

Troop 709



Flower Mound, Texas

# Patrol Cookbook

Jeff Zamecnik  
2008



## Preface

It has been proven...  
If you give a Scout a breaded chicken patty to heat up,  
you will feed him for a meal...

... and every other meal he can get away with it.

Learning how to cook is one of those skills Scouts will use throughout their lives, and maybe actually enjoy.

The purpose of this book is then two fold: First, to present easy to follow and prepare recipes, hopefully to "wet" their appetites. Second, to provide several different methods of cooking those recipes.

In preparing this cookbook, I gave consideration to the time constraints and materials Scouts have at their disposal. Realizing cooking from scratch is usually best, it is necessary to offer several "shortcuts" for Scouts to complete their tasks in a timely manner. (All meals are designed to be prepared and cooked in an hour or less, unless otherwise noted).

It is my hope this book is not an end all, be all, but rather a living entity by which ideas (recipes) are added and subtracted as Scouts become more proficient in their cooking skills.

I also wish to thank all who have inspired me to write or include a certain recipe, and to those, from whom, I've "borrowed" (although I had something similar in mind)... I just like yours better. So... credit is given, where credit is due.

If this book encourages at least some Scouts to further their knowledge of cooking, then my efforts would be... a success.

Enjoy!

--- Jeff Zamecnik



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# Breakfast

The most important meal of the day!

Let's start with some high protein meals that are easy to make and provide a good foundation for all of those...

Outdoor Activities!



## Biscuits & Sausage Gravy

**Ingredients:** (serves: 8)

2 lb. Sausage  
1 tube (16 oz./8) Buttermilk Biscuits  
2 pkts. Country Gravy Mix  
1 stick Butter  
Tin Foil

**Instructions:**

Prepare charcoal (see Dutch Oven prep).  
Line bottom of oven with foil, shiny side up.  
Arrange Biscuits in oven (all eight should fit).  
Since the oven cooks from the top down, brush the tops of the biscuits with some melted butter  
Cook for 13-17 min. (check after 10 min. to make sure they are not burning)  
While the biscuits are cooking, brown sausage, drain grease, set aside.  
Prepare gravy according to package.  
Add sausage to gravy when gravy is done.  
Divide biscuits (one per Scout) then spoon gravy mix over biscuit.

**Sides:** Fruit – Cantaloupe, Bananas, Grapes.

**Utensils Needed:** 1 Dutch Oven, 1 large pan, 1 small pot, tin foil, 1 large spoon.

**Variations:** None.

**Approx. Cost:** \$13.25 or \$1.66 per Scout (cost/8 servings)



## Breakfast Tacos

**Ingredients:** (serves: 8-10)

1 lb. Sausage  
12 Eggs  
20 Flour Tortillas  
2 Cups Shredded Cheese  
1 Small Diced Onion  
Sour Cream  
Salsa  
Tin Foil

**Instructions:**

Brown sausage and onion in a pan, pour out the grease.  
Scramble eggs in a bowl and pour over sausage.  
Cook until eggs are done.  
Warm tortillas in foil over low heat (turning occasionally).  
Spoon mixture on tortillas.  
Add cheese, salsa and sour cream to taste.

**Sides:** Fruit - Cantaloupe, Bananas, Grapes.

**Utensils Needed:** 1 large pan, bowl, tin foil, 2 large spoons.

**Variations:** dice red and green bell pepper and cook with onion.

**Approx. Cost:** \$16.82 or \$2.10 per Scout (cost/8 servings).



## Cinnamon Rolls

**Ingredients:** (serves: 8)

1 Tube (16 oz./8) Cinnamon Rolls  
2 Lb. Bacon  
1 stick Butter  
Tin Foil

**Instructions:**

Prepare charcoal (see Dutch Oven prep).

**Note** - These cook at 400°, so you will need to add 4 coals to the Top and 1 Coal to the Bottom

Line bottom of oven with foil, shiny side up.

Arrange Rolls in oven (all eight should fit).

Since the oven cooks from the top down, brush the tops of the biscuits with some melted butter

Cook for 8-10 min. (check after 5 min. to make sure they are not burning)

While the rolls are cooking, cook bacon, drain grease, set aside.

Divide rolls (one per Scout) then top with frosting.

**Sides:** Fruit - Cantaloupe, Bananas, Grapes.

**Utensils Needed:** 1 Dutch Oven, 1 griddle, tongs, tin foil, 1 knife.

**Variations:** None.

**Approx. Cost:** \$12.67 or \$1.58 per Scout (cost/8 servings).



# French Toast

## Ingredients:

6 eggs  
1 1/2 cups milk  
16-20 slices of bread  
1/4 teaspoon cinnamon  
1 lb. Bacon or Sausage (links/patties)  
Powdered sugar  
Syrup  
Oil

## Instructions:

In a bowl, beat together eggs, milk and cinnamon.  
Heat griddle on stove, oil lightly.  
Dip bread in egg mixture, coating both sides, place on griddle.  
Repeat to fill griddle, cook/flip until both sides are golden brown.  
Re-oil griddle in between batches.  
When finished with Toast, place in tin foil to keep warm, cook bacon/sausage.  
Serve with powdered sugar and syrup.

**Sides:** Fruit - Cantaloupe, Bananas, Grapes.

**Utensils Needed:** 1 griddle, 1 flipper, 1 bowl, tin foil, measuring cup and spoon.

**Variations:** None.

**Approx. Cost:** \$11.96 or \$1.50 per Scout (cost/8 servings).



# Mountain Man

from Jeff J.

**Ingredients:** (serves: 8)

2 lbs. Sausage  
2 lbs. frozen hash brown potatoes  
8 eggs, beaten with 1/4 cup water  
2 cups shredded cheese  
16 flour tortillas (optional)

**Instructions:**

Prepare charcoal (see Dutch Oven prep).  
Brown sausage in Dutch oven over stove – DO NOT drain grease.  
Remove sausage and drain on paper towels.  
Add potatoes to Dutch oven (with grease) and brown.  
When browned, spread evenly, layer sausage on top of potatoes  
Pour eggs over sausage layer.  
Add cheese on top.  
Place Dutch oven on coals and cook for 20-25 minutes, until eggs are done.  
Serve in bowls or on flour tortillas

**Sides:** Fruit – Cantaloupe, Bananas, Grapes.

**Utensils Needed:** 1 Dutch Oven, 1 large spoon, 1 bowl, measuring cup.

**Variations:** add mushrooms, bell pepper to mix. Sub hamburger for sausage.

**Approx. Cost:** \$18.38 or \$2.30 per Scout (cost/8 servings).



## Pancakes & Sausage

**Ingredients:** (serves: 8)

Pancake mix  
16 Sausage Patties (packaged or sliced from bulk)  
Syrup  
Water  
Butter and Oil

**Instructions:**

Prepare pancake mix per instructions on package (16-20).  
Cook sausage patties in frying pan – drain grease.  
Place sausage in tin foil to keep warm and set aside.  
Lightly oil griddle (and again after each batch).  
Pour mix (using a measuring cup) on griddle to form several 4 inch pancakes (repeat).  
Cook until bubbly on top, flip, continue cooking until bottom is golden brown.  
Serve with butter and syrup.

**Sides:** Fruit – Cantaloupe, Bananas, Grapes.

**Utensils Needed:** griddle, mixing bowl, large spoon, frying pan spatula, tongs, measuring cup.

**Variations:** Sausage links, Bacon.

**Approx. Cost:** \$10.37 or \$1.30 per Scout (cost/8 servings).



# Lunch

Time to refuel!

Ok, here are so meals that are fun to make and will keep you going all afternoon.



## Foil Packs

from Rusty C.

**Ingredients:** (serves: 8)

2 lbs. Hamburger  
1 pkg. (2 lbs.) Frozen Hash Brown Potatoes (thaw)  
1 Head Cabbage  
1 Medium Onion, diced  
1 lgr. bag Frozen Mix vegetables  
1 Sharpie

### Instructions:

Prepare charcoal.  
Form 8 balls of hamburger (each Scout can season to his own taste).  
Tear off 8 large pieces of tin foil (use heavy duty or double regular).  
Put a cabbage leaf (may need two) on foil (shiny side up), then hamburger.  
Flattened patty and season to taste (salt, pepper, Lowery's, garlic, salsa, etc.).  
Add some onions, potatoes and veggies.  
Cover with more cabbage.  
Fold tin foil around food (making a packet, not a ball), seal all edges.  
Write your initials on both sides with the Sharpie.  
Cook on coals for 20-25 minutes per side (be sure to turn).  
Use oven mitts to turn your foil packs.

**Sides:** Fruit

**Utensils Needed:** tin foil, knives, cutting board, bowls, charcoal, oven mitts.

**Variations:** use chicken, smoked sausage or ham in place of hamburger. Use different veggies. Experiment with the seasonings.

**Approx. Cost:** \$15.04 or \$1.88 per Scout (cost/8 servings).



## Grilled Cheese

**Ingredients:** (serves: 8)

16 Slices American Cheese (or other)  
1 Loaf, thin sliced Sandwich Bread  
Butter (spreadable)  
Chips  
Fruit

**Instructions:**

Heat lightly oiled griddle over stove (medium heat).  
Place 2 pieces of cheese between 2 slices of bread.  
Butter top and bottom of sandwich.  
Brown both sides of the sandwich on griddle (flipping once).  
Repeat for remaining sandwiches.  
Be sure to oil griddle after each batch.

**Sides:** Fruit, Chips

**Utensils Needed:** 1 griddle, 1 flipper, knife.

**Variations:** put pickles in between cheese slices.

**Approx. Cost:** \$12.36 or \$1.55 per Scout (cost/8 servings).



# Hamburgers

**Ingredients:** (serves: 8)

2 lbs. Hamburger  
1 pkg. Hamburger buns  
2 pkg. Lipton Onion Soup mix  
1 pkg. (8 slices) American Cheese  
1 small Onion, sliced  
2 Tomatoes, sliced  
Lettuce  
Pickles

**Instructions:**

Prepare a fire or use charcoal  
Combine soup mix with the hamburger, mix well, and form 8 patties.  
Grill Hamburgers on grill (over fire) cook to medium.  
Slice Onions, Tomatoes and Lettuce.

**Sides:** Chips, Fruit.

**Utensils Needed:** 1 grill, 1 large bowl, flipper, knife, cutting board.

**Variations:** make cheeseburgers.

**Approx. Cost:** \$21.31 or \$2.66 per Scout (cost/8 servings).



## Hotdogs

**Ingredients:** (serves: 8)

2 pkg. Hot Dogs  
2 pkg. Hot Dog Buns  
1 can (19 oz.) Chili  
2 cups Shredded Cheese  
1 small Onion, diced  
Pickles

**Instructions:**

Prepare a fire, charcoal or Boil.  
Grill Hot Dogs on grill (over fire) or Boil on stove.  
Heat chili.  
Dice Onions.

**Sides:** Chips, Fruit.

**Utensils Needed:** 1 grill, 2 pots, tongs, knife, cutting board.

**Variations:** get Fritos and make Frito pie with the chili and cheese

**Approx. Cost:** \$19.03 or \$2.38 per Scout (cost/8 servings).



## Sandwiches

**Ingredients:** (serves: 8)

Deli meat – Ham, Turkey, Bologna, etc.  
Cheeses – American, Swiss, Provolone, Colby.  
Plan on - 2 to 4 slices each per sandwich.  
Bread, enough for 1 to 2 sandwiches per person.  
Lettuce  
2-3 Tomatoes  
Pickles  
Dips  
Mustard and Mayo

**Instructions:**

Slice Tomatoes.  
Make sandwiches (each their own).

**Sides:** Chips and dips, Cookies, Fruit

**Utensils Needed:** knives.

**Variations:** None.

**Approx. Cost:** \$17.21 or \$2.15 per Scout (cost/8 servings).



## Sloppy Joes

**Ingredients:** (serves: 8)

2 lbs. Ground Beef  
1 can (16 oz.) Sloppy Joe Mix  
8 Hamburger Buns

**Instructions:**

Brown ground beef in large pan, drain grease.  
Add Sloppy Joe mix and stir until heated.  
Serve on buns.

**Sides:** Chips, Fruit – Cantaloupe, Bananas, Grapes.

**Utensils Needed:** 1 Large pan, 1 large spoon, can opener.

**Variations:** add cheese, pickles to sandwich.

**Approx. Cost:** \$18.05 or \$2.26 per Scout (cost/8 servings).



# Dinner

Our big meal of the day!

Now that we have some time, let's make something that's good, maybe challenging, but will fill us up and give us energy to plan that...

Campfire!



## Baked Rigatoni

**Ingredients:** (serves: 8)

1 lb. Sausage  
1 pkg. (16 oz.) Rigatoni  
1 can (8 oz.) Mushroom Pieces  
1 can (6 oz.) Black Olives, sliced  
2 jars (26 oz. ea) Spaghetti sauce (any kind)  
2 cups Shredded Mozzarella cheese  
French Bread  
Butter

**Instructions:**

Prepare Charcoal (see Dutch Oven prep)  
Prepare rigatoni according to package, drain.  
In a large pan, brown sausage, drain grease.  
Combine all ingredients, except cheese, in oven and bake for 30 minutes or until bubbly.  
Uncover, sprinkle cheese on top, heat until cheese is melted.  
Slice French bread and butter.  
Serve.

**Sides:** Bread, Fruit.

**Utensils Needed:** 1 Dutch Oven, 1 large pot, 1 large pan, 1 large spoon, knife, cutting board.

**Variations:** use ground beef or zucchini for meatless.

**Approx. Cost:** \$17.95 or \$2.24 per Scout (cost/8 servings).



## Boston Baked Beans

from Tom B.

**Ingredients:** (serves: 8)

2 (16 oz. ea) cans of Baked Beans  
1/4 cup Brown Sugar  
1/4 cup Catsup  
1/2 cup Water  
1 teaspoonful Mustard  
1 small onion, chopped  
2 slices Bacon

### Instructions:

Prepare Charcoal (see Dutch Oven prep).  
Open beans and put into pan.  
Chop small onion and add to beans.  
Add 1/4 cup brown sugar, 1/4 cup Catsup, 1 teaspoonful Mustard,  
and 1/2 cup water to the beans. Stir gently.  
Line Dutch oven with foil, fill with bean mixture.  
Cut 2 slices of Bacon in half and put on top of beans.  
Put lid on Dutch oven, place on 9 to 12 briquettes and put about the same  
number on the lid.  
Bring beans to a simmer and keep simmering for about 1 hour.

**Sides:** Corn or sliced bread, Fruit.

**Utensils Needed:** 1 Dutch oven, 1 large pan or bowl, can opener, measuring cup,  
knife, cutting board, tin foil, charcoal, tongs.

**Variations:** None needed.

**Approx. Cost:** \$10.94 or \$1.37 per Scout (cost/8 servings).



## BBQ Chicken

**Ingredients:** (serves: 8)

8 Chicken Breasts  
2 (16 oz. ea) bags Frozen Veggies (any)  
1 (18 oz.) bottle BBQ Sauce  
French Bread  
Butter

**Instructions:**

Prepare a fire or use charcoal  
Over **Medium** heat, cook chicken 5-6 minutes  
Flip, coat with BBQ continue cooking another 5-6 minutes.  
Flip again and coat with sauce, cook for 1 more minute.  
While chicken is cooking, prepare veggies according to package.  
Slice and butter bread

**Sides:** Veggies, Bread, Fruit.

**Utensils Needed:** 1 grill, 1 large pot, flipper, knife, cutting board.

**Variations:** Make Rice sides, use Prepared Potato salad, etc.

**Approx. Cost:** \$15.96 or \$2.00 per Scout (cost/8 servings).



# Chicken Spaghetti

from Marco C.

**Ingredients:** (serves: 8-10)

1 lb. Or 3 cans (6 oz. ea) Chicken, cubed  
1 pkg. (16 oz.) Velveeta, cubed  
1 pkg. (12 oz.) Spaghetti  
2 cans Cream of Mushroom soup  
1 can (12 oz.) Chicken Broth  
1 medium tomato, chopped  
1 Green Bell pepper, chopped  
1 medium Onion, chopped  
1 can (6 oz.) Mushrooms, pieces  
French Bread  
Butter

**Instructions:**

Prepare Charcoal (see Dutch Oven prep)  
Prepare spaghetti according to the box, **Except**, add broth, tomato, bell pepper and onion to the water (along with the spaghetti).  
When cooked, drain liquid, **Retaining about 2 cups**.  
Add remaining ingredients to spaghetti mix, stir.  
Pour into Dutch Oven and bake for 30 minutes, or until cheese is melted.  
Slice and butter bread.

**Sides:** Bread, Fruit.

**Utensils Needed:** 1 Dutch oven, 1 large pot, 1 large spoon, 1 knife, cutting board, colander, measuring cup

**Variations:** None.

**Approx. Cost:** \$20.15 or \$2.52 per Scout (cost/8 servings).



# Chicken Mexican Casserole

from Marco C.

**Ingredients:** (serves: 8-10)

1 lb. Or 3 cans (6 oz. ea) Chicken, cubed  
1 lgr. bag Nacho Cheese Doritos  
1 can Cream of Mushroom soup  
1 can Cream of Chicken soup  
1 lgr. (16 oz.) Sour Cream  
3 cups Shredded Mild Cheddar Cheese  
French Bread  
Butter

**Instructions:**

Prepare Charcoal (see Dutch Oven prep)  
In a large bowl, combine Soup and Sour Cream.  
In Dutch Oven, Layer: 1/3 Doritos, 1/2 chicken, dollop 1/2 soup mix, 1/2 cheese. Repeat, you should end up with a top layer of Doritos.  
Bake for 30 minutes or until hot and bubbly.  
Slice and butter bread.

**Sides:** Bread, Fruit.

**Utensils Needed:** 1 Dutch oven, 1 large bowl, 1 large spoon, 1 knife, cutting board, measuring cup.

**Variations:** None.

**Approx. Cost:** \$20.84 or \$2.61 per Scout (cost/8 servings).



## Chicken & Broccoli Alfredo

**Ingredients:** (serves: 8)

2 lbs. Chicken Breast (fresh or Cooked), cubed  
1 pkg. (32 oz.) Frozen Broccoli  
1 pkg. (12 oz.) Fettuccine  
2 cans Cream of Mushroom Soup  
1 cup Milk  
1 cup Parmesan Cheese  
1/2 teaspoon Pepper  
2 tablespoons Butter  
French Bread  
Butter

**Instructions:**

Prepare fettuccine according to package.  
Add Broccoli to fettuccine for the last 4 minutes of cooking time, drain.  
In a large pan, sauté chicken in butter until done.  
Add soup, milk, cheese, pepper and fettuccine mixture to chicken.  
Heat thoroughly.  
Slice French bread and butter.

**Sides:** Bread, Fruit.

**Utensils Needed:** 1 large pot, 1 large pan, 1 large spoon, knife, cutting board, measuring cup.

**Variations:** None.

**Approx. Cost:** \$21.16 or \$2.65 per Scout (cost/8 servings).



## Mr. Z (Daddy) Rice

**Ingredients:** (serves: at least 8)

3 cups Minute Rice  
2 cans (5 oz. ea) Ham  
1 can (8 oz.) Mushrooms, sliced, drained  
1 can (8 oz.) Black Olives, sliced, drained  
2 Eggs  
2 cups Mild Cheddar cheese, shredded  
2 cups Mozzarella cheese, shredded  
2 cans (14 oz. ea) Pineapple Chunks  
1/2 stick butter, sliced into pats  
1/4 cup Parsley

### **Instructions:**

Boil three cups of water in a large pot.  
When water is boiling, add eggs, stir until broken (do not scramble ahead).  
Add rice, parsley and stir, place butter pats around top, cover and set aside for 5 minutes.  
In medium pan, heat ham (cubed), olives, mushrooms.  
After rice is done, in a large pot or bowl, combine all - except cheese, stir.  
Now add cheese, stir again.  
Serve in bowls with pineapple on the side.

**Sides:** Pineapple.

**Utensils Needed:** 1 large pot, 1 medium pan, 1 large bowl, 1 large spoon, knife, cutting board, can opener, measuring cup.

**Variations:** sub Tuna or Chicken for Ham. Can leave out olives or mushroom if necessary... but will change the flavor.

**Approx. Cost:** \$12.83 or \$1.60 per Scout (cost/8 servings).



# Jambalaya

from Marco C.

## Ingredients:

1 lb. Smoked Sausage, sliced  
1 lb. Chicken Breast (cooked and cubed)  
6 Slices Bacon  
3 cups Rice (uncooked)  
2 cans Beef Broth  
3 1/2 cups Water  
1 Green & 1 Red Bell Pepper, chopped  
1 Medium Onion, chopped  
3 tablespoons Tony Chachere's (Cajun seasoning)  
French Bread  
Butter

## Instructions:

Cook bacon in a pan, remove bacon but save the grease.  
Sauté bell peppers and onions in the bacon grease.  
Cut up bacon.  
In a large pot, combine beef broth, sautéed veggies (with grease) water, rice and Cajun seasoning.  
Bring to boil then cover and simmer for 20 minutes or until rice is done.  
Add sausage, chicken, bacon and cook for 5 minutes.

**Sides:** Bread,

**Utensils Needed:** 1 large pan, 1 large pot, knife, cutting board, 1 large spoon, measuring cup.

**Variations:** Why mess with perfection.

**Approx. Cost:** \$16.90 or \$2.11 per Scout (cost/8 servings).



# Shepard's Pie

from Tom B.

**Ingredients:** (serves: 8)

- 1 lb. Ground Beef
- 1 pkg. Brown Gravy Mix
- 2 cups Mashed Potato Flakes
- 1 small can Mixed Vegetables, drained
- 2 tablespoonfuls Butter/Margarine
- 2 oz. Shredded Cheese (may cut up slices if needed)

**Instructions:**

- Prepare Charcoal (see Dutch Oven prep)
- Brown ground beef in Dutch oven, drain grease.
- In small pan, mix gravy per directions on package.
- In bowl, mix potatoes per directions on package.
- Drain water from can of vegetables and add the vegetables and gravy to ground beef in Dutch oven.
- Cover this mixture with the mashed potatoes and the shredded cheese.
- Heat until cheese is melted, then serve.

**Sides:** Bread, Fruit.

**Utensils Needed:** 1 Dutch oven, 1 small pan, 1 large bowl, 1 large spoon, measuring cup

**Variations:** None.

**Approx. Cost:** \$9.54 or \$1.19 per Scout (cost/8 servings).



## Spaghetti with Meat Sauce

**Ingredients:** (serves: 8)

2 lbs. Ground Beef  
1 medium onion, chopped  
2 (26 oz. ea) jars Spaghetti sauce  
1 (12 oz.) package Spaghetti  
Parmesan cheese  
French bread  
Butter  
1-2 bags, pre-made Salad  
Salad dressing

**Instructions:**

Brown ground beef with onion, drain grease.  
Add spaghetti sauce to meat and heat thoroughly.  
Boil water in large pot, add pasta and cook until tender, drain.  
Slice bread and butter.  
Serve spaghetti, covered with sauce mixture, salad and bread.

**Sides:** Bread, Salad.

**Utensils Needed:** 1 large pan, 1 large pot, colander, knife, cutting board, 1 bowl

**Variations:** add mushrooms, bell pepper to sauce. Use sausage instead of ground beef.

**Approx. Cost:** \$25.02 or \$3.12 per Scout (cost/8 servings).



# Beef Stew

from Tom B.

**Ingredients:** (serves: 8)

2 lbs. Ground Beef  
1 Stick Butter  
1 medium Onion, chopped  
2 (8 oz. ea) cans Tomato Sauce  
4 (15 oz. ea) cans Mixed Vegetables  
Salad Mix and dressing  
Crackers

**Instructions:**

In large pan, melt butter, sauté onion (until clear).  
Add ground beef and cook until brown, drain grease.  
Add 2 cans tomato sauce and 4 cans mixed veggies and cover pot.  
Turn stove to low and simmer for 30 minutes.

**Sides:** Crackers and Salad.

**Utensils needed:** 1 large pan, 1 large spoon, knife, cutting board, can opener.

**Variations:** French Bread.

**Approx. Cost:** \$19.83 or \$2.48 per Scout (cost/8 servings).



## Easy Stroganoff

**Ingredients:** (serves: 8)

2 lbs. ground beef or Tenderized Flank (cut in strips)  
3 cans Cream of Mushroom Soup  
1 can (10 oz.) Beef Broth  
1 cans (8 oz.) Mushrooms, pieces, drained  
1 Large Onion, chopped  
1 bag (12 oz.) Extra Wide Egg Noodles  
1 cup Sour Cream  
1-2 bags Salad  
Salad Dressing  
French Bread  
Butter

**Instructions:**

In a large pan brown Hamburger and Onion (or Flank), drain grease.  
Add Broth, Soup and Mushrooms.  
Heat to bubbly for 5 minutes or 20 if using Flank.  
Boil Water in a large pot and follow directions for Noodles, drain.  
Slice bread and butter.  
Five minutes before ready to eat, add Sour Cream to meat mixture.  
Pour meat mixture over noodles.

**Sides:** Salad, Bread.

**Utensils Needed:** 1 Large pan, 1 large pot, 1 large spoon, knife, cutting board, colander.

**Variations:** None.

**Approx. Cost:** \$23.56 or \$2.95 per Scout (cost/8 servings).



## Tacos

**Ingredients:** (serves: 8)

2 lbs. ground beef  
2 pkts. Taco seasoning  
20 Taco Shells  
Lettuce, chopped  
2 Tomatoes, diced  
2-3 cups shredded cheese  
1 small sour cream  
1 lgr. bag tortilla chips  
Salsa

**Instructions:**

Cook hamburger until brown, drain grease.  
Add taco seasoning mix, follow package directions.  
Fill taco shells with meat, cheese, lettuce, tomato, salsa, sour cream.

**Sides:** Chips, Salsa, Fruit.

**Utensils Needed:** 1 Large pan, 1 large spoon, knife, cutting board.

**Variations:** make Spanish rice (from mix) as a side.

**Approx. Cost:** \$25.12 or \$3.14 per Scout (cost/8 servings).



## Tatter Tot Casserole

**Ingredients:** (serves: 8)

2 lbs. Hamburger  
2 cans Cream of mushroom soup  
1 bag (32 oz.) frozen French Cut Green beans  
1 bag (16 oz.) Tatter Tots  
2 cups Shredded Cheese  
1-2 bags pre-made Salad  
Salad Dressing

**Instructions:**

Prepare charcoal (see Dutch Oven prep)  
Brown hamburger in Dutch oven – over stove, drain grease.  
Stir in Cream of mushroom soup, Green beans.  
Cover with tatter tots and add cheese.  
Place on coals - Bake for 30 minutes.

**Sides:** Salad or Fruit.

**Utensils Needed:** 1 Dutch oven, 1 large spoon, knife, cutting board.

**Variations:** None.

**Approx. Cost:** \$21.17 or \$2.65 per Scout (cost/8 servings).



# Tortilla Soup

from Tom B.

**Ingredients:** (serves: 8)

1 can (family size) Chicken and Rice Soup  
1 can Rotel Tomatoes  
1 can Black Beans  
1 small can V-8 Juice  
1 can (50 oz.) chunky chicken (may use extra chicken)  
1 can (15 oz.) whole Kernel corn  
10-12 stalks Cilantro, chopped  
1/2 teaspoonful Cumin  
1/3 Clove Garlic

**Instructions:**

Heat the following in a large pan: Chicken and Rice soup, Rotel tomatoes (not drained), black beans (not drained), V-8 juice, chunky chicken (drained), 1 can whole corn.

Add (to individual taste), chopped Cilantro, cumin, and Garlic.

**Sides:** Tortilla chips, Fruit.

**Utensils Needed:** 1 large pan, 1 large spoon, knife, cutting board.

**Variations:** None.

**Approx. Cost:** \$16.20 or \$2.03 per Scout (cost/8 servings).



# Easy One-Pot Meals



These are some of the easiest and filling meals to prepare

**Ingredients:** (serves: 8) serving size: about 1 1/2 cups.

4 packages of Lipton Rice sides  
(there are at least 10 different varieties, try several)  
2 bags (16 oz. ea) Frozen veggies, let thaw  
(corn, peas, green beans or mixed)  
4 cans (5 oz. ea) Ham  
(sub tuna, chicken or combine a couple)  
Bread

**Instructions:**

Cube meat.  
In a large pot, heat meat.  
In that same pot (with the meat in it) add veggies.  
Add butter and water (according the package directions).  
Cover and cook for the allotted time.  
Serve with bread, fruit or crackers (any or all)

**Sides:** Bread, Fruit or Crackers.

**Utensils Needed:** 1 large pot, 1 large spoon, knife, cutting board.

**Variations:** Try several different combinations.

**Note:** If cooking for 4-5 Scouts, halve recipe.

**Approx. Cost:** \$20.12 or \$2.52 per Scout (cost/8 servings).



# Desserts

Something sweet to end the day!



## Cobbler

### Ingredients:

- 1 can (21 oz.) Blueberry Pie filling
- 1 can (18 oz.) Crushed Pineapple
- 1 Box yellow cake mix
- 1 can (12 oz.) 7-Up or Sprite
- 1 Stick Butter

### Instructions:

- Prepare Charcoal (see Dutch Oven prep)
- Line Dutch Oven with foil, use butter (stick) to grease the bottom and sides.
- Pour fruit (both) in bottom of Dutch Oven, mix.
- Empty cake mix on top of pie filling and spread evenly.
- Cut remaining butter into pats, spread evenly on top of cake mix.
- Pour 7-Up around mixture. **DO NOT STIR.**
- Cover and place Dutch Oven over hot coals.
- Cook for about 1 hour or until top is golden brown.

**Sides:** None.

**Utensils Needed:** 1 Dutch Oven, knife, 1 large spoon, can opener.

**Variations:** You can use a variety of fruit and cake mixes, experiment... Have fun.

**Approx. Cost:** \$7.47 or \$0.94 per Scout (cost/8 servings).



## Smores

### Ingredients:

1 Large bag Marshmallows  
1 box Graham Crackers  
8 Chocolate Bars

### Instructions:

At the Campfire  
Put 1 or two marshmallows on a stick or skewer.  
Heat until desired "gooeyness".  
Place marshmallows on chocolate between graham crackers.  
Eat!  
Repeat.

**Sides:** None.

**Utensils Needed:** 1 Fire, 1 stick or skewer.

**Variations:** None.

**Approx. Cost:** \$12.00 or \$1.50 per Scout (cost/8 servings).



## Baked Stuffed Apples

### Ingredients:

8 Apples  
1/2 cup raisins  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
2 1/2 cups water  
6 oz. Orange Juice, concentrate, thawed  
4 tablespoons Honey

### Instructions:

Prepare Charcoal (see Dutch Oven prep)  
Line Dutch Oven with foil, use butter (stick) to grease the bottom and sides.  
Wash and dry apples, Remove core - **DO Not** cut all the way through.  
In bowl, combine raisins cinnamon and nutmeg, mix - fill apples.  
Place apples in Dutch Oven.  
In a small bowl, combine water, OJ, honey - pour over apples.  
Cover and place Dutch Oven over hot coals, cook for about 45-50 minutes.

**Sides:** None.

**Utensils Needed:** 1 Dutch Oven, knife, 1 large spoon, 2 small bowls, 1 spoon.

**Variations:** None.

**Approx. Cost:** \$6.00 or \$0.75 per Scout (cost/8 servings).



# Dutch Oven Prep



Dutch Oven cooking is not only easy, it also makes clean up a breeze.

The problem is, most Scouts do not understand the workings of the "oven" and how to care for it.

So here are the steps to prepare and care for your "Camp Oven"

Just like a "regular" oven, you need to start (heat) the Dutch Oven... this is done with charcoal.

Using a charcoal or "chimney" starter is perfect for the task.

## Preparing the coals:

Fill the chimney with briquettes (more is always better than just enough).

Crinkle pieces of newspaper (or regular paper) and place in the bottom of the chimney.

Light the paper with a match (you may need to light several sides)

The chimney does the rest.

Your "coals" will be ready (ashen) in about 15-20 minutes.

That's it.

## How much to use:

We cook most "dishes" at about 350°, so for a 12" oven, we need 24 coals (double the diameter) to achieve that temp. Easy enough.

However, since the oven heats more from the bottom than the top, we need to use the "Rule of 3", meaning more here, less there.



## The "Rule of 3" is, simply:

The diameter minus 3 for the bottom, and plus 3 for the top. So, for a 12" oven we would use 15 coals on the top and 9 on the bottom ( $15 + 9 = 24$ ). Got it? An easy way to remember this is the Top is larger than the Bottom, so it needs more coals.

If we need higher or lower temperatures we simply add or subtract coals. There are several Dutch Oven cookbooks that have those charts, so if you want to learn more, you can go research it, but for our purposes, we'll stick with the standard 350, unless otherwise noted.

## Placing the Coals

Using tongs, arrange the coals, spaced evenly, under and on top of the Oven. Most Ovens cook fairly evenly, but not all, and wind can have an effect on the heat, so as a good measure, rotate the entire oven 1/4 turn every 15 minutes, be sure to do the same for the lid, as we know it is actually separate.

**Note:** coals burn for about an hour, so if you were cooking something that takes longer, you would need to add more coals. Not a problem, by planning ahead, you can start more in your "chimney" about 20 minutes before that hour is up.



## Caring for your oven

The great thing about cast iron ovens is the clean up. You just heat some water in it and wipe it out (**Never use soap**). If something should get stuck in it, use a "copper" scouring pad to remove the offender (steel wool will leave pieces of itself on the oven and could cause it to rust). After it is clean, wipe it down with a light coating of Crisco. Done. All in all, it takes less time to clean a Dutch Oven than a standard pot. Really.

## Ok, here's the dummies guide:

Start coals 20 minutes before you're ready to cook.

Space coals evenly.

Place more coals on top than on the bottom.

Rotate bottom and top, separately, every 15 minutes.

Clean up with water and a copper-scouring pad.

Wipe with Crisco.

Wasn't that easy!

**Now, go cook something!**



# Hints & Short Cuts



Here are some hints and short cuts to help make outdoor cooking easier:

Brown hamburger or sausage before you leave to cut down on prep time and to help eliminate the "grease", place in a zip lock bag (after it cools) for easy storage.

Buy pre-made hamburger patties. They cost a little more, but will save you prep time.

Buy pre-cooked bacon. Again, costs a little more, but you just have to "heat" it, and no grease.

Cut, chop, dice as much as possible at home (with help from your Patrol, of course)... less work when you're out there.

Make sure everyone is involved, more hands, less work.

Wash as you go, less to clean up at the end.

Inventory your Patrol box on the last day so you know what you need to get and won't "run out" of something next time.

Line your Dutch Oven with tin foil or a baking bag to make clean up even easier.