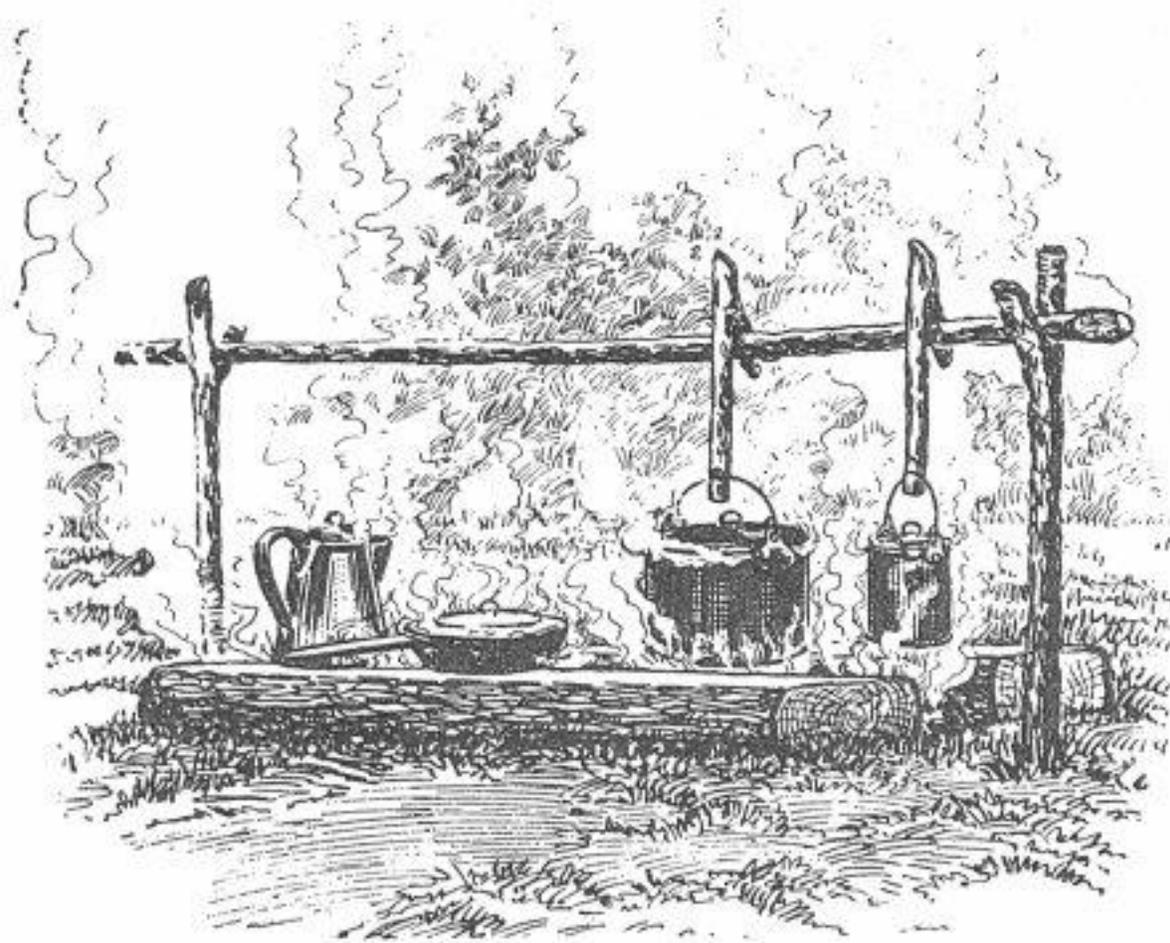


**THE SUPREME  
TROOP 45  
CAMPING COOKBOOK**



**By: Roman Furze  
April 2014**

## Contents

<b>Introduction</b> .....	5
Where do I start?.....	5
Safety and Good Cooking Habits.....	6
Equipment.....	7
Evaluation .....	8
General Commandments on trail cookery: go light, no fuss, no mess .....	9
Camper's measurements without utensils .....	9
Fluid Standard Measures .....	9
Substitutions and Equivalentents.....	10
Special Cooking Terms .....	10
Cooking with Coals.....	11
Cooking with Cast Iron .....	12
2014 Food Pyramid .....	12
<b>Breakfast</b> .....	13
Trail Breakfast .....	13
Super Pancakes .....	13
Breakfast Burritos .....	14
Omelets in a bag .....	14
French Toast.....	15
Dutch oven anytime.....	15
Great Rivers Corned Beef Hash.....	16
Eggs a la Cheek.....	16
<b>Lunch</b> .....	17
Trail Lunches. ....	17
Great Grilled Pizza.....	17
Wrapper swirls .....	17
Hot Dog on a Stick.....	18
Italian Bear Bait with Pasta .....	18
Burrito Bonanza .....	19
CB Melt (Cheese, Bacon, Mayo, Egg, Lettuce, and Tomato).....	19

Camp Shands Chicken Salad .....	20
<b>SNACKS</b> .....	21
No Bake Granola Bites .....	21
Trail Mix Energy Bites.....	21
Campfire Snack Tray .....	22
“Trash” .....	22
<b>Breads</b> .....	23
Soda Bread .....	23
Corn Bread in a Dutch oven .....	23
Camp Bread.....	24
<b>Dinner</b> .....	25
Campfire Meat Loaf .....	25
Easy Pasta Parmesan.....	25
Baby Back Ribs .....	26
Kabobs.....	26
Beef Goulash .....	27
Cheeseburger Casserole .....	27
BBQ Corn Bread .....	28
Campfire Chili-beans.....	29
Quesadillas.....	29
Dutch Oven Lasagna.....	30
Fried Chicken a la Orange over Rice .....	30
Chicken Pot Pie .....	31
Hobo Packs.....	31
Ready Spaghetti .....	32
Shepherd’s Pie .....	32
Quick and Easy Turkey Chili .....	33
ONE POT DINNERS .....	33
<b>SOUPS</b> .....	35
Taco Soup.....	35
Hoover Curry.....	35

Lodge 550 Tortellini Soup .....	36
Troop 169 Loaded Potato Soup .....	37
<b>Desserts:</b> .....	38
Monkey Bread.....	38
Sweet Balls .....	38
Strawberry Turnovers .....	39
Simple Cinnamon Rolls.....	39
Rice Pudding.....	40
Apple Crisp .....	40
Fruit Cobbler .....	41
Brownies in a Bag.....	41
Stewed Apples.....	41
Dutch Oven Pineapple Upside-down Cake .....	42
<b>Daily Menu Suggestions</b> .....	43

## ***Introduction***

---

"Cooks are not found wandering in the woods. Nor do Scouts fry an egg on the first try. Guide them, teach them, but don't do everything for them."

Troop 45 has families that bring knowledge and experiences from all over the world. Along the way, they bring a few good recipes. Friends and relatives have agreed that you may have these secret recipes only on one condition. You must add your own ideas, make them your own and pass them to others.

Cooking and eating are an adventure. There is just something about camp cooking that is special. Cooking outdoors requires a different set of rules and equipment. Take time to plan some activities that will include food preparation. Cooking is a skill and cooking outdoors with charcoal, wood fire or stove will take some practice. Take time to talk about what you plan to cook, discuss safety and practice fire building.

### **Where do I start?**

#### The Plan

- Number of days and number of scouts in patrol
- Menu planning By Patrol
  - Budget \$\$ per scout
  - Equipment needed
  - Review by Scoutmaster, Assistant Scoutmaster, or JASM

#### The Execution

- Shopping
  - By Patrol
  - By Troop
- Plan for practice by new scouts
  - Patrol meeting
  - Base camp
- Packing
  - Car camping
  - Backpacking
- Setup
  - Duty roster
  - Fire attendant
  - Water attendant
  - Cooking area
  - Dishwashing Station



- Cooking
  - Be Prepared
  - Heat Source
    - Fire
    - Charcoal
    - Camp Stove
  - Ingredients ready
- Cleanup
  - Dishes washed
  - Cooking area cleaner than found
  - Patrol Leader inspection



### The Evaluation

- Review
  - What worked or did not work?
    - Food
    - Procedures
    - Duties
  - Record results and recipes for next trip.



### Safety and Good Cooking Habits

- Start out by getting yourself ready to cook
- Protect your clothes from spills by putting on an apron
- Wash your hands
- Organize the bowls, spoons, pans and other equipment that you will need.
- Read and know about your heat source (fire, charcoal, stove, safety and use)
- Read the entire recipe carefully and follow the steps
- Prepare all the ingredients for the recipe
- Measure ingredients accurately
- While the food is cooking, put things away and clean up your work area.
- Stay near your food. If you forget them, the food will cook too long and burn.
- Turn pot handles away from the edge so no one will bump the handle and cause a spill.
- Always use potholders when handling hot pans.
- Keep all towels, pot holders, clothes and hair away from the flames.
- Practice before trying new recipes in the rain, 20 miles out on the trail.

## Equipment

- Matches – Keep dry
- Camp Stove
- Camp Stove Fuel
- Tinder
  - helps start fires
- Funnel
  - pouring fuel into stove tanks
- Pot Holders
  - Gloves
  - Towel
  - Bandanna
- Cooking Grate
  - holds pots over the fire
- Vinyl Tablecloth
- Spatula
- Whisk
- Aluminum Foil
  - cooking
  - wind screens
- Hand Sanitizer
- Sponge or dish towel
- Dish Soap
  - small bottle
  - biodegradable
- Trash bags
- Spice Rack: collection of spices in small bottles or film containers
  - salt
  - pepper
  - garlic powder
  - onion flakes
  - bell pepper flakes
  - cinnamon
  - Italian Seasoning
  - Butter Buds
- Cooking oil
- Can Opener/Swiss Army Knife
- ZIP bags



Remember to review the National BSA policy and the local regulations on fires and cooking fuels.

## Evaluation

The following is an example evaluation sheet that the Patrol Leaders can use to evaluate how the patrol meal process is going:

- Was the food good?
- Was there enough food for everyone?
- Was food wasted?
- Did everyone get his fair share of food?
- Was the duty roster posted and used?
- Did everyone do his job without complaining?
- Did everyone offer to help others when their job was finished?
- Was it a well-balanced meal?
- Did you say grace before the meal?
- Is the patrol area clean after the meal?
- Was there enough water for the meal?
- Was there enough water to put out the fire?
- Was the fire prepared on time?
- Was there a ready means for putting out the fire in case it got out of control?
- Was there enough firewood for the entire meal (without having to go get more)?
- Was the fire kept going through the meal?
- Was the fire right for cooking (not too cold or too hot)?
- Was the fire properly extinguished?
- Was the fire always attended (never left alone)?
- Was the fire the right size for the job?
- Was the meal prepared on time?
- Was the food warm when it was served?
- 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?
- Did the cooks know how to prepare the meal?
- Were the cooks ready to cook when the fire was ready?
- Did you have the right hardware to do the job (pots, pans, utensils, can opener, gloves)?
- Were missing hardware items reported to the 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?
- Was the entire meal ready and served at the same time?
- Did the cooks have enough help?
- 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 the wash water hot when the patrol finished eating?

- Was there enough fire to heat the water quickly?
- Was the gear washed and rinsed properly?
- Was the Dutch oven properly cared for?

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

1. Nutritious - What! Pop-tarts for supper again?
2. Low in weight – Spread it around members of the patrol.
3. Taste great - Scouts sure are great cooks.
4. Cooks fast with no fuss - Hurry up, the batteries are going!
5. Compact – Fits in a medium sized backpack
6. Cheap - No the Money Tree is not in the Forestry Merit Badge.

### **Camper's measurements without utensils**

One Open Fistful = 1/2 cup

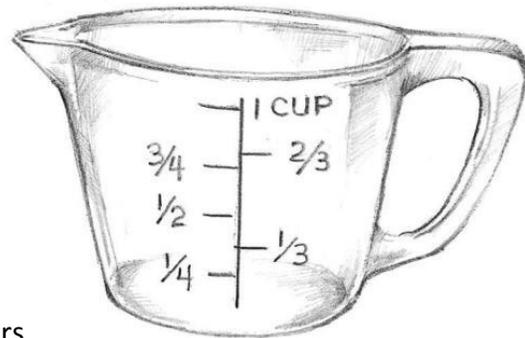
Five-Finger Pinch = 1 Tablespoon

Palm of hand (center) = 1 Tablespoon

Four-Finger Pinch = 1 Teaspoon

One-Finger Pinch (with thumb) = 1/8 Teaspoon

One-Finger Gob of shortening = 1 Tablespoon



### **Fluid Standard Measures**

3 Teaspoons = 1 Tablespoon = 1/2 oz = 29.57 milliliters

16 Tablespoons = 1 Cup = 8 oz = 0.236 liters

2 Cups = 1 Pint = 16 oz = 0.473 liters

2 Pints = 1 Quart = 32 oz = 0.946 liters

4 Quarts = 1 Gallon = 128 oz = 3.785 liters

## Substitutions and Equivalents

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

Emergency should be the only excuse for substituting ingredients in a recipe.

## Special Cooking Terms

- ❖ Blanche:
  - To cook quickly in boiling water. Vegetables are blanched, and then plunged into ice water to set their color or to make them easier to peel.
- ❖ Cream:
  - To beat air into butter or shortening. Usually in combination with sugar. A common baking mistake is not creaming thoroughly. It can take up to 10 minutes to make butter really fluffy.
- ❖ Deglaze:
  - To add liquid - usually wine, stock or juice - quickly to a hot pan. The cooking residue in the pan is loosened, adding flavor. The liquid is then boiled (cooked down) for a quick sauce.
- ❖ Fold:
  - To mix one ingredient very gently with another, such as adding beaten egg whites to a batter without deflating them. Not to be confused with stirring, this is more vigorous. Fold with a rubber spatula, scooping under the main ingredient and folding it over the added ingredient.

- ❖ Peaks:
  - Sufficiently beaten whipped cream or egg whites will stand up in peaks. To test, lift the beater or whip: Soft peaks will point up, and then fold over. Stiff peaks will stick straight up.
- ❖ Poach:
  - To cook an ingredient (fish, boneless chicken, or fruit) in a gently simmering liquid, usually water flavored with herbs. Some fruit juices can make flavorful poaching liquids too.
- ❖ Reduce:
  - To boil a liquid rapidly until it partially evaporates. Reducing concentrates flavor of stocks for sauces.
- ❖ Zest:
  - The outer, colored portion of citrus peel. Doesn't include any of the white part of the peel, which is bitter. To remove the zest, use the small holes of a grater, zester, or vegetable peeler.

## Cooking with Coals

Coals are produced in two ways. Charcoal comes in bags not suited for backpacking but great for car camping. Place the bag in a 5 gallon 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. Limbs 1 1/2 - 2 inches thick make better coals. The cooking can be done directly on the coals using foil wrapped food, Dutch oven, or by placing a grilling grate over the coals. Allow 30-40 minutes to get the coals ready before cooking.

Approximate Temperature	Type of Fire	8" Dutch oven		12" Dutch oven	
		Coals Under	Coals on Top	Coals Under	Coals on Top
250 to 325 degrees	slow	2	4	3	5
325 to 400	medium	3	5	4	6
400 to 500	hot	4	6	5	7
greater than 500	very hot	5	7	6	8

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

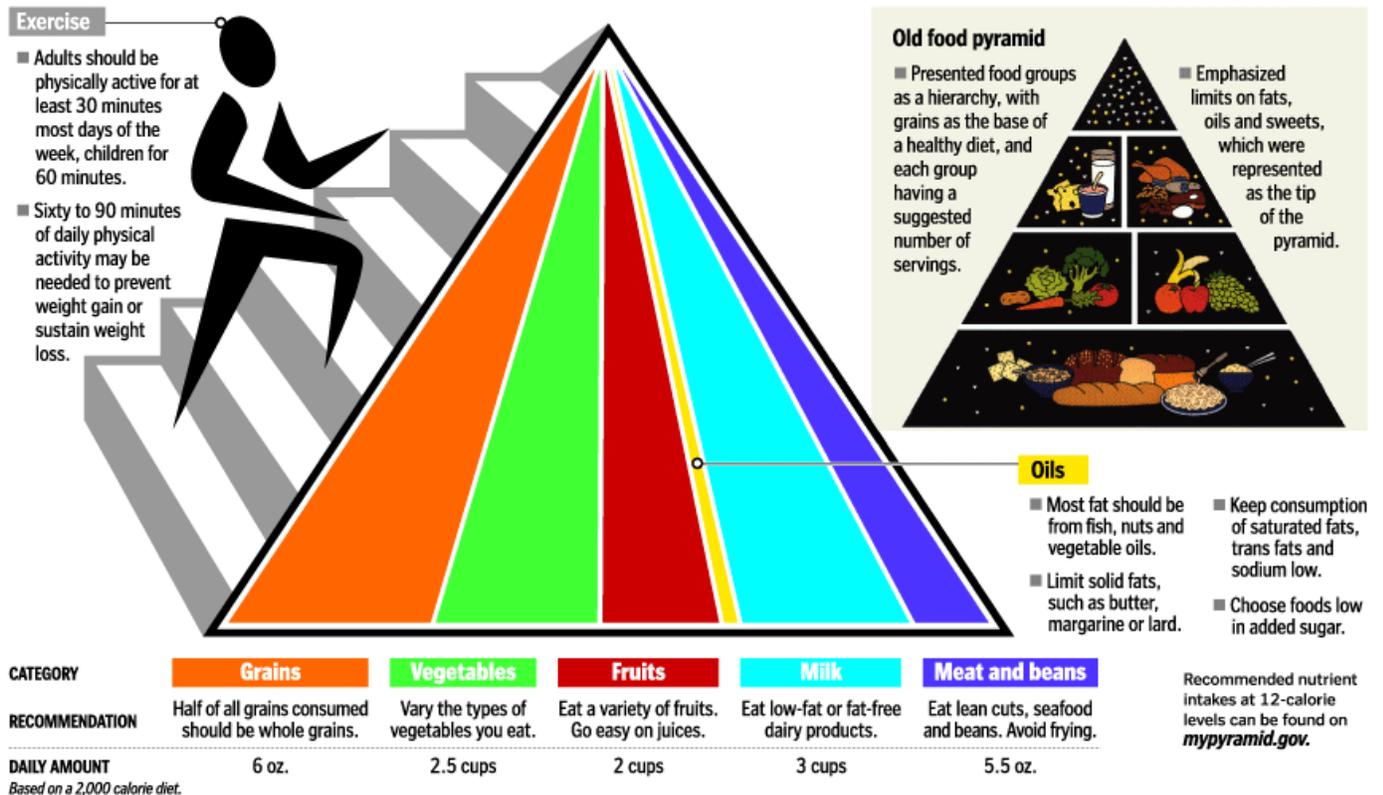
Charcoal is more convenient to use and is necessary in areas where there is no downed hardwood. Coals should be placed in designated fire ring. If a designated area is not available use a fire pan or build a bed of rocks under the coals to prevent killing ground cover. Three or four stones can be used to prop up the pan above the ground. The amount of charcoal needed will vary with the weather (wind and temperature).

## Cooking with Cast Iron

Cooking with cast iron can be a lot of fun! There are several things to remember, however:

- Cast iron is brittle. Try not to drop it; it could crack the iron, not to mention break your foot.
- Newly seasoned cast iron may scorch food beyond recognition, don't feel badly...it has happened to all of us. Watch food closely to prevent burning.
- Use a no-stick spray when you cook, until the pan is well seasoned, and food will come off the pan easier.
- Don't overheat a pan on a stove. Many skillet were warped because they were cooked over heat that was too high.
- Never put cold liquids or solids (frozen hamburger comes to mind) into a hot Dutch oven. The oven can crack from thermal contraction.

## 2014 Food Pyramid



## Breakfast

---

### Trail Breakfast - Pick one from each category

Drink	Dairy	Proteins	Grain	Fruit	Fun
water tea powdered mixes hot chocolate	hard cheese spread cheese string cheese	jerky bacon bar hard salami peanut butter powdered eggs eggbeaters	bagels crackers melba toast graham crackers instant oatmeal instant grits cream of wheat pilot bread cereal mixes	dried apples banana chips fruit bits fruit leather raisins orange craisins	trail mix granola nuts sunflower seeds pumpkin seeds

### Super Pancakes

- ½ cup of white flour
- ½ cup whole wheat flour
- 1 tbsp of powdered eggs
- 1tbsp of powdered milk
- ½ tsp of baking powder
- Pinch of salt
- 1 tsp of cinnamon
- ¼ cup of dried cranberries
- 1 tbsp of olive oil
- ¼ cup of water



#### Directions

Mix dry ingredients. Add water slowly to make batter. Fry in an oiled pan at moderate heat. Serve with syrup.

From: The Happy Camper by Kevin Callan

## **Breakfast Burritos**

One dozen eggs  
Shredded cheese  
Bacon  
6 tortillas  
Salt and pepper  
Dried tomatoes  
2 tsp powdered milk  
Some kind of sauce if wanted  
Water as needed

### Directions

Cook bacon and set aside. In a bowl or pot scramble eggs, milk and water and pour into a frying pan. Add cheese, spices, and tomatoes to the pan and cook until done.  
While eggs are cooking, toast tortillas in a pan or over the fire, then put eggs and bacon in the tortillas. Add sauce.  
Feeds six people

From: Kevin Thomas

## **Omelets in a bag**

2 eggs per person  
1 green pepper  
Grated cheese  
Salt and pepper  
Zip-lock sandwich bags  
Water as needed

### Directions

Mix the eggs and other ingredients in zip-lock bag. Boil water in a pot. Drop the zip- lock bag in the boiling water and cook until eggs are done.

From: Ed Collins

## **French Toast**

Serves 4

2 slices of thick bread per person – Challah Bread is best!  
1 tbsp of brown sugar for each slice of bread, more or less to taste  
1 tbsp of liquid margarine per slice  
1 large can of sliced peaches or pineapple  
Dash of vanilla  
1 cup of milk, can substitute with almond or soy beverage  
Dash of cinnamon

### **Directions**

Beat the eggs and mix in the milk and vanilla. Soak the bread in this mixture. Fry the bread in a covered skillet that is well greased with margarine. Fry the bread until the bottom is golden brown-about one minute. Keep the pan covered while cooking. Then, flip the bread over and drizzle liquid margarine over each slice. Sprinkle brown sugar on top. Follow with peaches or pineapple and a hefty dash of cinnamon. Cover the skillet and let it simmer for about 30 seconds. Then, crack the cover and add a dash of water to the edge of the pan to steam. Try not to get any water on the bread. It is done when the sugar is caramelized.

From: Cooking in the Outdoors by Cliff Jacobson

## **Dutch oven anytime**

Serves 10-12

2 lbs of ground sausage or beef  
2 onions, chopped  
1 (13-ounce) bag of frozen Tater Tots  
1 dozen eggs  
8 ounces (2 cups) of cheese (your choice)  
Salt and ground black pepper for flavor

### **Directions**

Over 32 coals, brown meat in a Dutch oven and drain excess grease. Add chopped onion and cook until they are translucent. Evenly lay Tater Tots over top of browned meat-onion mixture. Beat eggs in a large bowl then pour over Tater Tots. Spread grated cheese over eggs. Bake for about 30 minutes, using 21 coals on the lid and 11 on the bottom. Add salt and black pepper.

From: The Scout's Large Group Cookbook by Tim and Christine Conners

## **Great Rivers Corned Beef Hash**

1 dozen eggs  
6 tbsp vegetable oil  
2 onions, finely chopped  
2 bell peppers, finely chopped  
2 (12 ounce) cans of corned beef  
2 (30 ounce) bags of hash brown potatoes, thawed  
Salt and ground black pepper for flavor

### Directions

Fry eggs, over easy or sunny-side-up, in a large, well oiled skillet. Set eggs aside and cover to help retain heat. Heat vegetable oil in a skillet. Sauté onion and bell pepper until onions are translucent. Crumble corn beef into skillet and then add potatoes, salt, and black pepper for flavor. Occasionally stir mixture until potatoes are warmed through. Top each serving with a fried egg.

From: The Scout's Large Group Cookbook by Tim and Christine Conners

## **Eggs a la Cheek**

Serves 14-16

2 lbs bacon (strips cut into 1 inch pieces)  
2 (28-ounce) bags frozen hash browns (thawed)  
½ tsp salt  
½ tsp ground black pepper  
16 eggs  
½ cup water  
Shredded Cheese

### Directions

Heat Dutch oven over 32 coals and fry the bacon. Add hash browns, salt, and black pepper then stir occasionally until the potatoes are heated through. Spread hash browns evenly over the bottom of the oven. Use a spoon to make large depressions in the surface of the potatoes, one for each egg. Crack eggs into the depressions. Pour water around the edges of the Dutch oven (not on the eggs). Cover and move 21 coals from under the oven to the lid. Bake for 5-10 minutes, until eggs are cooked. Remove lid, sprinkle cheese over eggs and hash browns, and replace lid until cheese melts, about 5 additional minutes.

From: The Scout's Large Group Cookbook by Tim and Christine Conners

## **Scout Master Rule #3**

*"Take seconds only after the rest have finished firsts" -Fred Wantsommor*

## ***Lunch***

---

### **Trail Lunches - Pick one from each category.**

<b>Drink</b>	<b>Dairy</b>	<b>Proteins</b>	<b>Grain</b>	<b>Fruit</b>	<b>Fun</b>
water powdered mixes	hard cheese spread cheese string cheese	jerky hard salami canned tuna canned spread peanut butter jelly	bagels crackers melba toast graham crackers corn chips pretzels granola bars pilot bread	dried apples banana chips fruit bits fruit leather raisins	GORP nuts sunflower seeds pumpkin seeds cereal mixes

### **Great Grilled Pizza**

1 package of English muffins  
1 jar of pizza sauce  
1 bag of shredded cheese  
Your favorite pizza toppings

#### **Directions**

Spread pizza sauce on English muffin halves. Sprinkle cheese on top of each slice. Add toppings as desired. Put foil down on grill and cook over warm fire or cook on an open campfire with a grill on top until cheese is golden brown. Enjoy.

From: KOA camper Greg Salem, Oregon via Pintrest

### **Wrapper swirls**

Large flour tortillas  
Cream cheese  
Shredded cheese  
Diced olives  
Salsa  
Onions (optional)  
Avocado (optional)

#### **Directions**

Start with the cream cheese and layer each ingredient. Roll up and eat.

From: Kevin Thomas

### **Hot Dog on a Stick**

1 package (16oz) hot dogs  
1 can (11oz) refrigerated soft bread stick dough

#### **Directions**

Preheat greased skill or prepare campfire. Insert a 10-inch wooden skewer into one end of each hot dog until the skewer reaches the opposite end. Wrap the exposed end of the skewer in aluminum foil.

Unroll bread sticks; separate into strips. Wrap one bread stick around each hot dog, in a spiral fashion. Place on grill grate over medium-low heat or hold over campfire. Cook for 8 to 10 minutes, or until the hot dog is cooked through and the dough is golden brown, turning frequently.

From: Quick & Simple Staff

### **Italian Bear Bait with Pasta**

Serves 10-12

2 lbs lean ground beef  
1 medium onion (diced)  
1 red or green bell pepper (diced)  
1 tsp garlic (minced)  
1 tsp onion powder  
1 tsp dried Italian seasoning  
½ tsp salt  
½ tsp crushed red pepper  
1 tsp cumin (ground)  
2 (14.5 oz) can diced tomatoes with basil, garlic, and oregano  
1 (28 oz) can Italian style crushed tomatoes  
1 (1 lb) box of rotini or bow-tie pasta  
½ grated Parmesan cheese

#### **Directions**

In a large frying pan, brown ground beef over medium flame. Add diced onions, bell pepper, and minced garlic, stirring constantly. Add all spices along with tomatoes. Stir well. Bring to a simmer and cook for 25 minutes. Meanwhile cook pasta in a medium-sized pot, according to package directions, then drain. Serve meat sauce over pasta or mix together. Top with grated Parmesan cheese and serve.

From: The Scouts Large Groups Cookbook by Tim and Christine Conners

## **Burrito Bonanza**

Serves 6

2 lbs ground turkey  
2 red bell peppers (chopped)  
2 medium onions (chopped)  
2 cans black beans  
1 avocado  
1 bag shredded cheddar cheese  
1 jar of salsa (mild)  
1 package large flour tortillas

Directions:

Drain beans and slice avocado and set aside. In a large skillet, over medium flame, brown turkey until no longer pink. Sauté peppers and onion with cooked turkey until onions are translucent. Layer beans, salsa, avocado on a tortilla. Add turkey mixture and top with cheese, wrap and eat!

From: Roman Furze

## **CB Melt (Cheese, Bacon, Mayo, Egg, Lettuce, and Tomato)**

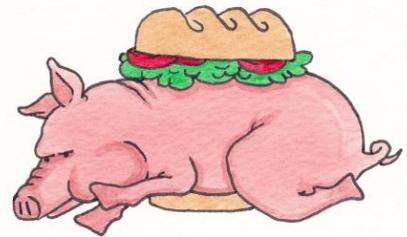
Serves 8

16 slices of bread (your favorite)  
16 slices of bacon  
8 large eggs  
1 jar mayo  
8 slices cheese (American, Swiss, or Provolone)  
8 leaves lettuce  
16 slices tomato

Directions

Toast bread in a frying pan or over a fire. Cook bacon in a frying pan until crisp, drain and set aside. Hard fry eggs in the frying pan. Lightly spread mayonnaise on each slice of toast. Place two slices of bacon, one egg, one slice of cheese, one lettuce leaf, and two slices of tomato between two pieces of toast.

From: The Scouts Large Groups Cookbook by Tim and Christine Connors



Who likes their BLTs  
with extra bacon?

## **Camp Shands Chicken Salad**

Serves 8

1 tbsp salt  
½ cup olive oil  
¼ cup Worcestershire sauce  
6 tbsp rosemary (fresh or dried)  
4 large chicken breast (boneless and skinless)  
½ red onion (diced)  
5 stalks celery (diced)  
¼ cup chopped walnuts  
½ cup red grapes (halved)  
3 tbsp red wine vinegar  
½ cup mayonnaise  
4 tsp black pepper (ground)  
8 leaves Romaine lettuce  
Butter Crackers (optional)

### Directions

Fill stick pot about half way with water then add salt, olive oil, Worcester Sauce, and rosemary. Bring to a boil. Add chicken breast. Boil meat until cooked through. Cool chicken in zip lock bags, buried in ice for about 15 minutes. Dice chicken into ½ inch cubes. (The preceding can be prepared ahead of time). In a large mixing bowl blend chicken, onion, celery, walnuts, and grapes, with vinegar, mayonnaise, and black pepper until evenly mixed. Serve over bed of Romaine lettuce with optional butter crackers.

From: The Scout's Large Groups Cookbook by Tim and Christine Conners

### ***Scoutmaster Rule #47:***

*"No Boy Scout ever starved to death on a weekend campout." -Roger Morris, Scout*

## **SNACKS**

---

### **No Bake Granola Bites**

Serves: 8-12

1 cup dry oatmeal  
1 cup coconut flakes  
½ cup mini chocolate chips  
½ cup peanut butter  
½ cup ground flaxseed  
1/3 cup honey  
1 tsp. vanilla extract

#### **Directions**

Mix all ingredients together in a large bowl. Let chill in the refrigerator for half an hour. Once chilled, roll into balls of whatever sizes you would like. (Mine were about 1" in diameter.) Store in an airtight container and keep refrigerated for up to 1 week. Yields about 20-25 balls; Prep time: 15 minutes; Set Time: 2 hours

### **Trail Mix Energy Bites**

1 cup whole grain puffed rice cereal or old-fashioned oats  
½ cup creamy natural peanut butter  
½ cup dark or semisweet chocolate chips  
½ cup peanuts or almonds  
½ cup chopped pretzels  
1/3 cup honey  
1/3 cup raisins or dried cranberries  
1/4 cup wheat germ  
1 Tbsp Chia seeds (optional)

#### **Directions**

Stir all ingredients together in a large bowl until evenly coated. Cover and refrigerate for 1-2 hours. (This step is important -- it makes the mixture easier to shape). Remove and shape into small 1-inch balls, or press into the bottom of a parchment-lined baking pan to make granola bars. Enjoy immediately, or refrigerate in a sealed container for up to 2 weeks. Prep Time: 10 minutes; Total Time: 10 minutes; Yield: About 20-25 energy bites

\*\*It is not essential that these be refrigerated, but it helps the balls to keep their shape.

From: Chelsey Janes in Camp Cooking, Snacks & Dessert

## **Campfire Snack Tray**

Red grapes – cut in half  
Green grapes – cut in half  
Cheddar cheese slices  
Mini-pretzel sticks  
Carrot pieces (thinly sliced)

### Directions

To make this “edible” campfire, arrange 10 grape halves in a circle. Tear or snip a slice of Cheddar into flame shapes, then stand them, along with a few thinly sliced carrot pieces, inside the grape circle. I cut the carrot bottoms thicker than the tops so they would stand up. Let your kids surround the flames with broken mini pretzel-stick logs.

From: Family Fun magazine

## **“Trash”**

Ingredients can be anything you like!

In a bag combine items in the combination of your choice:

Popcorn, potato chips, peanuts, pretzels, M&M’s, cheese puffs, gold fish. Shake to mix flavors.

From: Clara Powers

## ***Breads***

---

### **Soda Bread**

4 cups of flour  
1 tsp of baking soda  
1 tbsp of baking powder  
 $\frac{3}{4}$  tsp of salt  
2 tbsp of sugar  
1  $\frac{1}{4}$  cups of raisins or chopped sugared dates  
1 beaten egg  
1 cup of butter milk or sour milk  
1 tbsp of vinegar or lemon juice per cup of milk  
1 cup of unflavored yogurt or sour cream

#### Directions

Knead all the ingredients together and bake at medium heat (350F at your home oven) for about an hour.

### **Corn Bread in a Dutch oven**

1 cup cornmeal  
1 cup flour  
4 tsp baking powder  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  cup salad oil  
1 pkg powdered milk

#### Directions

Put two beaten eggs, one cup of water,  $\frac{1}{4}$  cup of salad oil in a bowl or zip-lock bag and mix. Stir until smooth. Pour into Dutch oven and make sure there are only a few coals on the bottom, but keep adding more coals on the top while baking. Bake for about 30-40 minutes or until done.

From: Ryan and Kevin Thomas

## **Camp Bread**

1 16oz pkg. bread mix  
1 tsp dried herbs (rosemary, basil or oregano)  
½ cup shredded Parmesan cheese  
Cornmeal

### **Directions**

Prepare mix according to package directions, adding the herbs and the ¼ cup of cheese to the dry ingredients (Omit kneading step). Grease Dutch oven and sprinkle with cornmeal. Using greased hands, gently press dough evenly into the bottom of the Dutch oven. Use a small knife to cut 2 inch cuts all over the top of the bread. Let the dough rise for 30 minutes in a warm place by the fire until doubled. Bake in the Dutch oven arranging the coals around the edge of the oven and 10-12 coals on the lid. Bake for 20-30 minutes, or until done.

From: Robin Thomas

## ***Dinner***

---

### **Campfire Meat Loaf**

½ cup of dry bread crumbs  
1 cup of milk  
2 ½lbs ground beef  
2 beaten eggs  
1 cup of grated onion  
1tsp salt  
1/2tsp sage  
Dash of pepper

#### **Directions**

Soak bread crumbs in milk; add meat, eggs, onion, and seasonings; mix well. Form into individual loaves or place into greased muffin pans. Cover with ketchup or sauce of your choice. Bake in moderate oven (350F) for 45 minutes to 1 hour. Makes 8 servings. Note: all pans must be greased.

From: The Field Stream Wilderness Cooking Handbook

### **Easy Pasta Parmesan**

2 cups of noodles (any style)  
2 tbsp of margarine  
2 tbsp of dried vegetables (green pepper, red pepper, carrots, onion flakes, etc.)  
2 tbsp of dried mushrooms  
4 sundried tomatoes, chopped  
1 package of parmesan noodle sauce  
A handful of shelled pistachio nuts  
4 cups of water

#### **Directions**

Bring water to a boil in a pot. Add noodles, dried vegetables, mushrooms, pistachio nuts, and tomatoes. Let simmer until noodles are cooked and vegetables have rehydrated. Pour out excess water and add margarine and noodle sauce, stir until well mixed and the margarine is melted. Serve with grated cheese.

From: The Field and Stream Wilderness Cooking Handbook

## Baby Back Ribs

3 lbs ribs  
1 large onion sliced  
2 bay leaves  
6 whole peppercorns  
2 tsp salt  
1 cup catsup  
2 tbsp vinegar  
1 tbsp Worcestershire sauce  
½ tsp pepper  
2 tbsp brown sugar



### Directions

Prepare ribs ahead of time!

Boil ribs in a large pot with onions, bay leaves, peppercorn, and salt.

Let simmer for 30 minutes.

Combine remaining ingredients with ¾ cups of water.

Pour over ribs and marinate overnight.

### To Cook

When your fire is ready

Take ribs out of marinade and lay them out on the grill. Let them cook until brown.

From: Sothern Living Outdoor Cooking

## Kabobs

2 lbs beef cubes  
Marinade sauce  
Small whole mushrooms  
Bell peppers  
Onions  
Bamboo skewers

### Directions

The night before, place the meat in a zip-lock bag with a ¼ cup of marinade sauce, and keep cold over night. You may want to double bag the meat sauce it does not leak. Make your fire early so you have plenty of coals. You need some kind of grill to cook the kabobs. Cut the onions in 2 inch squares and alternate them on the skewer with the meat. Grill until meat is done.

From: Kevin Thomas

## **Beef Goulash**

1 lb ground beef  
6 oz can of tomato paste  
2 tbsp of vinegar  
1 tsp of basil  
2 lbs of ground beef  
Your choice of pasta  
1 celery stick, sliced  
1 medium green pepper, cut up into ½ inch pieces

### Directions

Brown the ground beef and add the remaining ingredients to the mix.  
Cook on the stove top or in a Dutch oven.  
Serve over your choice of pasta.

## **Cheeseburger Casserole**

1 lb ground beef  
1 small onion, chopped  
1 tsp salt  
Dash of pepper  
½ cup bread crumbs  
1 egg  
1 small can tomato juice to moisten  
4 ½ cups of mashed potatoes (use dried flakes, prepared as on box)  
9 slices of American cheese  
Combine beef, onions, salt, pepper, breadcrumbs, eggs, and tomato juice.  
Alternate 1/3 beef mixture with 1/3 mashed potatoes and three slices of cheese.  
Repeat two times. Cook in a Dutch oven.

From: Fix It and Forget It by Phyllis Pellman Good and Dawn J. Ranck

## **BBQ Corn Bread**

Red or black beans

1 cup chopped onion

1 can Hunts Fire roasted tomatoes with garlic

1 small can Green Chilies (optional)

1 Box Jiffy Brand Corn Muffin Mix

1 egg

Olive oil

Parchment liner for Dutch oven ...makes clean up a breeze -- not required.

Gallon zip lock -- for mixing the muffin mix

### Option #1

Directions

Drain beans

Drain tomatoes

Mix corn muffin mix in zip lock with egg, water (instead of milk) and green chili's

Sauté onions in olive oil until browned, remove and set aside

Line Dutch oven with parchment and add BBQ, tomatoes, beans, onion (mix or layer whatever you prefer)

Cut corner of zip lock and squeeze muffin mix on top.

Cover and cook until muffins are done. You can't really over cook but you can under cook

12 coals on top and 12 on the bottom should do.

### Option #2

Make muffin mix as you like.

Line Dutch oven with parchment

Add ingredients, dumping in muffin mix last..cook till done.

If you don't use parchment clean by putting oven back in coals with cup of water and lid on and bring to a boil. Steam will loosen residue and then rinse (remember hot water only) and wipe...back on coals for a few min to dry and then season with oil.

Make your own variations – skip the meat, using canned beans with all their juice is great!

From: John Chisholm

## **Campfire Chili-beans**

1 lb ground beef  
2 cans of pinto beans or pinto beans with onions  
2 cans of diced tomatoes  
Chili powder

### Directions

Brown ground beef, seasoned with salt and pepper ahead of time.  
Package ground beef in plastic bag for trip. To prepare chili beans for dinner, place browned ground beef in 12 quart Dutch oven. Add pinto beans, chili powder, and diced tomatoes to the Dutch oven. Place Dutch oven on coals, with additional coals on top, and heat until good and hot.

From: Ted Blake

## **Quesadillas**

Lunch meat  
Shredded cheese  
Green onions (chopped)  
Salsa  
Tortillas (soft)

### Directions

Place tortilla in pan and sprinkle cheese over it. Place meat over it. Add onions. Fold over tortilla and flatten with spatula. Cook until underside is brown then flip and brown other side. Cover with salsa and eat.

From: Ben Moul

## **Dutch Oven Lasagna**

1 lb of ground beef and/or ground Italian sausage - browned  
1 large jar of spaghetti sauce  
1 lb shredded mozzarella cheese  
2 eggs  
2 cups ricotta cheese  
1 cup parmesan cheese  
1 box of oven ready lasagna noodles

### Directions

Mix the cheeses and eggs in a gallon Zip Lock bag  
Line Dutch oven with parchment. Add a little sauce to the bottom and layer ingredients  
noodles, cheese mixture, and sauce. Repeat until complete. Cook with 18 coals on top, 12 on  
the bottom. Approximately 45 minutes, but can take 2 hours. Timing depends on thickness!

From: Helm Hansen

## **Fried Chicken a la Orange over Rice**

Chicken breast strips (four per person)  
1 small can of concentrated orange juice  
½ cup of flour  
1 ½ tsp of salt  
½ tsp paprika  
¼ cup salad oil  
2 large zip-lock bags  
1 cup of rice  
1 cup of chicken broth  
1 cup of water

### Directions (Chicken)

In one zip-lock bag marinate chicken in the concentrated orange juice. Keep the chicken cold in  
a cooler until you're ready to cook it. Mix flour, salt, and paprika in another zip- lock bag.  
Remove chicken from the marinade, and discard the marinade. Place chicken in the flour  
mixture and shake the bag to coat the chicken. Heat oil in a frying pan and brown chicken on  
both sides

### Directions (Rice)

Add rice, water, and stock to a Dutch oven. Steam until all liquid is gone. You can keep the  
chicken warm by placing it over the rice while it finishes cooking. (Optional – use instant rice  
prepare by package instructions)

From: Kevin Thomas

## **Chicken Pot Pie**

2 cans of cooked chicken  
2 cans of cream of chicken soup  
2 packages of frozen mixed vegetables  
Bisquick mix

### **Directions**

Line a Dutch oven with aluminum foil. Mix chicken, vegetables, and cream of chicken soup in a Dutch oven. Mix Bisquick according to package directions and pour over chicken. Cook for about 20 minutes, or until Bisquick mix is golden brown.

From: Kevin Thomas

## **Hobo Packs**

1 lb ground beef  
4 carrots sliced (use canned vegetables it's quicker and they actually cook)  
4 potatoes sliced (use canned vegetables it's quicker and they actually cook)  
1 green pepper, chopped  
Onion flakes  
Worcestershire sauce  
Salt  
Pepper  
Aluminum foil

### **Directions**

Prepare fire. Separate meat into equal portions. Place each portion in the center of a square piece of foil. Top with equal portions of carrots, potatoes, and peppers (or whatever you like). Season with dehydrated onions, Worcester sauce, Italian Dressing, Texas Pete, salt, pepper...the list is endless. Seal foil and check for leaks. Place on hot coals for 10-15 minutes per side.

From: John Webber

## **Ready Spaghetti**

1 lb of ground beef  
3 ½ cups of water  
1 large can or jar of spaghetti sauce  
1 pack (15 oz) spaghetti noodles  
1 cup of parmesan cheese

### Directions

Break up meat into a pot. Put it on a stove at medium heat. Stir and watch it or it will burn. The meat will be ready when the pink color is gone. You can pour off extra fat. Add water and spaghetti sauce, and bring it back to boil. Break the spaghetti noodles up and put them into the same pan as everything else. Put the heat on low, cover with the lid and stir every couple of minutes. The noodles should be done in about 20 minutes. Serve with Parmesan cheese.

From: Kyle Kramer

## **Shepherd's Pie**

Serves 4-6

2 onions  
6 tbsp butter  
2 cups of cooked ground beef or lamb  
½ cup of beef stock or gravy  
1 tsp tomato ketchup  
¼ tsp of Worcestershire sauce  
Salt and pepper for flavor  
2-3 tbsp milk  
4 servings of mashed potatoes (can use flake)

### Directions

Cut and finely chop onion  
Cook the onion in 2 tbsp margarine until soft  
Stir in meat  
Add ketchup, Worcestershire sauce, salt, and pepper  
Cover meat with mashed potatoes  
Bake in Dutch oven for 30 minutes

From: James Asbill

## Quick and Easy Turkey Chili

Serves 4

1 lb ground turkey  
1 can of black beans  
1 can northern beans (can substitute other beans)  
Chili seasoning package  
½ cup of water

### Directions

Cook turkey in nonstick skillet until no longer pink. Add beans. Combine chili seasoning and water to turkey mix. Bring to a boil. Reduce heat and let simmer for 20 minutes until thoroughly heated.

## ONE POT 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 forethought.

- Which foods 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 or mixing items such as instant potatoes or instant rice. Reduce the cleanup; add the boiling water to the bag and mix. Remember to wear gloves!!

### Directions:

1. Select and assemble your ingredients from the grocery store, camping outlet or food co-op. Use amounts of each ingredient to suit individual preferences, servings, and appetites. 7 oz pasta, 1 lb. meat, 2 cups vegetables, 1 cup sauce, & seasonings should feed 4-5
2. Determine the order of preparation based on the cooking times of each ingredient. Place items with similar cooking times and methods together in a plastic bag. Noodles may take 10 minutes, Instant Mashed Potatoes only the time to boil water.
3. 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.
4. Check the instructions for each sauce or mix to be sure you include any extra items such as butter, dry milk, etc. If you keep all your oil in one container, then write on the bag the extra ingredient.

5. Decide how much water you need, based on each ingredient. Too much water will change Instant mashed potatoes to Potato soup.
6. Write instructions on each package for the meal. Include the order of preparation, cooking times, ingredients not included in the bags, etc. Use a waterproof pen or cutout the instructions from the original box and place in the bag.
7. Place the instructions for the whole meal with the large bag.
8. Label each bag
  - a. Large bag can be labeled "dinner Day 3" with list of contents
    - i. Orange drink, chicken soup, Mac & cheese, chocolate pudding

One Pot Dinners - take one from each column

Base	Vegetable	Meat	Sauce	Spice	Topping
7oz - 1 lb Spaghetti	1-2 cups carrots	5 oz-1 lb ground beef	1 cup cheese	1-2 tbsp oregano	1-2 tbsp nuts sunflower seeds
Linguini	potatoes summer squash	canned beef	stroganoff miso powder	sage basil	pumpkin seeds coconut sesame seeds
Vermicelli Capellini Fettuccini	onions cucumbers	canned chicken canned turkey chipped beef frozen stew meat	gravy mixes margarine curry sweet & sour	dry soup mix salt pepper poultry seasoning	cheese ketchup bacon bits croutons dumplings wheat germ dried fruits raisins
Egg Noodles Elbow Macaroni Rotini Small Shells Rigatoni Ziti Coos Coos	peas gr. beans corn mushrooms Tomato celery	hard salami Vienna sausage jerky canned tuna smoked salmon canned salmon sardines pepperoni ham	au jus butter buds teriyaki soy sauce bouillon sloppy Joe	garlic onion chili powder pepper flakes	

\*\*Amounts will depend on # of servings and appetite.

## ***SOUPS***

---

### **Taco Soup**

Makes 14 1 cup servings

- 1 lb ground beef
- 1 large onion
- 3 16 ounce cans Mexican style chile beans
- 1 16 ounce can of whole kernel corn, undrained
- 1 16 ounce can of chopped tomatoes
- 1 15 ounce can of tomato sauce
- 1 ½ cups water
- 1 4.5 ounce can of chopped green chilies
- 1 package taco seasoning mix
- 1 envelope Hidden Valley Ranch dressing mix (dry)

#### Directions

Cook beef and onion, drain. Mix in other ingredients in large pan with beef and onion. Bring to a boil. Reduce heat and simmer 15 minutes.

From: David Nuttall

### **Hoover Curry**

Serves 4

- 1 tbsp of curry powder
- 1 pinch of red pepper
- 1 tsp of dry minced garlic
- ¼ cup dried onion flakes
- 2 cups of Minute rice
- 1 pkg Knorr leek soup mix
- 3-4 ounces of golden raisins
- 15-ounce can of chunk white chicken or 1pkg of freeze-dried chicken

#### Directions

Combine all ingredients except the chicken in a zip-lock bag at home (if you are using freeze-dried chicken, it is best to add 2 tablespoons of dry chicken broth to the mix). To prepare, bring 5 cups of water to a boil, stir in ingredients and let simmer for 10 minutes, stirring occasionally. If sticking occurs, add a little more water. Serve with freeze-dried peaches. For more than four people or for a gourmet touch, serve with Knorr Hot and Sour soup.

From: Cooking in the Outdoors by Cliff Jacobson

## **Lodge 550 Tortellini Soup**

Serves 22-24

½ cup butter  
4 cloves garlic (chopped)  
3 cups celery (finely chopped)  
3 cups carrots (finely chopped)  
1 large onion (finely chopped)  
8 cups chicken broth  
3 (29-ounce) cans tomato sauce  
6 cups water  
3 (12-ounce) tortellini (cheese filled)  
¼ tsp cinnamon (ground)  
1 (8-ounce) container Parmesan/Romano cheese blend  
Salt and pepper to taste

### Directions

Melt butter in large pot and add garlic, celery, carrots, and onion. Stir and sauté for 20 minutes. Add chicken broth, tomato sauce, and water. Stir, then heat to boiling. Pour in tortellini, then cover and cook for about 20 minutes, until pasta is tender. Stir in ground cinnamon and grated cheese. Add salt and pepper for flavor.

From: The Scout's Large Groups Cookbook by Tim and Christine Conners

## **Troop 169 Loaded Potato Soup**

Serves 24-26

12 large baked potatoes  
½ cup butter  
16 ounces sour cream (light)  
2 quarts heavy whipping cream  
2 tbsp ground sea salt  
3 tbsp ground white pepper  
½ Worcestershire sauce  
8 ounces cheddar cheese (shredded)  
½ cup bacon bits (use real bacon, its better!)  
3 bunches chives

### Directions (At Home)

Bake potatoes in oven. Cool and cut into quarter's length wise. Slice potato meat from the skin and discard skin. Cut potatoes into ¼ to ½ inch chunks. Refrigerate until ready to use at camp.

### Directions (At Camp)

In large stock pot over medium heat, melt butter and blend in sour cream and whipping cream. Let warm until the top froths. Stir in salt, pepper, and Worcestershire sauce. Add cheddar, a little at a time to prevent clumping while it melts. Finally, add bacon bits, chives, and potato chunks and stir. Reduce heat, simmering over low flame, covered, for about 40 minutes stirring every 5 minutes. Be careful not to let solids collect at the bottom while the soup is simmering or it will burn and ruin the soup.

From: The Scout's Large Groups Cookbook by Tim and Christine Conners

## ***Scout Master Rule #4***

*"Scouts should learn to find water, start a fire, and make hot chocolate for the Scoutmaster."*

*-A.J. Anonymous*

## ***Desserts:***

---

### **Monkey Bread**

Serves: 4-6

#### Ingredients:

1 tube of refrigerated biscuit dough

½ c. of brown sugar

1 tbsp of cinnamon

1 large Ziploc bag

butter

#### Directions

Grease a skillet or Dutch oven with butter. Mix the sugar and cinnamon together in a plastic bag. Separate biscuits and shake each biscuit in the bag of cinnamon sugar. Place the biscuits in the skillet or Dutch oven. Dot each biscuit with butter. Cover and cook the bread over medium heat for 20-30 minutes.

From: The Real Family Camping Cookbook

### **Sweet Balls**

8 servings

1 cup of molasses or honey

2 cups flour

#### Directions

Mix well. Form into 2-inch balls. Preheat oven to about 350F. Grease lightweight aluminum pan; press balls until they are 3/8- inch thick and place inside. Bake for 12 minutes or until golden brown. They should be soft and chewy.

From: The Field and Stream Wilderness Cooking Handbook

## **Strawberry Turnovers**

1 cup dehydrated strawberries  
1 cup Bisquick mix  
Flour for Kneading  
3 tbsp brown sugar  
1 tbsp olive oil  
1 cup water

### **Directions**

Let strawberries reconstitute in ½ a cup of water, and brown sugar. Mix Bisquick with ½ a cup of water. Knead handful portions in flour, spread flat and place in an oiled deep-dish frying pan or a shallow cooking pot. Add a glob of strawberries to one side of the dough and flip the opposite side over the top. Press down on the corners, cover the pan and let simmer at low temperature for 7-8 minutes.

From: The Happy Camper by Kevin Callan

## **Simple Cinnamon Rolls**

3 cups Bisquick  
½ cup of brown sugar  
1 tbsp of cinnamon  
¼ cup of raisins  
3 tbsp of margarine  
Flour for rolling  
1 tbsp of olive oil  
1 ½ cups of water

### **Directions**

Slowly add water to Bisquick to form dough, and roll out on floured canoe paddle. Spread margarine over dough, sprinkle on cinnamon, brown sugar, and raisins. Roll into a log and slice 1-inch slices and place them on an oiled frying pan. Cover and bake over low heat for 7-8 minutes.

From: The Happy Camper by Kevin Callan

## **Rice Pudding**

1 ½ cups of rice  
¼ raisins  
3 tbsp of brown sugar  
3 tsp brown sugar  
Dash of nutmeg  
2 tbsp jam  
¼ cup of powdered milk  
1 cup of water  
2 tbsp of powdered eggs  
1 ½ tsp of flour

### **Directions**

Cook ingredients (except for jam, flour, and powdered eggs) in 1 cup of boiling water for 5 minutes. Add powdered eggs and flour (mix with enough water to make into paste), top with jam.

From: The Happy Camper by Kevin Callan

## **Apple Crisp**

1 ½ dried apples, chopped  
½ tsp cinnamon or apple pie spice mix  
Hot water to just cover fruit in pot  
½ cup chopped walnuts or almonds  
½ cup raisins  
¼ tsp of salt (optional)

### **Directions**

Combine all ingredients, except the nuts, in a pot and let soak until the fruit rehydrates-about 15 minutes

Combine the following:

¼ to ½ cup of oatmeal  
3 tbsp of flour  
4 heaping tbsp of margarine  
3 tbsp of brown sugar  
Pinch of salt (optional)

Mix together with your hands to a crumbly consistency. Grease a frying pan. Add nuts to fruit mixture and pour into pan. (If there is a lot of liquid, stir in 1tbsp of flour.) Cover with oatmeal mix. Bake, using a low heat fire, for about 15 minutes until heated through and browned on the top.

From: The Happy Camper by Kevin Callan

## **Fruit Cobbler**

10 qt. Dutch-oven

2 cups of biscuit mix

2 cups of sugar

2 cups of milk

1 cup or sticks of margarine

1 can of fruit

### Directions

Line Dutch-oven with aluminum foil for easy clean up. Place Dutch-oven on coals. Put margarine to melt. Combine biscuit mix, sugar, and milk in a bowl. When margarine has melted put mixture in oven along with the fruit. Place the cover on the oven and place 18 coals on top and 6 coals on the bottom. Let it cook for 45 minutes.

From: Ted Blake

## **Brownies in a Bag**

1 box "just add water" brownie mix

Zip-lock bag

### Directions

Prepare brownies according to package instructions. Add mixture to a zip-lock bag and seal. Place sealed bag in boiling water, and cook until done.

## **Stewed Apples**

Serves 11

5 lbs of apples

3 cups of water

¼ cup of brown sugar

Dash of cinnamon

1 can of crescent rolls

### Directions

Peel and cut up apples and place in Dutch-oven. Add water, brown sugar, and cinnamon. Cut the crescent rolls into strips and place it into the apple/water mixture. Heat to a boil and stir occasionally. When the apples turn brown it's finished.

From: James Asbill

## **Dutch Oven Pineapple Upside-down Cake**

Serves 6 – 8

1 box yellow cake mix  
3 eggs  
1/3 cup vegetable oil  
1/4 cup butter  
1/2 cup brown sugar  
1 can sliced pineapple rings (10 slices) with juice  
10 maraschino cherries (optional)

### Directions

Preheat a 12 inch Dutch oven with about 8 coals underneath and 18 on top.

In a gallon sized zip lock bag combine the dry cake mix, eggs, oil and pineapple juice. Mix until the lumps are gone. If more liquid is needed use a bit of cherry juice. Set aside

Melt the butter and brown sugar in the preheated Dutch oven, stirring until the sugar is dissolved. Place pineapple rings evenly in the oven. Place a cherry inside each ring. Pour the cake batter evenly over the rings. Return the heated lid to the oven and bake about 35 minutes or until the cake is done in the center. The cake will shrink away from the sides a bit when done.

Remove the lid and invert the cake onto a serving dish.

From: David Nuttall

## ***Daily Menu Suggestions***

---

### **Breakfast**

#### Option #1

Omelets

Eggs (about two eggs per scout)

Bacon (as needed)

Onions (as needed)

Peppers (as needed)

Shredded Cheddar Cheese

English muffins (as needed)

#### Option #2

Cinnamon Buns

3 cup of biscuit mix

½ cup of raisins

½ cup of brown sugar

Cinnamon

½ cup of butter

#### Option #3

Oatmeal and Pancakes

Instant oatmeal (as needed)

1 cup of powdered milk

2 grapefruit

#### Pancakes

3 cups of pancake mix

Maple syrup

5 cups of banana chips

## Lunch

### Option #1

#### Main Course

Pita Sandwiches

6 pitas

2 cans of tuna

2 celery stalks (chopped)

Sliced cheddar cheese

2 tbsp salad dressing (for each sandwich)

#### Sides

3 cups dried fruit

3 sm. chocolate bars

1 bag of corn chips

Small jar of salsa

### Option #2

1 loaf of rye bread

Sliced cheddar cheese

1 tub hummus

1 tub Tabouleh

#### Sides

Pears

Granola bars

### Snack

Dried fruit and nuts

Carrots

Celery stalks

### Option #3

6 bagels

Cream cheese

Smoked salmon

sm. jars of capers

1 sm. red onion

#### Sides

Plums

Cookies

### Snack

Crackers and Brie cheese

## Dinner

### Option #1

Garden Salad

Package of mixed greens

Carrots

Tomatoes

Red pepper

Salad dressing

### Main Course- Chicken Stir-Fry

2.5 cans of rice

3 chicken breasts

1 ½ red pepper

1 clove garlic

1 red onion

4 ½ mushrooms

1 head of broccoli

### Dessert

Cobbler

### Snack

Blue cheese

Cheddar Cheese

Crackers

Whole almonds

Apples

## Option #2

### Greek salad

1 head of lettuce

1 tomato

1 cucumber

1 red pepper

1 can of black olives

Feta cheese

Greek dressing

### Main course-Dutch oven Lasagna

1 lb of ground beef or ground Italian sausage - browned

Large jar of spaghetti sauce

1 lb shredded mozzarella cheese

2 eggs

2 cups ricotta cheese

1 cup parmesan cheese

1 box of oven ready lasagna noodles.

### Dessert-Dutch oven apple crisp

8 apples

1 cup of brown sugar

1 cup white flour

¼ cup of butter

### Option #3

#### Soup and Salad

2 pkgs soup (just add water)

#### Cabbage Salad

1 cabbage

2 carrots

½ cup of raisins

Balsamic vinegar

Olive oil

#### Main Course-Tuna Mac and Cheese

4 cups of macaroni noodles

2 cans of tuna

1 onion

2 carrots

1 head of broccoli

Shredded cheddar cheese

1 cup of powdered milk

½ cup of cheese powder

#### Dessert-Dutch oven chocolate cake

1 pkg chocolate cake mix

Powdered eggs

Oil

## Bibliography

1. Rising Star District Cookbook – <http://usscouts.org/cooking/risingstar.pdf>
2. The Scouts Large Groups Cookbook by Tim and Christine Conners, 2012
3. An Essential Guide: Canoe Camping by Mark Schriver, 2006
4. The Happy Camper by Kevin Callan
5. Cooking in the Outdoors by Cliff Jacobson
6. [www.pinterest.com](http://www.pinterest.com), KOA camper Greg Salem, Oregon
7. [www.50campfires.com](http://www.50campfires.com), Chelsey Janes
8. Family Fun Magazine
9. The Field Stream Wilderness Cooking Handbook by J. Wayne Fears, 2001
10. Fix It and Forget It by Phyllis Pellman Good and Dawn J. Ranck, 2012
11. The Real Family Camping Cookbook, 2012
12. [www.troop45chapelhill.org](http://www.troop45chapelhill.org)
13. Troop 45 scouts, friends, and family