



**TROOP 308**  
**COOK BOOK**



# Troop 308 Cookbook

**Field Edition**

\*6 What's for dinner? 9\*



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## Preface

The goal of this cookbook is to help Scouts plan and prepare food the way Scouts plan and prepare food but with a little more help for the less experienced cook.

Some Scouts may enjoy the challenge of preparing more complicated dishes and recipes to satisfy this need have been included as well.

Scouts have budgets of money and time to manage, so most of the recipes in this cookbook are not complicated, don't require a lot of prep time, and don't require a long list of obscure spices and unusual ingredients. Mostly they are simple and just taste good.

But if some of the recipes seem a little unusual just remind yourself to follow the Scout Law - "A Scout is Brave" - and try something new. You might surprise yourself with something new to like. "A Scout is Cheerful" too.



# Weekend Camping Trip Menu Planner

Patrol: \_\_\_\_\_

<p><b><u>Friday Night Cracker Barrel</u></b></p> <p>food _____            food _____            drink _____            (2 or more required)</p>	<p><u>Preparation Instructions</u></p>
<p><b><u>Saturday Breakfast</u></b></p> <p>main _____            side _____            drink _____            fruit _____            extra _____            extra _____            (3 or more required)</p>	<p><u>Preparation Instructions</u></p>
<p><b><u>Saturday Lunch</u></b></p> <p>main _____            side _____            bread _____            drink _____            fruit _____            extra _____            extra _____            (3 or more required)</p>	<p><u>Preparation Instructions</u></p>

<p><b><u>Saturday Dinner</u></b></p> <p><i>main</i> _____</p> <p><i>side</i> _____</p> <p><i>side</i> _____</p> <p><i>bread</i> _____</p> <p><i>drink</i> _____</p> <p><i>fruit</i> _____</p> <p><i>extra</i> _____</p> <p><i>extra</i> _____</p> <p><i>(4 or more required)</i></p>	<p>Preparation Instructions</p>
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<p><b><u>Sunday Breakfast</u></b></p> <p><i>main</i> _____</p> <p><i>drink</i> _____</p> <p><i>fruit</i> _____</p> <p><i>(at least 1 required)</i></p>	<p>Preparation Instructions</p>
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## **Cracker Barrel Ideas**

Sausage  
Cheese  
Crackers  
Nuts  
Granola Bars  
Cookies  
Pudding Cups  
Grapes  
Strawberries  
Apples or Apple slices  
Oranges  
Popcorn (in a bag, already popped)  
Nachos (Chips, Cheese in a jar)  
Pretzels (Hard or Soft)  
Slim Jim  
Hot Chocolate  
Apple Cider

# Breakfast Ideas

## Main Dish

Hungry Man Breakfast

French Toast

Pancakes (from scratch or from a box mix or from a shake-and-pour bottle)

Blueberry, Chocolate Chip, or Banana Pancakes

Breakfast Burrito

Omelet In A Bag (Eggs in a Bag)

Egg McMuffin style sandwich

Scrambled Eggs

Quick and Easy Breakfast Casserole

## Sides

Sausage

Pre-Cooked Bacon

Ham

Hash Browns

Fresh Fruit (Fresh pineapple, strawberries, bananas, oranges, or grapes)

Melon (cantaloupe or honeydew)

Muffins (baked in Dutch oven from a mix or scratch)

Toasted English Muffins (with butter and jelly)

Cinnamon Rolls (baked in a Dutch oven from a tube or from scratch)

Bagels

Banana Bread

Sunrise Coffee Cake



Pecan Caramel Rolls  
Dutch Oven Sticky Rolls  
Yogurt

## **Drinks**

Milk (White, Chocolate, Strawberry)  
Orange Juice  
Apple Juice

# Lunch Ideas

## Main Dish

Tacos  
Fajitas  
Quesadillas  
Sloppy Joes  
BLT Wraps  
Hamburgers  
Sub Sandwiches

## Sides

Baked Beans  
Mac and Cheese  
Salad  
Fruit Salad  
Soup  
Chips  
Grapes

## Desserts

Angel Food cake, sliced strawberries, and whipped cream (No Cook)  
Cake  
Brownies  
Pie  
Cookies  
Pudding Cups

# Dinner Ideas

## Entrees

Pot Roast  
Pork Loin Roast or Tenderloin  
Pulled Pork Sandwiches  
Meat Loaf  
Chicken and Rice  
Oven Fried Chicken  
Orange Chicken  
Pork Chops and Scalloped Potatoes  
Stew  
Chili  
Sloppy Joes  
Spaghetti  
Lasagna  
Fajitas  
Taco Pie  
Enchilada Casserole

## Sides

Corn on the Cob  
Hash Browns  
Soup (from a can or from scratch)  
Salad  
Bread Sticks  
Garlic Bread  
Baked Beans  
Prepared Boxed side dishes (rice, potatoes, noodles, mac and cheese, etc.)  
Au Gratin Potatoes  
Corn Bread  
Biscuits (from a tube or from scratch)

Dinner Rolls

Canned Veggies (Green Beans, Corn, Peas and Carrots, Pork and Beans, etc.)

### **Desert Ideas**

Pie

Apple Streusel Cake

Apple Crisp

Troop 308 Cobbler (Any Flavor)

Baked Apples

Lemon Bars

Caramel Apple Cobbler

## **End of Camp (Sunday Morning, No Cook) Breakfast Ideas**

Donuts

Pastry

Pop Tarts

Granola Bars

Fruit (Bananas, Apples, Oranges)

Yogurt

Muffins (Pre-packaged)

Orange Juice

Apple Juice

Milk

Juice Boxes

Cracker Barrel leftovers

Any other leftovers that don't need to be cooked



## PATROL GROCERY/SHOPPING LIST

Food Item	Quantity	Cost Per Item	Total Cost





## **Meats and Main Dishes**



# Beef

## Camp Stew

Serves 8

2 pounds beef stew meat or lean ground beef (could use chicken breast for healthier version)  
8 medium sized potatoes, chopped to bite size  
1 chopped onion  
8 chopped carrots  
8 chopped stalks of celery  
1 packet of onion soup mix  
2 or 3 tablespoons cooking oil  
Salt and pepper or any other spices you want for taste

Line a 12 inch Dutch oven with foil or use a large pot on a campstove.

Add the cooking oil and heat it up.  
Add the beef and cook till brown on all sides.

Add about  $\frac{1}{4}$  of the potatoes and briefly brown. (The potatoes contain starch that will help thicken the sauce.)

Add the packet of onion soup mix and just enough water to cover the ingredients.

Cover and simmer (gentle boil) for 30 minutes.  
Check the flavor and add salt and pepper if needed.  
Add remaining ingredients and cup of water if too thick.  
Cover and simmer (gentle boil) for another 30 minutes.

(Can add almost any other veggy you want, like peas, beans, peppers, etc.)

Make it a cowboy stew by adding a can of pork and beans.

## Cornbread and Black Bean Chili

Servings: 4

1 lb ground beef  
1 large onion, chopped  
1 red bell or Anaheim pepper, chopped  
2 cloves garlic minced  
1 (15 oz) can black beans, drained  
1 (8 oz) can tomato sauce  
1 (28 oz) can tomatoes  
1 (4 oz) can whole green chilies, chopped  
½ tsp cayenne pepper  
2 tsp cumin  
1 tsp garlic powder  
1 tsp salt

Preheat the Dutch oven. Brown meat, then add onion and peppers, cooking 10 minutes. Add the remaining ingredients. Bring to a boil and simmer 30 minutes.

Make the cornbread by combining the following in a bowl:

1 box Jiffy Cornbread Mix.  
1/2 cup milk  
1 egg

Place cornbread batter on top of chili, replace the lid and bake at 400 degrees (about 16 briquettes on top and 12 underneath for 12" Dutch oven) until brown on top (about 30 minutes).

## Easy Camp Chili

Servings: 4

1 pound ground beef  
1 medium onion  
1 can (15 ounce) kidney beans or red beans  
1 can ROTELLE diced tomatoes and chiles  
1 can (8 ounces) tomato sauce  
1 Tablespoon Chili powder  
Salt to taste

Line a 12-inch Dutch oven with foil.

Chop the onion.

Cook the onion and ground beef in the bottom of a Dutch oven (or in a fry pan) until the beef is browned.

Add all of the rest of the ingredients and stir.

Cover the Dutch oven and simmer for about 30 to 35 minutes.

## Home Style Chili

Servings: 4

1 pound ground beef  
1 large yellow onion, chopped  
3 cloves garlic, minced  
1 tablespoon cumin  
2 tablespoons chili powder  
1 (20-ounce) can tomatoes, chopped  
1 green bell pepper, chopped  
salt and pepper to taste  
2 (15-ounce) cans kidney beans

Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer 1 hour.

## Enchilada Casserole

Servings: 8

2 lbs. Ground beef  
1 tsp. Salt  
1 large onion, chopped  
1 can (10 oz.) tomato soup  
2 cans (10 oz. each) enchilada mild sauce  
1 can water (10 oz.)  
6 corn tortillas, uncooked  
1 cup shredded cheddar cheese

Brown the ground beef, salt, and onion. Add tomato soup, enchilada sauce, and water. Simmer for 5 minutes. Remove  $\frac{3}{4}$  of the mixture. Place 3 corn tortillas on top of the remaining mixture. Add another layer of the meat mixture on top of the corn tortillas. Sprinkle with half of the cheese. Add another layer of the meat mixture. Add 3 more corn tortillas on top of the meat mixture. Add another layer of meat mixture, and sprinkle the remaining cheese on top. Cover and simmer for 10-15 minutes.

## Goulash

Servings: 10

1 pound dry macaroni or penne pasta  
1 pound hamburger or sausage  
1 large jar (26 ounces) spaghetti sauce  
3 cups (12 ounces) mozzarella cheese  
Salt and Pepper to taste

Bring water to a boil in a large pot.  
Add the pasta and cook for 8 to 10 minutes until tender to bite.

Brown the meat in a fry pan.

When the pasta is done, drain the water.

Combine the meat and sauce together with the pasta and stir.

Add salt and pepper to taste.

Layer half of the pasta mixture into the Dutch oven.

Place a layer of half the cheese on top of the pasta layer.

Add the rest of the pasta and top with the rest of the cheese.



## Hobo Burgers

4 Servings

1 pound ground beef  
1 large potato  
1 carrot  
1 onion  
Salt and pepper  
4 hamburger buns  
Ketchup and other burger toppings

Make four hamburger patties from the ground beef and put each one on its own piece of aluminum foil.

Slice the vegetables and place on top of each burger. Season everything with salt and pepper.

Wrap the food in the foil and crimp the edges tightly all around.

Be careful not to poke a hole in the foil.

Place foil pouches over coals or on a grill and cook for about 15 to 30 minutes until the meat is well done and has reached an internal temperature of at least 160 degrees.

Remove the packets with tongs and carefully unwrap the food. Eat the burger and veggies from the foil or put the burger on a bun and eat the veggies as a side dish.

The burgers, veggies, and pouches can be prepared in advance and stored in a cooler until ready to cook.

## Lasagna

Serves 8

1 pound Ground Beef or Sausage  
1 (26 ounce) jar spaghetti sauce  
3 cups shredded mozzarella cheese  
1 (16 ounce) container Cottage Cheese  
1 egg  
1 (8 ounce) box of lasagna noodles

Line a 12 inch Dutch oven with foil.

Brown the meat and drain the excess grease.

In a bowl, combine mozzarella cheese, cottage cheese, and egg.

Make a layer of noodles in the bottom of the Dutch oven.

Place a thin layer of spaghetti sauce over the noodles.

Add a layer of meat and then a layer of the cheese mixture. Repeat each of the layers in the same order until all of the ingredients are used up.

Cook for about 45 minutes to an hour. The lasagna is done when the noodles are soft.

Serving suggestions: Garlic bread, green beans.

## Meat Loaf

Serves 4 to 6

1 pound Ground Beef  
1 egg, beaten  
½ cup milk  
½ chopped onion  
¼ cup ketchup or barbecue sauce  
1 tsp salt

Line a 12 inch Dutch oven with foil.

Saute the onion until softened. Combine all ingredients together in a bowl and form into a round loaf. Bake for about 50 minutes at 350 degrees. Then glaze the meatloaf with a little barbecue sauce or ketchup and cook for about another 10 minutes.

## **Not Walkin' Tacos**

Serves 4

1 package of 12 taco shells (crunchy or soft, your choice)

1 pound ground beef

1 package taco seasoning mix

Any taco condiments you want like lettuce, shredded cheese, tomatoes, etc.)

Brown the ground beef in a fry pan till no longer pink.

Follow the directions on the taco seasoning package.

Chop lettuce and tomatoes and set aside.

When the taco meat is done add meat and toppings to a shell and enjoy.

## Pot Roast

Serves 6

12 inch Dutch oven

3 to 4 pounds roast

1 pound potatoes

1 medium onion

3 to 4 large carrots

1 package onion soup mix

Salt and pepper

2 to 4 cups water

Oil for browning the meat

Heat the oven over coals. Rub the meat with salt, pepper, and the onion soup mix.

Bring water to a boil. Slice the vegetables. Brown the meat lightly in some oil. Add 2 cups boiling water and the vegetables into the Dutch oven and spread around the meat.

Cover oven and cook for 2 hours. Check periodically to add more water if necessary. Replace coals as necessary.

## Quartermaster's Stew

Serves 6 to 8

2 pounds hamburger  
2 cans mixed vegetables (save liquid)  
2 cans potatoes (drain off liquid and discard)  
1 packet stew seasoning mix

Optional:

1 can stewed tomatoes  
Additional vegetables, such as beans or corn

Heat Dutch oven on fire, add small amount of cooking oil, and brown hamburger. Drain grease. Stir in stew seasoning mix, add a bit of water, and cook for 5 to 10 minutes.

Add vegetables with liquid. Chop up potatoes into small chunks and add to stew. Add small quantity of water if needed to cover contents.

Place oven on bed of charcoal - 8 to 10 briquettes (more in winter) on aluminum foil. Cover with lid and put 2 to 3 times as many coals on top. Cook about 15 minutes.

Add tomatoes. Cook until potatoes are tender and stew is bubbly and hot through- 15 to 20 minutes depending upon heat level, stirring occasionally.

## Sloppy Joes

Serves 8

1 pound ground beef  
1 can sloppy joe sauce (15 or 16 ounce can)  
8 hamburger buns

Brown 1 lb. lean ground beef in large skillet until no longer pink.

Stir in one 15.5 ounce can of your favorite sloppy joe sauce.

Cook till heated thoroughly

Serve on hamburger buns

## Taco Pie

Servings: 6

1½ lbs. Ground beef  
1 medium jar of taco sauce  
6 large corn tortillas  
8 oz shredded cheddar cheese  
8 oz can of tomato sauce

Brown ground beef and drain. Mix the taco sauce and tomato sauce. Line the Dutch oven with foil and put 3 tortillas in the bottom. Put ½ of the ground beef on the tortillas and cover with ½ of the sauce. Put 3 more tortilla shells on top, and put the remaining ground beef and sauce on top of those tortillas. Sprinkle the cheese on top. Cover the Dutch oven, place a few coals on top, and bake until the cheese is melted. You could also add onions, olives, and mushrooms for some variety.



## Tex-Mex Dutch Oven Burritos

Servings: 8

- 1 1/2 Lbs. ground beef
- 1-can rinsed black beans
- 1-can corn kernels
- 1-cup colby cheddar cheese
- 1-cup salsa
- 1-cup sour cream
- 1/2-cup onions, diced
- 1/2-cup water
- 1/4-cup green chiles (optional)
- 1-Tbsp. cumin
- 1-Tbsp ground chili powder
- 1-tsp garlic salt

Add all of your ingredients into the Dutch oven as they appear in order above. Bake at 350 degrees Place your dutch oven for about 40 minutes. Heat a tortilla in a fry pan or on a griddle with a little bit of water, roll and enjoy!



# Chicken



## **Cheesy Chicken Mac Casserole**

Servings: 3 (Multiply as needed)

- 1 (7¼ ounce ) box of macaroni and cheese (Kraft Original preferred)
- 2 (3-ounce) cans chicken breast meat (or tuna)
- 1 (15 ounce) can baby peas, drained
- 1 (10½ ounce) can condensed cream of chicken soup
- 1 (single portion) bag potato chips (like from a vending machine)

In a medium size cook pot, boil 4 cups of water.

Add mac and cheese noodles and boil until soft. Stir occasionally to prevent macaroni from sticking together.

Drain water.

Add cheese powder from the mac and cheese box, along with the cheese powder along with the chicken, peas, and cream of chicken soup. Stir until well mixed.

Sprinkle crushed potatoes over the top.

Serve and enjoy.

## Chicken and Dumplings

Servings: 8

Need 12-inch Dutch oven.

2 Tablespoons vegetable oil  
1 medium onion  
2 pounds boneless chicken breast  
2 carrots  
2 potatoes  
2 (15 ounce) cans mixed vegetables  
1 teaspoon salt  
¼ teaspoon black pepper  
3 (10 ounce) cans chicken gravy  
1 (16 ounce) container Pillsbury Grands! Biscuits (or similar)

Line Dutch oven with foil.

Peel and dice the potatoes and carrots.

Cube the chicken. (Be careful to avoid cross contamination.)

Heat oil, add onions and cook until soft.

Add cubed chicken to the onions.

Stir occasionally till the meat turns white and no pink remains.

Add the remaining ingredients **except** the biscuits. Stir.

Cover the oven and cook for about an hour. Stir occasionally.

After about an hour lay individual biscuits on top of stew.

Replace lid and cook another 15 minutes or until biscuits rise and start to brown.

## Chicken and Kraft Dinner

Servings: 8

Ingredients:

4 boxes of Kraft macaroni dinner  
3 cans of chicken chunks  
1 cup of powdered milk in zipper bag  
6 packets of Cup-o-Soup, flavor of your choice  
Salt and pepper to taste

In large pot, heat 4 quarts of water to rolling boil. Do not salt water. Add macaroni to water and stir constantly until boil resumes. Stir occasionally to keep from sticking. May have to reduce heat to prevent boil over. Cook 8-9 minutes until macaroni is tender.

Open chicken and add chicken and juice to pot. Break up chunks of chicken with spoon. Cook for a minute or two to heat chicken.

Remove pot from stove (turn off heat) or fire. Use cup or ladle to dip off excess water and use to make Cup-o-Soup as appetizer. Water remaining should be no more than enough to cover 1/4 of macaroni. Save excess water in case needed later.

Add powdered milk and cheese powder and a pinch or two of salt to pot and stir thoroughly until cheese is melted and macaroni is well coated. If macaroni is too thick, add a little of the saved water.

Serve in bowls, season with salt and pepper to taste.

## Chicken Parmesan

Servings: 8

- 1 (16 ounce) box Spaghetti
- 1 (26 ounce) jar Spaghetti sauce
- 8 breaded chicken patties
- 2 cups shredded mozzarella cheese

In a large size pot, cook spaghetti according to package directions.

Drain water.

Mix spaghetti with the sauce.

Place breaded chicken patties on top of spaghetti.

Bake all together until warm throughout.

Near the end top with some shredded cheese.

Bake till cheese is melted.



## Chicken Quesadillas

Serves 8

1 package large burrito shells (need 1 shell per serving)  
4 cans chicken breast meat  
2 cans green chiles (hot or mild)  
3 cups shredded cheese (cheddar or Monterey Jack)  
1 jar salsa  
Any other condiments you might like (lettuce, black olives, sour cream, guacamole, etc.)

Heat a large fry pan over medium heat. (Could use a griddle to cook two at a time.)

The quesadillas are made one at a time. Use multiple pans to speed things up if you can.

Place one burrito shell in the pan.

Layer the following ingredients on one HALF of the shell ONLY.

Spread 2 or 3 tablespoons of chicken on one half of the shell, followed by the cheese, chiles, and anything else you want on it.

Fold the empty half of the shell over onto the chicken side and flip the quesadilla over so that it warms the other side and melts the cheese.

When the cheese is melted, slice into pizza wedges, serve with salsa and enjoy.

## Chicken and Rice

Servings: 8

8 chicken thighs  
1 cup uncooked rice  
1/3 cup uncooked wild rice  
1 cup diced carrots  
3/4 cup diced bell pepper (red and/or green)  
5 cups chicken broth or water (upstream from the cows)  
2 Tablespoons vegetable oil for frying

Line a 12-inch Dutch oven with foil.

Season the chicken with salt and pepper.  
Brown the chicken and then set aside.  
Add rice and broth to the Dutch oven.  
Add the chicken on top.  
Cover the Dutch oven with the lid and bake with high heat for about an hour.  
Add hot water if necessary during cooking.  
Stir the rice and veggies every once in a while to prevent burning.

## **Coca-Cola Barbecue Chicken**

Serves 6 to 8

2 pounds Chicken strips

1 can Coke

1 bottle barbecue sauce

Line a 12 inch Dutch oven with foil

Add all ingredients into the Dutch oven

Stir

Bake for about 1 hour

Stir after about half an hour.

## **Dutch Oven Chicken Bake**

Servings: 6 to 8

3 lbs frozen chicken breasts (skinless and boneless)

2 lbs frozen hashbrowns

1 (29 oz) can cream of mushroom soup

milk

Layer hash browns and chicken to fill a 12" oven 3/4 full.

Mix can of soup and a can of milk together and pour over top of chicken and hash browns. Cook for one hour or until chicken is done. Chicken is done when there is no more pink meat and the juices run clear.

## **Orange Chicken and Rice**

Serves 4 to 6

2 pounds boneless, skinless chicken breasts  
1 cup flour  
1 zip-top plastic bag (one gallon size)  
2 tablespoons vegetable oil or butter  
1 bottle Orange Sauce (or Sweet and Sour or Plum Sauce)  
2 cups uncooked white rice  
3 cups water

Put the uncooked rice and water in to a pot and cover. Bring the water to a boil and reduce to a simmer. Simmer the rice for 20 to 25 minutes then remove from the heat but keep warm.

Cut the chicken into small bite-size pieces. Add the flour into a 1-gallon zip-top bag. Add some chicken, a few pieces at a time into the bag and shake to coat the chicken. Heat the vegetable oil (or butter) in a fry pan and add a single layer of chicken.

Be careful with cross contamination when cooking chicken. Do not touch cooked chicken with anything used to touch raw chicken.

Cook the chicken one layer at a time and set aside the cooked chicken in a clean bowl while you cook the rest of the chicken.

After the chicken has all been cooked turn the heat to low and add all of the chicken back into the fry pan.

Add the bottle of orange sauce to the chicken and cook till thoroughly warm.

Serve over warm rice and enjoy.

## Oven Fried Chicken

Servings: 8

2/3 c. oil

2/3 c. butter

2 c. flour

2 tsp. salt

3 tsp. ground black pepper

2 tsp. garlic salt

2 tsp. onion powder

16 chicken pieces (legs, thighs, breasts)

Place butter and oil in Dutch oven and melt butter over low heat.

In a zip-lock bag, combine flour, and seasonings. Coat two pieces of chicken with butter and oil mixture. Put chicken into bag and shake well, coating the chicken well. Place the chicken into the Dutch oven, skin side down, and repeat with remaining chicken. Cover oven and bake for 45 minutes. Remove lid and turn pieces over. Replace lid and bake an additional 10 minutes.





# **Pork and Other Meats**



## Brat Bake

Servings: 8 to 10

Need 12-inch Dutch oven.

2 pounds fresh bratwurst (or can substitute pre-cooked)  
2 pounds whole potatoes (or can substitute frozen diced potatoes)  
2 pounds granny smith apples  
1 large onion  
2 teaspoons salt  
½ teaspoon black pepper  
2 cups shredded cheddar cheese (optional)

Line the Dutch oven with foil.

Chop the brats into bite sized pieces  
If using whole potatoes, peel them and slice thin.  
Peel apples, core, and slice into thin wedges.  
Peel onion and slice into wedges.

If using fresh raw brats, brown them in the Dutch oven or a fry pan.  
Add all ingredients into the Dutch oven and stir.  
Bake for 45 to 60 minutes until the potatoes are tender and all is warm.  
If desired, top with the cheddar cheese during the last 15 minutes of baking time.

## **Breakfast Burritos**

8 servings

1 dozen eggs  
1 pound sausage (can use pre-cooked)  
8 ounces (2 cups) shredded cheese  
1 (20 ounce) bag hash brown potatoes  
8 large burrito style flour tortillas

Salsa (optional)

Brown the sausage in a frying pan.

While the sausage is browning, beat the eggs in a medium size mixing bowl.

When the sausage is done, place it in a bowl and then add the eggs and hash browns to the empty frying pan and scramble the eggs.

After the eggs are cooked, season the mixture with salt and pepper to taste.

Combine the egg mixture and sausage in the bowl (or the fry pan) and stir.

Scoop some of the filling onto a tortilla, add some cheese and salsa, and roll up into a burrito.

## Camel Stew

1 medium camel (because large camels are too chewy)  
10 crates of potatoes  
747 onions  
2 pounds of black pepper  
1 barrel of salt  
and a carrot

Nebraska camels are very elusive so you may substitute a prairie dog if necessary.

If you didn't see a camel, eat the carrot.

Cut the meat and vegetables into small cubes.  
Brown the meat and combine with the vegetables in a large Dutch oven (or two)  
Simmer over low heat for 3 to 4 days.

Serves 117 but if more people will be joining you for dinner, add a hot dog

## Ham and Bean Soup

Servings: 4 to 6

2-1/2 cups dry navy beans

1 meaty ham bone

1 medium onion, diced

1/2 cup diced celery

10 cups cold water

1/2 tsp salt

Wash dry beans. Place beans and water in large bowl and soak overnight. Leave the water in. The next day combine beans and water, ham bone, salt, and peppercorns in a Dutch oven. Cover and slowly bring to a boil. About 12 coals on top and 12 under the oven works well. Simmer for two hours, stirring occasionally. Then add onions and celery. Continue to simmer another hour or until the beans are soft. Clean meat off the ham bone and discard the bone.

## Ham and Potatoes Au Gratin

Servings: 6 to 8

1½ cups cooked ham, diced  
2 cups milk  
3 cups potatoes, diced  
Salt and pepper  
4 tablespoons margarine  
1 cup grated cheese  
1 onion, minced  
2 tablespoons bread crumbs  
3 tablespoons flour

Melt margarine and sauté onion in a pan. Blend in flour to make a light white sauce. Gradually add milk and cook; stirring until thickened. Add pepper and seasoned salt. Pour over ham and potatoes in Dutch oven. Sprinkle cheese and bread crumbs over top. Bake for 30 minutes at 350 degrees or until potatoes are tender.

## Johnny Appleseed Pork Chops

Servings: 6

Need 12-inch Dutch oven.

6 thick-cut boneless pork loin chops

1 (6 ounce) box stuffing AND ingredients needed to make the stuffing. Check the Box.

1 (21 ounce) can apple pie filling

2 tablespoons vegetable oil

Fry pork chops in oil just until browned. Set aside.

Prepare stuffing according to package directions in a medium mixing bowl.

Spread pie filling over bottom of Dutch oven.

Place pork chops over pie filling.

Spread stuffing over pork chops.

Bake for about 45 minutes.



## Mountain Man Breakfast

10 servings

2 dozen eggs

2 (1 pound each) bags frozen hash browns

1 pound sausage or ham

12 ounces (3 cups) cheddar cheese

12 inch Dutch oven

Line Dutch oven with foil.

Brown the sausage.

While the sausage is cooking, beat the eggs in a bowl.

Combine the sausage (or ham), cheese, and hash browns in the Dutch oven.

Pour the egg mixture over the sausage, cheese, and hash browns.

Season with salt and pepper.

Cover and bake for 50 to 60 minutes.

## **Pizzaritos**

Serings: 4 (2 Pizzaritos per Scout)

8 flour tortillas

1 jar (15 ounce) pizza sauce

2 cups shredded mozzarella cheese

8 ounces sliced pepperoni

Any other optional pizza toppings

Spread a thin layer of pizza sauce on each tortilla shell.

Spread 1/4 cup of cheese on each tortilla.

Add a layer of pepperoni (and any other toppings you have).

Fold in the sides of the tortilla and roll from one of the open sides like a burrito.

Wrap each pizzarito in foil.

Heat the pizzaritos on a griddle on a stove for about 10 minutes or until the cheese is melted.

(Can also heat them over coals instead of a stove.)

## Quick and Easy Breakfast Casserole

Servings: 8

8 slices of bread  
2 pounds of sausage  
16 oz grated cheddar cheese  
12 eggs  
1 qt. Milk  
1 tsp salt

Line a 12" Dutch oven with heavy-duty foil. Lightly grease the foil with butter. Break up bread into the oven. Crumble cooked sausage meat over bread and cover with cheese. In a separate bowl, mix eggs (lightly beaten), milk, dry mustard, and 1 tsp. salt. Pour the egg mixture over the layered bread/sausage/cheese in the oven. Cover and bake for 35 - 40 minutes, checking occasionally. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs.

## Roasted Pork Loin

Servings: 8

Need 12-inch Dutch oven.

4 pounds pork loin

8 carrots

8 small red potatoes

1 onion

1 (15 ounce) can chicken broth or vegetable broth

Salt and pepper to taste

Line the Dutch oven with foil.

Peel the carrots and cut into chunks

Cut the potatoes in half.

Peel and slice the onion.

Put loin into the Dutch oven. (Can first brown the loin in a fry pan for color & extra flavor)

Arrange the potatoes and carrots all around the loin.

Lay the onion slices over the meat.

Pour the broth over the meat and veggies.

Sprinkle the salt and pepper over the food.

Cover the oven and bake for 10 to 15 minutes per pound.

# Eggs



## Omelet in a Bag (Eggs in a Bag)

1 Serving (Multiply as needed)

3 or 4 eggs

1 quart size zip-top “freezer” bag (with name or other ID written on bag)

Choose from your favorite ingredients in the list below:  
(You don't need to buy all of this stuff and can add your own ideas.)

Bell Pepper, diced

Onion, diced

Pre-cooked Bacon or ham or sausage, chopped

Shredded cheese

Salt and Pepper

Fill a large pot 3/4 full with water and bring to a boil.  
Crack the eggs into the freezer bag. (Help each other)

Add some of the other ingredients, but be careful not to overload the bag or the eggs will not cook right. DO NOT add cheese until after eggs are cooked or you might only get a bag of goo.

Seal the bags. (Squish out almost all of the air when you do this so it will submerge in the water and cook faster. Also this is IMPORTANT so that it will not swell up and burst.)

Squish up the eggs too, so that they are scrambled.  
Put the bag into the boiling water.

Don't put too many bags at a time in the water or they won't cook very fast and the water will just cool down.

When the eggs are set, remove from water and squish some more to scramble the eggs if that's what you want.

Open the bag and pour your omelet onto a plate and enjoy.



## Scrambled Eggs

Servings: 2

6 large eggs (3 for each serving)  
6 tablespoons milk (1 tablespoon for each egg)  
Cooking Spray OR 1 Tablespoon butter for frying  
Salt and pepper to taste.

Heat a large non-stick frying pan to medium heat.  
A 12-inch pan works well for 6 eggs.  
Do not add butter yet.

In large mixing bowl, whisk the eggs with the milk.  
Beat vigorously.  
Spray the cooking spray onto the pan OR melt the butter  
in the frying pan.  
Add the egg mixture.

Do not stir immediately. Wait until the first hint of setting  
begins.  
Use a spatula to push eggs around the pan.  
Continue this as the eggs continue to set.  
Break apart large pieces as they form with your spoon  
or spatula.

When the eggs look wet but are no longer runny, turn off  
the heat, and stack the eggs in the middle of the pan.  
to finish cooking.

Transfer eggs to serving plates.  
Add salt and pepper to taste.



# Breads and Pastas



## **The Best Pancakes (Plain, Blueberry, Chocolate Chip, or Banana)**

Makes about 8 pancakes

### Ingredients

1½ cups all-purpose flour  
1 tablespoon baking powder  
1 teaspoon salt  
1 tablespoon granulated sugar  
1½ cups milk  
1 egg, lightly beaten  
3 tablespoons melted butter or vegetable oil  
1 teaspoon vanilla (optional)

Mix the flour together with the baking powder, salt, and sugar in a large mixing bowl.

Mix the melted butter (or the oil) with the egg, vanilla, and milk.

Pour the wet ingredients into the dry ingredients, stirring gently and don't stir too much or the pancakes will be chewy. Heat the griddle to about medium high heat. Lightly grease the griddle with brushed on vegetable oil or cooking spray. Don't put on too much or you'll fry the pancakes.

When the griddle is ready, scoop about ¼ cup of batter and pour it onto the pan. Let the pancakes cook on the griddle for about 1 to 3 minutes until tiny bubbles have formed all across the top of the pancake. The bottom should be a nice golden brown color. Flip them over and continue to cook on the other side for 1 to 2 minutes or

until golden brown. Serve the pancakes immediately with butter and syrup.

Variations:

Blueberry Pancakes:

Pinch of nutmeg (optional)

Pinch of cinnamon (optional)

1 cup fresh blueberries, fold in after the batter is made.

Chocolate Chip Pancakes:

Mix about 1/2 cup of chocolate chips right into the batter. You can use regular chocolate chips, but mini chocolate chips allow you to get a more even spread of chocolate in every bite.

Banana Pancakes:

2 ripe bananas, mashed. - Use ripe bananas for this as they will mash easier and taste better with more banana flavor. Use those over-ripe blackened bananas no one has been eating sitting in the corner of the kitchen. (Makes about 10 pancakes.)

## Cornbread

Servings: 8

2-1/2 cups flour  
1-1/2 cups yellow cornmeal  
4 teaspoons baking powder  
1 teaspoon salt  
2/3 cup sugar

1 stick melted butter  
4 eggs, beaten  
2 cups milk

Line a 12-inch Dutch oven with foil.

Be careful not to use too much charcoal under the Dutch oven or use a trivet to keep the food from burning. A trivet is just something that raises the food off the bottom of the Dutch oven. A trivet can be made by crumpling up a piece of foil and coil it like a snake. Then lay the coil under the Dutch oven liner to elevate the food.

Spray the foil with cooking spray or grease the foil.  
Pre-heat the Dutch oven while you prepare the batter.

Combine dry ingredients.  
Stir in the milk, butter, and egg just until dry ingredients are moistened.  
Pour batter into Dutch oven.  
Bake about 25 minutes or until golden brown.

## Dutch Oven Biscuits

Servings: 8

2 cup flour  
1/2 cup shortening  
2/3 cup milk  
1 Tbsp sugar  
4 Tbsp baking powder  
1 egg

Mix dry ingredients and cut in shortening. Beat the egg and combine with the milk. Add to the flour mixture and knead to make a dough. Form into biscuits and bake in a hot Dutch oven until golden brown (about 10 minutes). When the biscuits are done, they will sound hollow when tapped.



## **Dutch Oven Sticky Rolls**

Servings: 8

2 package frozen bread dough  
2 pints heavy whipping cream  
1 cup brown sugar  
Brown sugar/cinnamon mixture  
Cooking spray

Thaw frozen bread dough overnight. Grease the bottom of a 12" Dutch oven with cooking spray. Combine the heavy whipping cream and brown sugar and pour into the greased Dutch oven. Place brown sugar and cinnamon mix in a shallow bowl and roll each piece of bread dough into the mix.

Place the bread dough in the Dutch oven. Don't layer too high as the bread dough will rise a lot in the oven. Bake for 20 minutes at about 350 degrees.

## French Toast

Servings: 4 slices of French Toast

4 slices of Texas toast or white bread

2 eggs

1/4 cup milk

Cinnamon to sprinkle over each slice (optional)

Syrup and butter

Put some water into a pot and begin to heat the water.

Open the syrup bottle.

Put the syrup bottle into the pot of water.

Warm up a griddle on a stove. Use MEDIUM heat.

Spray the griddle with some cooking spray or coat with a teaspoon of oil.

Remember to not to use too much heat. You can always cook it longer if you need to. But once food is burned, you can't fix it.

Beat the eggs. Stir the milk into the eggs.

When the griddle is ready to cook, dip the slices of bread into the egg mixture on both sides and put them on the griddle. Sprinkle the top of each slice of bread with cinnamon.

After 2 or 3 minutes, peek at the bottom of each slice to see if it ready to flip. When the bottom is golden brown, flip it and cook the other side.

When both sides are golden, serve warm with butter and syrup.

## French Toast Casserole

Servings: 8

1 (16 ounce) loaf French or Italian bread (can also use white sliced sandwich bread)

12 eggs

4 cups milk

1/3 cup sugar

1 teaspoon salt

1 Tablespoon vanilla

½ teaspoon cinnamon

Syrup

Line a 12-inch Dutch oven with foil.

Cut bread into one inch cubes and put into Dutch oven.

Mix remaining ingredients together and pour over bread.

Bake until bread is fluffy and browned.

French toast is ready when knife inserted into center comes out clean.

Serve warm with syrup.

## Monkey Bread

Serves 8

2 (12 ounce, 10 count) tubes refrigerated biscuit dough  
(such as Pillsbury)

1 cup sugar

1 teaspoon cinnamon

1 stick butter

1 large zip lock plastic bag

(A small plastic bag or paper bag of any kind will work  
as long as it has no holes.)

12 inch Dutch oven lined with foil

Melt the butter and set aside.

Cut biscuits in half and roll into balls.

Place sugar and cinnamon in zip lock sandwich bag and  
shake to mix.

Roll dough balls in melted butter and drop a few at a  
time into the bag of sugar. Shake the bag until the balls  
are covered with sugar and cinnamon.

Place the dough balls in the Dutch oven.

Bake until the bread turns golden brown. About 25 to 30  
minutes. Be careful not to put too much charcoal under  
the oven. Seven or eight coals will be enough. Use too  
much and the bread will burn before it is done. A trivet  
can help prevent burning.

## **Pecan Caramel Rolls**

Servings: 8

1 tube of refrigerator biscuits (10 count)

1/2 cup brown sugar

1 stick butter or margarine

Generous amount of chopped pecans

Cinnamon

Melt butter, brown sugar, cinnamon, and a tablespoon of water in the cover of a chef kit (large frying pan). Stir well until sugar/butter becomes a caramel. Add pecans to the caramel mixture. Cut the biscuits into quarters. Stir into the caramel mixture, coating each part with caramel. Place the pan in the Dutch oven on trivet in the oven (or three stones placed in the bottom of the oven) and bake the biscuits until they are golden brown, about 15 minutes.



# Sandwiches





## **BLT Wraps**

Serves 5

5 Flour Tortillas (or pitas)

1 package PRE-COOKED bacon, 15 slices

Lettuce

Tomato, sliced

Cheese (optional)

Your favorite condiment, choose one: mayonnaise, mustard, honey mustard, Italian dressing.

Add to each tortilla or pita your favorite condiment, lettuce, tomato slice, and three slices of bacon.

Add black pepper to taste and optional cheese.

Roll up and serve.

## Grilled Cheese Sandwich

1 Serving (Multiply as needed)

2 slices bread

Butter

2 Tablespoons shredded cheddar cheese

Heat a griddle or fry pan to medium heat.

Butter one side of each slice of bread. The buttered sides will be the OUTside of the sandwich.

Place one of the slices of bread with the buttered side DOWN on the griddle.

Put the cheese on the UNbuttered side.

Cover the cheese with the other slice of bread, BUTTERED side UP.

Peek at the bottom of the sandwich and flip when it is golden brown.

Keep an eye on things. If the heat is too high, it can go from "tasty eats" to "burned to a crisp" in the blink of an eye.

Cook the second side until it is also golden brown then eat and enjoy.

## **Grilled Ham and Cheese Sandwich**

1 Serving (Multiply as needed)

2 slices bread

Butter

1 slice of Ham (or other tasty meat)

2 Tablespoons shredded cheddar cheese

Heat a griddle or fry pan to medium heat.

Butter one side of each slice of bread. The buttered sides will be the OUTside of the sandwich.

Place one of the slices of bread with the buttered side DOWN on the griddle.

Put the slice of ham on the unbuttered side of the bread.

Put the cheese on the ham.

Cover the cheese with the other slice of bread, BUTTERED side UP.

Peek at the bottom of the sandwich and flip when it is golden brown.

Keep an eye on things. If the heat is too high, it can go from "tasty eats" to "burned to a crisp" in the blink of an eye.

Cook the second side until it is also golden brown then eat and enjoy.



# Desserts



## Apple Crisp

8 to 10 servings

Mix the dry topping ingredients at home and bring to camp in a zip-top bag.

6 large apples

Topping:

1-1/4 cups brown sugar

3/4 cups flour

3/4 cups oatmeal (not Quick Oats)

1-1/2 tsp cinnamon

1 stick softened butter

Optional whipped cream

Line a 12 inch Dutch oven with foil

Slice the apples.

Layer the apples in the bottom of the Dutch oven.

Topping:

Mix the remaining ingredients until well blended and the butter forms pea sized crumbles.

Sprinkle the topping evenly across the apples.

Bake in Dutch oven until the topping is golden brown and the apples are tender. About 35 minutes.

Serve warm with ice cream.

## Apple Streusel Cake

Servings: 12

Cake:

*(Hint: Measure and combine the flour, baking powder, and soda into a zip lock bag at home before leaving for camp.)*

3 cups flour

1½ teaspoon baking powder

¾ teaspoon baking soda

1½ sticks softened butter

1¼ cups sugar

3 eggs

2 teaspoons vanilla

16 ounces plain yogurt

2 granny smith apples, peeled, cored, and diced

Streusel topping:

*(Hint: Measure and combine the brown sugar, flour, and cinnamon into a zip lock bag at home before leaving for camp.)*

1¼ cups packed brown sugar

¾ cups flour

1 stick cold butter, cut into small pieces

2 teaspoons cinnamon

1 cup chopped pecans

Make the cake:

Combine butter and sugar in a large mixing bowl until well blended.



Add eggs one at a time, blending well after each egg is added.

Stir in the vanilla and yogurt. Mix until fluffy.  
Add the dry ingredients and mix just until blended.

Make the topping:

Combine the brown sugar, flour, butter, and cinnamon in a medium sized mixing bowl until crumbly and the butter is completely incorporated. Then stir in the pecans.

Line a 12-inch Dutch oven with foil.  
Coat the foil with cooking spray or vegetable oil.  
Put 3 cups of batter into the Dutch oven and spread evenly.

Sprinkle a layer of  $\frac{1}{4}$  cup of the streusel, then all of the apples, then  $\frac{1}{2}$  cup of streusel.

Spoon on the rest of the batter and spread evenly.

Sprinkle the remaining streusel on top and press in slightly.

Bake for 50 to 60 minutes or until a toothpick comes out clean.

May need some extra coals to keep it baking for an hour.

Cool for about 15 minutes before serving.

## Baked Apples

Servings: 8

8 apples (any desired variety)

1 cup sugar or brown sugar

¼ pound butter

¼ tsp. cinnamon

water

Wash and core apples. Mix sugar and cinnamon in bowl and put mixture in cored apple. Add a dab of butter to the top of apple. Place the apples in a tin pie pan that is set on top of several 1" rocks (or balls of foil) on the bottom of the Dutch oven. Cover Dutch oven and add coals to top and bottom (about 10-12 on top and 6-8 on bottom). Bake for 15-20 minutes until apples are tender. Let cool 15 minutes and serve.

## Caramel Apple Cobbler

Servings: 8 to 10

8-10 large granny smith apples; peeled, cored and sliced

2/3 cup sugar

1/3 cup flour

1 Tbsp ground cinnamon

3/4 tsp ground nutmeg

3/4 tsp salt

1 (12 oz.) jar caramel sauce

2 cups brown sugar

2 cups flour

1 1/2 cup instant oatmeal

2 sticks melted butter

Add apples to a buttered Dutch oven. In a separate dish combine sugar, flour, cinnamon, nutmeg, and salt. Mix well. Pour the dry ingredient mix over the apples and stir until the apples are well coated. Pour the caramel sauce over the top.

In a separate bowl combine the brown sugar, flour, and oatmeal. Use a fork to mix in the melted butter to form coarse crumbs. Spread this topping over apples. Cover the Dutch oven and bake using 10-12 briquettes on the bottom and 16-18 briquettes top for 60 minutes.

## Cookie Dough Cobbler

Serves 8

2 (21 ounce) cans pie filling (flavor of your choice)

2 (18 ounce) rolls refrigerated cookie dough (flavor your choice)

(Recommend cherry pie filling with chocolate chip cookie dough)

Need 12 inch Dutch oven.

Line the Dutch oven with foil.

Grease the Dutch oven or spray with cooking spray.

Spread pie filling in the Dutch oven.

Cut off pieces of cookie dough and spread evenly over the pie filling.

Bake 25 to 30 minutes until the cookie dough raises and is golden brown.

## **Dirt and Worms Parfait**

Servings: 6

1 (15 ounce) box Jell-O INSTANT chocolate pudding mix

3 cups milk

1 (18 ounce) package Oreo cookies

1 (8 ounce) container whipped topping

1 (5 ounce) package gummy worms (or other gummy creature)

6 clear plastic cups

Stir chocolate pudding mix and milk until pudding becomes smooth.

Put cookies in a plastic bag and smash into small pieces.

Put a scoop of pudding into each cup (about  $\frac{1}{4}$  cup of pudding).

Top pudding with whipped cream and a layer of crushed cookies

Add a couple of gummy worms.

Make a second layer of pudding, cookies, and gummies.

## Dutch Oven Smores

Servings: 8

graham crackers  
miniature marshmallows  
Hershey milk chocolate candy bars

Grease a round cake pan that will fit in the Dutch oven. Break up graham crackers, and candy bars. Layer pan with graham crackers, then bars, then marshmallows, and then start over until your pan is full. Place pan inside your Dutch oven. Cook over hot coals until chocolate and marshmallows are melted. About 30 minutes.

## **Green Meese Oreo Cobbler**

Servings: 8

- 1 package of Oreo cookies
- 1 bag mini-marshmallows
- 1 white cake mix
- 1 20 oz. bottle of Sprite soda

Crumble cookies in a 12" Dutch oven. Cover mixture with dry cake mix. Sprinkle soda over top (ensuring that all areas of the cake mix are covered with moisture) and then cover with marshmallows. Bake as usual for Dutch oven and weather conditions.

## Lemon Bars

Servings: 8

Blend the following:

2 cups flour  
1 cup soft butter  
1/2 cup powdered sugar  
Dash of salt

Line a 12" oven with waxed paper. Press cookie dough onto waxed paper in bottom of oven. Bake with high heat for 18 to 20 min. Crust should be slightly browned.

Combine:

6 eggs, beaten  
3 cups sugar  
1 cup flour  
1/2 cup lemon juice (try lime juice or half and half for variations)  
1 Tablespoon lemon rind, chopped fine (try lime rind)

Pour over cookie crust. Bake for 10 min. Remove oven from bottom heat. Add bottom briquets to top. Continue cooking with top heat until mixture sets up, 15-20. Remove lid. Sprinkle with powdered sugar. Let cool. Cut into wedges.



## **Smacos (Smores Tacos)**

1 Serving (Multiply as needed)

1 small flour tortilla (taco sized)

1/8 cup (about 2 tablespoons) semi-sweet chocolate chips

1/8 cup mini-marshmallows

Dip fingers into water and dampen one side of the tortilla.

Place tortilla, damp side down, into a Dutch oven or fry pan over medium heat.

Spread chocolate chips over one half of the tortilla.

Add mini-marshmallows on top of the chocolate.

Use tongs or a fork to fold the other half of the tortilla over the chocolate and marshmallows.

Place lid on Dutch oven or frying pan and wait about 30 seconds.

Take off the lid, flip the tortilla, put the lid back on, and wait another 30 seconds.

Remove the SMACO, slice with a pizza cutter, and enjoy.

## Sunrise Coffee Cake

Servings: 8

Need 12-inch Dutch oven.

2¼ cups flour  
½ teaspoon salt  
1 Tablespoon cinnamon  
1 cup brown sugar  
¾ cup sugar  
¾ cup vegetable oil  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 egg, beaten  
1 cup milk  
1 cup chopped nuts

HINT: Measure & mix the dry ingredients at home and bring to camp in a zip lock bag.

Line the Dutch oven with foil.  
Coat the foil with cooking spray.

Preheat the Dutch oven.

Mix all ingredients, except the nuts, in a medium sized mixing bowl.

Remove oven from heat and pour the batter into the oven and spread evenly.

Sprinkle nuts over top of batter.  
Cover and return oven to coals.  
Bake for about 30 minutes.

## **Troop 308 Cobbler**

Serves 8 to 10

2 cans fruit pie filling (any fruit)  
1 box yellow cake mix (18 ounces)  
1 stick of butter  
1/2 can of soda (6 ounces, any clear soda)

Line a 12 inch Dutch oven with foil.

Layer the pie filling in the Dutch oven. Spread evenly.

Cover the pie filling with the cake mix. Spread evenly.  
Do not stir.

Place slices of butter over the top of the cake mix. Do  
not stir.

Pour half of the soda over the butter and cake mix. Do  
not stir.

Drink the other half of the soda while you tend the  
charcoal.

Bake for about 45 minutes till golden brown on top.



# **Fruits and Vegetables**



## Au Gratin Potatoes

Servings: 8

8-10 potatoes, sliced thin  
2-3 Tbsp. Melted butter or margarine  
2-3 medium onions, sliced thin  
1 (15 oz) can of cheese soup  
¼ cup milk  
½ cup cracker or bread crumbs  
1 cup shredded cheese

Put a little oil in the bottom of the Dutch oven. Put a layer of potatoes in the bottom and brush with the melted butter. Season with salt and pepper. Add a layer of sliced onions. Continue the layering with potatoes and onions until all have been used. Mix the soup with the milk and pour over the top. Sprinkle the top with the bread or cracker crumbs. Bake at 350 degrees for 45 minutes. Remove and sprinkle the top with the shredded cheese. Replace lid and let the cheese melt.

## Baked Beans

Servings: 8

1 can (2 lb.) pork and beans  
1/4 cup mustard  
4 slices of bacon (optional)  
1/4 cup ketchup  
1 onion, chopped  
1/8 cup cider vinegar  
1/2 cup brown sugar

Mix beans thoroughly with the onion, brown sugar, mustard, catsup and vinegar. Put into Dutch oven and place bacon on top of beans. Cover and cook 1 hour.



## Easy Lemony Fruit Salad

Servings: 8

3 Bananas

1 large can (14 ounces) Mandarin Oranges

1 large can chunk pineapple, drained

1 small (3 ounce) package INSTANT Lemon pudding mix

Peel and slice bananas into a mixing bowl.

Add pineapple chunks and stir

Add mandarin oranges and their juice.

Add pudding mix and combine until there is no more dry powder.

Ready to serve.



## **No Cook**

Angel Food Cake and Fresh Strawberries (whipped cream optional)

Easy Lemony Fruit Salad



## **Appendix A – Dutch Oven Care**

### **Break-In/Seasoning**

New Dutch Ovens usually come with a protective coating sprayed on at the factory to protect them from moisture during shipping. Remove the protective coating by scrubbing it with hot water and dishwashing soap. It won't look like you did much to the oven, but you did. Thoroughly rinse out all of the soap and towel dry the Dutch Oven.

Next, the Dutch Oven must be properly seasoned. All cast iron must be seasoned before use in cooking. Seasoning is the process of filling all the small holes in the cast iron with cooking oil and converting it to carbon with high heat. With repeated use, the carbon will eventually fill in all of the holes in the very porous cast iron and create a smooth non-stick surface for cooking on.

Cast iron can be seasoned as follows:

Warm the Dutch Oven in a stove but not too hot to touch, then remove from the heat. Immediately wipe all surfaces of the Dutch Oven, inside and out, with a solid shortening on a paper towel. The Vegetable oil can also be used but better results will be obtained with a solid shortening. Let the Dutch Oven cool. The shortening will be pulled into all of the pores in the cast iron as it cools. Then wipe out any remaining excess shortening. Lightly coat the all surfaces again this time with vegetable oil (not too heavy) and reheat the oven up to

about 350 degrees for about an hour. Allow it to cool and wipe out any excess. Now you are ready to cook.

## **Cleaning**

Once the oven is seasoned, NEVER use soap on it ever again! You will need to re-season it. Avoid using hard metal utensils or you might scratch off the black carbon surface you are trying to build up. Over time the carbon surface will build up more and more and the Dutch Oven will become easier to clean as well as cook in. Hot water and a plastic scrub pad should be all that is needed to properly clean the oven. They must be completely dry before storage or they will absolutely rust. You will know when this happens because of the flavor your next meal will have. If you use soap you will also know this at your next meal. Remember cast iron is porous and absorbs flavors like soap.

## **Storing**

Dutch Ovens must be stored where they are not exposed to moisture or high humidity. If an oven shows signs of rust, it must be re-seasoned. The oven can be wiped with a very light coating of cooking spray or vegetable oil before storage. Do not store ovens with lids firmly in place. The interior must be allowed to breathe. Use layers of paper towels or foil to maintain an air gap between the lid and base while storing.

## Appendix B – Help With Measurements

### Equivalent Kitchen Measures

A Pinch .....	1/8 teaspoon or less
1 Tablespoon .....	3 teaspoons
1 Tablespoon .....	1/2 ounce
1/8 cup .....	2 Tablespoons
1/4 c.....	4 Tablespoons
1/3 cup .....	5 Tablespoons + 1 teaspoon
1/2 cup .....	16 Tablespoons
1 cup .....	8 ounces
1 ounce .....	2 Tablespoons
2 cups sugar .....	1 pound sugar
4 cups sifted flour .....	1 pound sifted flour
1 pound of ice .....	2 cups water
1 cup uncooked rice .....	3 cups cooked rice

## **Appendix C – Leave No Trace (Low Impact Cooking)**

The principles of low impact cooking provide a way to plan and make decisions that allow us to preserve and care for our natural areas and campgrounds. These choices help to ensure we will continue to have great outdoor places to experience now and into the future.

The Leave No Trace organization emphasizes seven different principles for keeping a low impact effect on our outdoor recreation areas. These seven principles are:

1. Plan ahead and prepare.
2. Travel and camp on durable surfaces.
3. Dispose of waste properly.
4. Leave what you find.
5. Minimize campfire impacts
6. Respect wildlife
7. Be considerate of other visitors

Low impact cooking means more than just selecting a menu of tasty things to eat. The way the food is cooked also has an impact. Gas stoves have a smaller impact than wood fires. Meals that require no cooking have the least impact of all. When cooking with wood, use only an established fire ring and only collect downed wood. Observe any local restrictions on open fires particularly during dry seasons and droughts. After the fire is no longer needed, make sure it is completely out.

Don't pack more food than you need and don't cook more food than you can eat. Leftovers make messy trash that needs to be carried out and attracts animals into camp. Once an animal gets into the trash, the trash will be scattered around and create a trash problem that may be impossible to completely clean up.

Before leaving for camp, repackage foods whenever possible



to eliminate excess packaging. Pre-measure ingredients into plastic bags so that only the amount needed goes to camp. This helps minimize the load that needs to be carried to camp.

Much more information about low impact and the principles of leave no trace is available at <http://www.lnt.org>.