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Troop 583 is chartered by Holy Spirit Catholic Church in the Arrowhead District of the Rio Grande Council, Boy Scouts of America. The troop meets Tuesday nights at 7:30.

This book is an attempt to gather in one place some of the basic information needed for Scouts and Scouters to be safe and well fed in the outdoors. All the information for a Scout to complete the requirements for the Cooking Merit Badge can be found in this work. I offer my thanks and gratitude to all the sources, both named and anonymous, for their contributions to this guide.

I wish to also thank my fellow Scouter, Gerard Mittelstaedt, that reviewed this work and made comments and suggestions for improvement. I would especially like to thank Mona Mittelstaedt for being my volunteer editor and finding all the things that looked really stupid. Their input helped me get past some of my own stubborn ideas about keeping a Scout well fed and safe.

And yes David, this is one of my ticket requirements and…

I used to be a Bobwhite…

Rick Gray, ASM Troop 0583

Philmont Grace

For food, for raiment
For life, for opportunity
For friendship and fellowship
We thank thee, O Lord.
General Commandments on trail cookery:  *go light, no fuss, no mess*

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

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

The basic food pyramid gives you a general guideline as to how many servings per day of the different food groups you should have as part of a balanced diet plan.

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

Dried Beans and Peas Yield Values

<table>
<thead>
<tr>
<th>When you start with:</th>
<th>You will get at least:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup black beans</td>
<td>2 cups cooked beans</td>
</tr>
<tr>
<td>1 cup black eyed peas</td>
<td>2 1/2 cups cooked beans</td>
</tr>
<tr>
<td>1 cup Great Northern beans</td>
<td>2 1/2 cups cooked beans</td>
</tr>
<tr>
<td>1 cup kidney beans</td>
<td>2 3/4 cups cooked beans</td>
</tr>
<tr>
<td>1 cup lentils</td>
<td>2 1/2 cups cooked lentils</td>
</tr>
<tr>
<td>2 cup large Lima beans</td>
<td>2 1/2 cups cooked beans</td>
</tr>
<tr>
<td>1 cup small lima beans</td>
<td>2 cups cooked beans</td>
</tr>
<tr>
<td>1 cup peas (or navy) beans</td>
<td>2 1/2 cups cooked beans</td>
</tr>
<tr>
<td>1 cup split peas</td>
<td>2 1/2 cups cooked peas</td>
</tr>
<tr>
<td>1 cup pinto beans</td>
<td>2 1/2 cups cooked beans</td>
</tr>
</tbody>
</table>

Source: Utah State Extension

“Remember: not all beans are the same.” Ralph’s Beanery

Can Sizes

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

SOURCE: Purchasing Food for 50 Servings, Cornell Ext. Bulletin 803
Measurements without utensils

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

Fluid Standard Measures

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

1.05680317041 Gallons  =  4 liters

MEASUREMENT ABBREVIATIONS

tsp.  =  teaspoon
Tbs. or T.  =  tablespoon
c.  =  cup
pt.  =  pint
oz.  =  ounce
lb.  =  pound

Cooking at Altitude with attitude

The boiling point of water decreases with increasing elevation due to decreasing air pressure. The boiling point of water decreases 1 degree C for each 1,000 feet of elevation. Cooking times increase with increasing elevation at 6,000 feet to about 125% of the time needed to cook at sea level. Time is dependent on the type of food and the method of cooking.

<table>
<thead>
<tr>
<th>Altitude</th>
<th>Fahrenheit</th>
<th>Celsius</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sea Level</td>
<td>212</td>
<td>100</td>
</tr>
<tr>
<td>2,000 ft</td>
<td>208</td>
<td>98</td>
</tr>
<tr>
<td>5,000 ft</td>
<td>203</td>
<td>95</td>
</tr>
<tr>
<td>7,500 ft</td>
<td>198</td>
<td>92</td>
</tr>
<tr>
<td>10,000 ft</td>
<td>194</td>
<td>90</td>
</tr>
<tr>
<td>15,000 ft</td>
<td>185</td>
<td>85</td>
</tr>
</tbody>
</table>
Very high altitudes may increase boiling times to 30% more than at sea level. Therefore quick cooking foods such as minute or quick rice and instant noodle soups are easier to use than raw foods.

**SUBSTITUTIONS & EQUIVALENTS**

<table>
<thead>
<tr>
<th>Original Unit</th>
<th>Equivalent Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. butter / shortening</td>
<td>2 cup</td>
</tr>
<tr>
<td>4 oz. cheddar cheese</td>
<td>1 cup grated</td>
</tr>
<tr>
<td>1/2 pt. whipping cream</td>
<td>1 cup (2 c. whipped)</td>
</tr>
<tr>
<td>8 oz. sour cream</td>
<td>1 cup</td>
</tr>
<tr>
<td>1 lb. flour</td>
<td>app. 3 1/2 cup</td>
</tr>
<tr>
<td>1 cup marshmallows</td>
<td>11 large or 110 miniature</td>
</tr>
<tr>
<td>1 lb. brown sugar</td>
<td>2 1/4 cup (packed)</td>
</tr>
<tr>
<td>1 lb. granulated sugar</td>
<td>2 1/4 cup</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>1 cup reconstituted dry milk + 2 tbs. butter</td>
</tr>
<tr>
<td>1 cup buttermilk</td>
<td>1 cup milk + 1 tbs. vinegar -or- 3/4 cup milk + 1/4 cup butter + 1 1/2 tsp. corn starch</td>
</tr>
<tr>
<td>1 cup sour milk</td>
<td>1 cup sweet milk + 1 Tbs. vinegar / lemon juice</td>
</tr>
<tr>
<td>1 stick butter</td>
<td>1/4 lb. or 1/2 cup or 8 tbs.</td>
</tr>
<tr>
<td>1 lb. loaf bread</td>
<td>about 17 slices</td>
</tr>
<tr>
<td>1 1/2 tsp. cornstarch</td>
<td>1 tbs. all purpose flour</td>
</tr>
<tr>
<td>1 cup Honey</td>
<td>1 1/4c sugar + 1/4c water or other liquid</td>
</tr>
<tr>
<td>1 cup of fine crumbs</td>
<td>22 vanilla wafers, 4 slices of bread, 26 saltine crackers, 14 graham crackers</td>
</tr>
<tr>
<td>1 Tbs. instant minced onion</td>
<td>1 small fresh onion</td>
</tr>
<tr>
<td>1 Tbs. prepared mustard</td>
<td>1 tsp. dry mustard</td>
</tr>
<tr>
<td>1 cup sugar</td>
<td>2/3 to 3/4 cup honey</td>
</tr>
<tr>
<td>1 cup honey</td>
<td>1 cup molasses</td>
</tr>
<tr>
<td>1 whole egg</td>
<td>2 egg whites = 1/4 cup egg substitute</td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td>1 egg white + 1 tsp. oil</td>
</tr>
<tr>
<td>1 oz baking chocolate</td>
<td>3 Tbs. cocoa powder + 1 Tbs. oil</td>
</tr>
<tr>
<td>1 Tbs. cornstarch (for thickening)</td>
<td>2 Tbs. flour</td>
</tr>
</tbody>
</table>

**SOME COOKING TERMS**

Cream – beat ingredients until fully combined and fluffy.
Par-boil – to cook in boiling water until softened; then chill with cold water
Saute – to cook in a small amount of oil until tender but not mushy.
FOOD SAFETY GUIDELINES

The biggest party crasher at summer picnic and camp outs is food borne bacteria. You can't see them, you can't taste them - but you sure can feel them if illness occurs hours or days later.

Each year about one in every ten Americans has an illness caused by food. Most of these cases result in simple stomachaches or diarrhea. If you prepare and then store foods properly, they will never leave their calling card behind. It's up to you to select, store, prepare, and then serve safe foods for you and your family. The most important steps to keep these uninvited guests away are very easy to do.

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.

- 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, rinse 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.

Why is this more of a problem in camping?
Did you pack the refrigerator? Temperatures are harder to control in the out-of-doors. Too hot or too cold is what the campers say, but not your food. Camping temperatures usually range in the ideal temperatures for bacteria growth. Also Bugs and Dirt are naturally at home at the campsite.

Food Borne Illness and Food Safety

Many of the food borne illnesses are related to errors in food handling and preparation. Staph and E. coli bacteria are killed by proper cooking technique and usually cause no further problem. Other illnesses are harder to prevent. Botulism is caused by the left over toxins from Clostridium bacteria even after the food is cooked properly. A sure sign of this is a swollen can or a glass jar with a bulging lid. All swollen or deformed containers should be discarded. Hepatitis A is a viral disease usually spread by contaminated raw fruits and vegetables. Hand washing and immunizations are the best way to prevent Hepatitis A infection. Always wash and rinse fresh fruit and vegetables before you eat them. Another problem usually transmitted by undercooked pork is Trichinosis. This is a parasite and is killed by cooking pork to at least 160 degrees.

Chicken, turkey, pork, beef, and other meat and poultry products are important sources of protein and other nutrients. Unfortunately, these foods -- like eggs, raw milk, and all raw foods of animal origin -- may also carry salmonella and other bacteria. The good news is that these bacteria don't have to cause illness. Routine food safety can destroy salmonella and other bacteria.

Hamburger and any ground meats have increased surface area and an increased risk for contamination.

What is salmonella?
The salmonella family includes over 2,000 different strains of bacteria, but only 10 strains cause most reported salmonella infections. Strains that may cause no symptoms in animals can make people sick, and vice versa. A salmonella bacterium is a one-celled organism that can't be seen, touched, or tasted. The bacteria are common in the
intestinal tracts and waste of livestock, poultry, dogs, cats, rats, and other warm-blooded animals.

**What is salmonellosis?**
Salmonellosis, or a salmonella infection, is the illness that can occur if live salmonella bacteria enter the body -- usually through food. Most reported outbreaks of food-born illness are caused by bacteria, and salmonellosis is the most common bacterial food-borne illness. Salmonellosis is usually preventable.

**How can salmonella bacteria on raw meat, poultry make people sick?**
First, "food abuse" allows bacteria to survive and often to multiply. For example, if the meat knife is used to cut the salad lettuce without first being washed, the lettuce can be contaminated by any bacteria on the meat. The person who eats the salad then also eats the bacteria.

Next, if the bacteria survive the stomach acid, they reproduce themselves in the small intestine. One cell becomes two, two become four, and four become sixteen and so on. When there are "enough" bacteria, they cause a salmonella infection.

**How many bacteria does it take to make people sick?**
There is no exact number, but the more bacteria consumed, the more likely a person is to get sick. Healthy adults have eaten food containing millions of bacteria without getting sick. Other people have gotten sick from as few as 10 bacteria in the food.

**What are the symptoms of salmonellosis?**
According to the Centers for Disease Control, stomach pain occurs within 6 to 48 hours after the food was eaten. Most people get diarrhea, and many people have upset stomachs, chills, fever or headache. Most people feel better within 3 to 5 days. Many persons with salmonellosis may believe they have the flu and may never see a doctor.

**How many people get sick from salmonellosis?**
At least 40,000 salmonella infections are reported every year, but experts believe that between 500,000 and 4 million persons each year actually contract salmonellosis.

**How does the doctor know a person has salmonellosis?**
The only way to tell for sure is to conduct laboratory test on the stools of the person who got sick, a process that takes several days.

**How many people die from salmonellosis?**
Salmonella infections can be life-threatening for the very young, the very old and for persons already weakened by other serious diseases, such as AIDS. Reports show about 2 deaths for every 1,000 known cases of salmonellosis, but experts believe that about 500 persons each year actually die from salmonella infections.

**What foods are most likely to make people sick?**
Foods don't make people sick -- bacteria do. Any raw food of animal origin -- meat, poultry, raw milk, fish, and shellfish -- may carry salmonellae. The bacteria can survive to cause illness if these specific foods are not thoroughly cooked. The bacteria can also cause illness if they contaminate any other food that comes in contact with the raw food, either directly or by way of dirty hands or dirty equipment. Salmonellosis is a world-wide, food-chain problem that can't be "blamed" on any one food.

**Anti-Salmonella Strategy**

Bacteria on raw foods of animal origin do not have to cause illness. Investigations of actual outbreaks reported to the Centers for Disease Control show that:

\[
\text{bacteria + food safety mistakes can = illness.}
\]

Errors during food shopping, transport, preparation, serving, or storage can enable bacteria to grow or even just survive. If foods are prepared a day or more ahead of time and food handlers make mistakes, the chance of illness can increase, because bacteria have more time to multiply. In outbreaks traced to bacteria or other organisms in meat or poultry, one or more of the following eight food handling mistakes enabled bacteria on raw products to survive and cause food-borne illness:

- Improper cooling
- Improper hot storage of cooked foods
- Undercooking
- Cross-contamination of cooked foods by raw foods
- Inadequate cleaning of equipment
- Infected person touching cooked food
- Eating raw meat or poultry
- Inadequate reheating of cooked and chilled foods

Therefore, the key to preventing illness -- at home, in a restaurant, at a church picnic, anywhere -- is to destroy the bacteria. Below are some hints, based on information from actual outbreaks, that can destroy or stop growth of salmonella bacteria and other bacteria that can cause illness.

**CLEAN IT.**

Salmonella bacteria can survive in water, soil, and on the kitchen counter, so sanitation can make a big difference -- especially in preventing bacteria that could be on raw products from contaminating other foods. (This is called cross-contamination.)

- **Wash your hands frequently with SOAP and water for at least 20 seconds** -- after you use the bathroom, before you start food preparation, before you start working with a new food or a new tool, when you finish food preparation, and before you serve food.

- **Prevent cross-contamination.** Never let raw meat and poultry, or their juices, come into contact with cooked meat or any other food -- raw or cooked.

- **If you use a dishcloth for cleaning kitchen surfaces, switch to a clean one after you work with raw meat or poultry.** Choose a type that will stand up to a laundering in how water and bleach. Otherwise, use paper towels and throw away after use.
* Cut raw meat or poultry on an acrylic cutting board that is thoroughly cleaned after each use. Use that favorite (but porous) wooden one only for cutting bread or vegetables.

* Wash counter top, cutting boards, knives, and other implements with detergent and hot water immediately after you use them with raw meat and poultry.

* After washing and rinsing equipment and counter, professional food service workers also sanitize and rinse them. Consumers who want to sanitize implements after washing can use a solution of 2 to 3 teaspoons household bleach in 1 quart of water, followed by a cold water rinse. (Note: Sanitizing doesn't work on dirty surfaces, so clean them first.)

* Serve cooked meat and poultry on clean plates. When you replenish the banquet, replenish the serving plates. Don't put grilled meat or poultry back on the plate with raw juices.

* Keep pets and other animals away from food, and away from cooking and eating surfaces and equipment. Squirrels and mice contaminate, as do insects.

COOK IT.
Salmonellae -- however many there are -- do not survive when beef or pork is cooked to an internal temperature of at least 160 degrees F, or when poultry is cooked to 185 degrees F. (Some experts believe that this country's passion for rare beef explains why beef -- which carries very low levels of salmonella bacteria -- is involved in more reported salmonellosis outbreaks than poultry.) Always cook meat and poultry thoroughly, and be just as careful when micro waving as when using traditional ovens.

* Using a meat thermometer to check "doneness." If meat is too thin for a thermometer, follow the recipe and cook till the juices are clear.

* Never interrupt cooking -- it's a "half-baked idea" that can make you sick. After thawing foods in the microwave, cook them immediately.

* If reheating leftovers, cover and reheat thoroughly to 165°F just in case bacteria survived in the food during refrigeration of freezing. Let sauces and gravies reach a rolling boil.

* Don't store the latecomer's cooked meat and poultry dinner in an off or warm oven. Hold the food above 140°F. (But, within 2 hours after cooking, refrigerate the food.)

COOL IT.
Refrigeration and even freezing do not kill all salmonella or other bacteria, but proper cooling can usually prevent salmonellae from multiplying.
* Refrigerate raw meat and poultry as soon as possible after you take it out of the grocery meat case. Ice it down in the camp cooler.

* Refrigerate food containing cooked meat or poultry within 2 hours after cooking.

* Refrigerate or freeze cooked meat or poultry casseroles in covered shallow pans rather than deep pots. Leave space around the containers to let cold air circulate.

* Never thaw frozen meat and poultry on the kitchen counter. Thaw it in the refrigerator or, if you are in a hurry, in a bag under cold running water. It will thaw in a cooler.

* Remember that refrigeration or freezing cannot be counted on to kill many salmonella bacteria. It can't "fix" a mistake such as leaving cooked turkey at room temperature for more than 2 hours -- it can only postpone the risk of illness. If in doubt, throw food out.
Menu Sheet
for _______ Scouts  date: __________

Breakfast

<table>
<thead>
<tr>
<th></th>
<th>amount</th>
<th>equipment</th>
<th>cost $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drink</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cereal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat</td>
<td></td>
<td></td>
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Lunch

<table>
<thead>
<tr>
<th></th>
<th>amount</th>
<th>equipment</th>
<th>cost $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drink</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Main Dish</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Desert</td>
<td></td>
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<td></td>
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</tbody>
</table>

Dinner

<table>
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<tr>
<th></th>
<th>amount</th>
<th>equipment</th>
<th>cost $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drink</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Main Dish</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grain</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Desert</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Snacks:

14
Don’t forget the duty roster. It will save time by determining whose turn it is to do what.

List the names of the Boys who are on the campout.

Attendees:______________________________________________________________

<table>
<thead>
<tr>
<th>When</th>
<th>Water</th>
<th>Fire / Stoves / Cook</th>
<th>Clean Up</th>
<th>Food Bags</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri. Night</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat Morn</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat Noon</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat Night</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Morn</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Noon</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Shopping Lists

Once you have made a menu of the meals you plan to make, you need to make a shopping list. Start by listing the food items and the amount based on 1 Scout or group of Scouts. Then multiply by the number of campers. Keep items to a small size to reduce waste. In the store, read all directions and note extra ingredients needed for mixes, such as milk or butter. Also note if special equipment or long prep or cooking times are required.

Here is an example of a shopping list from 1991

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

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

<table>
<thead>
<tr>
<th>Food</th>
<th>Weights/Approximate Measurement</th>
<th>Approximate Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beverage</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee singles</td>
<td>3.5 ounces</td>
<td>19 coffee bags</td>
</tr>
<tr>
<td>Hot chocolate</td>
<td>12 ounces</td>
<td>1 serving</td>
</tr>
<tr>
<td>Kool-Aid</td>
<td>1 package</td>
<td>8 servings</td>
</tr>
<tr>
<td>Soft drink</td>
<td>12 ounces</td>
<td>1 serving</td>
</tr>
<tr>
<td>Tea</td>
<td>3.5 ounces</td>
<td>16 tea bags</td>
</tr>
<tr>
<td><strong>Bread</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 loaf</td>
<td>1 pound</td>
<td>20 to 22 slices</td>
</tr>
<tr>
<td>Corn muffin mix</td>
<td>7 oz.</td>
<td>6 muffins</td>
</tr>
<tr>
<td><strong>Cereal</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ready to eat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flaked</td>
<td>18 ounces / 18 to 20 cups</td>
<td>18 to 20 1/2-cup servings</td>
</tr>
<tr>
<td>Puffed</td>
<td>18 ounces/ 32 to 36 cups</td>
<td>26 1 1/2-cup servings</td>
</tr>
<tr>
<td>Cooked:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oatmeal</td>
<td>18 ounces / 6 cups</td>
<td>12 to 14 3/4-cup servings</td>
</tr>
<tr>
<td>(1 cup uncooked = 1 2/3 cooked)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td>2 oz. / 1 cup</td>
<td>2 servings</td>
</tr>
<tr>
<td>Minute</td>
<td>4.5 oz. / 1 cup</td>
<td>2 servings</td>
</tr>
<tr>
<td><strong>Crackers</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graham</td>
<td>1 pound / 65 crackers</td>
<td>32 to 35 2-cracker servings</td>
</tr>
<tr>
<td>Saltine</td>
<td>1 pound / 130 squares</td>
<td>32 4-cracker servings</td>
</tr>
<tr>
<td><strong>Dairy Products</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheddar Cheese</td>
<td>1 pound / 12 to 16 slices 4 cups grated</td>
<td>6 to 8 sandwiches (2 slices each)</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>1 pound / 2 cups</td>
<td>6 to 8 1/2-cup servings</td>
</tr>
<tr>
<td><strong>Milk:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 can milk+ 1 can water = whole milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evaporated</td>
<td>14 1/2 ounces / 1 2/3 cups</td>
<td>Equivalent to 3 1/3 cups milk</td>
</tr>
<tr>
<td>Whole</td>
<td>1 quart / 4 cups</td>
<td>4 servings</td>
</tr>
<tr>
<td>Nonfat dry</td>
<td>1 pound / 5 quarts</td>
<td>20 servings</td>
</tr>
<tr>
<td><strong>Fats</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter or margarine</td>
<td>1 pound / 2 cups</td>
<td>48 pats</td>
</tr>
<tr>
<td>Shortening</td>
<td>1 pound / 2 1/2 cups</td>
<td></td>
</tr>
<tr>
<td>Salad oil</td>
<td>1 pint / 2 cups</td>
<td></td>
</tr>
</tbody>
</table>
### SHOPPING GUIDE

<table>
<thead>
<tr>
<th>Food</th>
<th>Weights/Approximate Measurement</th>
<th>Approximate Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Flour</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All-purpose</td>
<td>1 pound / 4 cups</td>
<td></td>
</tr>
<tr>
<td>Whole wheat</td>
<td>1 pound / 3 1/2 cups</td>
<td></td>
</tr>
<tr>
<td><strong>Fruit Juices</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frozen concentrated servings</td>
<td>6 ounces / 3 cups</td>
<td>6 1/2-cup servings</td>
</tr>
<tr>
<td>Canned</td>
<td>46 ounces / 5 3/4 cups</td>
<td>11 to 12 1/2-cup servings</td>
</tr>
<tr>
<td><strong>Fruits Fresh</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples</td>
<td>1 pound / 3 medium</td>
<td>3</td>
</tr>
<tr>
<td>Bananas</td>
<td>1 pound / 3 medium</td>
<td>3</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>1 pound / 2 medium</td>
<td>2</td>
</tr>
<tr>
<td>Oranges</td>
<td>1 pound / 2 medium</td>
<td>2 (1 orange = 1/3 cup juice)</td>
</tr>
<tr>
<td>Pineapple</td>
<td>2 pound / 1 medium</td>
<td>6 to 8</td>
</tr>
<tr>
<td><strong>Meats</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>1 pound / 20 to 24 slices</td>
<td>10 to 12 2-slice servings</td>
</tr>
<tr>
<td>Hamburger</td>
<td>1 pound / 2 cups</td>
<td>4 to 5</td>
</tr>
<tr>
<td>General guide:</td>
<td>1/4 pound per serving</td>
<td></td>
</tr>
<tr>
<td>Boneless meat</td>
<td>1 pound</td>
<td>4</td>
</tr>
<tr>
<td>Small-boned meat</td>
<td>1 pound</td>
<td>3</td>
</tr>
<tr>
<td>Large-boned meat</td>
<td>1 pound</td>
<td>2</td>
</tr>
<tr>
<td>Chicken, whole</td>
<td>2 1/2 to 3 1/2 pounds</td>
<td>4</td>
</tr>
<tr>
<td>Ham</td>
<td>1 pound</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Fish</td>
<td>1 pound</td>
<td>2</td>
</tr>
<tr>
<td><strong>Pasta</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Macaroni</td>
<td>1 pound / 4 cups uncooked</td>
<td>14 to 16 1/2-cup servings</td>
</tr>
<tr>
<td></td>
<td>8 cups cooked</td>
<td></td>
</tr>
<tr>
<td>Noodles</td>
<td>1 pound / 6 cups uncooked</td>
<td>14 to 16 1/2-cup servings</td>
</tr>
<tr>
<td></td>
<td>8 cups cooked</td>
<td></td>
</tr>
<tr>
<td>Spaghetti</td>
<td>1 pound / 4 cups uncooked</td>
<td>14 to 16 1/2-cup servings</td>
</tr>
<tr>
<td></td>
<td>8 cups cooked</td>
<td></td>
</tr>
<tr>
<td><strong>Sugar</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brown</td>
<td>1 pound / 2 1/4 cups packed</td>
<td></td>
</tr>
<tr>
<td>Granulated</td>
<td>1 pound / 2 1/4 cups</td>
<td></td>
</tr>
<tr>
<td>Confectioners</td>
<td>1 pound / 4 cups</td>
<td></td>
</tr>
</tbody>
</table>
## SHOPPING GUIDE

<table>
<thead>
<tr>
<th>Food</th>
<th>Weights/Approximate Measurement</th>
<th>Approximate Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Syrup</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn syrup</td>
<td>1 pint / 2 cups</td>
<td></td>
</tr>
<tr>
<td>Honey</td>
<td>1 pound / 1 1/4 cups</td>
<td>20 1-tablespoon servings</td>
</tr>
<tr>
<td>Molasses</td>
<td>1 pint / 2 cups</td>
<td>16 2-tablespoon servings</td>
</tr>
<tr>
<td>Pancake</td>
<td>1 pint / 2 cups</td>
<td>16 2-tablespoon servings</td>
</tr>
<tr>
<td><strong>Legumes Dried</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All kinds</td>
<td>1 pound / 2 cups uncooked</td>
<td>6 1-cup servings</td>
</tr>
<tr>
<td></td>
<td>6 cups cooked</td>
<td></td>
</tr>
<tr>
<td><strong>Vegetables Fresh</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans</td>
<td>1 pound / 3 cups</td>
<td>5 to 6 1/2-cup servings</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 pound</td>
<td>3 to 4 1/2-cup servings</td>
</tr>
<tr>
<td>Cabbage Raw</td>
<td>2-pound head / 18 to 24 leaves</td>
<td>14 1/2-cup servings</td>
</tr>
<tr>
<td>Cooked</td>
<td>2 pounds</td>
<td>8 1/2-cup servings</td>
</tr>
<tr>
<td>Carrots</td>
<td>3 mature / 2 1/2 cups</td>
<td>5 1/2-cup servings</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 pound / 1 1/2 cups</td>
<td>3 1/2-cup servings</td>
</tr>
<tr>
<td>Lettuce</td>
<td>1 pound / 1 large head</td>
<td>8 to 10 2</td>
</tr>
<tr>
<td>Onions</td>
<td>3 large; 4 to 5 medium / 2 1/2 to 3 cups</td>
<td>8 to 10 2</td>
</tr>
<tr>
<td>Potatoes</td>
<td>1 pound /3 medium</td>
<td>3</td>
</tr>
<tr>
<td>Instant “buds”</td>
<td>13.75 oz / 7 2/3 cups</td>
<td>17 servings</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 pound / 3 to 4</td>
<td>5 to 8</td>
</tr>
<tr>
<td><strong>Miscellaneous</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marshmallows</td>
<td>1 pound / 64</td>
<td></td>
</tr>
<tr>
<td>Peanut butter</td>
<td>18 ounces / 2 cups</td>
<td>8 to 10 2-tablespoon servings</td>
</tr>
<tr>
<td>Potato chips</td>
<td>1 pound</td>
<td>16</td>
</tr>
<tr>
<td>Walnuts</td>
<td>1 pound / 4 to 4 1/2 cups</td>
<td>8 1/2-cup servings</td>
</tr>
</tbody>
</table>
Kitchen accessories mostly shared between Scouts as patrol gear

Water proof matches: with their safety striker box
Match safe: water proof with strike anywhere wooden matches
Camp stove lighter: Again with the fire.
Fire starter, fire ribbon, primer: for starting cranky stoves
Tinder: for starting cranky fires
Fuel bottles / containers: for fuel only, not for anything else.
Funnel: for pouring fuel into itty bitty stove tank openings
Pouring cap: for pouring fuel into itty bitty stove tank openings

Pliers: for fixing cranky stoves
Bandanna: for holding hot pots when you forget your gloves
Pot grippers: for holding hot, hot pots when you forget bandanna
Grid / grate: for holding pots higher over the burner or coals.
Spring Steel Handle: Hand made for when you forgot the pot grippers, pliers, and bandanna

Splatter shield / wind shield: the wind is always blowing
2'x3' plastic 6 mil sheet: Clean area to put things down on and catch spills

Nylon spatula: for frying on Non-Stick surfaces
Whisk: for mixing batters and puddings
Aluminum foil: several sheets for cooking, wind screens

Handy-wipes: for drying dishes, reusable
Scouring pad / sponge: clean up, use plastic scrubbie for Teflon
SOS: Metal scouring pads only for Non-Teflon surfaces
Pine cone: for when you forgot the scouring pad
Soap: small bottle biodegradable dish soap, in a zip bag.
Trash bags: several for bag in bags

"Spice rack": collection of spices in small bottles or film containers, salt, pepper, garlic powder, onion flakes, bell pepper flakes, cinnamon, Italian seasoning, etc.
Butter Buds: Seasonings, not for frying
Cooking oil: In a small plastic bottle and in another zip bag

Small can opener: better than the one on your knife.
ZIP Lock bags for all kinds of things, wet and dry, all sizes.
BREAKFAST ANYONE?
These recipes have been gathered from many places and box labels.
Read the preparation directions twice before beginning.

Aluminum Eggs  Ed Bailey  serves 1  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  Ed Bailey  serves 4-6  FOIL

1 potato
1 sausage link
aluminum foil
Core a tunnel in a potato with an apple corer, and 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 - Wanza Batter  Lou Bator  serves 4-6  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  Canadian Scouts  serves 1  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**

*Dick Ross*  
*serves 1  ONEPOT*

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

---

**Cream of Freebies**

*Michael Vesely*  
*serves 1  ONEPOT*

1/2 cup boiling water,  
1/2 cup Cream of Wheat and freebies  

Add freebies from the breakfast menu's of those fine restaurants: Grape Jelly and Strawberry Jam from MacDonalds, Honey from KFC or Burger King, Sugar packets...

---

**Spamble Eggs**

*Michael Vesely*  
*serves 6  SKILLET*

1 can (7 oz) SPAM  
12 eggs  
1/2 cup 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, and then add to the SPAM. Pour the eggs over the SPAM and spamble them. Serve to 6 Scouts

---

**Kansas Fly Pie**

*Ed Bailey*  
*serves 1  ONEPOT*

1 lb. cornmeal  
2 qt. water  
1 tsp. salt  
1/4 - 1/2 cup raisins  
3 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; pour 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

Ed Bailey

serves 6

ONEPOT

1 lb. cornmeal
2 qt. water
syrup, honey, or jam
1 tsp. salt
1 pound of cooked, crumbled sausage
3 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

Philmont Training Center

serves 4

SKILLET

8 Eggs
1 lb. ground sausage
1 green pepper, diced
1 small onion, diced
2 c. cheese, grated

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

Big Bird

serves 1

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

Old Standby

serves 4

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 within the spiral for the heat to reach all of the dough. Press the ends of the dough to the stick. Hold the stick over coals for 15-20 min., turning frequently as you salivate. When golden brown, slip the roll off the stick and spread with butter, jam, jelly, or honey. Plan for 1-3 rolls per Scout.
**Breakfast Cake**

*Bisquick*

*serves 1*

**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**

*NOTE: Advance Prep Needed*

**SKILLET**

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, and 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**

*Dick Ross*

**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 MacSanchez  
serves 1  
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 fingerling 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  
Ed Bailey  
serves 4-6  
SKILLET

2 quart zip lock bag
1 box cake mix
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  
serves 1  
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

serves 1  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  Ann of Palfreyman serves 1  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  Dick Ross serves 4-6  SKILLET

4 medium potatoes
1 can chunk Ham or Spam, cut in cubes
4 eggs
Shortening/margarine
Pre-cook 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. Alternative: use dried hash brown potatoes on long trips.

True Grits  A. J. Anonymous serves 1  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  Fred Wisenheimer 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

I. B. Sure

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

serves 3

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

Andrew Frambach

serves 1

SKILLET

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.
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 tbls. Dry Milk
4 tbls. 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

At home, mix all ingredients together in a ziplock bag.

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

CINNAMON FRENCH TOAST

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.
BREAKFAST BURRITOS

InterNet

serves 4

SKILLET

1/2 lb. Ground Beef
1 sm. Onion chopped
1/2 sm. Green bell pepper
1/2 tsp. Ground cumin
1 tsp. Ground black pepper
1/2 tsp. Salt
2 c. Potato, Par boiled & diced
4 Eggs
4 Tbs. milk
9 Flour tortillas
1/2 c Shredded cheddar cheese

Salsa

Brown the ground beef with the onions and green pepper. Drain the fat, and then add the spices and diced potatoes. Whisk the eggs and milk slightly. Add to beef/potato mixture over a medium high heat. 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

InterNet

serves 6

DUTCH OVEN

8 lg. Eggs chopped
2 1/2 c Milk
1 tsp. Mustard, dry -(or more to taste)
3 c Bread cubes
1 lb. Cheddar, grated-(see note)
2 lb. Sausage, bulk
1/2 lb. Mushrooms, fresh

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 Dutch oven.

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.
SAUSAGE, CHEESE, AND EGG CASSEROLE serves 6  DUTCH OVEN

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 Dutch oven, 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.

Mountain Man Breakfast serves 8-10  DUTCH OVEN

1 lb. country sausage
2 lb diced hash brown potatoes
1 - 6 oz can mushroom pieces
1 lb. bacon
18 eggs
3/4 cup milk
1 large yellow onion; diced
1 tsp minced garlic
salt and pepper to taste
1 green bell pepper chopped
3 cups grated Cheddar cheese
picante sauce and flour tortillas

Heat a 12" Dutch oven using 20-22 briquettes bottom until hot. Add sausage to oven and fry until brown. Remove sausage from oven. Cut bacon into 1 inch slices. Add to Dutch oven and fry until brown. Add sausage, onions, garlic, bell peppers, and mushrooms. Saute until vegetables are tender. Whisk together eggs and milk. Season with salt and pepper. Pour eggs over vegetable mixture. Stir in potatoes. Cover and bake using 8 briquettes bottom and 14-16 briquettes top for 20 minutes until eggs are set up. Cover top with cheese and replace lid. Let stand until cheese is melted.

Serve topped with picante sauce.
MEALS FOR THE HIKING TRAIL

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

Trail Breakfast
Mix and Match: Pick one from each category.

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Trail Lunches
Pick one from each category.

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31
Walking Apple

1 large apple
Peanut Butter (plain or chunky) raisins

Take a large crisp, juicy apple and cut the top and stem off. Scoop out the core, leaving the bottom on. In the hole place several tablespoons of peanut butter and raisins. Place the top back on and wrap in foil or other wrapping. Eat while walking down the tail.

GORP and SNACKS

Good Old Raisins and Peanuts
Granola, Oats, Raisins, and Peanuts

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
Mix in a Zip lock bag and eat on the trail.

GORPMM

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
1 cup M&M’s
Mix in a Zip lock bag and eat on the trail.

Good-for-you-GORP

2 1/2 cups low-fat granola
1 cup dried pears
1/2 cup M&M’s
Mix in a Zip lock bag and eat on the trail.
**Sunny GORP**  
*Backpacker Magazine*

- 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.

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**Trail Peak Trail Mix**  
*Philmont Training Center*

- 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**  
*TRAILFOOD*

- 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**  
*Backpacker Magazine*

- 1/2 cup mixed nuts  
- 1/2 cup Macadamia nuts  
- 1 cup dried Fruit Bits  
- 1 cup roasted sunflower kernels  
- 1 cup M&M's
Mix in a large Zip lock bag and eat on the trail.

Tom Brokaw’s Granola GORP  Backpacker Magazine

TRAILFOOD

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 bowel. In a sauce pan, stir together honey and oil and heat to a 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  The Leader, April 1984

TRAILFOOD

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

Stir all ingredients together, except sugar. Form into golfball sized balls. Roll in powdered sugar.

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 The Leader, June/July 1994

TRAILFOOD

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

1 pkg. semi-sweet chocolate 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.

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CAR CAMPING RECIPES

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

Suggested Lunch Items
Dried fruit
Fresh fruit
Triscuits / Wheat thins/ crackers/ pilot
Cheese
Cheese squeeze
Hard Boiled eggs (done in advance)
Raw Carrots / Broccoli / Cauliflower
Peanut Butter
Salami Sausage
Meat sticks Beef Jerky
Canned chicken / SPAM / Tuna
Spreadables
Canned turkey / ham spreads
Chocolate bars
Chewy brownies or cookies
Drink Mix

Car camping allows greater use of fresh foods. You can have elaborate kitchens and expanded menus. It is a great time to try variety of cooking styles and techniques. Propane or charcoal. It is still cooking. Try out those backpacking meals before you are 20 miles from the store.
The grocery is a good place to buy for the trail. You just have to imagine the food without the package. Get curious and browse through your nearby supermarket. That TRAIL PACK of pancake mix is still only pancake mix.

Cheesy Chili Success

Success Rice serves 4 POT

1 bag Success Rice
1 can Hormel Chili No Beans
1 cup process cheese spread
1/2 cup sour cream
chopped red bell pepper
Tomato slices

Cook rice according to package. Drain and set aside. Combine other ingredients in pan and heat until cheese is melted. Stir to blend well. Serve over rice. Garnish with peppers & tomato.
Cheesers

Heat a tortilla in skillet; place cheese and salsa on top. Place another tortilla on top, flip and heat until cheese is melted. Cut in 4's and eat as you make the next one.

MAC & STUFF

Prepare Mac and Cheese dinner as directed on box. Meanwhile bring water, peas, hot dogs, and margarine to boil in large saucepan. Stir in stuffing mix, cover, remove from heat, stand 5 minutes. Stir stuffing mixture into macaroni and cheese dinner. Serves 6.

Spicy Chicken Wings

Combine marinade ingredients and bring to boil; let cool. Cut the wings at the joints for finger eating. Submerge the chicken wings in marinade in a zip-lock bag and refrigerate or cool in the ice box for 3 hr. Preheat broiler or start the charcoal. You need 30-40 minutes for charcoal. Arrange wings on broiler or grill. Brush with marinade and broil 4-10 minutes on each side, or until crispy. Check broiler or grill often.

** vary amount to your taste.
**Nachos**

1 can (10.75 oz) Campbell's Condensed Cheddar Cheese Soup  
1/2 cup Salsa  
1 bag tortilla chips  
1 Chopped Tomato  
sliced green onions  
slices pitted ripe olives  
Chopped green or sweet red pepper

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

**Aztec Toothpicks**

flour tortillas  
cream cheese  
brown sugar  
cinnamon

Heat a white flour tortilla in a skillet; spread cream cheese on tortilla; sprinkle on brown sugar; sprinkle on a small amount of cinnamon; roll up tortilla and pig out.

**Dave’s Chili**

2 lb. ground beef  
2 teaspoons cumin  
1 (15 oz) can red beans  
1 quart tomato juice  
pepper, oregano, sugar  
1 med. onion chopped  
1 (29 oz) can tomato puree  
1 teaspoon salt  
1/2 cup diced celery  
1/4 cup diced green bell pepper  
1/4 cup chili powder  
1/2 teaspoon black  
1/8 teaspoon cayenne pepper  
1 1/2 teaspoons garlic powder

Brown beef in skillet, drain, then add all the rest into a 6 quart pot, cover and simmer 1 to 1.5 hours stirring every 15 minutes.  makes 16 (1 cup) servings.
Pineapple Ham Crescents  Count DelMonte serves 4  Reflector Oven

1 can 15.25 oz Pineapple Spears in Juice
1 can (8 oz) refrigerated crescent rolls
8 thin slices ham, 2-inches wide
8 slices Swiss cheese, 2-inches wide
1 Tbs. Dijon mustard

Drain pineapple well, reserving juice. Reserve 2 spears for sauce; chop and set aside. Unroll crescent rolls. Wrap ham and cheese around pineapple. Place at widest part of crescent and roll-up. Place on baking sheet. Bake at 375°F, 12 to 15 minutes or until golden. In sauce pan, boil the reserved juice with mustard until thickened, about 10 min., stirring frequently. Stir in chopped pineapple. Serve with crescents. Makes 8 sandwiches.

Microwave Beef Jerky  Nabisco foods  MICROWAVE

1 lb. flank steak
2 T. soy sauce
1/4 tsp. ground red pepper
1 T. seasoned salt
2 T. Wright’s Natural Hickory seasoning

Trim meat of all visible fat. Slice beef across grain into 1/8 inch strips; place in nonmetal dish. Blend remaining ingredients; pour over meat, stirring to coat well. Cover and chill at least 8 hours. Arrange a third of the meat strips on microwave-safe rack or paper-towel-lined microwave-safe plate. Cover with paper towel. Microwave at HIGH 5 minutes; turn over strips. Microwave 3-3 1/2 more minutes or until meat is well cooked and firm, but not crisp. Repeat with remaining strips. Cool completely. Cover and store in refrigerator for up to 1 week. Watch the last few minutes...

Frito Pie  So Old, I forgot serves 6-8  ONE POT

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

Cook up pot of chili (homemade or canned). Buy individual size bags of Frito’s corn chips. Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese. And you have portable lunch time Frito Pie.
Chili for 8

serves 8

DUTCH OVEN

1 large onion, sliced/diced
2-3 cloves garlic
1/2 green pepper, diced
1 tbs. oil

Sauté above in the oil in bottom of Dutch oven until onions are tender.

Add: 2 lb. lean ground beef Brown thoroughly, salting and peppering to taste. Drain off excess fat. Add: 2 sm. cans tomato paste.
1-2 large cans tomatoes (you can substitute a large jar of spaghetti sauce for the tomatoes and paste). 3 tbs. chili powder (or more, depending on how hot you like it).

Simmer uncovered for 45-60 minutes, cooking off some of liquid. When thickened, add:

Drained kidney or black beans (as many as you like; I suggest 2 soup-size cans).

Cover and simmer 15 or so minutes.

Rice & Freebies

The Road King

ONEPOT

1 Box instant rice - bought with triple coupons
5 packets taco sauce - Taco Bell
2 packets Chile Sauce - Wendy's
3 packets bacon bits - McDonald's
Salt & pepper packets - Kentucky Fried
2 honey packets - Kentucky Fried
Road Kill - only if fresh (only kidding)

Cook the rice, add the sauces and stuff. Eat if you dare.

Frito Burritos

serves 6

ONEPOT

1 cup dried refried beans
10-12 flour tortillas
grated cheese
hot sauce/salsa
1 head lettuce
2 cups water
Frito Corn chips

Mix the water and dried beans into a paste, heat and fill the tortillas with fixings. Crunch and munch.
Arroz con Pollo  Chicken with Rice  serves 4-6  BIG SKILLET

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

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

Chicken Quesa dias  James Thorne  serves 6  POT & SKILLET

2 tortillas for each quesa dia
1 whole chicken
2 lb. Monterey Jack cheese
oil
1 onion
1 Green pepper
Salsa, hot or mild
2 Tbs. finely chopped cilantro or parsley
Guacamole, sour cream, lettuce, optional

Cook a whole cleaned chicken in large pot of water until meat falls from bone, about 2 hours. Debone and chop chicken, set meat aside. Save stock for tomorrow's soup. Grate the cheese, set aside. Saute sliced onions and green peppers with a little oil. Add salsa and chicken and cilantro. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve. Add Guacamole, sour cream, lettuce, Eat
Shrimp Quesa dias  James Thorne  serves 4-6  POT & SKILLET

1 cup coarsely chopped cooked shrimp
1 onion
1 Green pepper
2 tortillas for each quesadilla
2 lb. Monterey Jack cheese  oil
2 Tbs. finely chopped cilantro or parsley
Salsa, hot or mild
Guacamole, sour cream, lettuce, optional


Davy Jones' Supper  Creamettes  serves 4-6  POT & SKILLET

1/2 lb. elbow macaroni
2 tablespoons butter or margarine
1/4 cup milk
1/4 cup chopped onion or dried onion flakes
1 can cream of shrimp soup
1/4 cup chopped green bell pepper
1/2 cup sour cream
(1) 6 oz can of shrimp salmon or tuna
1 tablespoon mustard
4 oz can of mushroom stems and pieces drained
1/4 teaspoon salt
2 tablespoons sliced green olives
1 teaspoon Worcestershire sauce.

Cook macaroni and drain. In medium skillet, melt butter and cook onion and bell peppers, if flaked, rehydrate first. Blend in milk and soup, heat through. Combine macaroni, soup mixture and remaining ingredients, mix well and heat until thickening. Simmer...
Garlic Toast  Dick Ross  serves 6  FOIL

1 loaf French bread
4 oz butter
1 tsp. garlic salt
1 tsp. onion salt
1 tbs. chopped parsley OPTIONAL

An hour and a half before supper, make a small charcoal fire. Slice bread diagonally about 1 1/2" thick. Melt butter in a aluminum foil cup on the side of the fire. add garlic salt onion salt and parsley to the butter. With a brush or a folded up paper towel, brush butter onto both sides of the bread. Put the grill on a couple of rocks close to the fire. Toast the bread lightly. Wrap in Aluminum foil to keep warm.

Chicken Soup 1  Dick Ross  serves 6  ONEPOT

1 pound boneless chicken

2 tablespoons oil or shortening
1 chopped onion
3 carrots, medium size
6 celery stalks
3 chicken bullion cubes
7 cups water
6 ounces thin noodles
salt and pepper

Peel and chop finely onion, carrots, and celery. Put oil in bottom of a large pot and put on medium heat. Add onion, carrots, and celery. Cook and stir until onion is tender. Add chicken, bullion cubes, and water. Bring to a boil. Cook for 30 or 45 min. Remove chicken from pot and put on cutting board. Add noodles to water and boil for 5 to 8 min. While noodles are cooking, chop up chicken and add to soup. skim off any fat. Salt and pepper to taste. Eat it!
**Fettuccine Alfredo with Chicken**

Dick Ross

serves 6  
**ONEPOT**

Serving Size  6

1 1/2 pounds Fettuccine noodles  
6 oz butter (real, not margarine)  
2 egg yolks  
3/8 cup heavy cream  
3/4 cup grated Parmesan cheese  
1 ??? salt and pepper to taste  
1 1/2 pounds boneless chicken breasts

Take butter out of cooler and set in a warm place to soften. Boil 2 quarts water in a big pot. Add the chicken breasts and bring back to a boil and simmer 20 min. Remove chicken and put it on a paper plate to cool. Dump out water and refill big pot 3/4 full with water. Put on to boil. Put the soft butter in a small pot and beat it. Add egg yolks and cream and beat until well blended and fluffy (if your arm doesn't hurt, you didn't beat it enough). Add the cheese a little at a time, beating after each addition. Set butter mixture aside (if it's hot out, put it in the cooler). Cut the chicken into bite size pieces.

When the water comes to a boil, dump in the noodles. boil for 5 to 8 min. Fish out a noodle and eat it to tell when they are done. DO NOT OVER COOK! (Beat the sauce some more while you are waiting for the noodles) When the noodles are done, drain the water immediately and dump in the butter mixture and the chicken. Stir gently until the sauce is mixed in, serve immediately. Eat it!

NOTE: if you are short of money and have the time, boil a whole chicken and take the meat off the bones instead of using chicken breasts. This can be done ahead of time at home.

Serving Ideas : Serve with garlic toast and a vegetable.

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**Pita pocket Frito Pie**

El Paso Pete

serves 4-6  
**ONEPOT**

1 pk. Pocket Bread  
1 can Wolf Brand Chili, this is a Texas recipe not a Nebraska one.  
1 bag Frito’s Corn Chips  
8 oz Grated Cheddar Cheese

Heat Chili, put some chips in the Pocket bread and spoon chili on top. Add more chips and cheese. Eat as many as you can.
Jakie's Meatloaf

2 pounds ground beef
2 eggs, slightly beaten
1/4 cup each: ketchup and rolled oats
8 saltine crackers, crushed
1 medium onion, chopped
1 tablespoon barbecue sauce
Salt and pepper to taste
Flour
Oil
1 cup water
1 (8-ounce) or (15-ounce) can tomato sauce (see note)

Mix beef, eggs, ketchup, oats, crackers, onion, barbecue sauce, salt and pepper and form into 2 loaves. Flour each lightly and brown on all sides in a little oil (about 1 teaspoon) in a skillet. Remove from pan. Heat 2 tablespoons oil and stir in 2 tablespoons flour with wooden spoon or whisk. Cook, stirring, until a dark roux forms. Stir in water, salt and pepper. Pour gravy into the bottom of a Dutch oven and place meat loaves over it on a rack. Pour half a can of tomato sauce over each and cook about 30 minutes.

Note: If you like more tomato flavor, use a 15-ounce can of tomato sauce (recipe tested with Tomato Sauce Special).

Cajun Meatloaf

serves 6-8

From Monday Is Meat Loaf, The Everyday Cookbooks

1 tablespoon olive oil
1 medium onion, coarsely chopped
4 garlic cloves, minced
3 tablespoons chili powder
1 teaspoon paprika
1/4 teaspoon salt
Pinch of cayenne pepper
1 cup tomato juice
2 eggs, lightly beaten
2 tablespoons Worcestershire sauce
1/2 teaspoon sugar
1/4 teaspoon hot pepper sauce
1 pound each: ground beef or ground turkey and ground pork
2 slices whole-wheat or white bread, torn into small pieces

Preheat oven to 350 degrees. Warm oil in large skillet over high heat. Add onion, garlic, chili powder, paprika, salt and cayenne. Cover, reduce heat to low and cook, stirring
occasionally until onion is softened but not browned, about 10 minutes. Remove skillet from heat, stir in the tomato juice and set mixture aside to cool slightly.

Combine beef and pork in large bowl. Add bread, eggs, Worcestershire, sugar, hot sauce and onion mixture; mix lightly but thoroughly. Place mixture in a 9-by-5-by-3-inch loaf pan. Bake 55 minutes or until a meat thermometer inserted in the center registers 160 degrees. Let stand 5 to 10 minutes before slicing. Serves 6.

Note: Ground turkey can replace either the beef or the pork. If you use a combination of turkey and pork, which will be more delicately flavored than meat loaf made with beef, reduce chili powder to 2 tablespoons and use tomato-vegetable cocktail juice instead of plain tomato juice.

Christine Pines' Meat loaf  serves 6  DUTCH OVEN

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.

Mexican Meat Loaf  serves 6  DUTCH OVEN

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 Dutch oven. Cover and cook at 350 degrees for about an hour. Makes 5 to 6 servings.
Peppered Meat loaf

2 pounds ground beef chuck
1/2 pound bulk sausage, crumbled
1 large onion, finely chopped
3 garlic cloves, minced
1 (8-ounce) can tomato sauce
1/2 cup ketchup
1/4 cup crushed saltine crackers
2 eggs
2 teaspoons each: Worcestershire sauce and seasoned salt
1/4 teaspoon seasoned pepper
1 or 2 potatoes, peeled and cut into fingers (optional)

Sauce (recipe follows)

Combine chuck, sausage, onion, garlic, tomato sauce, ketchup, crushed crackers, eggs, Worcestershire, salt and pepper. Mix well. Shape into a round loaf. Place potatoes in bottom of electric slow cooker (or place meat loaf on rack). Pour Sauce over all. Cover and cook on low 8 to 12 hours. Turn to high and remove the cover the last hour.

Sauce

1 cup ketchup
1/3 cup brown sugar (optional)
1 1/2 teaspoons dry mustard
1/2 teaspoon ground allspice or nutmeg

Mix ketchup, sugar, mustard and allspice well. This makes a light sweet-sour sauce. If desired, omit brown sugar or reduce to 2 tablespoons.
**Hawaiian Chicken**

*serves 4-6*  
SKILLET

3 boneless chicken breasts - cut in half  
1 sweet green pepper  
vegetable oil  
1 sweet red pepper  
8 oz. can pineapple chunks w/juice  
2 oz. apple juice  
1 large red onion  
1 cup minute rice

Brown chicken in oil. Add pineapple chunks and juice. Cut the onion and peppers into rings and cook. Cover and simmer 20 minutes. Make the rice and serve chicken over bed of rice.

**Burp Burritos**  
Wyatt Burp  
serves 6  
ONEPOT

1 cup dried refried beans  
10-12 flour tortillas  
grated cheese  
hot sauce/salsa  
1 head lettuce  
2 cups water

Boil water and add beans and let stand. Warm the tortillas. Place fixings on tortillas and eat.

**Shrimp & Steak Kabobs**

*serves 4*  
GRILL

1/2 cup vegetable oil  
1/4 cup lemon juice  
1 tsp. dried Oregano Leaves  
1/2 tsp. dried Basil  
1 clove Garlic , finely chopped  
1/2 lb. med. raw shrimp, peeled & deveined  
1/2 lb. boneless Beef Sirloin, cut into cubes  
Zucchini, onion and red or yellow bell peppers

In shallow dish or plastic bag, combine oil, lemon juice, oregano, basil, and garlic; add shrimp and meat. Cover; marinate in refrigerator or ice chest for 3-4 hrs. Skewer meat and shrimp with vegetables. Grill or broil as desired, basting frequently with marinade.

1/2 lb. of scallops can be substituted for sirloin.  
Serves 16 appetizers or 4 full servings.
Texas Ranger Stew  
Sgt. Brantley Foster  
serves 4-6  
ONEPOT

1 1/2 lb. Lean ground beef  
1 small onion chopped  
1 (28 oz) can peeled whole tomatoes  
1 (14 oz) can beef broth  
2 cans water  
1/4 cup ketchup  
2 tablespoon Worcestershire sauce  
1 1/2 teaspoon salt  
1/2 teaspoon ground thyme  
1/8 teaspoon ground black pepper  
3 (6-8 oz) cans sliced mushrooms  
1 cup uncooked quick-cooking rice  

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

The idea is to create a stew or casserole in one pot. A mixture of starches, proteins, vegetables, and spices or a delectable sauce can become a gourmet feast. The following recipes are examples. Use the Chart to help create your own specialties.

One pot dinners can be easy to prepare with a little thought before hand. Which ingredients need to cook longer? - Start them first. How much water is needed? - Is the pot big enough?

Try to maintain texture in the food. Mush is mush and no amount of spices will dress it up. Plastic freezer bags can serve for carrying and mixing items such as instant potatoes. Reduce the cleanup, add the boiling water to the bag and mix. This works with quick rice as well.

Directions:

1. Select and assemble your ingredients from the grocery store, camping outlet or food co-op. Amounts of each ingredient can be adjusted to suit individual preferences and appetites.

2. Determine the order of preparation based on the cooking times of each ingredient. Items with similar cooking times and methods may be dumped together in a plastic bag. Put the bulkiest or main items in a large bag, and put the other items in smaller bags and seal them. Place these smaller bags inside the large bag and seal it.

3. Check the instructions for each component to be sure you include any extra items such as butter, dry milk, etc. that are needed.

4. Decide how much water you need to start with based on what is needed for each ingredient.

5. Write instructions for each package in the meal down, based on the items determined above. Include order of preparation, cooking times, ingredients not included in the bags, etc.

6. Include the instructions for each package with the package. Include the instructions for the whole meal with the large bag, in addition to the instructions for that bag.

7. Label each bag
   i.e. Large bag can be labeled “dinner Day 3” with list of contents
   Orange drink, chicken soup, Mac & cheese, chocolate pudding
   Inside might include separate bags for drink, soup, and pudding. Instructions can be written on bags with a marker that will NOT WASH off or cut from boxes and placed in bag.
One Pot dinners

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# PHILMONT TRAIL Menus

All Meals are for four people

FD = freeze dried

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<td>Chicken Soup</td>
</tr>
<tr>
<td>Instant Milk</td>
<td>Beef Jerky</td>
<td>Cheese Cake</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>Cashew Almond Bar</td>
<td>Fruit Punch</td>
</tr>
<tr>
<td>Instant Cocoa</td>
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<th>BREAKFAST #4</th>
<th>LUNCH #4</th>
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<tbody>
<tr>
<td>Food Bar (CA)</td>
<td>Ham Salad Spreadables</td>
<td>Lasagna with F.D. Beef</td>
</tr>
<tr>
<td>Dry Cereal</td>
<td>Wheat Crackers</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Grape Juice</td>
<td>Chocolate Candy</td>
<td>Bread Sticks</td>
</tr>
<tr>
<td>Instant Milk</td>
<td>Cookies (PB)</td>
<td>Banana Creme Pudding</td>
</tr>
<tr>
<td>Instant Cocoa</td>
<td>Orange Beverage</td>
<td>Grape Beverage</td>
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<th>BREAKFAST #5</th>
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<tbody>
<tr>
<td>Buttermilk Pancakes</td>
<td>Cheese, Sharp</td>
<td>Chicken Noodle Dinner</td>
</tr>
<tr>
<td>Sliced Bacon</td>
<td>Club Crackers</td>
<td>With F.D. Peas</td>
</tr>
<tr>
<td>Maple Syrup</td>
<td>Chocolate Cookies</td>
<td>Chicken Bouillon</td>
</tr>
<tr>
<td>orange Juice</td>
<td>Raisins</td>
<td>Cobbler, Apple</td>
</tr>
<tr>
<td>Instant Cocoa</td>
<td>Lemon Lime Beverage</td>
<td>Cherry Beverage</td>
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<th>BREAKFAST #6</th>
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<tbody>
<tr>
<td>Cereal Cream of Wheat</td>
<td>Peanut Butter</td>
<td>Beef Stroganoff</td>
</tr>
<tr>
<td>Granola Cookie</td>
<td>Ritz Crackers</td>
<td>with wild Rice</td>
</tr>
<tr>
<td>Instant Milk</td>
<td>Beef Sticks</td>
<td>Vegetable Soup</td>
</tr>
<tr>
<td>Beef Jerky</td>
<td>Walnut Bar</td>
<td>Corn F. D.</td>
</tr>
<tr>
<td>Instant Cocoa</td>
<td>Gatorade Beverage</td>
<td>Mixed Fruit</td>
</tr>
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<td></td>
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<td>Lemonade Beverage</td>
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<tbody>
<tr>
<td>Hi Energy Cereal</td>
<td>Turkey Spreadables</td>
<td>Chicken Rice Dinner</td>
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<tr>
<td>Orange Juice</td>
<td>Wheat Crackers</td>
<td>with Peas &amp; Carrots</td>
</tr>
<tr>
<td>Chunky Pineapple</td>
<td>Chocolate Candy</td>
<td>Chicken Cup-A-Soup</td>
</tr>
<tr>
<td>Beef Jerky</td>
<td>Fruit Punch</td>
<td>Apple Dessert</td>
</tr>
<tr>
<td>Instant Cocoa</td>
<td></td>
<td>Orange Beverage</td>
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### PHILMONT TRAIL Menus (Continued)
All Meals are for four people

<table>
<thead>
<tr>
<th>BREAKFAST #8</th>
<th>LUNCH #8</th>
<th>SUPPER #8</th>
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<tbody>
<tr>
<td>Oatmeal / Raisins</td>
<td>Cheese Spread (SM.)</td>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td>Apple Slices</td>
<td>Beef Jerky</td>
<td>with F.D. Beef</td>
</tr>
<tr>
<td>Instant Milk</td>
<td>Rye Crackers</td>
<td>Pinto Beans</td>
</tr>
<tr>
<td>Beef Sticks</td>
<td>Fig Bar Cookies</td>
<td>Vegetable Soup</td>
</tr>
<tr>
<td>Grape Juice</td>
<td>Lemonade Beverage.</td>
<td>Lemon Pie w/Gram Cr.</td>
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<tr>
<td>Instant Cocoa</td>
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<td>Fruit Punch</td>
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<tr>
<th>BREAKFAST #9</th>
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<tbody>
<tr>
<td>Western Omelet</td>
<td>Chicken Spreadables</td>
<td>Turkey Noodle Dinner</td>
</tr>
<tr>
<td>Hash Brown Potatoes</td>
<td>Club Crackers</td>
<td>with F.D. Peas</td>
</tr>
<tr>
<td>P.A. Orange Juice</td>
<td>Oreo Cookies</td>
<td>Chicken Noodle Soup</td>
</tr>
<tr>
<td>Oats &amp; Honey Bar</td>
<td>Orange Beverage</td>
<td>Peaches &amp; Creme Pie</td>
</tr>
<tr>
<td>Instant Cocoa</td>
<td></td>
<td>Lemonade Beverage.</td>
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<table>
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<th>BREAKFAST #10</th>
<th>LUNCH #10</th>
<th>SUPPER #10</th>
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<tbody>
<tr>
<td>Food Bar (FN)</td>
<td>Jalapeno-Sharp</td>
<td>Mac. &amp; Cheese Dinner</td>
</tr>
<tr>
<td>Dry Cereal</td>
<td>Cheese</td>
<td>Onion Soup</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>Ritz Crackers</td>
<td>Fruit Cobbler</td>
</tr>
<tr>
<td>Instant Milk</td>
<td>Pecan Bar (RB)</td>
<td>Bread Sticks</td>
</tr>
<tr>
<td>Instant Cocoa</td>
<td>Grape Beverage</td>
<td>Cherry Beverage</td>
</tr>
</tbody>
</table>

As you may tell, the above meals are a mixture of freeze dried (F.D.) and store bought foods. These are included as both a source of prepared trail meals and as suggestions for the possibility of doing your own from the grocery store.

Another Grocery Item is called **TVP** for **Textured Vegetable Protein**. This Soy based product is imitation meat such as BACOS®. The product can sometimes be found in the health foods or specialty sections. It can be found as “beef, ham, chicken, or bacon”. It is a lower cost substitute for Freeze dried meats. But I would always plan to add a well seasoned sauce. Or try to rehydrate in bouillon broth. Some **TVP** must be cooked, while others like BACOS® are ready to eat.
Halfa Super  
Dick Ross  serves 2-3  
ONEPOT

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


Turkey Vulture Casserole  
PTC  serves 4-6  
ONEPOT

2 cans turkey or chicken  
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  
Philmont  serves 2-4  
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  
serves 4-6  
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

Troop 528

serves 2

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

Hawaiian Rice

Hula Spam

serves 6

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.
**Belly Stretcher**  
*serves 4  ONEPOT*

- 3/4 lb. elbow macaroni
- 15 oz can corned beef hash
- 10.5 oz can condensed cream of celery soup
- 1 cup milk
- 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.

**Urraca Stew**  
*Philmont  ONEPOT*

*Vegetable Soup Mix*
*Freeze Dried Corn*
*Beef Stroganoff with Wild Rice Mix*

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.

**Couscous**  
*Dennis A. Schmitt  serves 4  ONEPOT*

- 1 cup Cous Cous
- bullion
- 2 T. butter
- oil
- onions
- green pepper flakes
- meat
- vegetables
- soy sauce

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  

Dennis A. Schmitt  
serves 4-6  
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.

Chicken Fried Rice  

Matt Schmitt  
serves 4  
ONE POT

2 cups cooked instant rice  
1 tsp. margarine / oil  
dried onion flakes  
2-3 Soy Sauce packets, Chinese Rest. Supply  
vegetable. mix peas & carrots  
8 oz. canned chicken  
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.

Spanish Fried Rice  

A traditional Spanish Dish  
serves 4  
ONE POT

2 cups cooked instant rice  
dried onion flakes  
margarine / oil 1 Tsp.  
1/2 cup Salsa  
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.
Scoutmaster Stew  Richard Welch  serves 6  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  serves 4  ONEPOT

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 Italliano  Milo Gomez  serves 4  SKILLET

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

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

Souper Rice  Minute Rice  serves 4  ONEPOT

1 can Cream of Mushroom soup  
1 1/3 cans water or milk  
2 cups Minute Rice, uncooked  
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.  
Try other Cream Soups..
BBQ Rice and Beans   Minute  serves 4-6  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.


Ute Park Pot   Philmont  serves 4  ONEPOT

1 onion
1/2 lb. bacon
2 1/4 cups elbow macaroni
3 tsp. salt
2 #27 cans whole tomatoes
salt and pepper
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   Philmont  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, add nuts. Try adding instant potatoes.
CHICKEN FETTUCCINI Alfredo  serves 3  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.

More ONE POTS

Mac and.......... Kraft  ONEPOT

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

<table>
<thead>
<tr>
<th>MAC and .....</th>
<th>1 cup Meat</th>
<th>1 cup Vegetables</th>
<th>some EXTRAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 box of Mac &amp; Cheese</td>
<td>ground beef</td>
<td>stewed tomatoes</td>
<td>1 t. chili powder</td>
</tr>
<tr>
<td></td>
<td>chicken</td>
<td>broccoli</td>
<td>2 t. mustard</td>
</tr>
<tr>
<td></td>
<td>ham or SPAM</td>
<td>red pepper</td>
<td>1/4 cup Miracle Whip</td>
</tr>
<tr>
<td></td>
<td>tuna</td>
<td>peas</td>
<td>1/4 t. italian seasoning</td>
</tr>
<tr>
<td></td>
<td>ground beef or turkey</td>
<td>peas &amp; carrots</td>
<td>1/8 t. pepper</td>
</tr>
</tbody>
</table>

Devil' Thumb Stew  serves 4  ONEPOT

4 cups water
1 pkg. vegetable beef soup mix
1 box Mac and cheese
1 can tuna
1/2 cup instant rice

To boiling water add soup mix and macaroni. Simmer until macaroni is almost done. Add cheese and tuna- mix. Then add rice. Cook until macaroni and rice are done.
**Just a Minute**

A cup of Minute Rice or other quick cooking rice can be made in a freezer bag. But add a equally quick instant soup mix and you can create a meal.

<table>
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<tr>
<th>Rice</th>
<th>Soup Mix</th>
<th>Protein</th>
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<tbody>
<tr>
<td>1/2 cup Minute Rice</td>
<td>onion soup mix</td>
<td>can ham</td>
</tr>
<tr>
<td>= 1 serving</td>
<td>chicken bouillon</td>
<td>can chicken</td>
</tr>
<tr>
<td></td>
<td>gravy mix</td>
<td>TVP</td>
</tr>
<tr>
<td></td>
<td>vegetable beef soup mix</td>
<td>can turkey</td>
</tr>
</tbody>
</table>

**Gooder Goulash**

1 5 oz. can water chestnuts
1 can chicken
2 pkg. ramen noodles, chicken

Cook noodles as usual. At end, add drained water chestnuts and put stove on simmer. Add chicken and remove from stove. Stir and enjoy.
And More's based on LIPTON packaged noodles and rice. Prepare noodles and rice as directed and add more..... Serves 2-3.

Lipton Alfredo Carbonara AND 1/2 cup milk, 1 T. margarine, 1 T. onion flakes

Lipton Alfredo AND 1/2 cup milk, 1 T. margarine, 1 T. onion flakes, 1 can chunk chicken.

Lipton Cajun Style Rice & Beans AND 1 T. onion flakes, 2 T. margarine, 1 T. dried green peppers, 1 package Tomato Cup of Soup Mix, 1 can shrimp.

Lipton Stroganoff AND 1 T onion flakes, 1 package freeze dried (FD) beef, 1/2 cup milk.

Lipton Chicken & Rice AND 1 package freeze dried (FD) chicken, or 1 small can chicken, 1 package Vegetable soup mix.

Lipton Mushroom & Rice AND 1 package Pea Cup of Soup, 1/3 cup crumbled bacon or bacon bits.

Lipton Chicken Broccoli & Noodles AND 1/2 cup milk, 1 T. dried green peppers, 2 T. parmesan cheese, garlic salt, 2 T margarine.

Lipton Beef Rice AND 1 package freeze dried (FD) beef, 1 T. onion flakes.

Patrick J's Dindin Patrick Jennings serves 4 ONEPOT

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

Boil 1 3/4 cups water, add sauce spice mix, tomato paste, pasta, and soy sauce. Add rice and chicken. Cover and remove from heat. Let stand 5 min. and eat.
The Rice Stuff  
Dennis A. Schmitt  
serves 2-3 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.

Chunks  
Campbell’s  
serves 2  
ONEPOT

1 cup Quick Rice  
1 can of Campbell’s Chunky Beef Soup  

Heated and served over rice. Serves 2

Green Goo  
Dennis A. Schmitt  
serves 2-3 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.

Mexican Rice & Beef  
Dennis A. Schmitt  
serves 4  
ONEPOT

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

Chili Mac

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

Beef Stroganoff version 1

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.

Sauce

2/3 cup powder milk
1 pkg. sour cream mix
1 pkg. stroganoff mix,
mix above with 1 1/2 cup water and simmer

Beef Stroganoff version 2

1 package dried beef
1 small can sliced mushrooms
1 package 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  

Dennis A. Schmitt  

serves 4  

ONEPOT

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

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...

Potato Soup  

“needs Salt & Pepper” serves 1-2  

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  

“needs Salt & Pepper” serves 4  

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 and onion in water, about 10 min. Add the rest, stir and heat, don't boil. Add more water if needed.
Agua Caliente

32 oz water
1 large pot

Carefully measure the water and place in the pot. Add your metal cups and spoons. Cover and place on stove. Lite the fire and bring water to a boil for 3 minutes. Remove utensils, placing them on a clean surface. Use the hot water for coffee or preparing food. Use leftover water for cleaning.

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

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

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**

Dick Ross  
**serves 4**  
**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.

**Instant Refried Beans**

Fantastic Foods  
**ONEPOT**

1 1/2 cups instant refried beans  
2 cups water  
1 Tbs. butter  
cheese

Boil water and add to beans in a bowl. Stir well, cover 5 minutes - ready to serve. Variations include adding butter and cheese. Use in Frijoles Dip with salsa and Monterey Jack cheese. Use on Nachos, Tostadas, or in Bean Burritos.

**I can Ham, and you can two**

Dick Ross  
**serves 4**  
**ONEPOT**

“I” can ham 4 oz  
Lipton Alfredo Noodle mix  
dry milk  
dried mushrooms  
butter  
parmesan cheese

1/2 package Alfredo noodle mix (left over from yesterday), (with 2-3 Tablespoons dry milk and some extra parmesan cheese mixed in), “I” can ham (4 oz.), dried mushrooms, butter. Hard Roll. Cook in that pot from yesterday.
Cimarroncito Carbonara

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 small 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

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.

Zastrow-roni

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

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.
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.

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<td>5 Under / Top</td>
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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)
Turkey and Stuffing Pie

2 cup prepared stuffing
1 cup shredded Swiss cheese
2 can chunk turkey (5 oz)
1/2 cup milk
3 eggs

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

Guadeloupe Chili Pie

2 lb. ground beef
1 med. onion, sliced
1/2 tsp. chili powder
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.
Lasagna Pie

serves 8  DUTCH OVEN

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

serves 6  DUTCH OVEN

4 cups Pepperidge Farm Herb Seasoned Stuffing  Paprika
1 T. 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.
**Chili Pie**  
Hormel  
serves 4-5  
*DUTCH OVEN*

4 cups corn chips  
1 @ 19 oz can Name brand Chili  
2/3 cup chopped onion  
1 1/2 cups shredded Colby or Cheddar cheese  
sour cream and ripe olives, optional

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**  
Hormel  
serves 4-6  
*DUTCH OVEN*

3 cups cooked rice  
1/2 cup onions, chopped and divided  
3/4 cup crushed corn chips  
1 (19 oz) can plain chili  
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.

**Kit Carson Pie**  
Philmont  
serves 4-6  
*DUTCH OVEN*

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

Kelly Hall  serves 6  DUTCH OVEN

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

InterNet  serves 4-6  DUTCH OVEN

Harvesters Meat loaf, which was served at the recent Share Our Strength Taste of the Nation benefit, is a specialty of Ohio Grange Cafe. Owners Smoot Hull, a native Texan, and Patrick Markey, from Fostoria, Ohio, and chef Michael Frietsch chose a Midwestern heartland theme for their second restaurant, which opened in November 1996.

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. Finely chop shallots and mushrooms; 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.
Ann Landers' Meat loaf  From Chronicle files.  serves 4-6 DUTCH OVEN

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  serves 4-6  DUTCH OVEN

Stephanie Bergman of the National Turkey Federation says this is one of the Federation's most popular recipes.

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.

PUT IN A POT LASAGNA  DUTCH OVEN
Two pounds ground beef
Five links of mild Italian sausage
Two medium onions
One stalk celery
One jar on Newman's garlic and peppers sauce
One jar of Five Brother's Five Cheeses Marinara Sauce
Additional Italian seasonings to taste
One Lb package lasagna pasta

2. Cook sausage, chop it up and add to beef.
3. Add the remaining above ingredients (excluding pasta) and cook on low heat.
   Sauce should be runny.

Ricotta cheese layer:
Two cups ricotta cheese
One cup shredded mozzarella cheese (buy a two-pound bag of mozzarella, you'll need it later)
½-cup parmesan cheese
Two eggs
Chopped parsley
One teaspoon salt
½-teaspoon pepper

1. Mix these ingredients together in a bowl and set aside.
2. Pour a thin layer of sauce in the oven and place a layer of pasta on top.
3. Cover the pasta with more sauce and sprinkle some mozzarella on top.
4. Layer some of the ricotta cheese mixture on top.
5. Repeat these procedures until you run out of ingredients.
6. Save some mozzarella to layer on top.
7. Cook for 50 minutes at 350 degrees. Remove from heat and let stand 10 minutes before serving.
1 lb. ground chili meat       2 Box cornbread mix
1 Lb. pork sausage           2/3 c milk
1 medium yellow onion; diced 2 eggs
1 28 oz. can black beans;    1/2 tsp. salt
drained
1 8 oz. can tomato sauce     1 cup creamed corn
1 16 oz. can diced tomatoes
1/2 tsp paprika
4 Tbs. chili powder
1 tsp. ground cumin
1 Tbs. onion powder
1 tsp. garlic powder
1/2 tsp. salt

Prepare Chili: Brown ground meat and sausage in a 12” Dutch oven using 18-20 briquettes bottom heat. Add onion and cook until tender. Drain off liquid. Add remaining ingredients. Bring contents of Dutch oven to a boil, then simmer 30 minutes.

Prepare Cornbread: In mixing bowl combine all dry ingredients. In separate bowl combine all wet ingredients. Stir wet ingredients into dry until well mixed. Spoon cornbread mixture over top of chili. Cover and bake using 12 briquettes bottom and 16-18 briquettes top for 30 minutes or until cornbread turns golden brown.

NOTE: For even browning make sure to turn the oven and lid 1/4 turn in opposite directions every 10 minutes.
COOKING WITH ALUMINUM FOIL

Hot meals are great but who wants to wash dishes? Try these Foil meal ideas or try a seal-a-meal or freezer zip bag in boiling water.

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 an 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 (Hobbie) 

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 

Ed Bailey 

serves 3-4 FOIL

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 

serves 1 FOIL

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 well. Cook in hot ashes about 30 minutes.

Sue's Goulash 

Ed Bailey 

serves 2 FOIL

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. Sprinkle and mix dried onion flakes, dry seasoning, or gravy ingredients in the bottom. 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  Annette Wolter  serves 1  FOIL

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  Ed Bailey  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.

Quick Rice  Minute  serves 1  Bag

1/2 cup Minute rice

Place 1/2 cup Minute rice in a heavy freezer zip lock bag, add 1/2 cup boiling water to bag, Wait 3 minutes. Makes 1 serving 3/4 cup cooked. Add butter buds and salt. Multiply recipe by # of serve.  No pot No mess
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

Ed Bailey

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

Ed Bailey

serves 3-4

18 oz. can sweet potatoes
1 T. margarine
maple flavored syrup

Remove completely the top from an 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

Ed Bailey

serves 1

1 potato
1 T. 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 an hour. or 15-20 minutes on coals.
Drumsticks

serves 3-4
STICK& FOIL

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

Ed Bailey

serves 2
FOIL

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

Ed Bailey

serves 3-4
FOIL

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)
SPAM Hall of Fame

A special place for that all purpose potted meat.

**SPAM® Quesadillas  Hormel**

1 (12-ounce) can SPAM Luncheon Meat, chopped
4 cups shredded Monterey Jack cheese with peppers
6 (8-inch) flour tortillas  Guacamole and Salsa

Combine SPAM and cheese. Spoon meat mixture over 3 tortillas. Top with remaining tortillas. In lightly greased griddle, heat filled tortilla over medium high heat until soft and cheese is melted, turning once. Repeat with remaining tortillas. Cut each tortilla stack into 6 wedges. Serve with guacamole or salsa. Makes 18 appetizer servings.

**Hawaiian Rice  Hormel**

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

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.

**SPAM® Nachos  Hormel**

1 (12-ounce) can SPAM Luncheon Meat, cubed
1 (10 1/2-ounce) bag Tortilla Chips
1 (15-ounce) can Refried Beans
1 (16-ounce) jar Salsa
1 (8-ounce) package shredded Mexican pasteurized processed cheese

Heat oven to 425° F. Place chips on baking sheet. Sprinkle SPAM over chips. In bowl, combine refried beans and salsa; pour over chips. Sprinkle with cheese. Bake 6 to 7 minutes or until cheese is melted. Serve immediately. Makes 10 appetizer servings.
**Pi-Chee Ham**

*Ed Bailey* 
**serves 3-4**

**FOIL**

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.

**SPAMBURGER Hamburgers**

*Hormel* 
**serves 6**

**SKILLET**

1 (12-ounce) can SPAM Luncheon Meat  
6 hamburger buns, split  
3 tablespoons mayonnaise or salad dressing  
6 lettuce leaves  
2 tomatoes, sliced  
6 (1-ounce) slices American cheese  

Slice SPAM into 6 slices (3 inches x 1/4-inch). In skillet, sauté SPAM over medium heat until lightly browned. Spread cut sides of buns with mayonnaise. Layer lettuce, tomato, SPAM, and cheese on bun bottom. Cover with bun top. Serves 6.

**California SPAMBURGER® Hamburger**

*Hormel* 
**serves 6**

**SKILLET**

1 (12-ounce) can SPAM® Luncheon Meat  
2 tomatoes, sliced  
6 whole wheat hamburger buns, split  
6 lettuce leaves  
6 green bell pepper rings  
6 onion slices  
3 tablespoons Thousand Island salad dressing  

Slice SPAM® into 6 slices (3 inches x 1/4 inch). In skillet, sauté SPAM® over medium heat until lightly browned. Spread cut sides of bun with dressing. Layer lettuce, SPAM®, tomato, green pepper, and onion on bun bottom. Cover with bun top. Serves 6.
Savory SPAM Crescents

1 (12-ounce) can SPAM Luncheon Meat, cubed
10 slices bacon, cut in small pieces
1/4 cup finely chopped onion
3 tablespoons grated Parmesan cheese
1 egg, beaten
2 tablespoons chopped fresh parsley
2 tablespoons Dijon-style mustard
2 (8-ounce) packages refrigerated crescent roll dough
1/8 teaspoon pepper

Heat oven to 375°F. In skillet, cook bacon and onion until bacon is crisp; drain. Stir in remaining ingredients except crescent roll dough. Separate each package of crescent dough into 8 triangles. Spread top half of each triangle with SPAM mixture; roll up. Place on baking sheets. Bake 12 to 15 minutes or until golden brown.

Maui SPAM Muffins

4 English muffins, split and toasted
Butter or margarine
Prepared mustard
1 (7-ounce) can SPAM Luncheon Meat, thinly sliced
1 (15 1/4-ounce) can pineapple slices, drained
2 teaspoons water
1 small green pepper, cut into 8 rings
1/4 cup firmly packed brown sugar

Heat oven to 375°F. Spread muffins with butter and mustard. Overlap SPAM slices on each muffin half. Place a pineapple slice and a green pepper ring on each muffin. Combine brown sugar & water; spoon over sandwiches. Place muffins on baking sheet. Bake 10 minutes. Serve hot. Serves 8.

Spamble Eggs

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

SPAM Breakfast Bagels

1 can (7 oz) SPAM
12 eggs
1/2 cup Sanalac instant milk
2 Tbs. dried onions
2 Tbs. 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.
1 (12-ounce) can SPAM Luncheon Meat
2 tablespoons butter or margarine
6 eggs, beaten
6 (1-ounce) slices American cheese
6 bagels, sliced

Slice SPAM into 6 slices (3 inches x 1/4 inch). In skillet, sauté SPAM over medium heat until lightly browned. Remove from skillet; keep warm. In same skillet, melt butter; pour in beaten eggs. Cook and stir to desired doneness. Layer scrambled eggs, SPAM and cheese on bagel bottom. Cover with bagel top.

**SPAM Fajitas**

*Hormel*

**serves 8**

**SKILLET**

- Vegetable cooking spray
- 1 green bell pepper, cut into julienne strips
- 1 (12-ounce) can SPAM Luncheon Meat, cut into julienne strips
- 3/4 cup Salsa
- 1/2 onion, cut into 1/4-inch slices
- 8 (8-inch) flour tortillas, warmed
- 2 cups shredded lettuce
- 1/2 cup shredded hot pepper Monterey Jack or Cheddar cheese
- 1/2 cup nonfat plain yogurt
- Extra salsa, if desired

Spray large non-stick skillet with vegetable cooking spray. Heat skillet over medium high heat. Sauté green pepper and onion 2 minutes. Add SPAM, Sauté 2 minutes. Stir in salsa and heat thoroughly. Spoon about 1/2 cup SPAM mixture into each flour tortilla. Top each with 1/2 cup shredded lettuce, 1 tablespoon shredded cheese, 1 tablespoon yogurt, and extra salsa, if desired.

**The Original Baked SPAM**

*Hormel*

**serves 6**

**DUTCH OVEN**

1 (12-ounce) can SPAM Luncheon Meat
Whole cloves
1/3 cup firmly packed brown sugar
1 teaspoon water
1 teaspoon prepared mustard
1/2 teaspoon vinegar

Heat oven to 375° F Place SPAM on rack in Dutch oven. Score surface; stud with cloves. Combine brown sugar, water, mustard, and vinegar, stirring until smooth. Brush glaze over SPAM Bake 20 minutes, basting often. Slice to serve.

**SPAM Hashbrown Bake**

*Hormel*

**serves 8**

**DUTCH OVEN**
1 (32-ounce) package frozen hash-brown potatoes, thawed slightly
1/2 cup butter or margarine, melted
2 cups shredded Cheddar cheese
1 (12-ounce) can SPAM Luncheon Meat, cubed
1 (10 1/4-ounce) can cream of chicken soup
1/2 teaspoon garlic powder
1 1/2 cups sour cream
1 teaspoon salt
1 teaspoon pepper
1/2 cup milk
1/2 cup chopped onion
1/4 cup Diced Green Chilies, drained
2 cups crushed potato chips

Heat oven to 350°F. In large bowl, combine potatoes, melted butter, salt, pepper, and garlic powder. In another bowl, combine cheese, SPAM, soup, sour cream, milk, onion, and green chilies. Add SPAM mixture to potato mixture; mix well. Pour into Dutch oven. Sprinkle with potato chips. Bake 45 to 60 minutes or until thoroughly heated.

**SPAM Breakfast Burritos**

1 (12-ounce) can SPAM Luncheon Meat, cubed
2 Tbs. milk
1 tbs. butter or margarine
6 (6-inch) flour tortillas
1 cup shredded Cheddar cheese, divided
4 eggs
1 cup shredded Monterey Jack cheese, divided

Salsa or Taco Sauce

Heat oven to 400°F. In bowl, beat together SPAM, eggs, and milk. Melt butter in large skillet; add egg mixture. Cook, Stirring, to desired doneness. Fill each tortilla with SPAM mixture and half of cheeses. Roll burrito; place seam side down in Dutch oven. Sprinkle remaining cheese over top of burritos. Bake 5 to 10 minutes or until cheese is melted. Serve with salsa. Serves 6.

**SPAM Skillet Dinner**

3 medium zucchini
1 onion, thinly sliced
tablespoon oil
(12-ounce) can SPAM Luncheon Meat
(16-ounce) can tomatoes
medium potatoes, peeled, sliced
tea spoon garlic powder
tea spoon basil
tea spoon oregano

Cut zucchini in 1/2-inch slices. In large skillet over medium-high heat, sauté zucchini and onion in oil 5 minutes, stirring often. Cut SPAM into 8 slices; halve each slice. Add potatoes, carrots, and SPAM to skillet; pour tomatoes over all. Sprinkle with herbs. Cover and simmer 25 minutes or until potatoes are tender, stirring occasionally. Serves 8.

**SPAM Fried Rice**

eggs, beaten
(12-ounce) can SPAM Luncheon Meat, cubed
cup chopped green onion
cup finely chopped mushrooms
tablespoons oil, divided
cups cooked rice
tablespoons soy sauce

In large skillet, heat 1 tablespoon oil. Add eggs. Cook, stirring, to desired doneness. Remove from skillet. In same skillet, heat remaining 1 tablespoon oil. Cook SPAM, mushrooms, and green onion 4 minutes or until vegetables are tender. Stir in rice and egg. Sprinkle with soy sauce. Heat thoroughly. Serves 4 to 6.

**SPAM HASH**

SPAM
Bacon
Minced Round Onions
Parsley
Boiled Diced Potatoes

Cut SPAM and bacon into bite size pieces. Sauté bacon until brown. Add minced round onion until tender. Then add SPAM and boiled cubed potatoes. Brown until SPAM and potatoes are golden. Add parsley and serve.
Hearty SPAM Breakfast Skillet

Hormel serves 6 SKILLET

2 cups frozen diced or shredded potatoes
1/2 cup chopped onion
1/4 medium green bell pepper, cut into 1-inch thin strips
1/4 medium red or yellow bell pepper, cut into 1-inch thin strips
2 teaspoons oil
1 (12-ounce) can SPAM Luncheon Meat, cut into julienne strips
1 (8-ounce) carton frozen fat-free egg product, thawed, or 4 eggs
1/4 teaspoon dried basil
1/2 teaspoon salt
1/8 teaspoon pepper
6 drops hot pepper sauce
1/4 cup shredded Cheddar cheese

In large non-stick skillet, cook potatoes, onion, and peppers in oil over medium high heat 5 minutes, stirring constantly. Add SPAM; cook and stir 5 minutes. In small bowl, combine egg product, basil, salt, pepper, and hot pepper sauce; blend well. Pour over mixture in skillet. Cover. Cook over medium-low heat 8 to 12 minutes or until set. Sprinkle with cheese; remove from heat.

SPAM Meal in a Bundle

Hormel serves 4 FOIL

1/4 cup firmly packed brown sugar
1/4 cup stone ground mustard
1/4 cup beer (non-alcohol)
1/2 teaspoon celery seed
8 new potatoes, sliced 1/4-inch thick
2 cups carrots, sliced 1/4-inch thick
1 onion, thinly sliced
1 (12-ounce) can SPAM Lite Luncheon Meat, sliced

Heat oven to 375°F. In bowl, combine brown sugar, mustard, beer, and celery seed. Divide vegetables and SPAM' on four 12-inch square pieces of foil. Drizzle mustard mixture over vegetables. Fold foil to form packets. Bake 45 to 60 minutes or until hot. Serves 4.
Spicy SPAM Kabobs

Hormel

serves 4

GRILL

1/4 cup lemon juice
3 tablespoons minced onion
1 tablespoon olive oil
1 teaspoon dried leaf thyme
1 clove garlic, minced
1/2 teaspoon whole oregano leaves
1/4 teaspoon red pepper flakes
1 (8-ounce) can pineapple chunks packed in light juice, drained
1 (12-ounce) can SPAM Lite Luncheon Meat, cut into 24 cubes
1 red bell pepper, cut into 1-inch pieces
4 cups hot cooked rice
16 pea pods

Combine first 7 ingredients in 9 x 12-inch dish. Wrap pea pods around pineapple chunks. Alternately thread SPAM cubes, pineapple chunks, and bell pepper pieces on eight skewers. Place in dish with marinade. Cover and marinate 2 hours, turning occasionally. Grill kabobs over medium-hot coals 10 minutes, turning occasionally. Or, broil 5 inches from heat source 8 to 10 minutes, turning occasionally. Serve with hot cooked rice.

SPAM Jambalaya

Hormel

serves 6

ONEPOT

1 (12-ounce) can SPAM Lite Luncheon Meat, cubed
1 (10 3/4-ounce) can lower sodium chicken broth
1 cup chopped onion
2/3 cup chopped green bell pepper
1/2 cup chopped celery
2 cloves garlic, minced
1 (14 1/2-ounce) can tomatoes, cut up
2 tablespoons chopped parsley
1/2 teaspoon dried leaf thyme
6 to 8 drops hot pepper sauce
1 bay leaf
1 cup long grain rice

In large non-stick skillet or 3-quart non-stick saucepan, sauté SPAM onion, green pepper, celery, and garlic until vegetables are tender. Add tomatoes, chicken broth, thyme, hot pepper sauce, and bay leaf. Bring to a boil; stir in rice. Cover. Reduce heat and simmer 20 minutes or until rice is tender. Discard bay leaf. Sprinkle with parsley.
SPAM Stuffed Potatoes Florentine

Vegetable cooking spray
1 teaspoon butter or margarine
1 (12-ounce) can SPAM Lite Luncheon Meat, cubed
1/2 (10-ounce) package frozen chopped spinach, thawed and squeezed dry
6 baking potatoes, baked and kept warm
1/3 cup chopped onion
1/4 teaspoon dried leaf thyme
1/4 Cup skim milk
1/4 teaspoon pepper
2 tablespoons grated Parmesan cheese
1/4 cup shredded Monterey Jack cheese
1/4 cup shredded Cheddar cheese

Heat oven to 350° F. Spray a shallow rectangular 2-quart baking dish with vegetable cooking spray. In a large nonstick skillet, sauté SPAM in butter 3 minutes. Add onion, spinach, and thyme; cook and stir 2 minutes. Set aside. Cut a thin slice off the top of each potato. Scoop out each potato, leaving a 1/2-inch shell. Place shells in prepared baking dish. Place scooped out potato in medium mixing bowl. Beat at medium speed 30 seconds. Add milk, Parmesan cheese, and pepper; beat just until combined. Stir in SPAM mixture. Fill potato shells with potato mixture. Bake, uncovered, 25 to 30 minutes or until thoroughly heated. Top with cheeses. Bake 5 minutes longer or until cheese is melted. Serves 6.

SPAM Fajitas

SPAM Fajitas

Patrick Welch serves 4-5

SKILLET

1 can SPAM, sliced into 3/8" strips,
1 small onion, sliced,
1 green pepper sliced Salsa,
10 flour tortillas

Fry the SPAM, onions and peppers. Add the Salsa. Heat the tortillas and spoon on the Mixture. Roll and eat.

SPAM on a Stick

Unknown Desperate Soul

STICK

1 can (7 oz) SPAM

Cut SPAM into 6 long spears, place on sticks or long fork and cook over open fire. Top with brown mustard or Grey Poupon.
Healthy SPAM Peppers Hormel serves 8 SKILLET & POT

1 (12-ounce) can SPAM Lite Luncheon Meat, cubed
2 cups shredded cabbage
1 cup shredded zucchini
1 onion, shredded
1 carrot, shredded
2 cloves garlic, minced
1 1/2 tablespoons chopped fresh basil leaves
1 teaspoon dried oregano
1/2 teaspoon red pepper flakes
1 (28-ounce) can diced tomatoes
1 1/2 cups instant rice
1 tablespoon brown sugar
8 bell peppers, cored and seeded

In skillet over medium-high heat, sauté SPAM until lightly browned; remove from skillet. Add cabbage, zucchini, onion, carrot, garlic, basil, oregano, and red pepper flakes to skillet. Cook over low heat 10 minutes or until vegetables are crisp-tender. Drain juice from tomatoes; reserve juice. Add enough water to tomato juice to make 2 cups. Add juice, tomatoes, SPAM, rice, and brown sugar to vegetable mixture. Cover. Cook 10 minutes. In large saucepan, boil bell peppers in water 5 to 7 minutes or until crisp-tender. Drain. Fill peppers with SPAM mixture.

Ham 'N Green Bean Bake Ed Bailey serves 3-4 FOIL

Combine:
1 1/3 cups minute rice
1 cup diced ham or SPAM,
1 can (8 oz) drained green beans
1/3 cup mayonnaise
2 tsp. dry onion flakes.

Stir in 1 1/3 cups hot chicken bouillon or chicken soup.
Sprinkle with grated Parmesan cheese.

Shape a triple thickness of heavy foil into a bowl. Add mixture and seal. Leave over hot coals for 30 minutes.(serves 3-4)
SPAM, I Am

Sam serves 4 SKILLET

7 oz can SPAM
6 oz Egg and Spinach Noodles
1 can Cream of Mushroom Soup
1 small onion

Dice the SPAM into 1/2 inch chunks. Fry with sliced onion in a light oil. Cook the noodles until done. Drain water, reserve 1 can to mix with soup. Add soup and SPAM mixture. Heat through and serve 4.

The SPAM and I

Dennis A. Schmitt serves 4 ONEPOT

1 can SPAM, sliced and diced
1 cup Minute rice
1 can cream of Mushroom Soup.

Heat the SPAM in a deep skillet, add the soup and heat. In another pan boil 1 cup water and cook the rice as directed. Pour the SPAM and soup over beds of rice. Variations... wild rice, Cream of Corn Soup...

MAPS Chili

Fred Mertze serves 2-3 ONE POT

1 can diced SPAM
1/2 onion, diced or 2 T. dried onion flakes
4 oz. green chili
1 tomato, cut in wedges
1/2 cup cheese
1/3 cup water
garlic salt and pepper

Brown the SPAM, onion, and green chili. Add water and tomato wedges. Simmer 20 minutes. Place cheese on top and melt.
Troop 583 Cook Book

Pepsi SPAM

Dennis A. Schmitt

serves 3-4 ONE POT

1 can SPAM
1 can Regular Pepsi, not Diet
cheese
mustard
tortillas, bread or buns

Slice the SPAM, place in a 1 quart pan and pour in a can of Pepsi, do not use diet. Boil for about 5 minutes. This gives the SPAM a sweet caramel taste. Wrap the SPAM slices in tortillas with cheese and mustard, or use bread or buns. Sliced ham can also be used.

OK I’m full of chopped pork parts now
Camp Breads

**Bannock**

*Ancient Trailperson's Standby*

- 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 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, 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**

*Modern Trailperson's Standby*

- 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

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

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 Dutch oven for 2 hours. Cool 10 minutes before taking out of pan.

Yield: 18 slices.

Dan Beard 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 to 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.

Cimaron Cinnamon Rolls

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.
Twist on a Stick  
old time favorite  

1 cup Bisquick mix  
water  
cinnamon sugar  

Mix the Bisquick with enough water to form a dough. Roll into a long piece and wrap or twist around a clean green stick (not dried out). Sprinkle cinnamon sugar on twist. Place or hold stick over a fire and bake on all sides. Bake until golden brown. Break off a piece to check if inside is done. EAT

Crescent Rolls on a Stick  
Modern time favorite  

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.

Cowboy Bread  

1 package yeast  
½ tsp baking soda  
1 quart warm milk  
½ cup sugar  
½ cup vegetable oil  
1 tsp. salt  
2 tsp baking powder  
8 cups flour  

Dissolve yeast in ¼ cup warm water. In a large bowl combine all the ingredients and let stand in a warm place until the dough doubles in size.

Grease 2 9x13 square cake pans divide the dough in half and pat the dough into the pans. Bake in a 350 F oven for 25-30 minutes or until golden brown.
Pan de Campo

8 cups unbleached flour
8 tsp baking powder
4 tsp salt

In a large bowl mix flour, baking powder, salt and sugar. Add the oil to flour mixture. Next, add the milk one cup at a time. Dough should be a little sticky.

Knead the dough on a floured board. Divide into 4 round balls. Roll out with a rolling pin until about ½ inch thick and small enough to fit in your Dutch oven. Cook with a preheated Dutch oven with 8 coals under and 12 coals on top for about 20 minutes or until golden brown.

South Texas Camp Bread (Pan de Campo)

<table>
<thead>
<tr>
<th></th>
<th>Full recipe</th>
<th>1/2 recipe</th>
<th>¼ recipe</th>
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<tbody>
<tr>
<td>Flour</td>
<td>5 lbs</td>
<td>2.5 lbs</td>
<td>1.25 lbs</td>
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<tr>
<td>Butter</td>
<td>1 lb</td>
<td>½ lb</td>
<td>¼ lb</td>
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<tr>
<td>Salt</td>
<td>2 tsp</td>
<td>1 tsp</td>
<td>½ tsp</td>
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<tr>
<td>Baking powder</td>
<td>4 tblsp</td>
<td>2 tblsp</td>
<td>1 tblsp</td>
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<tr>
<td>Water as needed</td>
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Pre heat the Dutch oven while you mix the ingredients.

Mix all ingredients in a large bowl adding just enough water to allow the dough to form a ball. Knead on a floured board as for tortillas and form into round cakes ½ to ¾ inch thick and about the size of the bottom of your Dutch oven.

Grease or oil the bottom of the Dutch oven with a small amount of oil, lard, or shortening.

Put the bread dough in the oven and replace cover. Cook with 6-8 coals on the bottom and 10-12 coals on the top. Check after 15 minutes. Cook until top is golden brown. It may take up to 30 minutes if weather is cold or you Dutch oven is not hot enough.

Thank Gerard for this recipe!
This page is for your favorite Camp Bread recipe....
**DRINKS**

*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.

*Rich and Creamy Cocoa  PET Inc.*

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.

**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 an air-tight container.  
2. Use 1/3 cup of mix in 1 cup hot water.

Variations: Try adding 2 teaspoons of cinnamon to mix.

**Home Brew Power Drink**

Dr. Irvin P. Daily

1 Qt Water H₂O(clean, not ditch)  
1/2-1 Teaspoon NaCL (table salt)  
1/2 Teaspoon Sodium Bicarbonate (Baking soda)  
1/4 Teaspoon Potassium Chloride KCL (salt substitute)  
6-8 Teaspoons Glucose (table sugar) or 1-2 Tablespoons Honey  
1/2 package of "Cool-Aide" flavoring

Mix and Use. Don't make more than you'll use. There are no preservatives in this "juice". **DO NOT over use... High Potassium levels are dangerous.... stops the old ticker.**

**NOTE:** Keep fluid at ~2-2.5% Glucose. This is 1/8 the amount of sugar and 1/2 the water for regular Cool-Aide.
Hot TANG

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

Pine Tea

Euell Gibons

Take fresh broken pine needles (brown ones don’t work) and steep for a few minutes in a cup of boiling water. Remove the needles. Cool down to warm. Rich in vitamin C, but it is an acquired taste.

Swamp Water

Bubba LaFoote

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

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

Cockerall River Water

El Rancho Cima, Texas

2 packages Orange Kool Aid
2 packages Cherry Kool Aid
Sugar, if needed

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

Hot JELL-O

Jell-O

Mix 1-2 Tbs. JELL-O in a cup of hot water for a different breakfast drink. Cherry, 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.
Cowboy Coffee

1 tbs. ground coffee for each cup of water.

Five-Finger Pinch = 1 Tablespoon

Add coffee to a pot full of water, measured carefully of course. Cover and bring to boil. Remove from heat and set 5-10 minutes. Add a dash of cold water or Rap on side of pot 4-5 times to settle grounds and to call drinkers to the fire. Strain with mustache and teeth.

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.
JUST DESSERTS

Cheap Pie

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. Top with 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

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

2 cups biscuit mix
1 cup margarine
2 cups sugar
2 cups milk or water
1 can fruit, drained

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

Apple Rings

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

Johnnie A. Seed

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  

I. B. Wisenheimer

ONEPOT

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  

DUTCH OVEN

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 kneading 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 lg. 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**

**SomeMore's Girl Scouts**

Graham crackers  
marshmallows,  
Hershey’s chocolate bars  
and one campfire.

Place large marshmallow (not the mini’s) on a long peeled green stick and heat over campfire until gooey. Prepare the graham cracker by breaking into two squares. Place a chocolate square and the hooey-gooey marshmallow between the graham crackers and allow the chocolate to melt. Eat and have SomeMore.

**Skillet Pudding**

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  

Eagle Brand  

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  

Ed Bailey  

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  

Dennis A. Schmitt  

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  Joe Mergler

Here's my favorite 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. Mmmmmmmmm dumplings......

Pistachio Pudding

1 box instant Pistachio pudding
2 cups cold water
3 tbs. powdered milk

Mix milk with water, add pudding and whip with a whisk for 2-3 minutes. Let set and serve.

Chocolate Tortillas

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.
**Jenny’s Pineapple Upside Down Cake**

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

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

**Rice Krispies Treats**

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**

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**

112
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

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

1/2 cup sugar
3/4 cup light Karo Syrup
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

Dennis Schmitt

113
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**  
Dian Thomas  
**ONE POT**

Stir together and warm in large double boiler:
1/2 cup crunchy peanut butter
2 T. honey
1 tsp. lemon juice

Add to mixture.
1 1/4 cups granola with dates

Press into a lightly greased 8x8 inch pan. Cut into squares after drying until firm in food
dehydrator or low oven (120 F) with door open.

**Mock Coconut Angel Cake**  
**CAMPFIRE**

6 thick (3/4- to 1-inch) slices bread
1 cup shredded coconut
14 ounces sweetened condensed milk (
or 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**  
**DUTCH OVEN**

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
Dennis Schmitt
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 to 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.

BLACKBERRY-PEAR COBBLER
Mary & Gale Merriwether
DUTCH OVEN

Two cups blackberries
Two cups peeled and diced pear
1½ cups sugar water
Several thinly sliced lime pieces
One cup flour
One teaspoon baking powder
One cup sugar
¾ cup milk
One stick butter or margarine

1. Mix together fruit (use any combination of fruit you desire), sugar water and lime, then set aside. The mixture should be sweet, not sour. If it's not, add more sugar.
2. Melt butter in Dutch oven.
3. Combine in a large mixing bowl flour, sugar, baking powder and milk. Stir until well blended. Batter should be runny.
4. Pour dough into Dutch oven on top of melted butter.
5. Add fruit mixture on top of batter.
6. Sprinkle with granulated sugar if desired.
7. Bake at 350 degrees for about an hour or until crust has risen and browned.

BUTTERMILK SPICE COFFEE CAKE
DUTCH OVEN
1½-cups flour
One teaspoon baking powder
¼-teaspoon salt
¼-teaspoon allspice
One beaten egg
½-cup sugar
½-teaspoon baking soda
¼-teaspoon ginger
One cup buttermilk
½-teaspoon vanilla
½-cup brown sugar
½-teaspoon cinnamon
¼-teaspoon nutmeg
½-cup melted butter

1. Stir together flour, sugar, baking powder, soda, cinnamon, salt, ginger, nutmeg and allspice, then set aside.
2. Combine buttermilk, melted butter, egg, vanilla, then add to this mixture the above dry ingredients.
3. Stir or mix until smooth.
4. Pour batter into a greased Dutch oven.
5. Bake about 30 minutes at about 350 degrees.

Glaze recipe:
1. In a small saucepan, combine ¼-cup brown sugar, two tablespoons butter, two tablespoons honey and two tablespoons milk.
2. Bring to a boil, reduce heat and simmer for five minutes.
3. Remove from heat and stir in ¼-cup of chopped nuts.
4. Pour glaze over cake and bake another five minutes.
Sample Meal Evaluation Sheet

Information provided by Scott Dillard, Scouter

Here's an evaluation sheet that the Patrol Leaders have in their Troop Leaders Notebooks and use from time to time to evaluate how their meal process is (or is not) going:

- Was the food good?
- Was there enough food for everyone?
- Did everyone get his fair share of food?
- Was there wasted food?
- Was it a well-balanced meal?
- Was the meal prepared on time?
- Was the entire meal ready and served at the same time?
- Was the food warm when it was served?
- Was grace said before the meal?
- Was your patrol yell given?
- Was the patrol area clean after the meal?
- Was the duty roster posted and used?
- Did everyone do his job without complaining?
- Did everyone offer to help others with their jobs when they could?
- Did the cooks wash their hands before they started?
- Did the cooks have the food ingredient list for this meal?
- Did the cooks have all the food ingredients they needed?
- Was there enough water for the meal?
- Did the cooks know how to prepare the meal?
- Were the cooks ready to cook when the fire was ready?
- Was the fire prepared on time?
- Did you use a fire starter?
- Was it a "legal" fire starter?
- Was the fire right for cooking (not too cold or too hot)?
- Was the fire the right size for the job?
- Was there enough firewood for the entire meal (without having to go get more)?
- Was the fire kept going through the meal until the KPs were through?
- Was the fire always attended (never left alone)?
Was there a ready means for putting out the fire in case it got out of control?
Was there enough water to put out the fire?
Was the fire properly extinguished when KPs were done?
Did anyone who was not busy offer to help the fire/water crew?
Did you have the right hardware to do the job (for example, pots, pans, utensils, can opener, gloves, HPTs)?
Were missing hardware items written down by the Patrol Quartermaster so that you will have them next time?
Were the outside of cooking pots soaped before they went on the fire?
Did the cooks serve the food?
Did the cooks have enough help?
Did anyone who was not busy offer to help the cooks?
Was KP completed on time?
Was a little water put in emptied pots to keep food from hardening?
Did the cooks make sure the kitchen area was clean when the meal was done?
Was there enough fire to heat the water quickly?
Was the wash water hot when the patrol finished eating?
Did everyone AP his own personal gear?
Did the KPs AP the kitchen gear?
Was everything AP'd before it was washed?
Was the gear washed and rinsed properly?
Was the Dutch oven properly cared for?
Was a sump hole used for the wash water?
Was the sump hole located in a proper place?
Was the sump hole filled in if this was the last meal of the day?
Did anyone who was not busy offer to help the KPs?

KP = Kitchen Police       AP= Area Police?
ADDITIONAL READING


* Dutch Oven Cooking, John G. Ragsdale

* Camper's Guide to Outdoor Cooking, John G. Ragsdale,

* Merit Badge books: Cooking, Camping, Backpacking
* Outdoor Skills Instruction manuals Cooking, Camping, Backpacking
* Venture manuals Winter Camping, Backpacking, Canoe Camping
* Fieldbook - Boy Scouts of America

* Fieldbook - For Canadian Scouts call a Canadian Scout Shop

Axcell, Claudia, 1986, Simple Foods for the Pack, Sierra Club
Brown, Tom, 1985, Tom Brown’s Guide to Wild Edible and Medicinal Plants,
Gibbons, Euell, 1970, Stalking the Wild Asparagus
Gray, Melissa, and Tilton, Buck, Cooking the One Burner Way, ICS Books
McHugh, Gretchen, The Hungry Hiker’s Book of Good Cooking, Random House
The NOLS Cookery, Stackpole Press
Thomas, Dian, 1994, Roughing It Easy; 2nd edition.,
Viehman, John, 1993, Trailside’s Trail Food, Rodale Press

Pages for your own favorite recipes.......