

# Introduction to Outdoor Leader Skills



Scoutmaster Rule #47: "No Boy Scout ever starved to death on a weekend campout."  
-- Roger Morris, Scouter

## Cooking Suggestions

Presented by  
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# Dutch Ovens

## *1. What Your Dutch Oven Can Do*

Cooking techniques such as roasting, baking, simmering, stewing, frying, boiling, steaming, and many others are easily done on the campfire with only a single utensil, the Dutch oven. Think of the possibilities, delicious fresh baked bread that will rise up and lift the lid, cobblers made from berries picked fresh at the campsite, incredible deep-dish pizzas, stews, and quiches that melt in your mouth, Cornish game hens roasted to perfection, and imagine a chocolate cake a foot in diameter. These and many, many more are very possible and sometimes easier than they are at home. With very few exceptions, I have been able to duplicate my home recipes on the campfire using the Dutch oven.

All recipes use one of two Dutch oven techniques, cooking with your Dutch oven or cooking in it. The first is when the food is placed directly in the bottom of the Dutch oven. In the second method, food is placed in a second dish and this dish is then placed onto a trivet in the bottom of the Dutch oven. The reason for the trivet is to elevate the dish above the bottom of the oven to prevent burning.

## *2. A Little About the Dutch Oven*

Before we get started, we should review some of the things you will need to know before purchasing your first Dutch oven. There are literally hundreds of option and size combinations available, so it would be impractical for me to tell you which oven is the one for you. Because each type of oven is designed for a different type of cooking situation. I will go over the various options and you will have to decide which ones you will look for. In shopping for an oven, you should look for one that is obviously well made. Look at the bail handle, it should be of heavy gauge wire and securely attached to molded tangs on the side of the oven. Ovens that have riveted tabs should be avoided. Most oven handles will lie down against the side of the oven in both directions, but if you look hard enough, you will find some that allow the handle to stand up at a 45 degree angle on one side. This allows you easier access to it when positioning or removing the oven from the fire. (I do not recommend this type because the handle gets in the way when you need to remove the lid).

Another area that bears close examination is the handle on the lid. It should be a loop attached to the lid on both ends and hollow in the center allowing it to be easily hooked. Stay away from the ones that have a molded solid tab on the lid for a handle. These are very difficult to grasp and manage with a load of coals. The loop style offers much better control. While examining the lid, check that it has a lip or ridge around the outer edge. The lip keeps the coals from sliding off of the lid. Don't get me wrong, the ridge-less ones can be used but it is difficult to keep coals on the lid and if you are not meticulous in cleaning the ash from the lid each and every time you open the oven, you will end up with ash and/or sand in your food. The lip virtually illuminates the problem and the lid can be lifted even fully loaded with ash and coals with little difficulty.

Another feature to look at is the legs. The most common variety is one with three legs, although flat-bottomed ones and four legged ones can also be had. For outdoor cooking, legs are a necessity; they maintain the height of the oven above ground allowing air for the coals underneath. The flat bottomed ones can be set up on rocks or up on steel tent pegs. If you figure in Murphy's Law here, the flat bottom ovens are best left in the store or on the kitchen stove where they were intended. I highly recommend three legs over four simply for the stability factor. It is much more stable with three legs sitting on rough ground than with four.

The last option to look at is a second handle attached to the lid or upper rim on the oven base. Some ovens are offered with a skillet type handle attached to the lid. This, in theory, is a good idea, but in reality they seem to be more in the way than of assistance. The handle does assist in using the lid

upside down as a skillet or griddle but when using it as a lid, they get in the way of the bail handle and also misbalance the lid when lifting by the center hoop. They also tend to be in the way during storage and packing situations. Fixed handles on the oven base, with one exception, should be absolutely avoided. I believe the theory behind these handles was to make the oven easier to position in a deep fire pit. If you insist on considering the fixed handle, take a couple of red bricks with you to the store and place them in the oven. Then give her a lift by the handle and you will see the uselessness in the handle. A loaded 12" oven can weigh 20 to 25 pounds, a real wrist breaker. The one exception is a small tab sometimes offered which is about 1 to 1-1/2" deep and 2-3" wide on the upper lip of the oven. This tab makes pouring liquids from the oven very easy and its small size has never caused storage or packing problems for me.

When someone mentions "Dutch oven" most people immediately think "Cast Iron", but Dutch ovens are supplied in aluminum also. An aluminum oven weighs only 6-1/2 to 7 pounds opposed to around 18 pounds for the cast iron oven. There are advantages and disadvantages to each.

The most obvious aluminum advantage is weight, 11 pounds lighter. Additionally, because aluminum doesn't rust, care is restricted to simple washing with soap and water. Aluminum tends to heat faster requiring less preheating time but they don't retain the heat very long after the coals are removed. Also because aluminum reflects more heat than cast iron, more coals will be required to reach and maintain a set temperature. Also on windy days, you will see a greater variation in temperature than one of cast iron. Where weight is very critical, most of the disadvantages can be overcome. For canoeing, backpacking or trips where weight is a problem, aluminum ovens may be the answer.

Be careful with aluminum, it will melt! The melting point of aluminum is cast alloy 43 is 1065 to 1170°F (Ref Perry's Handbook of Chemical Engineering 6th ed p 23-40 Table 23-6). Other alloys have higher melting points up to 1200°F. The melting point of cast iron is 2100°F to 2200°F (same reference). It is possible to generate that kind of temperature if the oven is in direct contact with the coals below it or if there are too many coals below the oven.

Aluminum is ok if properly used. Keep coals from contact with the bottom of the Dutch oven. Only use the number of coals needed to prepare the meal. Teach the boys the proper method of using an aluminum Dutch oven. Spread the coals below the oven out to evenly distribute the heat.

When weight is not a problem, the cast iron oven has the upper hand. Cast iron reacts more slowly to temperature changes so they don't burn food as easily if the fire flares up. And they retain heat for quite a while after the coals have been removed, keeping food warmer longer. Also, because they retain heat well, they fair better on windy days with smaller variations in temperature. Cast iron absorbs a great deal of heat, consequently, they require fewer coals to reach and maintain a set temperature. Weight is its obvious disadvantage, but there are others. Clean up is not as simple, but done regularly and correctly, it is not much of a chore. Rust is the other; bare cast iron will literally rust overnight if not protected. This protection naturally must be done each time it is used but is part of the cleanup procedure and fairly simple.

The last thing you must consider is the size of the oven. They range from the tiny 4" to the giant 24" monsters. For small group or patrol situations, 10"-12" will serve rather adequately for almost all circumstances.

As a review, you should look for a 10"-12" oven that is obviously well made and of good design. It should have three legs, loop type handle and a lip on the lid and a strong bail type handle for the bottom. You can choose other options but those are personal preferences and totally up to the user. Whether to choose cast iron or aluminum should be based on the service conditions the oven is going to be MOST used in.

Now that you have decided the type, style and options, where do you find one? Check your Boy Scout Troop Equipment Catalog or your local Boy Scout Equipment Center. Many good sporting

goods or camping supply stores also will carry them. Also, restaurant supply houses may stock them or will have a catalog they can order them from. From my experiences, the restaurant houses typically cost a bit more but the ovens are commercial quality and they usually have a better selection to choose from. Another option is mail order. Companies such as REI, Campmor, etc. may carry them but look out for the shipping charges on the cast iron ones. In your shopping around by mail, it is best to request their shipping charges and add that in when comparing to local prices. If you go into the store armed with information, you should have little problem in selecting an oven for your needs and it will be the start of some long lived happy memories. One word of fair warning, SHOP AROUND! I have seen the same 10" oven by the same manufacturer range in price from \$25 up to their mighty proud \$60, so be careful. Demand quality, a poorly made oven with lots of options is not worth the time to carry it to the car.

### *3. a. Other Things You Will Need*

A good pair of leather gloves can save time and prove invaluable around a hot fire. A pair of work style gloves will do, but I recommend you look at a Fire and Safety Supply house or a store that supplies fireplace accessories and locate a pair of fire handling gloves. Although these typically cost more, they offer thicker leather and an inner insulating lining. They allow you to literally place your hand into hot coals, though I don't recommend doing so. In my experience, the extra protection and quality far outweigh the few extra dollars they cost. You will have to weigh the quality against the higher price for yourself.

Something else you will need is a shovel. The standard garden type will be sufficient. It will be used for stirring the coals and lifting them out of the fire pit to the oven. The style and length of the handle is up to you, the user. The longer ones are great but not practical on hikes and canoe trips. While the short "ARMY" folders are great for hiking and canoes, they suffer from short handles, getting you and your hands closer to the fire.

Another item which will prove to be worth their weight in gold is a pair of hot pot pliers. The pair listed in the Boy Scout Troop/Patrol Equipment catalog are probably the best designed for the job. They are inexpensive, well built, and light weight. The pliers have a specially designed jaw that grips the oven lid very securely. The handle has a hook that is used to grab the bail handle when it is too hot to hold by hand or when it is hanging down in the coals.

### *3. b. Preparation of Your Oven*

For aluminum, your pretreatment is simply washing well with soap and water. Some aluminum ovens are shipped with a protective coating and a simple washing will remove it. Since aluminum doesn't rust, no further protection is required. However, if you treat the aluminum like the cast iron oven, food will not stick near as often as the untreated oven. This pretreatment is at the user's option, so if you just want to wash it and be done with it, you can.

Cast iron ovens, if properly cared for, will last many a generation. Although this flyer is oriented toward Dutch ovens, the treatment and care instructions are applicable to any cast iron skillet, griddle etc. The secret of cast iron's long life is really no secret at all. Constant and proper care beginning with the day it is purchased will keep the oven in service for many years. All quality ovens are shipped with a protective coating that must be removed. This will require a good scrubbing with steel wool and some elbow grease. Once removed, the oven needs to be rinsed well; towel dried and let air dry. While it is drying, this would be a good time to pre-heat your kitchen oven to 350°. After it appears dry, place the Dutch oven on the center rack with its lid ajar. Allow the Dutch oven to warm slowly so it is just barely too hot to handle with bare hands. This pre-heating does two things; it drives any remaining moisture out of the metal and opens the pores of the metal.

Now, using a clean rag or preferably a paper towel, apply a thin layer of salt free cooking oil. Oils such as peanut, olive or plain vegetable oil will be fine. Tallow or lard will do also but these animal fats tend to break down during the storage periods that typical Boy Scout Dutch ovens experience between campouts and are not recommended. Make sure the oil covers every inch of the oven, inside and out and replace the oven onto the center shelf, again with the lid ajar. Bake it for about an hour or so at 350°. This baking hardens the oil into a protective coating over the metal. After baking, allow the oven to cool slowly. When it is cool enough to be handled, apply another thin coating of oil. Repeat the baking and cooling process. Again reapply a thin coating of oil when it can be handled again. Allow the oven to cool completely now. It should have three layers of oil, two baked on and one applied when it was warm. The oven is now ready to use or store.

The bad thing about seasoning a Dutch oven in your home is that it will stink up your whole house. What I have done to avoid getting my whole family mad at me is I did all the heating on my gas grill. You can control the heat and having it out side will keep you in the good grasses of everyone in your family.

This pre-treatment procedure only needs to be done once, unless rust forms or the coating is damaged in storage or use. This baked on coating will darken and eventually turn black with age. This darkening is a sign of a well kept oven and of its use. The pre-treatment coating's purpose is two fold, first and most important; it forms a barrier between moisture in the air and the surface of the metal. This effectively prevents the metal from rusting. The second purpose is to provide a non-stick coating on the inside of the oven. When properly maintained, this coating is as non-stick as most of the commercially applied coatings.

Another method for "sweetening" Dutch ovens is to get some heavy, spicy bacon or sausage and cook it in them. Next, completely cover the inside (and outside if you like) of your Dutch oven with the grease. Next you will want to bake it in the oven at, oh, say 450° for 20 minutes or so. For a real deep seasoning, and especially for new ones, it's necessary to do this two or three times. If you can get your hands on it, use some really spicy Pennsylvania Dutch sausage. By the way, this will not make the pan bake everything real spicy or anything, it just gives it a light flavor.

Here is a good size chart for Dutch Ovens:

OVEN CAPACITY	OVEN SIZE	TYPES OF FOOD
2 quarts	8"	Recipes for 2 people, vegetables, desserts
4 quarts	10"	Anything for 2-6 people, beans, rolls, cobblers, good size for testing recipes.
6 quarts	12"	Main dishes to serve 12-14 people, or side dishes of rolls, desserts.
8 quarts	14"	Main dishes to serve 16-20 people, or side dishes of rolls, vegetables, potatoes, desserts
14 quarts	16"	Any food for large groups

### 3. c. *Cleaning Your Oven*

For aluminum ovens, the cleaning is the same as for ordinary pots and pans. Use soap, water and scrub as usual for your other pans. More often than not, cleaning cast iron ovens is much easier than scrubbing pots and pans. For cast iron ovens, the clean process is in two steps. First, food is removed and second, maintenance of the coating. To remove stuck on food, place some warm clean water into the oven and heat until almost boiling. Using a plastic mesh scrubber or coarse sponge **and NO SOAP**, gently break loose the food and wipe away. After all traces have been removed, rinse with



clean warm water. Soap should not be used because its flavor will get into the pores of the metal and will taint the flavor of your next meal.

After cleaning and rinsing, allow it to air dry. Heat over the fire just until it hot to the touch. Apply a thin coating of oil to the inside of the oven and the underside of the lid. Allow the oven to cool completely. The outside will need little attention other than a good wipe down unless you see signs of rust forming. As a suggestion, it is a good idea to keep a scrubber for cast iron and never use it with soap.

### **Another method of cleaning the oven is:**

Add 1 to 2" of clean water and bring to a boil (uncovered) this will open the cast iron pores and allow the food to release. Scrape again, if the water is very dirty, repeat with fresh water and after boiling pour off 1/2 the water. (Trick - wad up a foot long piece of aluminum foil and use it to scrub the Dutch oven. For all of you who now protest, I encourage you to try this because it has never harmed our seasoned Dutch oven. The foil is soft enough that it actually self destructs as it removes the toughest particles. Rinse the Dutch oven and add 1" water and boil. Discard water, dry with paper towels and oil interior with 1Tbl vegetable oil, same for lid.

### **3. d. *Cleaning a Rusty Oven***

Inevitably there will come a time when you will need to strip and re-season a rusting or rancid Dutch oven. Relax! It's not that difficult. The easiest way to strip an oven is to place it upside down on the bottom rack of a self cleaning oven with the lid placed on top of the legs. Set the oven to self clean for up to 2 hours and let it be. Allow the oven to cool completely before removing the Dutch oven. Re-season Dutch oven.

If you don't have a self cleaning oven or would prefer not to heat up your house then you can use an outdoor propane stove to accomplish the same thing. The secret to successfully stripping an oven over a propane burner is to keep moving the oven around so every surface of the oven has a chance to be directly over the burner, this also helps prevent warping should the metal become too hot. Light the burner and adjust it to generate a medium flame. Place the Dutch oven upside down over the flame and let it slowly heat for 10 minutes or so. Once the oven is hot turn up the burner to its hottest setting and let the oven heat until it smokes heavily for about 5 minutes then rotate the oven to burn a new surface. Make sure to burn both the inside and the outside of the oven. As the metal burns it will take on a shiny oily look and may look white in some areas which is fine, keep heating the oven until all surfaces inside and out have this look then remove the oven from heat and allow it to cool slowly.

Once the Dutch oven has been burned and allowed to cool the remaining detritus must be removed from the oven surfaces. This is done by scrubbing the oven with a piece of steel wool or a metal scouring pad under hot running water until all surfaces are clean. Once clean, towel dry the oven then allow it to air dry. The Dutch oven is now ready to re-season.

### **3. e. *A Few No-No's***

- Never, and I repeat, NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.
- Never use soap on cast iron. The soap will get into the pores of the metal and won't come out very easy, but will return to taint your next meal, though. If soap is used accidentally, the oven should be put through the pre-treatment procedure, including removal of the present coating.

- Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better but cast iron will crack or warp, ruining it.
- Do not get in a hurry to heat cast iron, you will end up with burnt food or a damaged oven or pan.
- Never put cold liquid into a very hot cast iron pan or oven. They will crack on the spot!

#### 4. *Where to Put the Charcoal*

First of all let me suggest that you only use top brand charcoal (Kingsford) to do your cooking. It might cost a little more at first but you will use a lot less than the cheap stuff.

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

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

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

Remember that these charts are just a starting point you will have to adjust the placement of the coals as needed.

##### Baking

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

##### General Cooking

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

## Baking Temperature Chart for Dutch Oven Cooking

Oven Top/Bottom	325°	350°	375°	400°	425°	450°
8"	15	16	17	18	19	20
*****	<b>10/5</b>	<b>11/5</b>	<b>11/6</b>	<b>12/6</b>	<b>13/6</b>	<b>14/6</b>
10"	19	21	23	25	27	29
*****	<b>13/6</b>	<b>14/7</b>	<b>16/7</b>	<b>17/8</b>	<b>18/9</b>	<b>19/10</b>
12"	23	25	27	29	31	33
*****	<b>16/7</b>	<b>17/8</b>	<b>18/9</b>	<b>19/10</b>	<b>21/10</b>	<b>22/11</b>
14"	30	32	34	36	38	40
*****	<b>20/10</b>	<b>21/11</b>	<b>22/12</b>	<b>24/12</b>	<b>25/13</b>	<b>26/14</b>

Servings per Dutch oven – These are approximate as some people can eat more than others, but they do serve as an aid:

<u>Oven Size</u>	<u>Persons Served</u>	<u>Oven Size</u>	<u>Persons Served</u>
8"	1-2	12" Deep	16-20
10"	4-7	14"	16-20
12"	12-14	14" Deep	22-28

Baking temperatures taken from regular cookbooks sometimes refer to Slow, Moderate, Hot, or Very Hot ovens. Those terms normally reflect following temperatures; Slow – 250°; Moderate – 350° to 400°; Hot – 400° to 450°; Very Hot – 450° to 500°.

## *Troop Food Shopping Tips:*

Sooner or later your son will be asked to buy food for his patrol on a camp out. Don't dread it. It's not as bad as you think. This checklist offers simple suggestions and should help ease the burden.

- Obtain a cooler from the troop to put the patrols perishable food in after shopping.
- Obtain a container or box to put the patrols non perishable items in after shopping.
- Have ice bagged so the food does not get saturated with water or fill empty milk containers with water and freeze for coolers. Once the ice has melted you can drink the water.
- Keep the condiments (e.g. maple syrup, can goods, spices...) in a troop (or patrol) box monitored by the Quartermaster (or Patrol Quartermaster). Saves investing in these items for every camp out.
- Recipes that require ingredients such as ½ tsp. of baking soda or 1 egg are usually donated by the “Grubmaster” if at all possible.
- Package raw meat in zip lock bags over original wrapping so coolers do not get contaminated.
- You can wrap other items (butter, cheese, fruit...) in zip lock bags to keep them safe from cooler contents.
- Depending on the type of camp out, some of the tedious and time consuming work can be done by “the shopper” or “Grubmaster” before hand. This is optional due to the desire and time available. (e.g. Browning ground beef, discarding the grease, zip lock the cooked meat or cutting up onions, celery, peppers... and zip lock bagging it already diced.)
- Purchase eggs in Styrofoam instead of card board containers.
- If applicable save receipts to be submitted for reimbursements.

# Breakfasts

## Mountain Man Breakfast

1/2 lb bacon (or pre-cooked sausage)

Medium onion

2 lb. bag of hash brown potatoes

1/2 pound of grated cheddar

1 dozen eggs

Small jar of salsa (optional)

The following requires 6-9 bottom coals and 12 -15 top coals:

Pre-heat 12" Dutch oven. Slice bacon and onion into small pieces and brown in the bottom of the Dutch oven until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes) Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set. (10 - 15 minutes)

Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted. Optional: cover cheese/egg mixture with a small jar (~ 1 cup) of SALSA. Cover and cook for an additional 3-5 minutes. Slice and server like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.) Cooking times will vary with the weather and your state of awake but it's almost impossible to screw up. Serves 6. Rich Locke, Adviser, Post 486, Williamsburg, VA

## Dutch Oven French Toast

1 loaf of bread (King's Hawaiian or Cinnamon Raisin is a nice treat but any bread will do.)

1 dozen eggs

1 tsp. vanilla

1 tsp. cinnamon

Nutmeg

1/2 cup milk or 1/2 & 1/2

1 stick of butter

1 cup brown sugar

1 jar caramel sauce (opt.)

pecans or walnuts (opt.)

maple syrup (opt.)

Break bread into chunks. Mix next 5 ingredients, (a zip lock bag may be used), combine with bread. Put mixture in a Dutch oven. Slice pats of butter to go on the top. Cover with brown sugar. Can also top with a jar of caramel sauce and nuts. Bake until eggs are set. Can serve with or without syrup.

## Breakfast Pizza

All you need is biscuit dough pre-made from the store or homemade if you have the time, eggs, ham, bacon, sausage your preference or all three and cheese. First stretch the biscuit dough thin a spread it over the bottom of the Dutch oven so none of the oven can be seen. Then pour a small layer of scrambled eggs over the dough.

Add your preference of ham, bacon or sausage or all on top of the eggs if you use bacon pre-cook it. Then spread the cheese over that and cook for 10 to 15 minutes and the Scouts will eat it up. It work for us and was given to our lodge by a Scoutmaster and his troop credit must go to Troop 29 of Union, Mississippi. Happy Cooking. Joe Maxwell, Scouter, OA Lodge Advisor

## Astronaut Eggs

What you will need to make eggs to feed six boys:

12 Eggs

6 Heavy Duty zip-lock sandwich bags

6 Burrito Shells

Good Stuff - Cheese, bacon bits, diced ham, chopped onions, chopped tomatoes or anything else you would like to add to your eggs

Salt, pepper, hot sauce

Large pot

Water

Add the water to the pot and bring the water to a boil (half full is fine). Take two eggs, crack open and put in a zip lock bag, then add the good stuff. Squeeze out the air and close the bag securely. Mix the eggs until scrambled with your fingers. Carefully place all the bags in the water.

Tip: If you want to, this is a good time to stem the burrito shells over the pot.

Carefully remove the bags from the water, open and slide them out into your burrito shells. Salt and pepper to taste. You Burrito Brothers can add hot sauce too. Fold and enjoy!

*Courtesy Lord Baden Powell University*

## Biscuits & Gravy

1/2 lb ground sausage

3 tbl chopped onion

2 tbl flour

2 c hot milk

Black pepper to taste

Prepare Homemade Biscuit recipe. Brown sausage and onion together. Pour off excess grease. Stir in flour. Slowly add milk while stirring. Cook until thickened. Serve biscuits split with gravy on top.

## Worm in the Apple

1 Apple

1 sausage link

Aluminum foil

Core an apple, stuff with sausage link, wrap in foil, and cook until soft (~ 40 min.) *Canadian Scouts.*

## Geezer Sugar Overdose Oatmeal

8c water  
1 tbs. salt  
3 cups quick oatmeal  
2 cups brown sugar  
2 sticks margarine

Bring water and salt to boil. Add brown sugar and margarine. When at rolling boil, add oatmeal. Cook 5 minutes, stirring constantly. Guaranteed to get you going and keep you going on a cold weather campout. *Old Geezer Cookbook*

## Bacon & Egg in a Paper Bag

3 thick slices of bacon  
1 egg  
1 paper lunch bag  
1 stick

Place bacon in the bottom of the bag, covering the bottom. Crack egg and put in bag on top of the bacon. Fold top of bag down securely. Poke a hole through the top of the bag for the stick. Hold over the hot coals till cooked.

## Foil Breakfast

Hash brown potatoes  
Eggs  
Sausage  
Spices  
Aluminum foil

Place potatoes, scrambled eggs (uncooked), sausage and spices in aluminum foil. Wrap securely. Place on coals for approx. 15 minutes. Turn and rotate as needed.

## Simple Breakfast Burritos Recipe

1/4 stick butter or non-stick spray  
Soft shell tortillas  
2 boxes pre-cooked sausages  
1 small bag of hash brown potatoes  
1 doz. eggs  
shredded cheese  
salsa

Cut the sausage into small pieces. Melt the butter in skillet. Add potatoes. Add Sausage when potatoes are about done. When the potatoes are brown, mix in the eggs. When the eggs are set scoop onto the tortillas shells and sprinkle with cheese. Add salsa if you like and eat

## Pita Pocket Breakfast

1 lb sausage (pork, turkey or ground beef)

1 medium onion, minced

6 Pita breads, medium

1 clove garlic

1 bell pepper, diced

12 eggs, beaten

1 jar salsa

Pre-heat Dutch oven (12 coals on the bottom). Brown sausage drain fat, saving 2 tbl. Stir in onion, garlic, pepper, sauté with sausage.

Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into Pita Pockets top with salsa to taste. (Hints: Brown sausage and sauté garlic onions and peppers in advance, refrigerate or freeze in Ziploc bags.

Add 2 Tbl of Olive Oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that you will need to dispose of).



# Lunches

## Tacos in a Bag or Walking Tacos

Feeds four:

- 1 pound ground beef
- 1 Package taco mix
- 8 single serve bags of Fritos, Doritos, etc.
- Chopped tomatoes, onions, lettuce
- Shredded cheddar cheese
- Hot sauce optional

Brown the ground beef and add taco mix according to directions. Crush the chips in each bag. Add the taco and meat mix. Top with cheese, onions, tomatoes and lettuce.

For a no cleanup meal, Prepare the meat and taco mix at home. Place in a zip-lock bag. Carefully squeeze out air and securely seal. Heat the entire bag in a pot of boiling water. Use wooden chopsticks you can save at burn at the evening camp fire.

*Hahnz Teope*

## Philly Cheese Steak Sandwich

- 3 onions, sliced thin
- 4 tbs margarine
- 1 lb thin sliced roast beef
- 2 jars cheese whiz
- 8 steak rolls, almost split

Sauté onions in margarine in large skillet. When onions are clear, add roast beef and cook until steak steams. Place slices of beef rolls followed by onions. Heat cheese whiz and pour at least 3 tbs cheese on each sandwich.

## Tailgate Sandwich

- 2 loaves French bread, cut lengthwise
- 2 green peppers, sliced thin
- 2 tbs olive oil
- 2 tbs red wine vinegar
- 6 thin slices mozzarella cheese
- 1/2 lb leaf lettuce
- 8 slices tomato
- 2 onions, sliced
- Pepper
- 8 slices smoked ham

Brush insides of bread with olive oil then vinegar. On the bottom half, lay the mozzarella in a layer. Repeat with leaf lettuce, then tomato, then onions, then ham. Season with pepper.

Place top half of bread on sandwich. Wrap in aluminum foil and grill for 5 minutes to a side. Unwrap, cut into slices, and serve.

## Deli Style Pepperoni Rolls

1 lb thin sliced sandwich style pepperoni  
1 lb each provolone and mozzarella cut into thin strips  
3 cups fresh spinach, shredded  
1 1/3 cups shredded carrots  
2/3 cups radishes, sliced thin-1 red onion, sliced into rings  
12 cherry tomatoes, cut in 1/2  
1/2 cups red wine and vinegar dressing  
3 tsp Dijon mustard

Cut pepperoni slices in 1/2. Combine pepperoni, cheese, spinach, carrot, radishes, onion rings, and tomatoes in large pot. Blend dressing and mustard well. Pour over pepperoni mixture and mix well. Cut a slice off the top of each deli roll. Hollow out leaving a 1/2in shell. Reserve crumbs. Divide pepperoni mixture between rolls. Use crumbs to finish stuffing rolls and put tops back on. Serve.

# Salads and Appetizers

## Butter Lettuce with Walnut Vinaigrette

1 head butter-leaf lettuce  
2 tbs Dijon-style mustard  
3 tbs red wine vinegar  
1/2 cups olive oil  
1/2 cups walnut pieces  
1 tbs parsley flakes  
salt & pepper to taste

Rinse and tear lettuce leaves into bite-sized pieces. Put into gallon double zip-lock in cooler until ready to serve. Combine mustard and vinegar in small pot until mixed well. Slowly add oil and beat until very well mixed. Then add nuts and parsley and beat again.

Cover and put into cooler until ready to serve. Beat well just before pouring over salad.

## Wilted Spinach and Bacon Salad

1 bunch fresh spinach  
6 bacon strips  
1/2 cups toasted sesame seeds  
2 hard cooked eggs, finely chopped  
DRESSING  
3 tbs red wine vinegar  
1/2 tsp sugar  
1 tsp Dijon mustard  
1 tsp garlic powder  
1 tsp onion powder

Rinse and drain spinach leaves, remove stems and break into bite-sized pieces. In small pot, combine vinegar, sugar, mustard, garlic and onion powder to make dressing and set aside.

Cook bacon crisp in skillet over medium heat. Remove bacon with slotted spoon and drain on paper towels. Add half of spinach to bacon drippings and cook for about 30 SECONDS.

Add rest of spinach and cook for another 30 SECONDS. Toss gently while cooking. Remove from heat, add vinegar dressing and sesame seeds. Divide into serving bowls and sprinkle crumbled bacon and chopped eggs over top.

## Dutch Oven Nachos:

This is even simpler than fruit cobbler. Line your Dutch oven with aluminum foil and heap your nachos in. Add whatever you like on top, usually shredded cheese, tomatoes, browned beef, and salsa.

Cover and put in a medium to low fire for a few minutes. Remove from fire when cheese is melted and serve. A great appetizer for those hungry hunters or campers who can't keep their hands off your food!!!

# Dinners

## Guadalupe Chili Pie

Method: Dutch Oven

Total Time: about 1 hour

Serves: 8

2 lb. lean ground beef

1 medium onion, chopped  
vegetable oil or margarine

1 15-oz. can chili beans

½ tsp. chili powder

½ tsp. salt (optional)

1 8-oz. can tomato sauce

2 6-oz. pkg. cornbread mix

Brown beef and onion in about 1 tablespoon of the oil or margarine in open Dutch oven over a good bed of coals. Spoon out and discard excess grease.

Add beans, chili powder, salt, and tomato sauce. Stir. Cook for about 15 minutes in covered oven (about 6-7 briquettes underneath and 15-18 on top).

Mix the cornbread as directed and add to top of meat and beans. Place lid on oven. Cook for 20-30 minutes, until cornbread is done. (Peek after first 5 minutes. The cornbread mix should be forming a slight crust. Adjust coals if it's cooking too fast or too slow.) *Troop 132 Cookbook*

Can be served with shredded cheese, sour cream and salsa on the side.

## Chicken Pot Pie

Serves four.

2 large chicken breasts, cooked and cubed

2 large cans mixed vegetables

1 can cream of chicken soup

1 can cream of mushroom soup

1 10-pack refrigerated biscuits

Mix chicken, vegetables including liquid, and both cans of soup. Put in a Dutch oven and warm over coals. Do not boil. When warm, place biscuits on top of chicken mixture and cover with lid. Place coals on lid. Check after 15 minutes. Cook until biscuits are done. Usually takes about 30 minutes.

## Northshore Jambalaya

1/2 lb pork tenderloin, chopped  
1/2 lb smoked sausage, 1/2" slices  
1/4 c vegetable oil  
1/4 c all-purpose flour  
1 c chopped onion  
1 c chopped celery  
1 bunch green onions, chopped  
4 cloves garlic, minced  
1 tbs chopped parsley  
1 (8 oz) can tomato sauce  
1 tsp garlic salt\  
1/2 tsp pepper  
1/2 tsp Hungarian paprika  
1/2 tsp dried thyme  
1/4 tsp red pepper  
6 c uncooked rice

Cook sausage and pork until browned; drain well. Set aside. Cook rice according to package and set aside. Heat oil in Dutch oven, add oil and cook over medium-high heat stirring constantly, until rue turns dark brown. Stir in onion, celery, 1/2 of green onion, garlic and parsley.

Cook over medium heat 10 min stirring frequently. Add tomato sauce and seasonings. Reduce heat and simmer 5 min, stirring occasionally. Stir in meat and remaining green onions. Cook until thoroughly heated. Add cooked rice and mix well. Simmer 5 min covered.

## Meatball Chili Stew

Prep Time: 15 min. • Cook Time: 25 min. deliciously seasoned meatballs simmer in a picante, tomato and bean mixture for a Southwestern-style stew.

1 cup Picante Sauce  
1 lb. ground beef  
1/2 cup crushed tortilla chips  
1 egg, beaten  
1/4 tsp. garlic powder OR 2 cloves garlic, minced  
1 tbs. vegetable oil  
2 tsp. chili powder  
1 can (28 oz.) whole peeled tomatoes, cut up  
1 can (about 15 oz.) red kidney beans, rinsed and drained  
Chopped fresh cilantro

MIX thoroughly 1/2 cup picante sauce, beef, tortilla chips, egg and garlic powder. Shape firmly into 24 (1") meatballs.

HEAT oil in saucepot. Add meatballs and cook until browned. Remove meatballs.

ADD remaining picante sauce, chili powder, tomatoes and beans. Heat to a boil. Add meatballs. Cover and cook over low heat 10 min. or until meatballs are done. Top with cilantro and additional crushed tortilla chips, if desired. Serves 6.

*Campbell's Kitchen*

## Dutch Oven Stroganoff

2 lbs boneless sirloin, cut into 2 x 1/2in strips  
1 cup flour  
1/2 tsp salt  
1/4 tsp pepper  
1 can beef broth  
1 large onion, sliced  
2 cloves garlic, minced  
1 tbs Worcestershire sauce  
1 1/4 cups water  
2 bay leaves  
1/4 tsp paprika  
1/2 cups olive oil  
1/2 lb fresh mushrooms, sliced  
2 packages brown gravy mix

Mix flour, salt, and pepper in small pot. Coat meat with mixture and brown in Dutch oven in olive oil. Stir in broth, Worcestershire, water, bay leaves, and paprika. Bring to simmer. Cook for 1 -1 1/2 hours or until meat is almost tender. Add mushrooms. Thicken with gravy mix. Serve over cooked egg noodles or mashed potatoes.

## Sloppy Joes

1 pound ground beef (very lean)  
1/2 cup chopped onion OR 2 tablespoons dry onions (just as good & much easier)  
1/8 teaspoon pepper  
1 tablespoon flour  
1 cup water  
2 teaspoons Worcestershire sauce  
3/4 cup ketchup

In Dutch oven, put in meat and next 3 ingredients. Cook until meat loses red color, stirring occasionally. Drain off any fat. Stir in water, Worcestershire sauce, and ketchup. Cook uncovered for about 20 minutes.

## Dutch Oven Pizza

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

Brown ground beef, drain. Line Dutch oven with 1 pkg. crescent rolls. Spread pizza sauce on dough. Add ground beef, pepperoni, and sprinkle oregano, garlic powder, and onion powder on top. Add cheeses and use second pkg. crescent rolls to form top crust. Bake 30 minutes at 350 degrees.

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

## Shepherds Pie

1 lb bacon  
1-2 lbs ground beef  
Mashed potatoes (instant or real)  
2 cans corn  
2 cans green beans

Cook 1 lb. bacon cut into 1 inch slices. Drain grease. Add 1-2 lbs ground beef and cook. While hamburger is cooking, prepare enough instant mashed potatoes (or real if you have the time/energy). When burger is completely cooked, add 2 cans corn (drained) and 2 cans green beans (drained). Then add thick layer of mashed potatoes.

Cover with 10 coals on lid & lower heat on bottom so meat does not burn. Let oven cook for 10 minutes, then top potatoes with grated cheese & cover until cheese melts! Season to taste with salt/pepper!

*Enjoy! Jody Cox*

## One Pot Ham Dinner

12 inch Dutch oven  
6lb ham  
6-8 Golden Delicious apples peeled and diced  
1 sweet potato halved  
1/4 cup cinnamon sugar  
dumplings or tubes of buttermilk biscuits

Pre-heat oven. Add ham w/1/2 cup water place 1/2 sweet potato on each side. Bake 1 hour. Add diced apples. Bake 1/2 hour. Remove ham and sweet potato. Add cinnamon sugar - stir. Place biscuits on top of apples. Bake until biscuits are browned about 15-20 minutes.

*Nathan Thompson*

## Apple Stuffed Pork Tenderloin

Serves 4

1 small apple, chopped (Granny Smith)  
1/2-cup bread crumbs, soft  
1/4 cup celery, chopped  
1/4 cup green onions, chopped  
2 Tablespoons raisins  
2 Tablespoons walnuts, chopped  
2 - 3 pound pork tenderloin, trimmed of fat  
1/2 cup apple cider  
1 1/2 teaspoon cornstarch  
1/8 teaspoon cinnamon  
Dash of nutmeg

**Stuffing:** Stir together the chopped apple, bread crumbs, celery, raisins, walnuts, green onion, and nutmeg. Add 1 Tablespoon of the cider. Mix well.

**Meat Preparation:** Butterfly the tenderloin. Cover with clear wrap and pound to 1/2 inch thickness. Spread stuffing mixture over meat. Roll up from one side. Tie with cotton string to secure. Brush with some of the remaining apple cider. Place meat on a rack in a 12" Dutch oven. Bake for approx. 45 minutes to 1 hour.

**Sauce:** While tenderloin is baking, combine in a sauce pan the rest of the apple cider, cornstarch, and cinnamon. Cook and stir till thickened and bubbly. Serve with tenderloin.

**Charcoal hints:** Use 10 to 12 briquettes underneath and 12 to 14 on the lid.

*Steve Robinson*



## Chicken Fajitas

1 4 lb package chicken breasts, boned and skinned  
3 tbs oil  
6 tbs Tone's Spicy Spaghetti Seasoning (or favorite fajita seasoning)  
2 tbs coarse ground black pepper  
3 large red bell peppers cut in strips  
2 onions, cut in strips  
2 large green peppers, cut in strips  
hot peppers (optional - use to taste)  
8 limes  
flour tortilla shells  
salt to taste  
14 inch Dutch oven

Pour the oil in the Dutch oven. Add the chicken and sprinkle with spices. Cook just until the pink is gone. Remove from pan and cut in strips.

Cook the peppers and onions in the pan and cook just until no longer crisp and the onions are clear. Add the chicken and finish cooking. Remove the lid of the Dutch oven and place upside down over coals, using the inside surface to cook the tortilla shells. (We used 8-10 coals and just turned the tortillas over with our fingers, but you can use a fork. Use a little oil if you want them to crisp a little more, but it's not necessary to do anything more and warm them)

Use the tortilla to wrap a spoonful of chicken and peppers, squeeze a half a lime over the chicken. Serve with additional lime wedges. Wrap and eat. Probably serves 10-12 normal people, or 8 teenagers. Six if they're hungry boys.

## Road Kill Chicken

1 Italian Sausage  
1 cup Pork  
1 cup Chicken  
1 onion  
2 cans of Cream of Mushroom or Cream of Celery or Cream of Chicken  
2 Boxes of Stuffing Mix  
15 to 20 Mushrooms or 2 small cans

Cut up chicken, Italian sausage and pork just let them cook together. When this is 3/4 done add the onion and mushrooms. When done add 2 cans of Cream of whatever and the 2 boxes of stuffing. Add enough water to make it creamy.

Cook until done. Pull off the coals and add all the coals to the top of your Dutch oven to brown the top of stuffing if you like about 3/4 of the way through so, you will brown the top of your stuffing and finish cooking the meal. You should be done in 15 to 20 min. You wait for the smell then you will know when it is done.

## Coffee Can Supper

### **Supplies:**

2 large coffee cans (this is for several people)  
Heavy duty tin foil

### **Ingredients:**

Hamburger, or small pieces of steak  
Medium potatoes  
Carrots  
Onions  
1 clove garlic  
Mrs. Dash seasoning  
Salt (optional)  
Butter or olive oil

Put a small amount of oil or butter in bottom of coffee cans. Peel potatoes, carrots and onions. Cut into chunks and put into coffee cans. Add the meat, seasonings and a little more oil or butter. Cover tightly with foil. Set in coals to bake for about 1 hour or until meat is no longer pink and the vegetables are tender. Serve with fresh crusty buttered bread.

You can also make this without meat, or with fish or chicken, and any seasonings you desire. Experiment! This is also something you can make ahead of time. Refrigerate and/or keep in cooler until time for use.

## Chuck Wagon Delight

2½ to 3 pounds beef brisket  
1 12-ounce package macaroni  
water (you can add tomato juice or beef stock to water if you like)

Place Dutch oven directly on coals and add a little oil or shorting. Add brisket and brown well on both sides. Add water to almost cover the brisket.

Cover oven and place coals on the oven lid and cook until meat is tender, about two hours. Remove meat from cooking juices and wrap in foil to keep warm. Add macaroni to cooking juices and place oven directly on hot coals. Boil, uncovered until pasta is tender, about 20 minutes.

## Beef and Noodles

1 pound ground beef  
1 package wide noodles  
3 teaspoons salt  
3 teaspoons pickling spices  
1 48-ounce can tomato juice  
1 large onion  
3 cloves garlic  
3 tablespoons cooking oil

While the Dutch oven is preheating, peel the carrots and onions and cut them into 2 inch sections and mash the garlic. In the preheated oven add the cooking oil. When the oil is hot enough to smoke lightly, add the ground beef and brown. Pour off excess grease.

Add the vegetables to the ground beef and mix. Add the dry noodles to the top of the ground beef. Pour in the tomato juice over noodles. Cover and place over 12 coals. Cook 45 minutes until noodles and onions are tender.

## Poor Man's Steak

2 pounds ground beef  
1 1/3 cups milk  
2 teaspoons salt  
margarine or butter  
1/4 teaspoon pepper  
2 cans cream of mushroom soup  
2 cups cracker crumbs  
1 cup water

Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Let stand in refrigerator overnight or as least 6 hours. Cut into slices and brown in margarine. Mix soup with 1 cup of water and pour over meat placed in Dutch oven. Bake at 350 degrees F for 1 1/2 hours.

## Oven-Braised Country Ham

6 servings  
6 4-ounce slices country ham  
2 tablespoons brown sugar  
1/4 cup water

Place slices of ham in lightly greased Dutch oven. Sprinkle with brown sugar. Pour water around ham. Cover and bake at 350 degrees F for 30 minutes. Serve immediately.

## Spaghetti and Meatballs

### **Spaghetti:**

1 large onion  
1 clove garlic, crushed  
1 teaspoon sugar  
1 teaspoon oregano leaves  
¾ teaspoon salt  
¾ teaspoon basil leaves  
½ teaspoon marjoram leaves  
1 8-ounce can tomato sauce  
4 cups hot cooked spaghetti  
1 16-ounce can whole tomatoes

### **Meatballs:**

1 pound ground beef  
½ cup dry bread crumbs  
¼ cup milk  
¾ teaspoon salt  
½ teaspoon Worcestershire sauce  
¼ teaspoon pepper  
1 small onion, diced (¼ cup)  
1 egg

**Meatballs:** Mix all ingredients, shape into 1½ inch meatballs. Place in Dutch oven and bake at 400 until done and light brown, 20 to 25 minutes. Prepare spaghetti according to package instructions.

Mix all ingredients except meatballs, break up tomatoes. Heat to boiling, reduce heat.

Cover and simmer, stirring occasionally 30 minutes. Stir meatballs onto mixture.

Cover and simmer, stirring occasionally, 30 minutes longer. Serve over spaghetti and if desired, with grated parmesan cheese.

## Dutch Oven Beef Lasagna

1 lb ground beef  
1 onion chopped  
minced garlic  
1/2 cp wine salt and pepper  
2 t basil / 1 t oregano  
2 cp cottage cheese  
3 cp uncooked pasta  
3 1/2 cp canned tomatoes with juice  
1/2 cp water  
2 oz mozzarella cheese  
2 T Romano cheese

In Dutch oven or frying pan, cook beef and drain. Stir in onion and garlic. Cook 1 min. Stir in wine, herbs and seasoning. Arrange cottage cheese over meat. Arrange pasta over cheese. Spoon tomatoes over noodles, add water. Cover, simmer 35-40 min. Until pasta is cooked and liquid absorbed. Spoon Mozzarella on top. Sprinkle Romano on top, cover and let stand 10 min.

Optional, add SPINACH between beef and cheese

*Courtesy of: B's Cookbook.*

## Dutch Oven Lasagna 1

1-1/2 lb. lean ground beef  
23 oz spaghetti sauce  
9 oz shredded mozzarella cheese  
3 eggs  
2-1/4 c cottage or ricotta cheese  
1/4 cup grated Parmesan cheese  
13 lasagna noodles  
1-1/2 tsp. oregano  
3/4 c hot water

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.

Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by pre-cooking and draining the lasagna noodles.

*From The Dutch Oven Cookbook*

## Dutch Oven Lasagna 2

1½ pounds lean ground beef  
23 ounces spaghetti sauce  
9 ounces shredded mozzarella cheese  
3 eggs  
2¼ cups cottage or ricotta cheese  
¼ cup grated Parmesan cheese  
13 lasagna noodles  
1½ teaspoon oregano  
¾ cup hot water

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.

Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread ½ of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread ½ of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by pre-cooking and draining the lasagna noodles.

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### Dutch Oven Lasagna 3

Yield: 8 servings Cooking time: 1 hour

1 1/2 lb. ground beef  
1 env. spaghetti sauce mix  
1 lb. cream Cottage cheese  
1/2 box lasagna noodles (uncooked)  
2 tsp. basil leaves  
1 tsp. salt  
2 tbsp. parsley flakes  
1 lb. can tomatoes (mashed)  
1 (8 oz.) can tomato sauce  
1 (8 oz.) pkg. Mozzarella Cheese

Line your Dutch oven with foil. Loosely fry ground beef in Dutch oven. When brown, spread evenly over bottom. Sprinkle 1/2 spaghetti sauce mix over meat. Spoon on cottage cheese. Lay on a layer of noodles. Sprinkle remaining spaghetti sauce mix on top. Sprinkle on basil, parsley and salt. Pour on tomatoes and tomato sauce evenly. Add one cup of water over top, make sure all is wet.

Cover. Cook over low heat, boil until noodles are done. Take off fire. Sprinkle cut up pieces of cheese over top. Let stand 5 minutes. Serve.

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## Sally's Dutch Oven Lasagna 12" Dutch Oven

1 lb. ground beef  
1 cup cottage cheese  
1 32 oz. jar spaghetti sauce  
12 oz. Mozzarella, grated  
1 cup water  
1/4 cup grated Parmesan  
1 can sliced olives  
1 can mushrooms  
1 box **uncooked** lasagna noodles  
1 tsp. oregano  
1/2 tsp. nutmeg  
2 Tbsp. minced garlic  
1 tsp. oregano  
1 tsp. basil  
1 onion diced  
2 Tbsp. chopped parsley

Mix spaghetti sauce, water, spices, mushrooms, parsley, and olives together. Layer ingredients in Dutch Oven starting with sauce, uncooked lasagna, Mozzarella, and cottage cheese. Repeat layering, ending with sauce. Sprinkle with Parmesan cheese. Bake slowly, about 45 minutes, modest heat.

## Camp Lasagna

2 boxes noodles (no boil type)  
2 jars spaghetti sauce  
1 lb. bag shredded mozzarella cheese  
1 lb. ricotta cheese  
2 eggs  
1/2 cup grated parmesan (extra for garnish on top)  
1 1/2 pounds ground beef (or Italian sausage)  
(extra spices optional: salt, pepper, oregano, garlic, basil...)

Brown meat in bottom of Dutch oven. Remove meat and mix with sauce. Mix cheeses together with egg. Layer sauce and meat mixture, then noodles, then cheeses, then more sauce, noodles, cheese. Top with sauce and cheese and bake covered in Dutch oven till noodles are tender. 30–45 minutes.

### **Hints:**

You may have to break noodles to fit the bottom of Dutch oven. Just fill in spaces with the broken pieces. Noodles will absorb moisture from sauce as it cooks. Insure bottom heat is not too hot or your pasta will burn, turn oven during cooking to avoid hot spots.

## Pork Chop Creole

9 pork chops  
¼ cup shortening  
1½ cups chopped onion  
4 8-ounce cans tomato sauce  
4 tablespoons brown sugar  
2 teaspoons salt  
1 teaspoon sweet basil  
3 8-ounce cans water  
2 cups regular rice

Melt shorting in Dutch oven. Brown chops in both sides. Remove chops. Add celery and onions and cook lightly. Drain grease into empty can. Stir in all other ingredients except chops. Bring to boil. Add chops to top of ingredients, cover, and reduce heat. Simmer for 30 minutes.

## Spaghetti Bake

8 servings  
2 pounds ground beef  
½ cup chopped onion  
¼ teaspoon garlic powder  
32 oz spaghetti sauce  
8 ounces spaghetti, broken into 2" pieces and cooked  
8 ounces mozzarella cheese, shredded  
½ cup parmesan cheese, grated

In Dutch oven, cook ground beef and onion until golden brown. Drain fat. Add in sauce and garlic powder. Bring mixture to boil and simmer for 15 minutes. Remove ½ of mixture. Add cooked spaghetti to oven and mix well. Sprinkle with mozzarella cheese. Top with remaining mixture and sprinkle on parmesan cheese. Bake at 350 degrees F for 30 minutes.

## Swiss Steak

3 pounds round steak  
3 stalks celery, peeled, chopped fine  
3 tablespoons butter  
½ cup catsup  
1 teaspoon salt  
1 tablespoon chopped parsley  
1 large onion, diced

Brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2 to 2½ hours. ½ cup water may be needed if mixture thickens too much.



## Mike's Chili

2 pounds ground beef  
4 tablespoons water  
1 tablespoon oil  
2 teaspoons each: salt, sugar, Worcestershire sauce, cocoa, ground cumin, oregano  
½ teaspoon tobacco sauce  
1 large onion chopped  
1½ teaspoon chili powder  
2 cans kidney beans  
3 cup canned tomatoes

Brown ground beef in oil. Add onion and cook until it turns clear. Add remaining ingredients except kidney beans and simmer 1 hour covered. Add kidney beans and cook 1 additional hour uncovered.

## Deep Woods Deep-Dish Pizza

1 loaf frozen bread dough or 1 package frozen pizza crust dough  
2 cups grated mozzarella cheese  
1 package pre-sliced pepperoni or 1 pound cooked Italian sausage or your favorite pizza topping  
cooking oil  
1 jar pizza or tomato sauces  
½ medium onion  
½ chopped green pepper

Let bread dough thaw and partially rise. Meanwhile, grease Dutch oven inside-bottom and sides with cooking oil. Press risen dough to cover entire bottom of Dutch oven, being careful not to tear dough. Let dough bake until light brown.

Pour and spread sauce evenly over dough, leaving edges clear. Sprinkle cheese as desired onto sauce. Add meat, onions, peppers as decided.

Place covered oven in coals: then cover the lid with coals. Bake for 15 to 20 minutes, checking every 10 to 15 minutes for doneness. Cook until outside crust is brown and cheese is bubbling.

## Camp Stew

8 servings  
2 pounds hamburger  
1 can stewed tomatoes  
1 can corn  
8 ounces elbow macaroni  
½ cup chopped onions  
1 cup water  
¼ pound longhorn cheddar cheese

Brown beef in Dutch oven, kettle, or skillet. Drain. Stir in tomatoes, corn, macaroni, and water. Cook until done. Just before serving add cheese.

## Easy White Chili

4 chicken breasts diced  
2 cans white beans  
1 can chicken broth  
1 tsp. garlic  
1 med. onion, chopped  
1 can (4 oz.) jalapeno peppers, chopped  
3/4 tsp. oregano  
1/8 tsp. pepper  
1 tsp. cumin  
1/8 tsp. cloves  
1/2 c. red pepper

Brown meat in a Dutch oven. Add other ingredients and simmer. Serve with a dollop of sour cream and shredded Jack cheese and salsa on top.

# Breads

Tip: Use a gallon size zip-lock bag for your mixing bowl

## Monkey Bread 1

4 cans Biscuits  
1 c Sugar  
1 c Brown sugar  
4 tbs. Cinnamon  
1 stick oleo

Cut biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop quarters into bag and coat well. Place in Dutch oven. Melt oleo in lid and pour over quarters. Bake 350 for 35 min.

## Monkey Bread 2

A quick, yummy treat, the kids will love it! Prep Time: approx. 5 Minutes. Cook Time: approx. 35 Minutes. Ready in: approx. 40 Minutes. Makes 1 loaf (12 servings).

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1 1/2 cups light brown (or white) sugar  
1 cup chopped pecans  
3 tablespoons ground cinnamon  
3 (12 ounce) packages refrigerated buttermilk biscuit dough  
1/2 cup margarine

Sprinkle nuts in bottom of an aluminum foil lined dutch oven (12"). Mix cinnamon and sugar together in ziplock bag or bowl. Cut biscuits into fourths, and roll each piece in the cinnamon and sugar mixture. Layer biscuits in dutch oven.

Melt butter or margarine, and dissolve the remainder of the sugar mixture in it. Spoon over biscuits.

Bake at 350 degrees F (175 degrees C) for 35 minutes.

Lift out aluminum foil and bread from dutch oven, turn out onto a platter, and serve (best if bread is pulled apart versus cut with knife).

## Bannock

Our ancestors made this bread when on the trail. Try throwing in blueberries or raisins for added flavor. Prep Time: approx. 10 Minutes. Cook Time: approx. 30 Minutes. Ready in: approx. 40 Minutes. Makes 1 loaf (12 servings).

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3 cups self-rising flour  
1/4 cup butter, melted  
1 teaspoon salt  
1 1/2 cups water

Measure flour into a large bowl. Pour melted butter and water over flour mixture. Stir with fork to make a ball.

Turn dough out on a lightly floured surface, and knead gently about 10 times. Pat into a flat circle 3/4 to 1 inch thick.

Cook in a greased frying pan or dutch oven over medium heat, allowing about 15 minutes for each side. Use two lifters for easy turning. May also be baked on a greased baking sheet at 350 degrees F (175 degrees C) for 25 to 30 minutes.

## Oatmeal Soda Bread

This is a very easy recipe that has the added bonus of being lowfat! It bakes into a round loaf. Prep Time: approx. 10 Minutes. Cook Time: approx. 40 Minutes. Ready in: approx. 50 Minutes. Makes 1 loaf (12 servings).

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3 1/2 cups self-rising flour  
1/2 cup quick cooking oats  
1 teaspoon salt  
1 (8 ounce) container low-fat sour cream  
3/4 cup skim milk  
2 tablespoons honey  
1 tablespoon white sugar  
1/4 cup butter, melted  
2 tablespoons butter, melted

Line with aluminum foil and preheat dutch oven to 375 degrees F (190 degrees C). In a large bowl, mix together flour, 1/2 cup oats and salt.

In another bowl, mix together sour cream, milk, honey, and sugar. Add to the flour mixture, and mix just until well blended. Stir in melted butter or margarine.

Turn dough into dutch oven. Shape into a round, lightly mounded circle, about 8 inches diameter. Brush the top of the loaf with melted butter or margarine, and sprinkle with remaining 1 tablespoon oats. With a knife, score the top of the loaf into quarters.

Bake for about 40 minutes, or until browned. Cool completely before slicing.

## Easy Soda Bread

Flour, oil, salt, and a can of soda pop are all you need to make this simple bread recipe.

Prep Time: approx. 10 Minutes. Cook Time: approx. 30 Minutes. Ready in: approx. 40 Minutes.  
Makes 1 - 12-inch dutch oven (8 servings).

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3 cups self-rising flour

1/3 cup cooking oil

1 teaspoon salt

1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage

Grease and line dutch oven with aluminum foil (bottom and sides). Preheat dutch oven to 375 degrees F (190 degrees C). Mix flour, salt, and cooking oil in a ziplock bag (gallon sized).

Pour lemon-lime soda over the top and mix up by hand in the ziplock bag. Place mixture into the pre-heated and lined dutch oven.

Bake in preheated oven for approximately 40 minutes (or until top is golden brown and no longer powdery or wet).

Remove from heat, lift bread out of oven with aluminum liner and serve warm. (caution: may be very hot at first so let stand for a couple of minutes)

## Just Right Cornbread

1 cup – Cornmeal

1 cup- Flour

1 tsp. - baking powder

1 tsp. – salt

3/4 cup- sugar

1 cup- milk

1/4 cup - honey

1 lg. egg slightly beat

Mix all ingredients in the order listed. Pour into a greased 10 or 12 in Dutch oven. Bake at 350 degrees for about 20 min. and have the butter ready because this stuff won't last long.

*Wayne Jewkes*

## Dutch Oven Biscuits

About 8 biscuits  
1 c plus 2 T flour  
¼ tsp. baking soda  
1 tsp. baking powder  
2 T Crisco (solid)  
½ c. buttermilk

Place 1 T Crisco shortening in bottom of oven. Place coals on over to bring temperature to 500 while making dough. Combine Flour, baking soda, baking powder and salt in bowl. Cut in 1 T Crisco shortening until mixture becomes grainy.

Add buttermilk slowly and stir with fork until it forms a ball. Turn out onto floured surface and briefly knead. Do not over-knead. Roll out or flatten to ½ inch thickness.

Cut out with biscuit cutter or cup. Place in oven and turn once to coat on both sides. Bake at 500 for 10 minutes or until lightly brown.

*Mike McKee, Troop 23, Three Fires Council*

## Camp Bread

3 cups self rising flour  
1 can ginger ale (or any flavored soda)  
1 teaspoon salt  
1 Tablespoon Oil (optional) / 1 Tablespoon Sugar (optional)

Mix ingredients and place loaf in a Dutch oven. Cook until golden brown.

# Desserts

## Dump Cobbler

1 pkg yellow or white cake mix  
2 cans pie filling or 1 lg can fruit cocktail  
Cinnamon  
Butter

Pour cans of filling or fruit cocktail in bottom of Dutch oven. Sprinkle cake mix over top of fruit, DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR, it will burn. Cover and bake until bubbly and top is lightly browned, about 30-45 min. Any combination of fruits can be used. I recommend 1 can apple filling and 1 can of fruit cocktail.

## Pineapple Upside Down Cake

1 pkg "complete" white cake mix  
1 can pineapple rings  
1 small bag pecans  
1 small jar maraschino cherries  
1/2 cup brown sugar  
Foil  
Margarine  
Flour

cardboard circle cut slightly- smaller than inside of Dutch oven then covered with foil  
Line Dutch oven with foil. Grease and flour well. Layer bottom of oven with pineapple rings. Save juice. Use pecans and maraschino cherries to fill in holes. Sprinkle over pineapple: brown sugar, 2 to 4 tbs pineapple juice, 4 to 5 pats margarine. Prepare cake mix.

Use rest of pineapple juice as liquid in mix. Pour into oven. Cover and eat oven. Use 6 briquettes on bottom and 18 on top. Keep briquettes in a B1 to 3 ratio to keep up heat. Bake 20-30 minutes. Let oven cool.

Place foiled cardboard on top of cake and invert oven to remove cake. Slowly peel off foil from cake. Serve.

*J.D. Kuehn, Cahokia Mounds District Executive*

## Easy Fruit Cobbler Cake

Cake mix, pie filling and your favorite lemon-lime soda are all you need to make this versatile dessert. Prep Time: approx. 10 Minutes. Cook Time: approx. 40 Minutes. Ready in: approx. 50 Minutes. Makes 1 - 12-inch dutch oven (8 servings).

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2 (21 ounce) cans blueberry pie filling (or apple, cherry, or peach)  
1 (18.25 ounce) package yellow cake mix  
1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage  
1/2 (2 oz) stick of margarine or butter

Grease and line dutch oven with aluminum foil (bottom and sides). Preheat dutch oven to 375 degrees F (190 degrees C). Spread pie filling over the bottom of the prepared pan, then sprinkle evenly with the cake mix.

Pour lemon-lime soda over the top. Cut pats of margarine from stick and evenly distribute over the cake mix.

Bake in preheated oven for approximately 45 minutes (or until top is golden brown and no longer powdery or wet).

Remove from heat, lift cobbler out of oven and serve warm. (caution: may be very hot at first so let stand for a couple of minutes)

## Chocolate Lover's Upside Down Cake

1 C flour 2 tbs. melted butter  
3/4 C sugar 1 C chopped pecans  
2 tsp baking powder 1 C boiling water  
1/4 tsp. salt 1/2 C sugar  
5 tsp. cocoa 1/2 C brown sugar  
1/2 C milk 1/4 C cocoa  
1 tsp. vanilla

In small pot, mix flour, sugar, baking powder, salt and cocoa. Stir in milk and vanilla. Add melted butter and pecans. Line Dutch oven with foil, grease and flour. Pour batter in oven. Combine 1/2 C sugar, 1/2 C, and 1/4 C cocoa. Sprinkle mixture over cake batter, Pour 1 C boiling water over top of cake. Bake at 350o for 30-35minutes.

When done, carefully turn oven over with lid on. Remove cake from oven, leaving it on lid. When cool, carefully peel off foil and serve.

## Krispy Kreme Dutch Oven Bread Pudding

2 dozen Krispy Kreme donuts  
1 large can fruit cocktail with juice  
1 can sweetened condensed milk  
2 eggs  
1 cup raisins  
1 tsp. cinnamon

Break up donuts and mix all other ingredients and combine. Place in Dutch Oven and bake for 45 minutes to an hour.



## Outdoor Old Goat Apple Crisp

1 cup flour  
3 cup dry oatmeal  
1 ½ cup brown sugar  
1 2/ tsp salt  
3 tsp cinnamon  
1 cup margarine, melted  
1 gallon can apples

Mix thoroughly in medium pot flour, oatmeal, brown sugar, salt, and cinnamon. Add melted margarine and mix well. Mixture should be crumbly. Place large pot lid upside down in Dutch oven and line with foil. Grease well with margarine. Add apples. Top with oatmeal mixture.

Cover and place coals on bottom and top of oven in 1 to 3 ratio. Bake 1 hour. Serve warm. Peaches, pineapple, or cherries can be substituted for apples.

## Hobo Popcorn

Popcorn  
Oil  
Heavy duty aluminum foil  
Stick

In the middle of a 18" x 18" piece of aluminum foil, place 1 teaspoon of oil and 1 tablespoon of popcorn. Bring foil corners together to make a pouch. Secure the edges of the foil but leave plenty of room for the popcorn to pop. Tie the pouch to a stick and hold the pouch over the hot coals. Shake constantly until all the popcorn has popped. Add butter and salt to taste.

## Crescent Rolls on a Stick

1 tube of refrigerated Crescent rolls  
Butter or margarine  
Jam, jelly or honey

Using a thick green stick about 1 inch in diameter, wrap the dough for a crescent roll spiral fashion around the tip of the stick. Leave space with the spiral for the heat to reach all of the dough. Press the ends of the dough to the stick to stick to the stick....

Hold the stick over coals for 15-20 min., turning frequently as you salivate. When golden brown, slip the roll of the stick and spread with butter, jam, jelly, or honey. Plan for 1-3 rolls per Scout.

*Troop 928*

## Banana Boat

Banana  
Hershey's chocolate bar or chocolate chips  
Marshmallows or mini marshmallows  
Heavy duty aluminum foil

Cut your banana down the middle. Leave it in the peel. Stuff with chocolate and marshmallows. Wrap in aluminum foil and place in hot coals for about 5-10 minutes. Turn and rotate often.

## Pineapple Upside Down Donut

Pat of Butter  
Spoon of Brown Sugar  
Cherry  
Pineapple Ring  
Donut

Place ingredients in order on a piece of tin foil. Wrap and place on hot coals for 10 minutes. Flip, unwrap & eat.

## Recipe for Happiness

2 heaping cups of **Patience**  
1 heart full of **Love**  
2 handfuls of **Generosity**  
A dash of **Laughter**

Sprinkle generously with **Kindness**, add plenty of **Faith** and mix well. Spread over a period of a lifetime, and serve everyone you meet.

Give this recipe some serious thought. There is more value in it than meets the eye at the first reading.