

The 13th Point of the Scout Law



A Scout is Hungry!

**An outdoor cookbook
collected for Scott May
by Chuck May**

© December 1998

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I N T R O D U C T I O N

Scott,

This is a collection of recipes for Scout cooking which I have gathered over the years. While I haven't necessarily tried them all myself, all have been tested by at least one Scout or Scouter.

Please note, though, that I said they had been *tested*, not that they necessarily *passed* the test. There are a couple mixed in which are more infamous than famous in my cooking career.

Feel free to try any of them at home or outdoors, and experiment a little. You'll learn that there's a lot more to Scout cooking than hot dogs and beans!

These recipes have come from a variety of sources: the internet, various cookbooks and handouts, family recipes, personal creations, and an occasional accident or school biology experiment gone wrong. Whenever possible, I have identified the source. If you share these recipes, please give credit or blame to the original source.

This book is not the complete collection - I'll add more as I get them formatted and edited.

Chuck May
Christmas, 1998

AIN'T NO GOLDEN ARCH BURRITOS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

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

Utensils:

Directions:

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

Nutrition:

Calories: 1136.8 kcal	Protein: 58.3 g
Fat: 69.0 g	Sat Fat: 23.1 g
Chol: 114.7 mg	Na: 2932.9 mg

Notes:

AMERICAN CHOP SUEY

Source: Margaret May & Janet Parker

Serves: 4 - 5

Serving Size:

Ingredients:

Elbow Macaroni - 1 pkg.

Onion, minced - 1 small

Green Pepper, chopped - 1 ea.

Margarine

Hamburger - 1 lb.

Spaghetti Sauce or Tomato Soup

Salt & Pepper to taste

Utensils: Frying pan, sauce pan, knife, spoon

Directions:

Cook the macaroni.

Mince the onion and the pepper. Sauté both in butter until tender. Add crumbled hamburger, and cook until browned. Add cooked macaroni and spaghetti sauce (or tomato soup), and heat through.

Nutrition:

Calories: 363.8 kcal

Protein: 16.85 g

Fat: 13.73 g

Sat Fat: 4.27 g

Chol: 36.33 mg

Na: 459.0 mg

Notes:

APPLE DUMPLINGS

Source: ©Chuck May, 4/22/93

Serves:

Serving Size:

Ingredients:

Applesauce - about 1 qt

Cinnamon - as desired

Bisquick - enough for a batch of dumplings Milk or water for the dumplings

Utensils: Sauce pan, spoon, mixing bowl

Directions: Add water to the applesauce in the sauce pan until it is about the consistency of paint. Heat until just boiling. Mix the dumplings in the bowl, as directed on the box, adding a little cinnamon. Drop the dumplings into the applesauce a few at a time, and cook until done.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

ARMADILLO EGGS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Jalapeños, pickled, hot - 24 oz
Mozzarella Cheese, shredded - 12 oz
Shake 'n Bake pork seasoning - 2 pkg.

Bisquick® - 2 cup
Pork Sausage, hot - 2 lb.

Utensils: Skillet

Directions:

Cut off stem ends and gut seeds from the peppers. Stuff peppers lightly with cheese, then set aside. Thoroughly mix sausage, biscuit mix, and remaining cheese. Make small patties from the mixture. Place a pepper in the center of each patty, then wrap and seal the dough around the pepper. Coat one or two "eggs" at a time by shaking them in the pork seasoning. Put the "eggs" into a lightly greased large skillet over medium heat. Fry until brown. Have plenty of cold drinks around when served.

Nutrition:

Calories:	kcal	Protein:	g
Fat:	g	Sat Fat:	g
Chol:	mg	Na:	mg

Notes:

BACKPACK RICE PUDDING

Source: © Chuck May, 1997

Serves: 1

Serving Size:

Ingredients:

Minute Rice - 1 cup

Instant Vanilla Pudding - ½ box (no-cook variety)

Instant Milk - 3 tbs.

Various chopped dried fruit and/or nuts.

Utensils: None

Directions:

Mix the rice, pudding mix, and milk together in a zip-lock bag. Add 1½ to 2 cups of boiling water. Seal the bag and squish everything together so the pudding and milk are well mixed, and all of the rice is moistened (be careful because the bag will be quite hot). Set aside while you eat dinner (at least 5 minutes, but more is better so the pudding will set).

Squish again to mix the pudding up with the rice. Add fruit, and eat right out of the bag.

Nutrition:

Calories:	601.3 kcal	Protein:	21.7 g
Fat:	0.5 g	Sat Fat:	0.3 g
Chol:	6.5 mg	Na:	267.0 mg

Notes:

- Add some brown sugar if necessary.
- Experiment with the proportions of milk, pudding, and water until you get a consistency you like.
- Almost any kind of fruit is fair game. Raisins, dried apples, dried apricots are good; also Sierra Trail Mix (but make sure it doesn't have chocolate or carob in it).

BANANA BOAT

Source: Girl Scouts of America

Serves: 1

Serving Size:

Ingredients:

1 Banana	Mini-Marshmallows
Chocolate Chips	Raisins (optional)

Utensils: Foil

Directions: Partially peel banana. Cut wedge-shaped section in banana. Remove wedge. Place in hollow: marshmallows, chocolate, and raisins. Cover mixture with banana peel and wrap in foil. Place in coals for about 5 minutes, until chocolate and marshmallows are melted.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

BANANA DATE MUFFINS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

2 cups plus 1 tbs. Flour	2 tbs. Baking powder
¾ tsp. Cinnamon	½ tsp. Salt
½ cups sugar	½ cups margarine, softened
1 egg, beaten	1 tsp. Vanilla extract
3 medium Bananas, mashed	¾ cups Wheaties, crushed
12 diced pitted dates	

Utensils: Small pot or mixing bowl, medium pot, muffin cups, fork, spoon, Cardboard Oven

Directions:

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

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

BANANA NUT BREAD

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

1/3 cups vegetable oil	4 Bananas, mashed
3 eggs, beaten	2 1/3 cups Bisquick©
1 cup sugar	1 cup chopped walnuts
1/2 tsp. Vanilla	

Utensils: Cardboard Oven

Directions:

Mix all ingredients in large pot. Beat vigorously with fork for 1 minutes. Pour ½ mix into greased loaf pan, then other ½ into another greased loaf pan. Bake in cardboard oven at 350° for 1 hour. Cool 5 minutes. Run knife around sides of loaf and remove from pan.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

BANANA WALNUT MUFFINS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

3 cups oat bran cereal	3 medium Bananas, mashed
3 egg whites	2 tbs. corn oil
1 cup flour	1 tbs. Baking powder
¼ cups chopped walnuts	2 tbs. Firmly packed brown sugar

Utensils: Cardboard Oven, medium pot, large pot, spoon, muffin cups.

Directions:

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

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

BASIC CHOWDER RECIPE

Source:

Serves:

Serving Size:

Ingredients:

1 slice Bacon	1/8 small Onion
1/2 medium Potato	1/4 can Corn
1/4 lb. Fish	1 cup Water or Milk

Utensils:

Directions: Cut bacon and onion small. Fry in pot until brown. Add corn, fish or meat with a little water. Cook slowly until cooked. Add potatoes about 1/2 hr before serving and cook until done. Season and if using milk add just before serving. Heat but do not boil.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

BASIL RATHBONELESS CHICKEN

Source: © Chuck May, 1989

Serves: 4

Serving Size: 1 piece

Ingredients:

1 piece of boneless Chicken breast per person	1t Basil
¼-cup lemon juice	1 can Pineapple chunks
1 or 2 green peppers, cut into strips	1 medium onion, cut into strips
	margarine

Utensils: Zip Lock bag, Medium fry pan, knife

Directions: Around lunch time, put the chicken, basil, and lemon juice into the bag to marinate (Add salt, pepper, and any other spice which seems appropriate). At supper time, sauté the peppers, onion, and pineapple with a little butter. Grill the chicken for about 5 minutes on a side. Toss the chicken together with the pineapple, etc., just long enough for the flavors to mix, then serve, with the vegetables on top of the chicken.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes: I invented for the Troop 93 leaders' menu at the Banneker District Pirate Camporee, 1989.

I sometimes sprinkle a tablespoon of brown sugar into the vegetables just before tossing in the chicken.

Can be served over rice, if you want.

BEEF & RICE SKILLET FIESTA

Serves: 4

Serving Size: 1 cup

Ingredients:

Hamburger - 1 lb.

Chili powder - 2 tsp.

Tomato, canned - 16 oz., cut up.

Bouillon, beef - 1½ cup

Rice, Minute - 1½ cup

Onion, chopped - ¼ cup

Pepper - ¼ tsp.

Corn, canned - 16 oz.

Pepper, green - ½ cup, chopped

Salt - 1 tsp.

Utensils: Skillet, spoon, knife

Directions:

Brown the meat quickly in a skillet, leaving meat in coarse chunks. Drain off grease as necessary.

Add onion. Cook over medium heat until onion is tender.

Add seasonings, tomatoes, corn, and bouillon. Bring to a boil.

Stir in green pepper. Boil again.

Stir in rice. Cover, and simmer for 5 minutes.

Nutrition:

Calories:	434.9 kcal	Protein:	22.5 g
Fat:	14.8 g	Sat Fat:	5.7 g
Chol:	54.5 mg	Na:	859.2 mg

Notes:

BISQUICK® TURKEY BAKE

Source: Bisquick Box

Serves: 12

Serving Size:

Ingredients:

Turkey, ground - 1 lb.	Onion, chopped - ½ cup
Soup, Cream of Mushroom - 2 cans	Milk - 2½ cups
Garlic Salt - 1 tsp.	Mixed Vegetables (frozen) - 2 cups
Bisquick® - 2 cups	

Utensils: Dutch Oven, mixing bowl or bag, spoon, knife

Directions:

Heat oven to 450°.

Cook ground turkey and onion until the meat is brown. Spoon into ungreased 13" x 9" x 2" baking dish. Stir in soup, 1 cup of milk, garlic salt, and vegetables.

Stir Bisquick® and remaining milk until blended. Pour over meat mixture.

Bake 27 to 30 minutes, or until the crust is lightly golden brown. Sprinkle with parsley if desired.

Nutrition:

Calories: kcal	Protein: g
Fat: g	Sat Fat: g
Chol: mg	Na: mg

Notes:

BLACKBERRY COBBLER

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

4 tbs. Cornstarch	3 cups sugar
2 tbs. lemon juice	8c Blackberries
2 cups flour	2 tsp. Baking powder
1 tsp. Salt	12 tbs. Margarine, softened

Utensils: Cardboard Oven, medium pot, large skillet, spoon

Directions: In a medium pot, stir together the cornstarch and 1/2 cups cold water until cornstarch is dissolved. Add 2 cups sugar, lemon juice, and blackberries. Stir well. Transfer to a large skillet. In a large pot, combine 1 cup sugar, baking powder, flour, and salt. Blend in margarine until mixture resembles coarse meal. Add 1/2 cups boiling water and stir until it forms a dough. Bring the blackberry mixture to a boil. Stir often to prevent scorching. Drop dough by spoonfuls onto the mixture. Remove from stove and bake in cardboard oven at 400 for 20-25 minutes.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

BLUEBERRY BRAN MUFFINS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

1¼ cups flour	3 tsp. Baking powder
½ tsp. salt	1½ cups bran cereal
1¼ cups milk	1 egg, beaten
1/3 cups salad oil	2 cups Blueberries
1 tsp. sugar	

Utensils: Cardboard oven, bowl, spoon, muffin tins.

Directions:

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

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

BREAKFAST FRUIT CHIMICHANGAS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

2 pkg. (8 oz) Cream Cheese, softened	1 cup ricotta cheese
1/2 cup sugar	2 tsp. grated orange peel
16 flour Tortillas	1 large jar apricot preserves
1 can sliced apricots, drained	2 Eggs beaten
4 tbs. Margarine, softened	

Utensils: Dutch oven

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

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

BREAKFAST PIZZA

SOURCE: Roger Morris, Asst. Scoutmaster, Troop 808, Camarillo, California, USA

Serves:

Serving Size:

Ingredients:

1 pkg. frozen Hash Browns	1 doz. Eggs
1 pkg. breakfast Sausage	1 pkg. shredded cheese

Utensils:

Directions: Fry sausage in Dutch oven until done. Set aside & drain grease. Put hash browns in oven & cook until just about done. Use a spoon & press down hash browns in bottom & up sides to form a "pie shell" shaped crust.

Mix up eggs as for scrambled eggs. Use a little milk or water.

Spread sausage over crust of hash browns. Pour eggs over. Bake. Just before they're done sprinkle cheese over all & cook until cheese is browned & bubbly.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes: Optional ingredients: mushrooms, onion, green pepper, etc.

BRITISH BLOOD PIE

Source: Sam Phillips, Troop 93, 1989

Serves:

Serving Size:

Ingredients:

Pre-made pie crust Lemon Pie Filling mix, unsweetened
Egg Whites, or other meringue mix

Utensils: Mixing bowl, Dutch oven or Cardboard oven

Directions: Begin by using any standard lemon-meringue pie recipe. However, whatever you do, do not take any sugar with you on the campout.

Whenever you reach a point in the recipe where it calls for sugar, go to your Scoutmaster and borrow some pre-sweetened cherry Kool-Aid (we used to keep a container of it as standard equipment in our chuck box).

The result will be a blood-red pie with a pink frothy topping, which really doesn't taste all that bad.

Nutrition:

Calories: kcal	Protein: g
Fat: g	Sat Fat: g
Chol: mg	Na: mg

Notes: I invented out of necessity by Sam Phillips at the Pirate Camporee, and it won 1st place in the baking contest. He named it British Blood pie because of its color, and because everyone knows that Pirates hate the British.

BUCKTAIL STROGANOFF

Source: Troop 93 Bucktails

Serves: None

Serving Size:

Ingredients:

1 package freeze-dried Beef Stroganoff 1 Mouse, or other small rodent

Utensils: Pot

Directions: Here's how I described the dish at an Eagle Scout Court of Honor:

The Bucktails were hiking on the Big Blue Trail in West Virginia on a cold, wet November. As we made camp for the night near the top of the ridge the skies cleared, it got bitter cold, and a very strong wind blew up - perfect Bucktails weather! The menu of gourmet freeze-dried beef stroganoff had everyone looking forward to supper (NOT!). In fact, it was so cold that one cook team decided to defer their cleanup until morning, so they could get into their sleeping bags more quickly, so they set a bag of half-eaten food by the stove, and retired.

In the morning as the bag was picked up for proper disposal, a wet, cold, and well-sour-creamed mouse jumped out of the bag and ran into the woods. Careful examination found that three of his friends had fallen into the food and either froze to death or drowned (Some would say that it was the taste of the stroganoff that killed them).

Just as a proper burial was being arranged, our hero, the future Eagle Scout and eminent Biologist, emerged from his tent. Aghast at the potential waste of good research subjects, he cried, "Wait, I need those for my science project!". So the mice were packed away for travelling, inside two trash bags suspended on the end of a stick, hobo style. As the boys hiked along that morning, past puzzled tourists, dogs, and little children who had taken the easy way up to Big Schloss, they sang their new ditty:

Three dead mice,
Cold as ice,
They dozed off in the Stroganoff
Three dead mice.

Somehow David got the mouse-cicles home and into school without his mother or sister finding out what was in the bag. I don't know the end of this story, but I have it on good authority that the mice stayed in his locker at school for at least two weeks. Sometime later, they mysteriously disappeared.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

BUFFET EGGS

Source: Jim Messimore, Montgomery County Maryland Tri-District SMF/BSLBT Staff

Serves:

Serving Size:

Ingredients:

3T Margarine	12 Eggs
¼ cup Chopped green onions	½ cup sliced mushrooms
1 cup Cottage Cheese	4 oz Dried Beef
Salt	Pepper

Utensils: Large fry pan, mixing bowl, spatula

Directions: Melt margarine in the fry pan. Sauté onions and mushrooms in the margarine. Crack the eggs in the bowl, and beat until smooth and fluffy. Add the cottage cheese, dried beef, and seasonings and stir. Pour over the onions and mushrooms, and scramble.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes: For an easier clean-up, put all the wet ingredients directly into the fry pan, bypassing the bowl.

CAMP CHESTERFIELD "SPECIAL" BUTTERSCOTCH PUDDING

Source: Chuck May, about 1960

Serves: 4

Serving Size:

Ingredients:

2 boxes, Butterscotch Pudding mix Milk

1 Brillo pad

Utensils: Large pot; spoon

Directions: Cook the pudding as directed on the package. While the pudding is still liquid, drop in the Brillo pad. Take off the fire immediately, and set aside to cool. If possible, place it where some hungry Scout from a Wilderness Survival campout will find it during the night.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

CAMPER'S BREAKFAST

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

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

Utensils:

Utensils:

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

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

CHICKEN & POTATOES DIJON

Serves: 2

Serving Size: 1 cup

Ingredients:

Chicken breasts, boneless - ½ to 1 per serving Potatoes - 2 (or 1 - 2 cans)

Honey Mustard Barbecue Sauce - 2 Tbs. Onion, medium - ½

Olive Oil - 1 tsp.

Utensils: Frying pan, knife

Directions:

Cube the potatoes, and microwave for about 8 minutes (raw only)

Cut the onion into strips.

Cut chicken into bite-sized pieces. Preheat skillet with oil - about 325°.

Brown chicken in oil, then add onion until onion is tender. Add potatoes. Brown. When chicken is thoroughly cooked and potatoes are tender, add barbecue sauce, and stir to coat the chicken and potatoes.

Nutrition:

Calories:	257.5 kcal	Protein:	11.3 g
Fat:	8.7 g	Sat Fat:	2.0 g
Chol:	16.7 mg	Na:	288.7 mg

Notes:

CHICKEN JAMBALAYA

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

2 Chickens, cut up	1 cup olive oil
8 onions, minced	1 can Italian tomatoes
4 cloves garlic, minced	2 1/2 cups rice, uncooked
1 tsp. Salt	1 tsp. red pepper
1 tsp. Tabasco	2 stalks celery, minced
2 green peppers, minced	2 pimentos, minced
1 tsp. Oregano	1 tsp. Rosemary
1 tsp. Thyme	

Utensils:

Directions: Boil chicken 1 1/2 hours in water to which onions, celery, and green pepper has been added. Then add olive oil, garlic, and salt. Allow to boil 1 hour longer. Add tomatoes, rice, pimentos, and seasonings. Simmer slowly covered for 30 minutes. Add more water if necessary. Stir occasionally.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

CHICKEN NACHOS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Salsa - 16 oz jar

Sour Cream - 2/3 cup

Tortilla Chips - 2 7½ oz bags

Chunk Chicken - 2 cans, drained

Cheddar Cheese, shredded - 2 cups

Utensils:

Directions: In medium pot, combine salsa and sour cream. Spread tortilla chips on a baking sheet. Layer salsa mixture, chicken, and then cheddar cheese on chips. Place on hot grill or in cardboard oven at 425° until cheese melts. Serve.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

CHICKEN SANTA FE

Source:

Serves: 4

Serving Size: 1 cup

Ingredients:

Potatoes - 4 medium

Chicken Breast, boneless - 4 pcs.

Olive Oil - 1 Tbs.

Salsa - 1 cup

Corn, canned - ½ cup

Utensils: Skillet, knife

Directions:

Cut potatoes into ¾ inch cubes, and microwave for 8 - 10 minutes (or, pre-cook by boiling, if your Swiss Army Knife doesn't have a microwave attachment).

Cut the chicken into ¾ inch cubes.

Drain a small can of whole kernel corn.

While the potatoes cook, in a large skillet toss and brown the chicken in the oil, over high heat for 5 minutes. Add potatoes. Sauté and toss until potatoes are lightly browned.

Add salsa and corn. Toss until heated through.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

CHILI BEEF POTATO TOPPER

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

1/2 lb. Hamburger	2 can chili beef soup
1 cup water	2 tbs. Chili sauce
1 onion, diced	1 clove garlic, minced
1 tsp. Tabasco	

Utensils:

Directions: Brown Hamburger with onions and garlic. Cook until onions are clear. Stir in rest of ingredients. Simmer until well blended. Serve over baked potatoes.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

CHILI CHEESE NACHOS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Chili Mix - 1 can, large

Cheez Whiz - 1 jar (8 oz.)

Tortilla Chips - 1 lb.

Lettuce - 1 head, shredded

Tomatoes - 4 ea., chopped

Sour Cream - 1 cup

Red Pepper - ½ tsp.

Jalapeños, chopped - ¼ cup

Tabasco - 1 tsp.

Utensils:

Directions: Pour chili mix into medium pot and heat until just simmering. Add Cheez Whiz and blend well. Add dried red pepper, Jalapeños, and Tabasco. Stir well to blend. Layer ½ of chips on a baking sheet, add ½ of chili mixture. Layer rest of chips, then rest of chili mixture. Top with lettuce, tomatoes, and sour cream. Serve.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

CHUCK WAGON STEW

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Beef Roast - 2½ lb., cubed

Paprika - 1 tbs.

Salt - 2 tsp.

Onions - 2 ea., sliced

Carrots, chopped - 2 cups

Chili Powder - 3 tbs.

Cloves, ground - 1 tsp.

Potatoes, chopped - 2 cups

Flour - 2 tbs.

Chili Powder - 1 tsp.

Olive Oil - 3 tbs.

Garlic - 1 clove, minced

Tomatoes - 1 large can

Cinnamon - 1 tbs.

Red Peppers, crushed - ½ tsp.

Utensils:

Directions: Put mixture of flour, paprika, 1 tsp. chili powder, and salt in a gallon zip-lock. Add beef cubes and shake to coat cubes well. Brown in olive oil in Dutch oven. Add onion and garlic and cook until soft. Then add tomatoes, chili powder, cinnamon, cloves, and peppers. Cover and simmer 2 hours. Add potatoes and carrots and cook another 45 minutes.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

CHUNKY RUSSET YAM & BUTTERNUT SQUASH

Source:

Serves: 4

Serving Size:

Ingredients:

Potato, large - 1

Yam, large - 1

Butternut Squash, small - ½

Olive Oil - 1 tbs.

Sage - 1 tbs.

Garlic - 3 cloves

Utensils: Skillet, knife, mixing bowl or bag.

Directions:

Peel the potatoes and squash, and cut into small cubes. (Microwave about 8 minutes, or until they begin to soften, if desired.)

Mince the garlic.

Toss all ingredients together in a medium bowl or bag, until vegetables are coated with oil.

Sauté mixture over medium heat in a non-stick pan until tender and lightly crisp (approximately 20 minutes).

Nutrition:

Calories: 102.6 kcal

Protein: 1.5 g

Fat: 3.7 g

Sat Fat: 0.5 g

Chol: 0.0 mg

Na: 6.1 mg

Notes:

CLAM CHOWDER

Source: Barbara B. Sharpe

Serves:

Serving Size:

Ingredients:

1 pkg. Knorr-Swiss leek soup mix	2/3 cup instant potatoes
2/3 cup powdered milk	5 cups water
6 Oz. can chopped or minced Clams, including juice	

Utensils:

Directions: Mix all ingredients and bring to a boil. Simmer for 5 minutes or until done. Bacon sprinkled on top is a nice flavor addition.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

COFFEE CAN ICE CREAM

Source:

Serves: 1

Serving Size:

Ingredients:

Milk - 1 cup

Sugar - 2 Tbs.

Condensed Milk - 2 Tbs.

Vanilla - ½ tsp.

Ice, crushed

Rock Salt - 1 cup

Utensils: None

Directions: Mix together the milk, sugar, condensed milk, and vanilla. Add fruit or other flavorings as desired. Pour into a 1 lb. coffee can, and seal tightly.

Place the coffee can inside a 3 lb. coffee can. Mix the rock salt and ice together, and pack around the inner can. Seal the outer can tightly.

Roll the can back and forth between two scouts for about 15 minutes, or until the ice cream is firm.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

CORN MEAL MUSH

Source: John W. Lyver, I V, ASM, Troop 1577, Herndon, VA

Serves: Looks like about one.

Serving Size:

Ingredients:

1 qt boiling water

1 cup Cornmeal

Salt

Utensils: Sauce pan

Directions:

Bring water to boil with salt. Slowly stir in cornmeal. Cook 20 min stirring often.

Nutrition:

Calories: 0.0 kcal Protein: 0.0 g

Fat: 0.0 g Sat Fat: 0.0 g

Chol: 0.0 mg Na: 0.0 mg

Notes:

CORN ON THE COB WITH CHILI BUTTER

Source: Sherilyn Schamber

Serves:

Serving Size:

Ingredients:

8 ears Corn	1 stick Butter, cut into bits
2 Scallions, chopped	1 clove Garlic, crushed
1½ Tbs. Chili powder	1 tsp. Lemon juice
Salt	

Utensils: Small sauce pan

Directions:

Prepare a medium fire. Soak the corn for 10 minutes in water, to prevent burning. Gently peel back corn husks, leaving attached at base. Remove silk.

In the small sauce pan, blend together butter, scallions, garlic, chili, and lemon juice.

Rub 2 teaspoons of the butter mixture over each ear of corn. Fold the husks back over the corn and tie with string.

Place the damp corn on a grill 4-6" from the coals. Grill, turning and moving ears frequently, until the outside ears are slightly charred. Peel off the husks, and serve with additional chili butter.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

CORNED BEEF & CABBAGE

Source: John Davis

Serves:

Serving Size:

Ingredients:

2 lb. Well trimmed Corned Beef boneless brisket or round	1 sm. Head green cabbage, cut into 6 Wedges
6 medium Carrots cut into quarters	1 sm. Onion, quartered
1 Clove garlic, crushed	

Utensils: Dutch oven, knife

Directions: Pour enough cold water on corned beef in Dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce head. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carrots, heat to boiling. Reduce heat and simmer uncovered 15 min.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

CORNY CORN BREAD

Source: Bill Randall, Committee Chair Troop 7 Cedar Falls, IA

Serves:

Serving Size:

Ingredients:

1 can Cream Corn	1 can regular Corn
8 oz Sour Cream	1 stick Margarine, melted
Onion Flakes	1 Egg
1 package Jiffy corn bread muffin mix	

Utensils: Dutch oven, mixing bowl, spoon

Directions: Mix all together and pour into greased pan. Bake 350 to 375 degree oven until done. Size of pan determines length of baking time. Deeper dishes need to cook longer.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes: At home, this can be made in a deep casserole dish and baked for an hour or so. In a Dutch oven, you can skip the onion flakes and not melt the butter first. Baked for about 40 minutes with 6 coals on the bottom and 12 to 14 on top.

COUNTRY BREAKFAST BREAD

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

4 cups flour	3 1/2 cups whole wheat flour
1 cup chopped walnuts	2 pkg. rapid rise yeast
1 tbs. grated orange peel	1 1/2 tsp. Salt
2 1/2 cups non dairy creamer	1/3 cups honey
1/4 cups vegetable oil	

Utensils: Large pot, small sauce pan, cardboard oven, foil.

Directions: Set aside 1 cup flour. In large pot, combine remaining flour, whole wheat flour, nuts, un-dissolved yeast, orange peel, and salt. Heat honey and oil until very warm - do not boil. Stir into dry mixture. Stir in enough reserved flour to make soft dough. Knead on lightly floured surface until smooth. Cover, let rest 10 minutes. Divide and form dough into 6 balls. Place three in each of two greased pie pans. Cover - let rise in warm place until doubled, about 30-45 minutes. Bake in cardboard oven at 375 for 45 minutes. Cover with foil during last 15 minutes. Cool, slice and serve.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

CRANBERRY-APRICOT OATMEAL

Source: Pillsbury Fast and Healthy Magazine; Vol. 7 No 5; Sept/Oct 1998

Serves: 4

Serving Size:

Ingredients:

Water - 3¾ cups

Salt - ¼ cup

Rolled Oatmeal - 2 cups

Cranberries, dried, sweetened - ½ cup

Apricots, dried - ½ cup, chopped

Brown sugar - ½ cup

Milk, skim - 1 cup

Utensils: Sauce pan, spoon

Directions: In large saucepan, bring water and salt to a boil. Add oats, cranberries, apricots, and ¼ cup of the brown sugar. Return to a boil. Reduce heat; cover and simmer 5 minutes or until thickened, stirring occasionally.

Remove saucepan from heat. Let stand covered for 5 minutes. Serve sprinkled with remaining ¼ cup of brown sugar and milk.

Nutrition:

Calories: 390 kcal

Protein: 9 g

Fat: 3 g

Sat Fat: 1 g

Chol: 0 mg

Na: 180 mg

Notes:

DAVE'S CHICKEN SLOP

Source: © Chuck May

Serves: 1

Serving Size:

Ingredients:

Minute Rice - 1 cup

Cream of Chicken Cup-a-Soup - 1 pkg.

Chicken - 1 can

Water - 1½ cup

Utensils: None

Directions:

Put the rice and soup in a large zip-lock bag. Add 1½ cup of boiling water. Seal the bag and squish it some to get the soup dissolved and the rice moistened (be careful because the bag will be quite hot).

Set aside for 5 minutes.

Drain the chicken and add it to the rice mixture, breaking up the pieces as desired. Mix up the whole mess a bit, add pepper or other spices as desired, and eat straight out of the bag.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

- Experiment with different kinds of soup.
- Use different protein sources - I have used tuna (with cream of mushroom soup), dried beef, beef stick, beef jerky, and even Slim Jims cut into small pieces.
- For more vitamins, try a some kind of vegetable soup. At home, I add in a cup of cooked mixed vegetables.
- In a non-backpack mode, use a covered pan instead of the bag. Boil the water, dissolve the soup, then add the rice. You can serve this over toast, English muffins, or biscuits.
- Brad George, on the SCOUTER FI DO Echo, described a similar recipe. When the mix was hot in a Dutch oven, he made a mixture of 3 cups of Bisquick and 1½ cups water, to make a runny dough. The dough was poured over the mixture and baked until a crust was formed. The result was a chicken pot pie.

DOWN ON THE FARM BREAKFAST

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

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

Utensils:

Directions: Cook bacon and reserve grease. Drain potatoes and slice not more than ¼" thick. Brown potatoes in reserved bacon grease. Add onions and Green peppers. Beat eggs and add milk. Break cooked bacon into small chunks and add to mixture. Add garlic powder and Tabasco to taste. Add to potatoes and onions. Stir often until set. Great with Red Chili Biscuits.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

DRAGON SNOT PIE

Source: Invented by Jordan Wong, Troop 93, for the Robin Hood Patrol Wars cooking competition.

Serves: As many as dare to try it.

Serving Size:

Ingredients:

Store-bought pie crust, or make your own 1 package, Lemon pie mix
2 tubs of Crystal Light lemonade drink 2 tubs Crystal Light lemon-lime drink
mix mix
2 Eggs

Utensils: Pie plate, mixing bowl, spoon, Dutch oven or whiskey box oven

Directions: Prepare the pie mix as directed on the package. If it calls for sugar, double the amount required. Add the lemonade mix to the pie filling.

Separate the whites of the 2 eggs, and whip until frothy. Stir in the lemon-lime mix while continuing to whip, until it begins to stiffen.

Now comes the key part. Spoon the pie filling into the crust. Spoon the meringue on top of the pie filling. Mix it in a little, so the yellow filling is streaked with the green, runny meringue. Then bake until it is a gooey mess.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes: It is at the same time both very tart, and sickly-sweet. At the baking contest, each of the judges tried to be polite and keep a straight face, but eventually each had to slip behind a tree to spit out the "pie".

DROP CAKES

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

1 Egg, beaten	1 tbs. Sugar
1 pint milk	1/8 tsp. Salt
2 tsp. baking powder	Enough flour to make a stiff dough

Utensils: Dutch oven, mixing bowl, spoon.

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

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

DUMP COBBLER

Source: Dutch Oven Cooking, by Mile Audleman

Serves:

Serving Size:

Ingredients:

1 or 2 boxes, Little Washington yellow or Cinnamon
white cake mix
Margarine 2 16-oz cans of fruit

Utensils: Dutch oven

Directions: Pour cans of fruit in the bottom of the oven. Sprinkle cake mix over the fruit, but do not stir. Sprinkle with cinnamon, and cut pat of margarine and let them fall on the surface. Cover, and bake until bubbly, and the top is lightly browned (about 30-45 minutes). Any combination of fruits can be used.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes: At BSLBT, Jim Canik used 1 or 2 cans of peaches, plus a box of frozen strawberries.

DUMPLINGS

Source:

Serves:

Serving Size:

Ingredients:

2 cups Bisquick

2/3 cup Milk

Utensils: Mixing bowl

Directions: Mix 2 cups Bisquick baking mix and 2/3 cup milk until soft dough forms. Drop by spoonfuls onto boiling stew. Cook uncovered over low heat 10 minutes; cover and cook 10 minutes. Makes 10 - 12.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

DUTCH OVEN BLACK FOREST COBBLER

Source: Jan Mussler, Bear DL, Pack 170, Nederland, CO

Serves:

Serving Size:

Ingredients:

1 chocolate cake mix, the darker chocolate the better
1 can 7-Up[®] soda
1 can Cherry Pie filling

Utensils:

Directions: Put cake mix in Dutch oven, dump in pie filling and about 1/2 the can of 7UP up, stir and Dutch oven cook, about an hour, turning the pot every 10 minutes or so, to cook evenly.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

DUTCH OVEN CHICKEN DINNER

Source: Dennis and Ann Adcock, Cahokia Mounds District Staffers

Serves:

Serving Size:

Ingredients:

12 pieces of chicken of your choice of parts	Flour
Margarine	2 sliced onions
8 sliced potatoes	4 sliced carrots
1 full stalk chopped celery	1/2 cup water

Utensils:

Directions: Flour chicken. Melt margarine in Dutch oven and brown chicken. Add onions and continue to brown. Top with remaining ingredients. Cover and let steam until tender.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

DUTCH OVEN DELIGHT

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Hamburger - 2 lbs.	Olive Oil - 3 tbs.
Elbow Macaroni - 8 oz.	Onion, hopped - 12 ea.
Green Pepper, diced - 1 ea.	Celery, chopped - ¼ cup
Green Onion, chopped - ¼ cup	Tomatoes, stewed - 1 can
Tomato Sauce - 1 can	Water - 2 cups
Worcestershire Sauce - 2 tbs.	Tabasco - 8 drops
Salt - 1 tsp.	Lemon Pepper - ½ tsp.
Celery Salt - ½ tsp.	Kidney Beans - 2 cans

Utensils:

Directions:

In Dutch oven brown meat in olive oil. Drain and retain drippings. Return 3 tbs. of drippings to oven and sauté macaroni, onion, green pepper, celery, and green onion for 5 minutes, stirring constantly. Return meat to oven, add tomato sauce, stewed tomatoes, and water. Mix well. Add remainder, except kidney beans, and mix well. Cover and simmer for 25 minutes. If ingredients are dry, add more water. Add kidney beans and simmer for another 10 minutes. Serve.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

DUTCH OVEN HOPI INDIAN FRY BREAD

Source: Gordon G. MacLean

Serves:

Serving Size:

Ingredients:

Oil	2 cups Flour
½ cup nonfat dry Milk	1 tbs. Baking Powder
¾ tsp. Salt	¾ cup lukewarm Water

Utensils:

Directions:

In camp ignite about 15-20 charcoal briquettes and arrange in a pile in your fire pan. Let burn until they are covered with ash (about 20 minutes) and put on the oil.

Stir and knead dough on floured board - cover and let stand for 15 minutes. Cut up into 8 sections - flatten out to 2 inches thick. Melt Crisco or comparable vegetable oil in a Dutch oven so there is about 2 inches depth of oil. Then drop sections of dough into the hot oil to fry about 2 minutes or until done. It's like cooking donut holes. Roll in cinnamon and sugar and pig out.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

DUTCH OVEN INDIAN PUDDING

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Sugar - ¼ cup

Cinnamon - 1 tsp.

Ginger - ½ tsp.

Salt - ¼ tsp.

Nutmeg - ¼ tsp.

Milk - 4 cups

Yellow Cornmeal - ½ cup

Raisins - ½ cup

Pancake Syrup - ½ cup

Margarine - 2 tbs., softened

Eggs - 2 ea., beaten

Utensils:

Directions:

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

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

DUTCH OVEN PEACH COBBLER

Source: Barbara B. Sharpe

Serves:

Serving Size:

Ingredients:

Peaches (1 fresh per person, or canned)

Zip-Loc Bag #1

2 cups Bisquick

2/3 cups Sugar

Zip-Loc Bag #2

1½ cup Sugar

½ tsp. cinnamon

¼ cup ginger

4 tbs. Cornstarch

Utensils:

Directions:

Ignite 25-30 charcoal briquettes in a firepan piled up and let burn until they are barely covered with ash (about 20 minutes). In a zip loc bag #1 at home combine:

In camp: Peel 1 peach per person (in season), or use canned peaches off-season. Mix contents of bag #2 with 2 cups water in a Dutch oven. Bring to a boil. Stir to dissolve sugar and thicken the syrup. Place peaches into the mixture and bring to a boil again.

Mix bag #1 with enough water to make a sticky dough. About ¾ cup water. Squeeze dough onto hot peaches in Dutch oven. Cover with the lid. Place Dutch oven on 5-6 hot charcoal briquettes and about 15 briquettes on top of the lid. Don't peek, and bake 20 minutes. Blow ash off lid before carefully lifting the lid to check doneness. Enjoy!

Nutrition:

Calories: 0.0 kcal Protein: 0.0 g

Fat: 0.0 g Sat Fat: 0.0 g

Chol: 0.0 mg Na: 0.0 mg

Notes:

DUTCH OVEN STUFFED PEPPERS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Green Peppers - 8 large

Olive Oil - 3 tbs.

Salt - 2 tsp.

Cumin - ½ tsp.

Basil - ½ tsp.

Garlic Powder - ½ tsp.

Celery, chopped - 1 cup

Tomato Soup - 2 cups

Hamburger - 2 lb.

Onion, chopped - 2 medium

Pepper - ½ tsp.

Coriander - ½ tsp.

Oregano - ½ tsp.

Worcestershire Sauce - 2 tbs.

Rice - 1 cup uncooked

Water - 1 cup

Utensils:

Directions:

Cut stem from green peppers, remove stem, seeds, and veins. Wash and blanch in boiling water for two minutes. Remove, drain, and cool. Heat olive oil in large skillet. Add meat, onion, and celery. When meat is browned, drain, put back in skillet and add spices and Worcestershire sauce. Stir until mixed well then remove from heat. Prepare rice according to package directions. When done, add to meat mixture, stir to mix well, then heap mixture into peppers. Arrange in Dutch oven and cover with soup and water mixture. Bake at 350° for 1 hour.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

EXTREME GARLIC CHICKEN WINGS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Chicken Wings - 3 lb..

Garlic - 40 cloves

Pepper - ¼ tsp.

Thyme - ¼ tsp.

Italian Bread - 1 loaf

Olive Oil - ¼ cup

Salt - ¼ tsp.

Rosemary - ¼ tsp.

Oregano - ¼ tsp.

Utensils:

Directions:

Place wings in single layer in bottom of Dutch oven. Combine remaining ingredients and pour over wings. Cover and bake at least 1 hour. Serve with bread dunk in oil-garlic mixture.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

FIESTA NACHO PIE

Source: SCOUTING Magazine, Volume 81:2

Serves:

Serving Size:

Ingredients:

1 lb. ground beef	1 medium onion, chopped
4-oz can chopped green chilies	16-oz can, refried beans
8-oz jar, taco sauce	8 oz grated cheese
6-oz package, cornbread mix	

Utensils: Dutch oven, Mixing bowls, Mixing spoons, Can opener

Directions: Prepare the cornbread mix as directed on the box. Brown beef and onions in the oven. Add green chilies, refried beans, and taco sauce. Pour cornbread mixture over the beef mixture. Cover and bake with low heat until the cornbread is done. Sprinkle on the cheese and heat covered until the cheese begins to melt.

Top the pie with your choice of chopped tomatoes, shredded lettuce, chopped jalapeno peppers, sour cream, guacamole, sliced olives, and salsa.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

Fruity Rice

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

2 cups minute rice

2 can fruit cocktail, drained

1 tsp. Cinnamon

1 tsp. Salt

1/2 cups raisins

Utensils:

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

Nutrition:

Calories: 0.0 kcal Protein: 0.0 g

Fat: 0.0 g Sat Fat: 0.0 g

Chol: 0.0 mg Na: 0.0 mg

Notes:

GEEZER COME & GET IT

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Hamburger - 1 lb.	Pork Sausage, hot - 1 lb.
Taco Seasoning Mix, hot - 1 pkg.	Cumin - 1 tsp.
Onion, chopped - 1 medium	Garlic, minced - 2 cloves
Jalapeños - 1 small jar	Refried Beans - 1 can
Monterey Jack, shredded - 8 oz.	Cheddar, shredded - 8 oz.
Salsa - 1 jar	

Utensils:

Directions:

Brown Hamburger, pork sausage, onions, and garlic in large skillet. Drain. Add cumin and taco seasoning mix. Use only ¼ cups water and simmer until seasoning mix sets. Pour into bottom of Dutch oven. Layer refried beans over meat mixture, then the cheeses, then the Jalapeños. Spoon salsa over the top evenly. Bake at 325° for ½ hour. Use as dip with tortilla chips.

Nutrition:

Calories: kcal	Protein: g
Fat: g	Sat Fat: g
Chol: mg	Na: mg

Notes:

GEEZER CORN CAKES

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

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

Utensils:

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

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

GEEZER ROCKIN' CHAIR BREAKFAST

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

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

Utensils:

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

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

GLOP

Source: Brad George, on the SCOUTER FIDO Echo; 12/5/1989

Serves:

Serving Size:

Ingredients:

2 Eggs per person	1½-lb sausage
1 large package, Ore-I da Hashbrowns	1 package grated cheddar cheese

Utensils: Fry pan, spatula

Directions: Brown and drain the sausage. Add the hashbrowns and cook until almost done. Add the eggs, and scramble until just about done. Add the cheese, and glop it all together.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

GROUNDHOG CHILI

Source: Troop 93 traditional recipe

Serves:

Serving Size:

Ingredients:

Groundhog	Wild Onions
Cattail shoots	Wild Kale
Venison, hamburger, or stew beef, as desired	Water
Salt, pepper, and any other reasonable spices	Butter
Chili powder	Any desired vegetables from home, such as carrots or tomato

Utensils: Stew pot

Directions: Obtain as many groundhogs (not to be confused with street hogs, which are much harder to catch and tend to be oily and rubbery) as desired or available. The best way to get one is to bonk him in the nose, hard, with a baseball bat (don't swing down on the nose, but push the nose back into his head). Skin and clean the hog, and cut the meat into bite-size pieces. Save the paws for hiding in you sister's underwear drawer, or leave them in your pants pocket for when your mother does the laundry.

Brown the meat in a little butter and about 1 Tbs. of chili. Add other meats as desired. Venison is particularly good, and quite inexpensive if your Scoutmaster's car happened to hit a deer on the way up to the campsite; also any small animal which wanders into your campsite is fair game for the pot (see Bucktail Stroganoff).

When the meat is browned, toss in the veggies, and add enough water to cover. Let stew for at least an hour, and until the water is mostly cooked off and it had the thickness of regular chili. Add more chili pepper and/or Tabasco as desired.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes: Good any time of year, but best in the fall when the groundhogs are well fattened for the winter. In spring, serve with a side dish of fiddlehead ferns.

This is a real recipe.

HASTY PUDDING

Source: John W. Lyver, IV, ASM, Troop 1577, Herndon, VA

Serves:

Serving Size:

Ingredients:

1 recipe cornmeal mush Flour
1 tbs. Oil

Utensils:

Directions: Mold mush and refrigerate overnight. Slice into 1/2" slices. Flour lightly and pan fry in small amount of oil until brown, about 15 min a side.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

HOBO BREAKFAST TREAT

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

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

Utensils:

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

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

Honey Acorn Bread

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

4 cups flour	2 Eggs, beaten
2 tsp. Baking powder	2 tsp. Ginger
1 cup honey	2 cups milk
2 tsp. Salt	1 cup chopped acorns
Margarine	2 tsp. Baking soda
1 tsp. Cinnamon	

Utensils:

Directions:

Grease two loaf pans with margarine. Mix together all dry ingredients, thoroughly. Beat eggs, gradually adding milk. Add egg mixture alternately with honey to dry ingredients. Beat well. Stir in acorns and pour evenly into loaf pans. Bake in cardboard oven at 350° for 45 minutes or until golden. If bread is done, it will come out of pan easily when pan is turned over and tapped gently. If not, bake for another 10-15 minutes. Remove bread from pan immediately when done and cool. This spicy bread always tastes better the second day when its flavors have had a chance to mellow and blend.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

HOT SAUSAGE & SHRIMP JAMBALAYA

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Sausage, hot - 1 lb., cut in ½" pieces

Parsley - 1 cup

Water - 2 cups

Thyme - 1 tsp.

Rice - 2 cups

Onions, chopped - 2 ea.

Garlic, chopped - 4 cloves

Tomatoes - 1 can

Salt to taste

Shrimp, frozen - 1 lb., peeled

Utensils:

Directions:

Cook sausage and onions in large skillet until onions are clear. Add garlic and parsley. Cook until parsley is limp. Transfer to Dutch oven, add water, tomatoes, thyme and salt. Bring to boil. add rice and shrimp. Stir once, lower heat, cover, and simmer. Cook until rice is tender. Add more water if necessary.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

INDEPENDENCE DAY COBBLER

Source: © Chuck May 1996 - Invented for the May family gathering on the 4th of July.

Serves:

Serving Size:

Ingredients:

Bisquick® - 4 cups

Butter - 2 tbs.

Cinnamon - 1 tsp.

Milk - ½ cup

Vegetable Oil - 2 tbs.

Blueberries, fresh - ¼ cup

Cherry Pie Filling - 2 lb.

Eggs - 2 ea.

Sugar - 3 tsp.

Utensils:

Directions:

Melt 1 tbs. of butter in a Dutch oven. Add the cherries, and mix in the cinnamon (vary the quantity of cherries according to the desired ratio of fruit to crust - you can't really go wrong with any ratio). Heat until the cherry mixture is hot.

Combine the Bisquick®, oil, eggs, milk, and sugar in a bowl, and mix thoroughly. At the last minute, carefully fold in the blueberries so as to not break them. Drop the dough, one spoonful at a time, onto the hot cherry mixture, to cover as much of the surface as possible. Do not spread the dough around, smooth it out, or mix it in.

Bake at 400° for about 30 minutes, or until the dough passes a straw test. With about 10 minutes to go, drop the remaining butter in slivers on top of the dough. (In a home oven, bake uncovered.) (Over a fire, use a 5-10-20 test to monitor the rate of cooking - at 5 minutes there should be no crust forming; at 10 minutes there should be a light crust forming, with no browning; at 20 minutes the dough should be light brown)

Let cool for about 15 minutes (the cherries will be very hot out of the oven), and serve with vanilla ice cream for a red, white, and blue treat!

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

INDIAN PUDDING

Source: ©Chuck May, 12/28/1996

Serves: 6

Serving Size: 1 cup

Ingredients:

Milk - 3 cups + 1 cup

Salt - ½ tsp.

Brown Sugar, dark - 1/3 cup

Ginger, ground - ½ tsp.

Butter - 1 Tbs.

Cornmeal, yellow - 1/3 cup

Molasses, gold - ¾ cup

Cinnamon - ¼ tsp.

Nutmeg, ground - ¼ tsp.

Eggs - 1 large

Utensils:

Directions:

Preheat oven to 275°. Grease a 2-quart baking dish.

In a double boiler, scald the 3 cups of milk (*don't skimp - make sure it's well scalded*). Stir in the cornmeal slowly, to avoid lumps, and add the salt. Stir well, and cook until the mixture is creamy (*creamy means like heavy cream, or even thicker - if you get impatient, the pudding will be runny!*). In a medium bowl, beat the egg until well blended. Add the molasses, sugar, cinnamon, nutmeg, and ginger, and stir to blend. Pour the molasses mixture into the cornmeal mixture, and cook until all is blended.

Pour into the baking dish. Pout 1/3 cup of cold milk gently over the top.

Bake, covered, in 275° oven, for 1 hour. Stir gently, and pour 1/3 cup of cold milk gently over the top.

Bake, uncovered, in 275° oven, for 1 more hour. Stir gently, and pour the last 1/3 cup of cold milk gently over the top.

Bake, uncovered, in 275° oven, for 1 more hour.

Let stand about ½ hour after baking, so that it is slightly firm.

Serve warm, with a scoop of vanilla ice cream or (in a pinch) whipped cream. Some people (obviously nouveau-Yankees) include nuts, berries, raisins, or maple sugar in the pudding.

Nutrition:

Calories: 272 kcal

Protein: 6.8 g

Fat: 2.2 g

Sat Fat: 0.7 g

Chol: 38.2 mg

Na: 277.9 mg

Notes:

KIELBASA & POTATOES

(Soup Kielbasa)

Source: Jim Messimore, Montgomery County Maryland SMF/BSLBT Staff

Serves:

Serving Size:

Ingredients:

Kielbasa, precooked - 1½ lb.

Potatoes - 4 ea., sliced thin

Pineapple chunks - 20 oz.

Brown Sugar - 4 oz.

Margarine - 4 oz.

Utensils: Frying pan

Directions:

Slice and microwave or pre-cook the potatoes in advance, if possible.

Place about one ounce of margarine in a large frying pan to melt. Sauté the potatoes until they begin to brown. Turn frequently. Add additional margarine as necessary.

Slice Kielbasa into ½" pieces. Add to potatoes and cook until hot. Add pineapple, and stir in brown sugar until the meat and potatoes are glazed.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes: Good for supper, or for a cold weather breakfast.

If used for supper, in the morning try adding some water to the pan, and scraping while the water heats. Use the resulting water to make your oatmeal.

Another approach - If you cook this for supper, fill the empty pan with dish-water to soak overnight. In the morning, put the pan on the fire to boil. The result will be the famous "Soup Kielbasa" invented by Jimmy Newman, Dave May, and Eric Newman of Troop 93.

LENTIL SOUP

Source:

Serves: 2 - 3

Serving Size:

Ingredients:

Lentils - ½ cup

Dried Carrot Flakes - 1 tsp.

Dried Minced Onion - 1 tsp.

Salt - ¼ to ½ tsp.

Potato Buds - ¼ cup

Margarine - 1 tsp.

Parmesan Cheese - 2 tbs. (optional)

Bisquick© - 1 cup for dumplings (opt.)

Utensils:

Directions:

Add 3 cups water to the lentil mix in a pot. Cover and bring to a boil; then take the pot off the heat to sit for 15 min.

Boil again, simmer for 15 min. Add potato buds and cook a few more minutes. Add 1 tsp. butter or margarine or cut some Parmesan cheese into the soup.

To make dumplings: add ¼ cup water to 1 cup biscuit mix and make stiff batter. Follow earlier directions. Cover so they steam and cook until done during the last 20 min.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

Trail Information: time - 30 min.; water - 3 cups; equipment - 1 pot

MEMPHIS MOLLY

Source: Michael Holmes, Scouter

Serves:

Serving Size:

Ingredients:

1 15-16oz can tart cherries (not pie filling)

1 smaller can crushed pineapple

2 boxes Jiffy cake mix

1 15-16oz can blueberries (not pie filling)

1 small package of chopped walnuts

1/2 stick butter pats

Utensils:

Directions:

Add ingredients order, spread fruit and nuts in bottom of Dutch oven. Sprinkle cake mix over all and put butter pats on top. Cook 20 -30 minutes or until "cake" is done.

Nutrition:

Calories: 0.0 kcal Protein: 0.0 g

Fat: 0.0 g Sat Fat: 0.0 g

Chol: 0.0 mg Na: 0.0 mg

Notes:

MEXICAN OMELET

Source: Jim Messimore

Serves:

Serving Size:

Ingredients:

Margarine - 3 Tbs.

Green onions - ¼ cup, chopped

Olives, ripe - ½ cup, chopped

Pork sausage - 1 lb.

Shredded cheese - 8 oz.

Salt

Oregano

Eggs - 12

Mushrooms - 1 cup, sliced

Green pepper - ¼ cup, diced

Sour cream - ½ pint

Picante sauce - 8 oz.

Pepper

Utensils:

Directions: Place margarine in the large fry pan and allow to melt. Watch that it doesn't burn. Sauté the onions, mushrooms, and half the olives, in the margarine. Then add the sausage and heat it through. Break the eggs into the bowl and beat until smooth and fluffy. Add seasonings to taste. Pour the eggs over the vegetable/sausage mix. Allow to solidify on the bottom, while remaining liquid on top. Put picante sauce and cheese over one half of the omelet, then flip the other half over the picante sauce half. Cover, and cook for about 5 minutes. Remove from heat and sprinkle the whole omelet with more picante sauce, dabs of sour cream, cheese, and olives.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

Mound Bread

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Whole Wheat Flour - 2 cups

Sugar - ¼ cup

Shortening - ¼ cup

Salt - 2 tsp.

Dry Yeast - 2 pkg.

Water - 2 cups, very warm

Flour - 3 to 4 cups

Utensils:

Directions:

Mix whole wheat flour, sugar, shortening, salt, and yeast in large pot. Stir in warm water. Whisk slow for 1 minute, then rapid for 1 minutes. Stir in flour, 1 cup at a time, to make dough easy to handle. Turn dough onto lightly floured surface and knead until smooth. Place in greased medium pot. Lightly oil top of dough. Cover and let rise until double (1 hour). Punch down dough and divide into ½'s. Let rest 5 minutes. Shape each ½ into round, slightly flat loaf. Place on lid of large pot cover and let rise again (45 min). Make ½" slashes in top of loaf. Sprinkle with 1 tsp. flour. Bake in Dutch oven or cardboard oven until loaves are golden brown -- 30 to 45 minutes.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

NJLIC SHEPHERD'S PIE

Source: Philmont handout; 4/22/1993

Serves:

Serving Size:

Ingredients:

Ground beef - 3 lbs.

Onion - 1 large

Milk - 2 cups

Instant potatoes - 5 or 6 servings

Margarine - ¼ cup

Salt

Pepper

Utensils: Dutch oven, bowl or small sauce pan; measuring cup; fork

Directions: Make the potatoes as directed on the package.

Brown the chopped onion with some margarine in the oven.

Add the beef to the onion, a little at a time, and brown. Drain off excess grease.

Spread the potatoes evenly over the beef. Add salt, pepper, and some margarine on top of the potatoes. Do not stir.

Bake for 15-30 minutes, until the potatoes start to form a light crust.

Nutrition:

Calories: 0.0 kcal Protein: 0.0 g

Fat: 0.0 g Sat Fat: 0.0 g

Chol: 0.0 mg Na: 0.0 mg

Notes:

ONE-EYED SANDWICHES

Source: © Chuck May, from his mother's recipe

Serves: 1

Serving Size:

Ingredients:

1 slice Bread
Margarine

1 Egg

Utensils: Fry pan; Spatula

Directions: Cut or tear a hole in the bread, about 1½ across. Melt a little margarine in the pan. Put the bread in the pan, and break the egg into the hole. Fry on both sides until done. You can cook the "hole" alongside the main sandwich.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes: Renamed "Eye Patch Sandwiches" for the 1989 Pirate Camporee

PINEAPPLE CHICKEN & RICE

Source: Jean Phillips

Serves: A Patrol

Serving Size:

Ingredients:

Enough Chicken for the patrol (can be legs, thighs, and wings, or cut-up boneless)	1 can Pineapple chunks for every 4 persons
1 pkg. Onion Soup Mix	½ cup long cooking Rice per person
Cooking oil	½ cup water per person

Utensils: Frying pan

Directions: Brown the chicken pieces in a little oil until no longer pink. Boneless chicken will cook quicker if cut into thin strips. Sprinkle with onion soup mix. Add the water, pineapple, and the juice from the pineapple. Add the rice, stir to blend, and simmer until the rice is tender (about 20 minutes).

Nutrition:

Calories: kcal	Protein: g
Fat: g	Sat Fat: g
Chol: mg	Na: mg

Notes: Can probably be done with Minute Rice, cooking for 5 minutes, but make sure the chicken is thoroughly cooked before adding the rice.

PINEAPPLE UPSIDEDOWN CAKE (CHUCK'S RECIPE)

Source: Camp Cookery for Small Groups, 1985; Modified by © Chuck May

Serves:

Serving Size:

Ingredients:

1/3-cup margarine	½-cup brown sugar
1 can, sliced pineapple	1 small can, crushed pineapple
2 boxes, Washington white or yellow Cake mix	2 Eggs (check the cake mix box to make sure)
1 small jar, cherries	

Utensils: Dutch oven; Mixing bowl and spoon; Can opener; Measuring cup; Leather gloves; Foil

Directions:

1. Preheat the oven.
2. Melt the margarine and brown sugar in the oven, stirring occasionally so it doesn't burn. Add a couple of teaspoons of crushed pineapple to the sugar mix.
3. Open the sliced pineapple and drain the juice into the measuring cup.
4. Mix the cake mix as directed on the boxes, but substitute juice from the can of pineapple for water.
5. Put the pineapple rings in the bottom of the oven so they cover as much of the oven as possible. Put a cherry in the center of each ring.
6. Pour the cake mix evenly over the pineapple, and cover the oven. Place on coals, with 3-4 times more on the top than on the bottom.
7. Bake for 5 minutes., then check. If a crust has started to form, the oven is too hot. Adjust the heat accordingly.
8. Check after 10 minutes. There should be a slight crust forming. Adjust the heat accordingly.
9. Check after 20 minutes. There should be a slight browning. Adjust heat accordingly. Test for doneness with a twig or toothpick.
10. Check every 4-5 minutes as necessary.
11. This step is dangerous. Line the inside of the oven cover with foil, and replace the cover on the oven. After a suitable audience has gathered, Using gloves, pick up the oven with both hands, holding it with your thumbs pointing down and toward your belly. Turn the oven over quickly and put it on the table or ground (Make sure the handle of the oven doesn't get in the way). If you bang it down on the table, you will reduce the chances of the cake sticking to the pan. Tap the oven a few times, so any

remaining topping will drip down on to the cake. With a flourish, lift the oven off the cake, and accept the cheers of the audience.

(Serves a hungry patrol, plus a few)

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes: You can add some of the extra crushed pineapple to the cake mix, for an even richer pineapple flavor.

REAL CINNAMON ROLLS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Water, lukewarm - 2 cup

Sugar - 2 tbs.

Flour - 4 - 5 cups

Sugar - 1 cup

Pecans, pieces - 8 oz

Dry Yeast - 1 package

Salt - 1 tsp.

Margarine

Cinnamon - 2 tbs.

Utensils:

Directions:

Mix lukewarm water, yeast, 2 tbs. sugar, and salt in medium pot. After yeast mixture is bubbly, add 2 cups flour and mix well. Add rest of flour slowly to make dough. Place on floured surface and knead until smooth. Oil surface well. Place in large pot, cover, and let rise (1 hour). Knead second time and roll into a thin sheet on a floured surface. Spread soft margarine, sprinkle on sugar, cinnamon, and pecan pieces. Roll into a log and pinch ends shut. Spiral log onto greased large pot lid and press down until log covers bottom of lid. Spread more margarine on top. Bake in pre-heated Dutch oven 30-45 minutes. Slice while warm but not hot.

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

RED BEANS & RICE WITH SMOKED SAUSAGE

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Red Beans, dried - 1 lb.

Smoked Sausage - 1½ lb., cut in ½" pieces

Ham Shanks - 8 oz.

Onions, chopped - 2 ea.

Garlic, minced - 2 cloves

Thyme - 1 tsp.

Pepper - 1 tsp.

Red Pepper - 1 tsp.

Sage - ½ tsp.

Rice - 2 cups, cooked

Utensils:

Directions:

Place beans in Dutch oven and cover with water. Let soak 30 minutes. Add remaining ingredients to beans except salt and rice. Bring to boil over medium high heat. Reduce heat to medium low, cover and simmer 2½ hours. Add water if necessary. Add salt to taste. Discard ham bones. Remove 4 tbs. of beans from mixture and mash. Return to oven and stir. Simmer 15 more minutes. Add rice and serve.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

ROAD KILL STEW

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Water - 8 cups	Onion Soup Mix - 1 pkg.
Bouillon, beef - 2 cubes	Salt - ½ tsp.
Pepper - ¼ tsp.	Garlic, minced - 2 cloves
Venison - 2 lb., cubed	Onion - 1 medium, quartered
Potatoes, 4 large, not peeled, but cut up	Carrots - 6 ea., cut up
Bisquick©	

Utensils:

Directions:

Start this stew in the morning just after breakfast cleanup. Combine water and next 5 ingredients in a Dutch oven. Add venison and veggies. Cover and cook at high simmer all day. About 15 to 20 minutes before serving time, prepare biscuit mix dough and drop by tablespoon onto the top of the bubbling stew.

Nutrition:

Calories: kcal	Protein: g
Fat: g	Sat Fat: g
Chol: mg	Na: mg

Notes:

RUSSIAN POT

Source: Margaret May & Janet Deneault

Serves: 6

Serving Size:

Ingredients:

Onion - 1 small, minced

Hamburger - 1 lb.

Salt & pepper to taste

Corn, creamed - 16 oz. can

Potatoes, mashed - 6 servings

Margarine - 2 tbs.

Utensils:

Directions: Mince a small onion and mix with a pound of hamburger. Brown in a frying pan. Add salt & pepper to taste.

Put hamburger in the bottom of a small casserole. Layer a can (or 2) of creamed corn over the hamburger. Cover this layer with mashed potatoes. Dot with margarine, and bake about $\frac{3}{4}$ hour, until heated through.

Nutrition:

Calories: 367.3 kcal

Protein: 15.3 g

Fat: 15.3 g

Sat Fat: 5.3 g

Chol: 40.3 mg

Na: 951.0 mg

Notes: Left-over potatoes work best. If instant potatoes are to be used, make them the night before and refrigerate overnight. Otherwise, they will be runny.

SAUSAGE, CHICKEN, & RICE

Source: Dawn Skully?

Serves: 4

Serving Size:

Ingredients:

¼-lb Polish Sausage, cut into ½" pieces	1 or 2 stalks of celery, chopped
1 medium green pepper, chopped	1 medium onion, chopped
1 clove garlic, minced	3-cups chicken broth
1 tsp. Worcestershire sauce	Tabasco as desired
2 cups Chicken, cubed and pre-cooked	1 cup minute rice

Utensils: Sauce pan; Spoon

Utensils:

Directions: Combine all ingredients except the chicken and rice. Stir. Simmer for about 20 minutes.

Add chicken. Cook for an additional 3-4 minutes, or until boiling again.

Add the rice and stir. Cover and remove from heat for five minutes.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

SAUSAGE CREOLE

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Smoked Sausage Links - 2 lb., cut in ½" pieces	Onion, chopped - ½ cup
Celery, chopped - 2/3 cup	Water - 1½ cup
Stewed Tomatoes - 2 cans	Olive Oil - 4 tbs.
Red Bell Pepper - 1 diced	Green Olives, sliced - ½ cup
Spanish Rice Mix - 2 pkg.	Cayenne Pepper - ¼ tsp.

Utensils:

Directions:

In Dutch oven, sauté onion, pepper, and celery in olive oil. Combine all ingredients in oven and bring to boil. Cover, reduce heat, and simmer until liquid is absorbed.

Nutrition:

Calories: kcal	Protein: g
Fat: g	Sat Fat: g
Chol: mg	Na: mg

Notes:

Scottish Oaten Bread

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

2 cups flour	1 cup rolled oats
½ cup sugar	2½ tsp. baking powder
½ tsp. baking soda	1 tsp. salt
1 Egg, beaten	3 tbs. Oil
½ tsp. vanilla	1 cup Coca-Cola
½ cups dried prunes	½ cups chopped walnuts

Utensils:

Directions:

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

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

Six Week Bran Muffins

Source:

Serves:

Serving Size:

Ingredients:

Raisin Bran - 5½ cups

Soda - 5 tsp.

Buttermilk - 1 qt

Eggs - 4 ea., beaten

Flour - 5 cups

Salt - 2 tsp.

Vegetable Oil - 1 cup

Sugar - 3 cups

Utensils:

Directions:

Combine dry ingredients. Add wet ingredients, and mix well.

Cover, and store in refrigerator up to six weeks.

Fill muffin tins ¾ full. Bake 12 - 15 minutes at 400° (may need up to 20 min).

Nutrition:

Calories: kcal

Protein: g

Fat: g

Sat Fat: g

Chol: mg

Na: mg

Notes:

Can make ½ recipe.

Can use dry buttermilk - 4 packages per box.

Can add extra raisins.

Skillet Hash

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

4 cups Hamburger, cooked	2 cups chopped potatoes, cooked
1 cup chopped onion	1 tsp. Salt
¼ tsp. red pepper	Sage - ¼ tsp.
1 pkg. brown gravy mix, dissolved to directions	Shortening - ¼ cup (or bacon grease)
1 tbs. garlic flakes	

Utensils:

Directions:

Mix meat, potatoes, onions, garlic and seasonings; mix with brown gravy mixture. Heat bacon grease or shortening in large skillet. Add hash and fry slowly until brown and crisp.

Nutrition:

Calories: kcal	Protein: g
Fat: g	Sat Fat: g
Chol: mg	Na: mg

Notes:

SPOON BREAD

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

2 cups yellow cornmeal	2 tsp. salt
1 tsp. baking soda	1½ tbs. margarine, melted
3 cups buttermilk	2 Eggs, beaten
Water - 1½ cups	

Utensils:

Directions:

Put cornmeal in medium pot and add 1½ cups hot water. Mix well to be mush-like. Add margarine and salt. Stir in milk and baking soda. Add eggs, whipping slightly. Pre heat Dutch oven. Pour batter in greased large pot lid. Make sure to have aluminum foil balls in bottom of oven to keep an air space underneath pot lid. Bake for 20 minutes.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

TAQUITOS

Source: Steve Wurst, from the SCOUTER FIDO echo; 1/31/1991.

Serves:

Serving Size:

Ingredients:

Soft flour Tortillas	Eggs
Ground sausage	Onion, chopped
Cheese, shredded	Optional: mushrooms, garlic, tomatoes, green peppers, black olives

Utensils: Foil; Pan (fry or sauce); Spoon or spatula

Directions: Put tortillas, 4 or 5 to a pack, in foil and throw on coals to warm (not too hot). Brown the sausage, onion, and optional ingredients in the pan, then add eggs and scramble. Just as the eggs start to thicken, stir in the cheese until it starts to melt.

Put a spoonful of eggs in the middle of a tortilla, fold one end up about 1.5", and roll up.

Nutrition:

Calories:	0.0 kcal	Protein:	0.0 g
Fat:	0.0 g	Sat Fat:	0.0 g
Chol:	0.0 mg	Na:	0.0 mg

Notes:

TEX-MEX WONTONS

Source: ©Mark Michalski, mam@ah.ds.adp.com

Serves:

Serving Size:

Ingredients:

Hamburger - ½ lb.	Onion, chopped - 1 medium
Green Pepper, chopped - ¼ cup	Refried Beans - 1 can
Cheddar Cheese, shredded - ¼ cup	Ketchup - 1 Tbs.
Chili Powder - 1½ tsp.	Garlic Powder - ¼ tsp.
Wonton Skins - 4 doz.	Vegetable Oil
Salsa or Taco Sauce	

Utensils:

Directions:

Combine beef, onion, and green pepper in large skillet and brown. Drain drippings and discard. Add beans, cheese, ketchup, chili and garlic powder. Stir well. Place one tsp. beef mixture in each wonton skin. Fold top corner over filling, fold side corners over, then roll up like a jelly roll. Moisten edges with water to seal. Heat 1½" of oil to 375° degrees in a large skillet or Dutch oven. Place 6 wontons at a time in hot oil and fry 30 sec on each side or until golden brown. Serve with taco sauce or salsa.

Nutrition:

Calories: kcal	Protein: g
Fat: g	Sat Fat: g
Chol: mg	Na: mg

Notes:

STILL TO COME

These are some of the recipes on which I am still working:

Boston Brown Bread	Campfire Coffee
Chicken Pot Pie	Chili
Chocolate Cherry Cake	Chops and Kraut
Coffee Can Cookery	Doughboys
Dutch Oven Enchilada Casserole	Dutch Oven Pot Roast
Fiddlehead Ferns	Fluffy Potato Casserole
Foiled Burgers	Foiled Chicken
Frying Pan Cookies	Gingered Acorn Squash
Gorp	Great Outdoors Potatoes
Grilled Sausage & Sweet Mustard Tortillas	Ground Beef Plus
Hamburger & Cornbread Pie	Homemade Granola
Hopi Indian Fry Bread	Hot Dog Surprise
Hot Peach Crumble	Hudson Bay Bread
Indian Bread Pudding	Kids Trail Mix
Lazy Pierogies	Mint Chocolate Chip Dill Pickle Cobbler
More Than Just Chili	Mountain Man Breakfast
Native American Chicken Curry	Navajo Fry Bread #1
Navajo Fry Bread #2	New England Boiled Dinner
Onion Swiss Steak	Real Scout Quiche
Ron Myers' Polish Sausage/Chicken Stuff	Saskatoon Pemmican
Scramble Cakes	Smurf Cakes
Southern Style Ham Skillet	Steamed Apricot Nut Bread
Steamed Brown Bread	Sweet Tater & Spam Hash
Tenderfoot Tin Can Stew	Zesty Pancake Syrup

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