkg (12) ORTEGA. Taco Shells**
- 1 cup lowfat strawberry yogurt**
- 1/2 cup toasted coconut, optional**
- 1/2 cup sliced almonds, optional**

*COMBINE fruit and orange juice in large bowl.*

*FILL taco shells with fruit mixture. Top with yogurt, coconut and almonds.*



## **Pineapple Upside Down Cake**

*Dutch oven*

Preparation Time: 30 minutes

Servings: 8

**1 pkg White cake mix**  
*(see pkg. for additional ingredients)*  
**1 can Pineapple rings**  
**10 Maraschino cherries**  
**1/2 cup Brown sugar**  
**10 Pecans, optional**  
**Aluminum Foil**  
**2 Tbsp Margarine**  
**Flour**  
**Cardboard circle**

*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 3 tbsp pineapple juice, 4 to 5 pats margarine.*

*Prepare cake mix. Use rest of pineapple juice as liquid in mix.*

*Pour into oven. Cover and heat oven.*

*Use 6 briquettes on bottom and 18 on top. Keep briquettes in a 1 to 3 ratio to keep up heat.*

*Bake 20-30 minutes. Let oven cool.*

*Cut cardboard circle slightly smaller than inside of Dutch oven and cover with foil.*

*Place foiled cardboard on top of cake and invert oven to remove cake.*

*Slowly peel off foil from cake & serve.*



## **Toxic Chocolate Pudding Cake**

Preparation Time: 20 minutes

Servings: 12

### **CAKE**

**2 cup Bisquick**

**1/2 cup cocoa (unsweetened)**

**2 cup (14 oz) Eagle Brand condensed milk**

**1/2 cup chocolate syrup**

**2 tsp vanilla extract**

### **PUDDING**

**1 cup chocolate syrup**

**1 cup very hot water**

**Remaining Eagle Brand milk from 2 cans**

### **CAKE:**

*Mix together biscuit mix, cocoa, 2 cups Eagle Brand milk and vanilla.*

*Pour evenly in deep foil baking pan which fits inside your Dutch Oven.*

### **PUDDING:**

*Mix left over Eagle Brand milk, 1 cup chocolate syrup and 1 cup almost boiling water. This looks real runny. Now, CAREFULLY pour this over the cake batter without disturbing it as much as possible. DO NOT STIR.*

*Place lid on Dutch Oven and bake mixture until center is set.*

*Don't put too much heat on bottom, no more than 5 or 6 coals; don't bake too long, as pudding will get too thick.*

*When done, pudding will be on the bottom.*



## **Zip-Loc Fudge**

Preparation Time: 5 minutes

Servings: 1

**4 Tbsp powdered sugar**

**1 Tbsp butter (1/8 stick)**

**2 tsp cream cheese**

**Few dashes of vanilla**

**1/2 Tbsp Cocoa**

**Zip-Loc Sandwich bag**

*Place all ingredients in the Zip-Loc Bag*

*Squeeze air out of bag, seal, and "moosh" ingredients together until well blended.*

*Add "yummies" - M&M's, raisins, peanut butter, etc. - if desired.*



## **Zip-Loc Fudge - Patrol Size**

Preparation Time: 15 minutes

Servings: 8

**1 1 gallon Zip-Loc bag**

**1/2 cup Cocoa**

**3 oz Cream Cheese**

**1 lb Powdered Sugar**

**3 Butter**

**1 tsp Vanilla**

**Nuts Or Peanut Butter, As Desired**

*Place all ingredients in the zip-loc bag. Work out the air.*

*Knead 25-30 min; great to do while around the campfire.*

*Nuts or peanut butter may be added at the end.*



## **Zip-Loc Ice Cream**

Preparation Time: 15 minutes

Servings: 1

**1/2 cup milk (or cream)**

**1 Tbsp sugar**

**1/4 tsp vanilla**

**1 1 pint Zip-Loc Bag**

**1 1 quart Zip-Loc Bag**

**2 cup Crushed Ice**

**6 Tbsp Rock Salt**

*Place milk, sugar, and vanilla in a pint Zip-Loc bag. Seal bag.*

*Place inside a quart Zip-Loc with: crushed ice and rock salt*

*Shake, rattle and squeeze for about 10-15 min. (will be VERY cold on the hands )*

*You can add other flavorings:*

- Frozen/fresh strawberries*
- Slices of canned peaches*





# 7-Drinks







## Drinks

*Rather than carrying heavy soda cans plan to drink juice, Kool-aid or another drink mix on every campout. The less weight you have to carry the better and always remember to be kind to our environment.*

*Drink IDEAS include:*

*Country Time Lemonade mix*

*Gatoraid mix*

*Crystal Lite*

*Kool-aid*

*Packets of Hot Chocolate, for cool evenings and mornings*

*Juice boxes*

*Capri Sun*



## **Hot Chocolate**

Preparation Time: 5 minutes

Servings: 1

**1 cup Water**

**1 pkg Hot Chocolate/Hot Cocoa Mix**

*Boil water in a saucepan.*

*Add the hot chocolate/hot cocoa mix.*



## ***Spiced Apple Cider***

Preparation Time: 5 minutes

Servings: 1

***1 cup Water***

***1 pkg Apple Cider Mix***

*Boil water in a saucepan.*

*Add the apple cider mix.*





# Appendix A

## Cooking Basics







## **Cooking Tips**

*Do not try to over do the meal, sometimes quicker isn't always better. And it wouldn't be better if the pots and pans got burnt in the process.*

*When cooking meat make sure it's properly done by cutting it in half to see if it is either pink or brown in the center. Raw meat can result in upset stomachs.*

*When bringing in meat for a campout, wrap the frozen meat in tin foil and several layers of newspaper. This will keep the meat frozen/fresh.*



## Dutch Oven Basics

*Cast iron cooking requires a constant even heat where possible. When using your oven outdoors, here are a few tips that will be helpful to know.*

*When cooking outdoors, high quality charcoal briquettes are recommended. Briquettes provide a long lasting, even heat source.*

*By varying the number of briquettes placed underneath and on top of the Dutch oven, the temperature inside the oven can be accurately controlled.*

*For boiling, deep frying, and stewing, you will want more coals on the bottom where this higher heat will be transmitted the liquid in the oven and then the food. Baking requires that you put more coals on the lid.*

*Prior to cooking you will want to preheat the Dutch oven. You do this by placing a few coals under and on top of the oven for a few minutes before cooking.*

*Here are easy formulas to help you control the cooking temperature.*

### BAKING:

OVEN CAPACITY	COALS TOP	COALS BOTTOM
2 quarts	7-9	3-5
4 quarts	11-14	4-6
6 quarts	15-18	6-8
8 quarts	18-22	7-9
14 quarts	21-24	9-12

*Each briquette adds about 20 degrees.*

*Besides getting the correct temperature, many of your recipes require that you have correct heat placement.*

### FOR EXAMPLE:

*\* Stews, soups, chili, and other liquid dishes require more heat on the bottom than the top.*

*\* Meat, poultry, potatoes, beans, vegetables, and cobblers require even heat distribution of heat on the top and bottom.*

*\* Cakes, breads, biscuits, and cookies require most of the heat on top and little heat on the bottom.*

*\* Some sauces require heat only on the bottom.*



# Appendix B

## Sanitation







## Cleaning Up

*Clean up is a key part of the job. If pots aren't clean then problems can arise the next time you want to use them. Clean pots are key to ensuring your good health -- there's nothing worse than an upset stomach in the middle of nowhere.*

*Scrape left over food into a trash bag not into your washing water.*

*Soak pots which have heavy amounts of left over food on them before you wash them.*

*Clean up immediately following the meal -- some clean up is possible while you are preparing the meal.*

*Assign responsibilities to every member of your patrol; rotate those responsibilities to be fair to all.*

*Dispose of "gray" water appropriately.*



## **Cleaning Up - 3 Bowl Method**

*Scrape left over food into a trash bag.*

*For pot which are hard to clean (burnt on food) soak the pot in cold water while you are eating your meal.*

*Wash the plates and utensils first, and finish with the pots and pans.*

*Sequence is as follows:*

*BOWL 1: Hot Soapy Water -- items are washed thoroughly.*

*BOWL 2: Warm Clean Water with a Tablespoon of bleach added -- items are sanitized.*

*BOWL 3: Warm Clean Water -- items are rinsed*

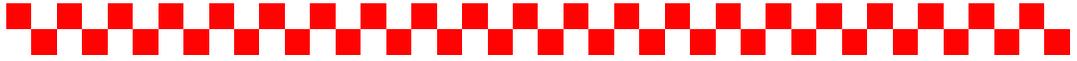


# Appendix C

## Grace & Blessings







## **"Indian/Native" Thanks**

*The eagle gives thanks for the mountains.*

*The fish gives thanks for the sea.*

*We give thanks for our blessings,*

*And for what we're about to receive.*



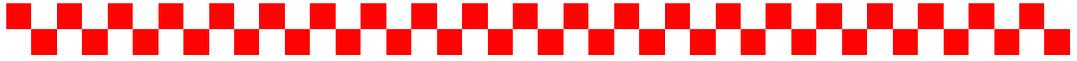
## **Edelweiss Grace**

*Bless our friends, bless our food,  
Come, oh, Lord and be with us.  
May our words glow with peace,  
May your love surround us.  
Friendship and love, may it bloom and grow,  
Bloom and grow, forever.  
Bless our friends, bless our food,  
Come, oh, Lord and be with us.*



## ***Johnny Appleseed***

*The Lord is good to me  
And so I thank the Lord  
For giving me the things I need  
The sun and rain and the appleseed.  
The Lord is good to me.*



## **Philmont Grace**

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



## **Simple - Thank You**

*The eyes of all look to you.*

*You give us our food when we need it.*

*You open your hand and satisfy the desires of every living thing.*

*Thank you*





# Appendix D

## Forms





**TROOP \_\_\_\_\_ PATROL DUTY ROSTER**

**CAMPOUT DATES: \_\_\_\_\_**

<b>FRIDAY SNACK</b>		<b>SATURDAY BREAKFAST</b>	
Head Cook	_____	Head Cook	_____
Assistant Cook	_____	Assistant Cook	_____
Water	_____	Water	_____
Fire	_____	Fire	_____
Head Clean-up	_____	Head Clean-up	_____
Asst. Clean-up	_____	Asst. Clean-up	_____
<b>SATURDAY LUNCH</b>		<b>SATURDAY DINNER</b>	
Head Cook	_____	Head Cook	_____
Assistant Cook	_____	Assistant Cook	_____
Water	_____	Water	_____
Fire	_____	Fire	_____
Head Clean-up	_____	Head Clean-up	_____
Asst. Clean-up	_____	Asst. Clean-up	_____
<b>SATURDAY SNACK</b>		<b>SUNDAY BREAKFAST</b>	
Head Cook	_____	Head Cook	_____
Assistant Cook	_____	Assistant Cook	_____
Water	_____	Water	_____
Fire	_____	Fire	_____
Head Clean-up	_____	Head Clean-up	_____
Asst. Clean-up	_____	Asst. Clean-up	_____



TROOP \_\_\_\_\_ PATROL MENU

CAMPOUT DATES: \_\_\_\_\_

FRIDAY SNACK		SATURDAY BREAKFAST	
Dairy	_____	Dairy	_____
Fruit- Vegetable	_____	Fruit- Vegetable	_____
Cereal-Grains	_____	Cereal-Grains	_____
Protein	_____	Protein	_____
Drink	_____	Drink	_____
SATURDAY LUNCH		SATURDAY DINNER	
Dairy	_____	Dairy	_____
Fruit- Vegetable	_____	Fruit- Vegetable	_____
Cereal-Grains	_____	Cereal-Grains	_____
Protein	_____	Protein	_____
Drink	_____	Drink	_____
SATURDAY SNACK		SUNDAY BREAKFAST	
Dairy	_____	Dairy	_____
Fruit- Vegetable	_____	Fruit- Vegetable	_____
Cereal-Grains	_____	Cereal-Grains	_____
Protein	_____	Protein	_____
Drink	_____	Drink	_____

**Dairy**  
Milk, cheese, ice cream yogurt (1 or more servings per day)

**Fruit-Vegetable**  
Citrus fruit & tomatoes (at least 1 serving per day)  
Leafy green & yellow vegetables (at least 1 serving per day)  
Other vegetables & fruits (two or more servings per day)

**Protein**  
Meat, fish, poultry, lentils, beans, dried peas (two or more servings per day)

**Cereal-Grains**  
Bread, pasta, rice, noodles, oatmeal, granola (at every meal)

**Drink**  
Water (6-8 glasses per day)

