








Cookbook of Troop Proven Recipes







Table of Contents

Grubmaster Worksheet
Campout Duty Roster
Cooking Basics
Temperature Chart
Clean Up Procedures

Breakfast

-  Breakfast Burritos
-  French Toast
-  Muffins
-  No Mess Omelets
-  Mountain Man Breakfast

Lunch

-  Foil Meals
-  Chicken Tortilla Soup
-  Chicken Quesadillas
-  Cheese Quesadillas

Dinner

-  Baked Ham
-  Beef Stew
-  Beef Teriyaki
-  Chicken & Apples
-  Lasagna
-  Meatloaf
-  Camper's Pizza

Dessert

-  Black Forest Brownies
-  Dump Cake
-  Cobbler

TROOP 226 GRUBMASTER'S WORKSHEET

PATROL: _____ Campout date: _____

Number to shop for _____ Budget: _____

GROCERIES (NO chips/soft drinks/candy)

MENUS

COST

Saturday Breakfast

Saturday Lunch

Saturday Supper

Sunday Breakfast

Total cost _____

Things we forgot or ran out of last campout.

Be sure your dry goods box has:

___ Salt & Pepper (and other spices needed for this menu)

____ HEAVY DUTY , WIDE aluminum foil

_____ Cooking Oil (small bottle)

_____ Paper towels (two rolls)

____ FREEZER Zip Lock baggies (qt and gallon size)



CAMPOUT DUTY ROSTER

Patrol: _____ **Campout date:** _____ **Approved by:** _____

Duty Descriptions:

Cook (C) = Read the recipe, prepare & mix ingredients together, watch & stir dish until done.

Assist (A) = Help the Cook: help read the recipe, prepare ingredients, clean, etc.

Water Duty (W) = Help get water in the blue jugs for the "Troop Wash Station", help fill the big turkey pot for the Troop Wash Station and put it on the turkey burner to heat; help set up the Wash Station (use the *Four Pot Method*: pre-rinse, wash, clear water rinse, bleach water final rinse), and then help empty tubs after the Troop clean-up is finished.

>>The **Cook AND Assistant** are expected to make sure their cooking area is clean and the cooking equipment/utensils they used are cleaned and properly put away.

>>Every **Patrol member** is expected to clean his own personal eating utensils.

MEAL Abbreviations: (Sat. = Saturday; Sun. = Sunday) **B** = *Breakfast*; **L** = *Lunch*; **D** = *Dinner*

Write abbreviation of Duty beside name, for each meal. Rotate duties among the Scouts.

(See the example for Joe Scout, below.)

DUTY ROSTER

\$ Paid	Camper's Name	Sat. B	Sat. L	Sat. D	Sun. B
10.00	Joe Scout-Example	C	A	W	C

What a Scout Needs to Know About Being the GRUBMASTER

1. Serving as a Grub Master, you can earn and have signed off 1st Class Requirements 4a-4e, p. 112. Boy Scout Handbook.
2. Before you start planning your menu, check the grub box for left-over items.
3. Guide the patrol in selecting the campout's menu.
4. Fill out the Grub Master's Worksheet and Campout Duty Roster. Get the menu you've selected approved by the SPL.
5. Get copies of the recipes you've chosen and "Cast Iron Cooking Basics."
6. Make sure all patrol members going camping have paid their \$10 grub fee.
7. **Do not leave the Troop meeting without the money bag.**
8. Bring the ice chest and food box to the church Friday evening of the campout.
9. After the campout, the money bag, filled out Worksheet, receipts and any change should be turned in to the treasurer during the PLC meeting (Mondays following the campout). This is not a regular Troop Meeting night.
10. **The last Grub Master, or if necessary, the Patrol Leader, is responsible for cleaning and storing at home the Patrol grub box and ice chest between campouts.**

Note to the Patrol Leader:

It is the responsibility of the Patrol Leader to always have a complete copy of the Troop Cook Book for Patrol Meetings.

What a Parent Needs to Know About Being the GRUB MASTER

Learning how to cook is a very important part of being in Boy Scouts. Learning how to shop for food and cook are built into the Boy Scout requirement for both the Second and First Class badge. In the First Class requirements a boy is required to help plan a menu for one campout and he must determine the cost and portions needed. That is why the boys take turns being the GRUB MASTER. **What is the parent responsibility in this process?** Parents will need to provide the transportation to the grocery store, and assist your Scout in making selections. Before the outing, the Patrol decides on a menu. It is then up to the Grub Master to come up with a shopping list and purchase the food. Show your Scout the differences between brands and how to comparison-shop. The parent's role is not to make the food selections for him, but to assist in the process. If help is needed in determining portions, assist your son, but do not change the menu. If the meal is unsafe (fresh meat on the second night of a backpacking trip, for example), the parent will need to suggest a safe alternative (canned or freeze-dried). It may not be the tastiest choice in foods, but if they have something for each meal they will survive the outing. If they made poor choices they will learn that next time they should choose differently. The budget allowance per Scout, per meal is normally \$2.50 (\$10 for the weekend). **The Grub Master needs to stay within budget (a Scout is thrifty).**

"Don't worry. Since the Boy Scouts of America was founded in 1910, there have been absolutely no recorded cases of Scouts starving to death on a weekend campout."

CAST IRON COOKING BASICS

Roasting: the heat should come evenly from the top and bottom; use a 1 to 1 ratio of briquettes.

Frying, Boiling: put all of the briquettes under the oven.

Simmering: almost all of the heat should come from the bottom ... use a 4 (bottom) to 1 (top) ratio.

Baking: refer to the temperature chart below.

BAKING TEMPERATURE CHART FOR A 12 INCH DUTCH OVEN

250°	(Low heat/slow cook/simmer)	17 briquettes (13 on top / 4 underneath)
275°	(Low heat/slow cook/simmer)	19 briquettes (14 top / 5 underneath)
300°	(Low heat/slow cook/simmer)	21 briquettes (15 top / 6 underneath)
325°	(Medium heat/moderate/bake)	23 briquettes (16 top / 7 underneath)
350°	(Medium heat/moderate/bake)	25 briquettes (17 top / 8 underneath)
375°	(Medium heat/moderate/bake)	27 briquettes (18 top / 9 underneath)
400°	(Hot/bake)	29 briquettes (19 top / 10 underneath)
425°	(Hot/bake)	31 briquettes (21 top / 10 underneath)
450°	(Hot/bake)	33 briquettes (22 top / 11 underneath)

Start charcoal briquettes in the metal chimney, using the fire starter provided by the Adult Patrol. Briquettes take 10-15 minutes to light; they're ready to use when the top briquettes begin to turn grey. Fresh charcoals last about 45 minutes to 1 hour before they need to be replaced to maintain temperature.

The inside of a seasoned Dutch oven works well as a fry pan for making pan cakes, eggs and other things needing a flat sloping cooking surface.

If you get in a hurry to heat cast iron, it will likely burn your food or damage the cast iron. Don't leave dry, empty cast iron on a fire, as it is likely to crack or warp; never put cold liquid in or on very hot cast iron, as it is likely to crack.

TO CLEAN the cast iron: Never wash cast iron in soapy water (soap will get into the pores and taint the next meal); never leave it sitting in water or leave water standing in/on it (this will cause it to rust even if it has a good coating on it).

1. remove food particles with a paper towel or plastic scraper (if it's not too hot);
2. put clean water in it (use hot/warm water if the cast iron is warm), heat it up to a light boil to remove stuck food particles;
3. *carefully* pour the hot water out and then wipe the cast iron out with a paper towel;
4. heat it up to dry it completely (you can watch the moisture "dry away");
5. lightly coat it with vegetable oil (use a paper towel to spread the oil all around);
6. let it cool completely and then put it where it belongs. Place a folded paper towel between a Dutch oven pot and its lid.

U.S. CUSTOMARY UNITS AND THEIR EQUIVALENTS

It is generally not a good idea to scale a recipe up or down by more than 3 or 4 times. All measurements presented on this page are in U.S. units.

LIQUID MEASUREMENTS

In the United States, liquid measurement is not only used for liquids such as water and milk, it is also used when measuring other ingredients such as flour, sugar, shortening, butter, and spices.

	teaspoon	tablespoon	fluid ounce	gill	cup	pint	quart	gallon
1 teaspoon =	1	1/3	1/6	1/24	---	---	---	---
1 tablespoon =	3	1	1/2	1/8	1/16	---	---	---
1 fluid ounce =	6	2	1	1/4	1/8	1/16	---	---
1 gill =	24	8	4	1	1/2	1/4	1/8	---
1 cup =	48	16	8	2	1	1/2	1/4	1/16
1 pint =	96	32	16	4	2	1	1/2	1/8
1 quart =	192	64	32	8	4	2	1	1/4
1 gallon =	768	256	128	32	16	8	4	1
1 firkin =	6912	2304	1152	288	144	72	36	9
1 hogshead =	48384	16128	8064	2016	1008	504	252	63

MISCELLANEOUS	EQUIVALENT
1 pinch	1/8 teaspoon or less
1 teaspoon	60 drops

DRY MEASUREMENTS

Dry measurements are not typically used in U.S. recipes; dry measurements are used mainly for measuring fresh produce (e.g. berries are sold by the quart, apples by the bushel, or peck). Do not confuse dry measure with liquid measure, because they are not the same.

	Pint	Quart	Gallon	Peck	Bushel	Cubic Feet
Pint	1	1/2	1/8	1/16	1/64	0.019445
Quart	2	1	1/4	1/8	1/32	0.03889
Gallon	8	4	1	1/2	1/8	0.15556
Peck	16	8	2	1	1/4	0.31111
Bushel	64	32	8	4	1	1.2445
Cubic Feet	51.428	25.714	6.4285	3.2143	0.80356	1

LIQUID MEASUREMENTS vs. DRY MEASUREMENT

The table below shows the differences between dry measurement and liquid measurement.

DRY UNIT	LIQUID UNIT
1 pint, dry =	1.1636 pints, liquid
1 quart, dry =	1.1636 quarts, liquid
1 gallon, dry =	1.1636 gallons, liquid

WEIGHT

The two most commonly used units of weight (or mass) measurement for cooking in the U.S. are the ounce and the pound. Do not confuse the ounce of weight with the fluid ounce, because they are not the same; there is no standard conversion between weight and volume unless you know the density of the ingredient. To make matters worse, there are different kinds of weight measurement; Avoirdupois weight, Troy weight, and Apothecaries weight. In the U.S., when someone refers to pounds and ounces of weight (especially in cooking) they are usually referring to Avoirdupois weight.

Basic Cooking Rule:

16 ounces = 1 pound

Quick Conversions

Tbs = Tablespoon		tsp = teaspoon		C = cup		lb = pound
Pt = pint		qt = quart		gal = gallon		
4 Tablespoons	=	1/4 cup				
5 1/3 Tablespoons	=	1/3 cup				
3 teaspoons	=	1 Tablespoon				
16 Tablespoons	=	1 cup				
2 cups	=	1 pint				
4 cups	=	2 pints	=	1 quart		
16 cups	=	8 pints	=	4 quarts (liquid)	=	1 gallon
1 C.	=	8 fluid oz.	=	16 Tbs.	=	48 tsp.
3/4 C.	=	6 fl. oz.	=	12 Tbs.	=	36 tsp.
2/3 C.	=	5 1/3 fl. oz.	=	10.6 Tbs.	=	32 tsp.
1/2 C.	=	4 fl. oz.	=	8 Tbs.	=	24 tsp.
1/3 C.	=	2 2/3 fl. oz.	=	5.3 Tbs.	=	16 tsp.
1/4 C.	=	2 fl. oz.	=	4 Tbs.	=	12 tsp.
1/8 C.	=	1 fl. oz.	=	2 Tbs.	=	6 tsp.
1/16 C.	=	1/2 fl. oz.	=	1 Tbs.	=	3 tsp.

TROOP 226 MENU FILE BOX SYSTEM

This file system will be managed by: _____

Purpose of this file system: Instead of handing out a complete copy of the Troop 226 Cookbook (about 40 pages) that will get trashed on each campout, we will only hand out the pages needed at Troop Patrol Meetings for the Grub Master to fully prepare for the next campout. This special Patrol Meeting will take place during the Monday Troop Meeting before the campout.

Have a master file system with copies of the following:

1. Grub Master's Worksheet (25 copies)
2. Campout Duty Roster (25 copies)
3. Cast Iron Cooking Basics (25 copies)
4. 10 copies of each recipe
5. "What a Scout and Parent need to know about being Grub Master" (25 copies)
6. 10 complete Troop menu packets for Patrol Meeting use only.

Additional files can be created for new recipes

After items 1 and 2 have been approved by the SPL, copies of items 3 and 4 will be handed too the Grub Master. When the Grub Master goes home after the Troop meeting, he will have everything in hand to be successful. The Parents of the Grub Master will appreciate knowing "exactly" what their son has volunteered for.

Notes:

- Before the Patrol Meeting begins, the Grub Masters should pick up from you copies of items 1, 2, and 5.
- This Menu file Box System should go on campouts for those Grub Masters who "forgot, misplaced" their paperwork.



CAMPOUT MENU

PATROL _____ Grub Master _____

Campout _____ Menu approved by _____

Number of campers to shop for _____ Budget to spend _____

MENUS: In planning your menus, you may choose recipes from the “Troop Menu File Box” or you may use recipes from other sources (if you have delicious new recipes, we may want to add them to the Menu File!). Your Grubmaster must have all of the recipes to prepare his grocery shopping list. This menu must be approved; any changes made later must also be approved.

Plan at least one “one-pot” meal. You may plan menus for Saturday lunch and Sunday breakfast that can be made “*Quick & Easy*”; menus for Saturday breakfast and dinner must require more “*Time & Talent*” to cook! Do **NOT** include soft drinks or candy.

<p>SATURDAY BREAKFAST <i>“Time & Talent”</i> Include a meat and bread product.</p>	<p>SATURDAY LUNCH <i>“Quick & Easy”</i></p>
<p>SATURDAY DINNER <i>“Time & Talent”</i> Include a meat, vegetable or fruit, and a bread product (and a dessert if you want!)</p>	<p>SUNDAY BREAKFAST <i>“Quick & Easy”</i></p>

DISH WASHING

Please note: Refer to “Cast Iron Cooking Basics” for instructions on how to clean and care for cast iron skillets, Dutch Ovens, etc.

Clean-up should be done after each meal. The Cook and Assistant should clean the stove, table, cooking equipment and utensils, put everything back where it belongs in the Cook Set/Dutch Oven Set, and put the lids on the totes, and put them away, to leave your campsite neat. Every Patrol member is responsible for washing and putting away his own eating/drinking utensils.

You will wash your dishes at the Troop Wash Station, but you will pre-clean/rinse everything in your campsite before you bring it to the Wash Station. Start by scraping all food particles off the dishes/cooking equipment into your trash bag. Fill the largest pot or bowl used in your cooking, with cold water and rinse everything. Bring the dishes to the Wash Station; your pre-rinse job will be inspected before you begin washing. The Wash Station will be set up as follows;

1. 1st tub contains cold water to pre-rinse dishes.
2. 2nd tub contains clean hot water and dish soap.
3. 3rd tub is the clean hot rinse water, to which nothing has been added.
4. 4th tub is clean cold water, to which one capful of bleach has been added, to kill bacteria.

Refer to your Scout Handbook for more information about dish washing.

BREAKFAST BURRITOS

Serves 6

Utensils

Gas Stove

Spatula

Knife

Cutting board

Measuring cups: ½ cup and ¼ cup

Whisk

Bowl

Skillet

Ingredients

Tortillas

12 eggs

1 lb sausage

¼ c. water

½ lb. shredded Cheddar cheese

One small onion, chopped into small pieces

½ c. chopped green pepper

¼ c. water

1 small jar Salsa

Instructions for Preparation

- Brown sausage in pan.
- Remove excess grease.
- Add onion and green pepper.
- Sauté with ¼ cup water until water is gone.
- Whisk eggs and water in a bowl.
- Add eggs to sausage mixture in pan, stirring constantly.
- Cook until done, about 3minutes.
- Serve on tortillas with cheese and salsa.



NutritionFacts

per serving
makes 6 servings

Amount per serving

Calories 676

Calories from fat 432

% Daily Value *

Total Fat 48g 74%

Saturated Fat
19.8g 99%

Cholesterol
526mg 175%

Sodium
1544mg 64%

Total Carbohydrate
21.3g 7%

Dietary Fiber 1.6g 6%

Protein 39.7g

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

Additional Information

63.9% of calories from Fat
12.6% from Carbohydrates
23.5% from Protein

FRENCH TOAST

Serves 6

Utensils

Wire whisk

Shallow bowl for egg mixture

Spatula

Griddle

Measuring utensils: ¼ cup (c.) and ¼ teaspoon (t.)

Gas stove

Fork

Aluminum foil or pot with a lid

Ingredients

5 eggs

¼ c. milk

¼ t. cinnamon or vanilla

16 slices of bread

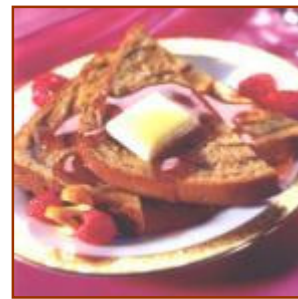
Vegetable oil

Syrup

Powdered sugar (optional)

Instructions for Preparation

- If using foil, fold the foil into an “envelope” to hold finished French toast.
- Whisk first three ingredients together in a bowl.
- Heat griddle on low heat; grease griddle with 1 capful of oil.
- Using fork, dip bread into egg mixture covering both sides of the bread completely.
- Fry on griddle until that side is golden brown.
- Flip and brown the other side.
- Add additional oil as needed.
- Place French toast that is done in foil envelope or pot and cover to keep warm.
- Serve Toast with butter, syrup, or powdered sugar.



NutritionFacts

per serving
makes 6 servings

Amount per serving

Calories 527

Calories from fat 69

% Daily Value *

Total Fat 7.7g 12%

Saturated Fat
2.1g 10%

Cholesterol
177mg 59%

Sodium 503mg 21%

Total
Carbohydrate
103.1g 34%

Dietary Fiber 1.7g 7%

Protein 11.3g

Percent values are
based on a 2,000
calorie per day diet.
Your daily values may
differ.

Additional Information

13.1% of calories from
Fat
78.3% from
Carbohydrates
8.6% from Protein

MUFFINS

Makes 12 muffins

Utensils

Wire rack
Aluminum-foil cup cake liners
Dutch Oven with lid
Mixing bowl
Wisk
Measuring cup
30 charcoal briquettes
Charcoal chimney
Round cake pan
Large spoon
Fire starter
Timer

Ingredients

Cooking spray
Muffin mix
Eggs
Oil
Water or milk (according to muffin package directions)

Instructions for Preparation

- Light charcoal.
- Follow the directions on the back of the muffin mix, and mix the batter.
- Put 12 foil cup liners in the cake pan and spray them with cooking spray
- Using the large spoon, fill the foil cups 2/3 of the way full with muffin batter.
- Put the wire rack in the bottom of the Dutch Oven, and put the cake pan on top of it, then put the Oven lid on.
- Put 10 charcoals under the Dutch Oven, and 20 charcoals on top of it, all evenly spaced.
- Set the timer and bake for 20 minutes (don't raise the lid to peek)
- Check to see if the muffins are done (stick a toothpick in the middle of a muffin and see if comes out clean, OR gently push on the top of a muffin and see if the muffin springs back).
- If they are not done, yet, cook for 5-10 minutes more and recheck.



NutritionFacts

per serving
makes 12 servings

Amount per serving

Calories 412

Calories from fat 88

% Daily Value *

Total Fat 9.8g 15%

Saturated Fat
2.1g 10%

Cholesterol
48mg 16%

Sodium 676mg 28%

Total
Carbohydrate
72.6g 24%

Dietary Fiber 3.9g 16%

Protein 8.3g

Percent values are
based on a 2,000
calorie per day diet.
Your daily values may
differ.

Additional Information

21.4% of calories from
Fat
70.6% from
Carbohydrates
8.1% from Protein

NO MESS OMELETS

Serves 1 (Multiply this recipe times the number of campers)

Utensils

Large pot

Tongs (for handling the baggies in the water)

Stove

Baggies (1 quart Zip Lock **FREEZER** bags ...“storage bags” will EXPLODE)

Ingredients

2 eggs

Onions, diced (cut into small pieces)

Green peppers, diced

Ham, diced

Cheddar Cheese, grated

1 tablespoon (T.) milk

Salsa (if desired)

Instructions for Preparation

- Light the stove, fill the pot with water, put the lid on, put the pot on the stove and bring the water to a boil.
- Crack eggs into the freezer baggie; add onions, peppers and ham.
- Put milk in the baggie, **let all the air out of the bag**, seal it, and then squish the ingredients around in the bag, to mix them.
- Using the tongs, put the baggie into the pot of boiling water and cook for 3-4 minutes.
- Using the tongs, take the baggie out and check to see if the egg is done; if it's not, put it back in the water for a few minutes.
- When the egg is done, open the baggie and add the cheese and Salsa. Eat out of the baggie!



NutritionFacts

per serving
makes 1 servings

Amount per serving

Calories 442

Calories from fat 296

% Daily Value *

Total Fat 32.8g 50%

Saturated Fat
14.4g 72%

Cholesterol
497mg 166%

Sodium
1114mg 46%

Total Carbohydrate
5.8g 2%

Dietary Fiber 0.7g 3%

Protein 30.7g

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

Additional Information

67% of calories from Fat
5.2% from Carbohydrates
27.8% from Protein

MOUNTAIN MAN BREAKFAST

Serves 6

Utensils

Measuring spoons: 1 Tablespoon (T)
Dutch Oven, with lid
Whisk
Bowl
Spatula
Fire Starter
30 charcoal briquettes

Ingredients

3 T. cooking oil
1 bag frozen Potatoes O'Brien
8 ounces (oz) spicy sausage
2 T. Parsley
1 dozen eggs
Salt and Black pepper, to taste
2 C. Cheddar cheese

Instructions for Preparation

- Light the charcoal; when they're ready; put approximately half of them under the Dutch Oven.
- When the Oven is warm, add sausage; cook until sausage is done (all pink is gone)
- Break the eggs into the bowl and mix them with the whisk.
- Add oil, Potatoes O'Brien and parsley; using the spatula, gently "fold" the potatoes into the cooked sausage (slide the spatula under the mixture, lift it and gently turn it over). Put Oven lid on and allow mixture to cook for 3-5 minutes.
- Lift the lid, and "fold" mixture again. If the mixture is sticking to the bottom of the Oven, add 1 T more oil. Close the Oven and cook for 3-5 minutes more.
- Put the rest of the charcoals under the Oven.
- When the potatoes are tender, add the eggs, and cook, folding the mixture with the spatula, until the eggs are done.
- Sprinkle with cheese and close the lid until the cheese is melted.



Nutrition Facts

per serving
makes 6 servings

Amount per serving	
Calories	610
Calories from fat	393
% Daily Value *	
Total Fat 43.8g	67%
Saturated Fat 17.6g	88%
Cholesterol 500mg	167%
Sodium 1698mg	71%
Total Carbohydrate 21.2g	7%
Dietary Fiber 1.7g	7%
Protein 33.1g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
64.4% of calories from Fat	
13.9% from Carbohydrates	
21.7% from Protein	

FOIL MEAL (also known as “Dirt Burgers” and “Trail Burgers”)

Serves 6

Utensils

Potato peeler
Knife
Wide, heavy duty aluminum foil
Cutting board
Tongs
Measuring spoon, Tablespoon (T)
Campfire coals or 10 charcoal briquettes
Fire starter if you use charcoal

Ingredients

2 lbs ground beef
4 potatoes
6 carrots
1 head cabbage
1 can beef broth
Salt & Pepper
Garlic Powder

Instructions for Preparation

- Light charcoal, if you're using it, and then wash your hands carefully.
- Make 6 round, thin patties out of the ground beef. With your finger, poke a hole through the middle of each patty (it'll help it cook), and then wash your hands carefully again.
- Peel potatoes and carrots. Using the cutting board, cut them into 1/4" thick slices.
- Cut 1 piece of foil 18" long.
- Place 1 cabbage leaf on the foil (this keeps your food from burning and it tastes good, too.) Place potatoes, carrots and ground beef on cabbage leaf. Season to taste, with salt, pepper, and garlic powder*. Add 4 T. of broth. Cover with another cabbage leaf.
- Roll foil to tightly seal on the three open sides.
- Place on coals for 15 minutes on each side. Remove from coals and check to see if meat is done (the center should not be pink). If it's not done, close again and cook longer. If the foil tears when you're checking it, put more foil around it.

*Experiment with different seasonings ... chili powder, seasoned salt, Worcestershire sauce, Cream of mushroom soup (instead of beef broth). If you use any seasoning that has salt or sodium in it, use less salt.



NutritionFacts

per serving
makes 6 servings

Amount per serving

Calories 511

Calories from fat 363

% Daily Value *

Total Fat 40.4g 62%

Saturated Fat
16.4g 82%

Cholesterol
128mg 43%

Sodium
2710mg 113%

Total
Carbohydrate
9.3g 3%

Dietary Fiber 2.5g 10%

Protein 27.7g

Percent values are
based on a 2,000
calorie per day diet.
Your daily values may
differ.

Additional Information

71% of calories from
Fat

7.3% from

Carbohydrates

21.7% from Protein

CHICKEN-TORTILLA SOUP

Serves 6-8 people

Utensils

Skillet
Large cook pot with lid
Measuring cup
Measuring spoons
Knife
Ladle
Can opener
Large spoon for stirring
Cutting board

Ingredients

3 t. oil
2 c. chopped onion
4 garlic cloves, minced (cut into very small pieces)
6-8 uncooked chicken breasts, cut into **small pieces** (no bigger than inch squares)
5 chicken bullion cubes
5-6 cups water
1 15-oz can whole-kernel corn, drained
1-2 T chopped Jalapeno pepper (2 will be hot!)
2 T. ground cumin
2 t. Worcestershire sauce
2 t. chili powder
1 14.5 oz. can diced, peeled tomatoes
1 15 oz. can tomato sauce
2 ½ c. crushed, unsalted baked tortilla chips (or whatever you can find!)
1 2-cup package of mild Cheddar Cheese (delicious but optional)

Instructions for Preparation

- Heat oil in the skillet, add minced garlic and onion, and sauté (cook, stirring) for 2 minutes
- Add cubed chicken, cook & stir until chicken is done.
- When chicken is done, put the chicken, garlic & onion into the cook pot. Add the next 9 ingredients (bullion through tomato sauce), and bring it to a boil.
- Reduce heat, and simmer 30 minutes.
- Ladle soup into bowls and serve with tortilla chips
- Sprinkle Cheddar Cheese on top (optional)



NutritionFacts	
per serving makes 6-8 servings	
Amount per serving	
Calories	662
Calories from fat	253
% Daily Value *	
Total Fat 28.3g	44%
Saturated Fat 10.8g	54%
Cholesterol 123mg	41%
Sodium 1271mg	53%
Total Carbohydrate 51.9g	17%
Dietary Fiber 7g	28%
Protein 50.4g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
38.2% of calories from Fat	
31.4% from Carbohydrates	
30.4% from Protein	

CHICKEN QUESADILLAS

Makes 1 Quesadilla (Multiply this recipe times the number of campers)

Utensils

Skillet
Spatula
Can opener

Ingredients

Vegetable oil
2 tortillas per Quesadilla
¼ cup shredded Pepper Jack or Cheddar cheese
1 small can of cooked chicken (if you're making several Quesadillas, get a big can)
Salsa

Instructions for Preparation

- Grease skillet with small amount of vegetable oil.
- Add tortilla.
- Sprinkle with cheese and chicken.
- Add second tortilla on top of first one.
- Cook until golden brown on each side.
- Add Salsa as desired.



NutritionFacts

per serving
makes 1 servings

Amount per serving

Calories 1193

Calories from fat 535

% Daily Value *

Total Fat 59.4g 91%

Saturated Fat
18.4g 92%

Cholesterol
369mg 123%

Sodium
827mg 34%

Total
Carbohydrate
32.9g 11%

Dietary Fiber 2.2g 9%

Protein 131.6g

Percent values are based
on a 2,000 calorie per
day diet. Your daily
values may differ.

Additional Information

44.8% of calories from
Fat
11% from Carbohydrates
44.1% from Protein

CHEESE QUESADILLAS

Makes 1 Quesadilla (Multiply this recipe times the number of campers)

Utensils

Skillet

Spatula

Measuring cup: ¼ cup

Ingredients

Vegetable oil

2 flour tortillas

¼ c. shredded Pepper Jack or Cheddar cheese

Salsa

Instructions for Preparation

- Grease skillet with small amount of oil.
- Add tortilla.
- Sprinkle with cheese.
- Add second tortilla.
- Cook until golden brown on both sides.
- Add Salsa as desired.



NutritionFacts

per serving

makes 1 servings

Amount per serving

Calories 564

Calories from fat 379

% Daily Value *

Total Fat 42.1g 65%

Saturated Fat
11.5g 58%

Cholesterol
34mg 11%

Sodium
546mg 23%

Total
Carbohydrate
32.9g 11%

Dietary Fiber 2.2g 9%

Protein 13.3g

Percent values are
based on a 2,000 calorie
per day diet. Your daily
values may differ.

Additional Information

67.2% of calories from
Fat

23.3% from
Carbohydrates

9.4% from Protein

BAKED HAM

Serves 6-8

Utensils

60 charcoal briquettes
Dutch Oven with lid
Dutch Oven rack
Measuring cup
Fire starter

List of Ingredients

2 lb Boneless Ham
2 cups Water
6 oz Pineapple Slices, canned, juice pack
4 oz Maraschino Cherries, sweet, jar, juice pack
Tooth picks

Instructions for Preparation

- Light 30 charcoals
- Put 20 charcoals under the Oven
- Add water to the Oven, put rack in the bottom, and put the ham on the rack.
- Put the lid on the Dutch Oven, and put 10 charcoals on top.
- Cook for 1 hour.
- Light 30 more charcoals.
- Continue cooking for ½ hour more.
- Change charcoals out, put 20 fresh one under the Oven.
- Stick tooth picks through the cherries, put a cherry in the center of each pineapple slice and space the slices evenly around the top of the ham.
- Put the lid back on the Dutch Oven, put 10 fresh charcoals on the lid, and cook for 15 minutes more.



NutritionFacts

per serving
makes 6-8 servings

Amount per serving

Calories 224

Calories from fat 108

% Daily Value *

Total Fat 12g 18%

Saturated Fat
3.8g 19%

Cholesterol
65mg 22%

Sodium
1495mg 62%

Total
Carbohydrate
8.8g 3%

Dietary Fiber 0.4g 2%

Protein 20.1g

Percent values are
based on a 2,000
calorie per day diet.
Your daily values may
differ.

Additional Information

48.3% of calories from
Fat
15.7% from
Carbohydrates
36% from Protein

BEEF STEW

Serves 6

Utensils

Measuring cup: 1 cup, ¼ cup

Measuring spoons: ½ tablespoon (T.), 1 tablespoon (T.)

Knife

Potato peeler

Skillet

Large cooking pot with lid

Large mixing bowl

Spatula

Ladle for serving

1 Zip-lock Baggie, Gallon size

Cutting board

List of Ingredients

1/4 cup Vegetable oil

2 pounds (lb) Beef, chuck steak, cut into 1 inch cubes (it will be easier to cut it at home and put it in a freezer Zip-lock baggie)

1 ¼ cup Flour, white, all-purpose, enriched, bleached

5 cups Water

1 large Onion, chopped

1 pound (lb) Carrots, peeled and cut into ¼" to ½" round slices

1 T. Seasoning salt

½ T. Garlic powder

3 T. Beef Bouillon, dry

1 pound (lb) bag frozen Mixed Vegetables

5 large Potatoes, peeled and cut into 1 inch cubes

Instructions for Preparation

- Peel & cut the onions, potatoes, and carrots, then put them aside in the bowl.
- Using a medium flame, heat the skillet.
- Pour oil into the skillet; let the oil heat.
- While the skillet and oil are heating, mix the flour, seasoning salt, and garlic powder together in the baggie. Zip the baggie and shake the mixture to blend it together.
- Put meat into the baggie and shake until meat is fully coated.
- Put meat into skillet; using the spatula, cook and turn the meat until it's browned on all sides; when all the meat is out of the baggie, throw away the left-over flour mixture.
- Empty skillet contents into the cooking pot (browned meat, juices, everything); add 6 cups water into the cooking pot.
- Add bullion, onions, carrots, potatoes and mixed vegetables; put the lid on.
- Cook, stirring occasionally, until meat and vegetables are tender (a fork can easily be stuck through a piece), approximately 20-30 minutes.



NutritionFacts

per serving
makes 6 servings

Amount per serving	
Calories	794
Calories from fat	362
% Daily Value *	
Total Fat 40.3g	62%
Saturated Fat 13.5g	68%
Cholesterol 107mg	36%
Sodium 1717mg	72%
Total Carbohydrate 71.6g	24%

Dietary Fiber 10.9g 44%

Protein 36.3g

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

Additional Information

45.6% of calories from Fat
36.1% from Carbohydrates
18.3% from Protein

BEEF TERIYAKI

Serves 1 (Multiply this recipe times the number of campers)

Utensils

Extra wide, heavy duty aluminum foil 16 inches

15 charcoal briquettes (if you're cooking for multiple campers, plan to use one charcoal pan and 30 charcoals for every 3 dinners)

Cooking tongs

Measuring cup: ¼ cup (c.)

Zip Lock freezer baggie, quart size (if cooking for a patrol, plan two bags for each camper ... one baggie for the beef marinade and one baggie for the ice cubes)

Magic marker (optional, to identify your dinner)

Fire starter

List of Ingredients

¼ cup thinly sliced uncooked Beef, round, bottom round

¼ cup Yoshida's marinade (best if beef slices are marinated overnight)

2 cabbage leaves (or enough smaller leaves to be able to "patch together" a bottom and top cover)

¼ cup frozed "Stir-Fry" vegetables

1 cup Minute Rice, white, long-grain, enriched

1 cup ice cubes (put this ice in a quart-sized Zip-lock baggie, to keep it clean)

Instructions for Preparation

- Light charcoals
- Place 1 cabbage leaf on center of aluminum foil
- Add rice on top of cabbage
- Add vegetables on top of rice
- Add beef and marinade on top of vegetables
- Add ice cubes; cover with cabbage leaf
- Bring "long ends" of foil together; fold over and crease several times
- Fold over and crease the other two ends, to form a sealed packet
- If foil tears, put another piece around it, to keep the seal
- If you have a magic marker, mark your dinner on both sides
- Place in hot charcoals for 15-20 minutes.
- Using tongs, turn packet over and cook for an additional 15-20 minutes
- Dinner is ready when all pink is gone from beef slices and rice is tender.

Note: Open the packet CAREFULLY; it's HOT !!!



NutritionFacts

per serving
makes 1 servings

Amount per serving

Calories 932

Calories from fat 149

% Daily Value *

Total Fat 16.5g 25%

Saturated Fat
6.2g 31%

Cholesterol
72mg 24%

Sodium 259mg 11%

Total
Carbohydrate
157.5g 52%

Dietary Fiber 5.7g 23%

Protein 38.3g

Percent values are
based on a 2,000
calorie per day diet.
Your daily values may
differ.

Additional Information

16% of calories from
Fat
67.6% from
Carbohydrates
16.4% from Protein

CHICKEN & APPLES

Serves 6

You may want to serve this with baked potatoes.

Utensils

Measuring cups: ¼ cup (c), 1 cup

Dutch oven with lid (two ovens, if you bake potatoes)

30 charcoal briquettes (60, if you bake potatoes)

Knife

Cutting board

Fork (if you serve potatoes)

Fire starters

Ingredients

8 boneless chicken breasts

¼ c. cooking oil

1 c. brown sugar

Cinnamon

4 c. water

¼ c. chicken bullion paste

5 apples

1 c. cranberries (optional)

1 potato per camper, all approximately the same size (optional)

Butter, salt & pepper to taste (if you serve baked potatoes)

Instructions for Preparation

- Cut apples in half, and then cut the cores out.
- Light 30 charcoals (60, if you do potatoes).
- While the charcoals are getting ready, the potatoes, poke small holes in them with the fork, put them in an oven, and put the lid on. Put 10 charcoals, evenly spaced, under the oven and 20 coals on top. The potatoes are done when you can easily poke the fork deep into them.
- Put 10 charcoals under the second Dutch oven; set the rest of the charcoals aside.
- When the Dutch oven is warm, put the oil in and heat it.
- Put chicken in the oil & brown on both sides (about 5 minute each side).
- Drain extra oil out of Dutch oven.
- Pour water on cooked chicken; add bullion.
- Arrange apple halves on top of browned chicken, "core side up." Fill the core hole with brown sugar and sprinkle with cinnamon.
- Put the lid on the oven; put 10 more charcoals under the oven and 10 on top; cook for 1 hour (don't raise the lid).
- Check to see if apples are tender and the chicken is done. If not, cook for 15-20 more minutes. Serve with cranberries on top (optional).



NutritionFacts

per serving

makes 6 servings

Amount per serving

Calories 771

Calories from fat 311

% Daily Value *

Total Fat 34.4g 53%

Saturated Fat
9.7g 48%

Cholesterol
156mg 52%

Sodium
2627mg 109%

Total Carbohydrate
66.2g 22%

Dietary Fiber 6g 24%

Protein 48.7g

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

Additional Information

40.4% of calories from

Fat

34.4% from

Carbohydrates

25.3% from Protein

LASAGNA

Serves 6-8

Utensils

Dutch oven with lid
23 charcoal briquettes
Lid lifter
Heavy duty aluminum foil
Big spoon for stirring
Spatula
Cast iron skillet
Pot that will hold 5 quarts
"Spork" for noodles
Cutting board
Sharp knife
Can opener
Camp stove
Matches/clicker
Measuring spoons
Chimney & Fire Starter

Ingredients

1 lb ground beef
1 garlic clove
1 small onion
1 large jar Ragu Spaghetti Sauce with tomatoes, onion & garlic
1 lb lasagna noodles
1 lb cottage cheese, small curd
2 cups shredded mozzarella cheese
Parmesan cheese
1 (12-oz) can tomato paste
2 tsp. Italian seasoning**
3 T. cooking oil
2 tsp. Parsley flakes**
½ tsp Salt, ½ tsp Pepper
Water

Instructions for Preparation

- Get charcoals *ready* to light –**DON'T** light them, yet!
- Wash your hands and gather the utensils and ingredients together.
- Put 5 quarts of water in the pot, put the lid on, and put it on the stove on a high glaze, to boil.
- Line Dutch oven with foil. Close and set aside.
- Using a cutting board, dice onion and garlic (cut them into VERY small pieces).
- **NOW** light the charcoals!
- Put skillet on stove; when skillet is warm, add oil.
- When oil is warm, add onions & garlic. Cook, stirring, until onions look "clear and shiny."
- As soon as the water starts to boil, break lasagna noodles in half and add to water. Stir gently.
- When onions are ready, add ground beef, salt, pepper, Italian seasoning. Cook, stirring, until ground beef is no longer pink. Drain grease. Move skillet off the heat (to the other burner).
- Add parsley, tomato paste, and one paste can of water to skillet. Stir well, being very "slow and deliberate". Put skillet back on stove on a low blaze. Stir occasionally until it comes to a boil.
- When noodles are tender, drain the water off. Then:
 - put only as much Ragu in the Dutch oven as it takes to *thinly cover the bottom*.
 - layer 1/3 noodles on sauce, one-*third* jar Ragu, *half* the meat mixture, *half* of the cottage cheese & mozzarella; sprinkle with Parmesan. Add 1 cup water to Ragu jar, stir.
 - in the Dutch oven, add another layer of 1/3 of the noodles, 1/3 Ragu, the rest of the meat mixture, mozzarella and cottage cheeses, then sprinkle with Parmesan.
 - layer the remaining noodles on top; cover noodles with the remaining Ragu.
- Put the Dutch oven lid on; arrange 18 charcoals evenly on top, 5 evenly on bottom.
- Bake for 30 minutes or until lasagna is bubbly.



NutritionFacts

per serving
makes 6-8 servings

Amount per serving

Calories 768

Calories from fat 268

% Daily Value *

Total Fat 29.8g 46%

Saturated Fat 13g 65%

Cholesterol
113mg 38%

Sodium
2035mg 85%

Total
Carbohydrate
73.2g 24%

Dietary Fiber 8.9g 36%

Protein 51.8g

Percent values are
based on a 2,000
calorie per day diet.
Your daily values may
differ.

Additional Information

34.9% of calories from
Fat

38.1% from
Carbohydrates
27% from Protein

MEAT LOAF

Serves 6-8

Note: this dish is fairly expensive to make (requires 5 lbs of ground beef), and has to cook a long time (1 ½ hours). You will need to plan a side dish of vegetables to serve with it.

Utensils:

Charcoal, 46 briquettes
Fire starter
Dutch oven with lid
Extra wide heavy duty aluminum foil
Measuring cup: ½ cup (c)
Measuring spoon: tablespoon (T), teaspoon (t), ½ teaspoon
Large bowl for mixing
Zip Lock baggie, gallon size
Chopping board
Knife

Ingredients:

5 pounds (lbs) ground beef (don't use lean ground beef; it will burn)
2 sleeves of crackers, crumbled
1 t. seasoning salt
1 ½ t. garlic powder
1 large onion
4 eggs
4 T. Worcestershire sauce
Water
Ketchup

Instructions for Preparation

- Light 23 charcoals
- Wash your hands, then Line Dutch oven with foil, put it by the table where you'll be mixing the meat loaf together
- Using your hands, crush crackers in plastic bag, then pour crackers in bowl
- Add beef, seasoning salt, garlic powder, and eggs to the bowl
- Wash your hands with soap (again!) and *don't touch anything* on your way back to the mixing bowl
- Using your hands, mix ingredients in the bowl thoroughly, then form it into a round ball
- Put the meat mixture in the bottom of the Dutch oven; press gently on the meat to flatten the top slightly
- Wipe your hands off with a paper towel, and then wash with soap (again!)
- Pour Worcestershire sauce on top of meat
- Add ½ c. water, then put the lid on the oven
- Put 5 charcoals under the oven and 18 charcoals on top. Bake for 30 minutes.
- Add ¼ c. water if the meatloaf looks dry
- Light 23 more charcoals
- Place 18 on top of Oven; 5 under.
- Continue cooking for one hour
- Use ketchup to garnish the top, if desired



NutritionFacts

per serving
makes 6-8 servings

Amount per serving

Calories 974

Calories from fat 718

% Daily Value *

Total Fat 79.9g 123%

Saturated Fat
31.7g 159%

Cholesterol
345mg 115%

Sodium
1060mg 44%

Total Carbohydrate
11.7g 4%

Dietary Fiber 1.3g 5%

Protein 52.2g

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

Additional Information

73.7% of calories from Fat
4.8% from Carbohydrates
21.4% from Protein

BLACK FOREST BROWNIES

Serves 6

Utensils

Can opener
Dutch Oven with lid
Bowl
Rubber scraper
Spoon for mixing

Measuring spoon: 1 Tablespoon (T)
Wide, heavy duty aluminum foil
30 charcoal briquettes
Toothpicks
Fire starter

List of Ingredients

3 cans Cherry Pie filling
1 package Brownie mix
2 Eggs
6 T. vegetable Oil
6 T. Water

Instructions for Preparation

- Light charcoals.
- Line Dutch Oven with foil.
- Put 10 charcoals, evenly spaced, under Oven.
- Pour 3 cans of pie filling into bottom of Oven.
- Blend Brownie mix (follow directions on box) eggs, oil, and water together. Set aside.
- When cherry pie filling is bubbling, pour Brownie mixture over top of cherries. Put the lid on.
- Put 20 charcoals, evenly spaced, on top of the lid.
- Check Brownies after 30 minutes; stick a toothpick into the Brownie. If the toothpick comes out clean, it's done. If the toothpick is not clean, cook for 10 minutes longer, the re-check.



Nutrition Facts

per serving
makes 6 servings

Amount per serving

Calories 712

Calories from fat 252

% Daily Value *

Total Fat 27.9g 43%

Saturated Fat
5.5g 28%

Cholesterol
83mg 28%

Sodium 264mg 11%

Total
Carbohydrate
108g 36%

Dietary Fiber 5g 20%

Protein 7g

Percent values are
based on a 2,000
calorie per day diet.
Your daily values may
differ.

Additional Information

35.4% of calories from
Fat
60.7% from
Carbohydrates
3.9% from Protein

COBBLER

Serves 6-8

Utensils

Can opener
Mixing bowl
Whisk
Rubber scraper (for scraping cake mix out of the bowl)
Spoon for mixing
Measuring cup
Dutch oven
Heavy duty aluminum foil
30 charcoals
Charcoal starter
Toothpicks (optional)

Ingredients

3 cans (28 oz.) of fruit/pie filling (peaches, fruit cocktail, apples, or cherries)
1 box cake mix
3 eggs
¼ c. oil
1 ¼ C. water

Instructions for Preparation

- Get charcoals ready and light the fire starter.
- Line the Dutch oven with foil.
- When the charcoals are ready, place 10 coals under the Dutch oven, evenly spaced.
- Pour fruit into the Dutch oven and heat until it's just bubbling.
- Mix the cake mix according to the box directions while the fruit is heating.
- Pour the mixed cake mix on top of the bubbling fruit.
- Place the lid on the Dutch oven and place 20 charcoals, evenly spaced, on top of the lid.
- Set the timer and bake the cobbler for 30 minutes. Don't raise the lid to peek!
- Test the cake with a toothpick by poking the toothpick into the cake; if it comes out clean, it's done. OR push gently on the center of the cake: if the cake springs back, it's done.



NutritionFacts	
per serving makes 6-8 servings	
Amount per serving	
Calories	974
Calories from fat	431
% Daily Value *	
Total Fat 47.9g	74%
Saturated Fat 7.3g	37%
Cholesterol 0mg	0%
Sodium 1113mg	46%
Total Carbohydrate 126.8g	42%
Dietary Fiber 7.7g	31%
Protein 8.9g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
44.3% of calories from Fat	
52.1% from Carbohydrates	
3.7% from Protein	

DUMP CAKE

Serves 6-8

Utensils

Can opener
Dutch Oven with lid
Heavy duty wide aluminum foil
Knife
Large spoon for mixing (if you use two different kinds of fruit)
30 Charcoals
Charcoal chimney & starter

Ingredients

1 yellow cake mix
2 cans fruit pie filling, fruit cocktail, or plain fruit: try using 1 can whole cranberries with 1 can of drained, chopped up peaches OR apricots, OR drained crushed pineapple
2 sticks of butter; cut into approximately 1/4" slices
Cinnamon
Nutmeg (optional)

Instructions for Preparation

- Light the charcoal, then line the bottom of the Dutch Oven with foil.
- Pour both cans of fruit into the Dutch Oven. If you are using two different kinds of fruit, very carefully mix them together.
- Sprinkle the dry cake mix over the top of the fruit. **Do Not Stir!**
- Sprinkle spices on top of the cake mix, then arrange the butter slices evenly on top. **Do Not Stir!**
- Put the lid on and place 10 coals under the oven, and 20 on top of the lid, all evenly spaced. Bake for 35-45 minutes, or until the fruit is bubbly and the top is light to golden brown. Note: the cake mix will NOT rise!



NutritionFacts

per serving
makes 6-8 servings

Amount per serving

Calories 601

Calories from fat 280

% Daily Value *

Total Fat 31.1g 48%

Saturated Fat 17g 85%

Cholesterol
71mg 24%

Sodium 606mg 25%

Total
Carbohydrate
77.9g 26%

Dietary Fiber 3.3g 13%

Protein 2.4g

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

Additional Information

46.6% of calories from Fat
51.8% from Carbohydrates
1.6% from Protein