A Taste of Troop 928 Cookbook



Prince of Peace

Rising Star District
Sam Houston
Area Council

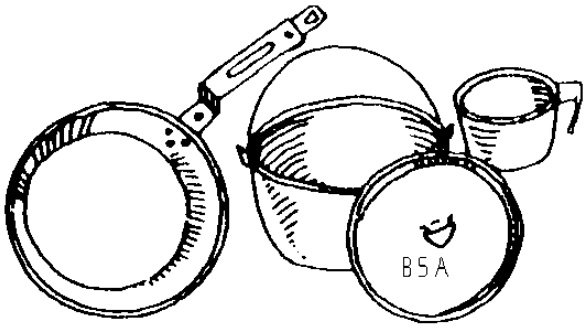
Antacid Optional

Troop 928 is chartered by Prince of Peace Catholic Community 19222 W. Montgomery (SH 249) in the Rising Star District of the Sam Houston Area Council, Boy Scouts of America. The troop meets Monday nights at 7:30.

Hwy 249 and Perry Rd., North of FM 1960

Use of these recipes by Gourmet Restaurants is strictly forbidden by the AMA.

Richard Welch
(281) 890-3820
Scoutmaster





Philmont Grace

For food, for raiment
For life, for opportunity
For friendship and fellowship
We thank thee, O Lord.

"Cooks are not found wandering in the woods. Nor do Scouts fry an egg on the first try. Guide them, teach them, but don't do everything for them."

Ed Bailey, Denver Area Council, Centennial District

Troop 928 has families from all over. They bring knowledge and experiences from all over the world. And along the way, a few good recipes. Friends and relatives agree that you may have these secret recipes only on one condition. That you add your own and pass on the total to others.

Eat hearty and happy camping.

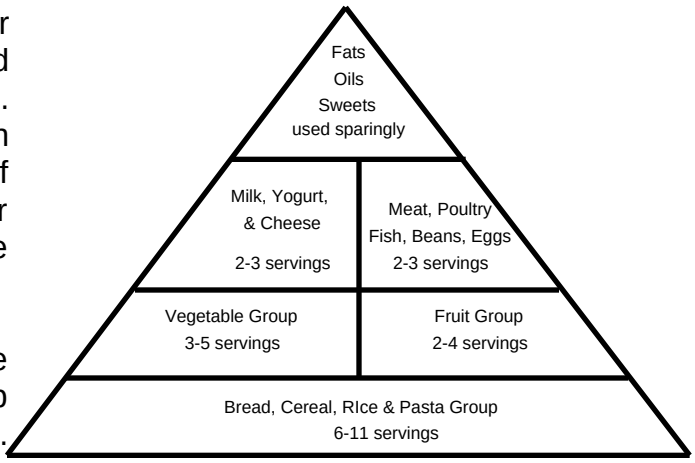
General Commandments on trail cookery: *go light, no fuss, no mess*

1. Nutritious	*What! pop-tarts for supper again?*
2. Low in weight	*Less than a 11 yr. old Scout.*
3. Taste Great	*Scouts sure are great cooks.....*
4. Cooks fast with no fuss	*Hurry up, the batteries are going...*
5. Meets BSA's handling standards	*Packed by a 11 yr. old Scout*
6. Compact	*Smaller than a 11 yr. old Scout*
7. Cheap	*No the Money Tree is not in the Forestry Merit...*

Highly recommended reading for Parents, Leaders, and grommet Scout cooks and eaters:

Camp Cookery for Small Groups, Arthur J. Walrath, ed., 1967, BSA

Eating well is not just part of the fun of camping. It is important to eat well to replace the energy used in the hiking and activities that busy Scouts are prone to do. High fluid intake and high caloric intake are needed. Seasonal changes may demand over 3,000 calories per day. The food pyramid is a guide for meal planning. The Pyramid can change with camping. The high calorie diet of campers use more fats during colder weather. Try to take the bulk of the food from the carbohydrate group.



We have tried not to duplicate the many books available on camp cooking (see additional reading list). We have tried to place our own stamp on the type of cooking that our troop does, but do not limit yourself to the recipes, invent

your own. The following tables are for the adventuresome who would like to try different things. Great, but try them at home first, not 20 miles out on the trail.

Take special note of any dietary needs of the Scouts and adults. Allergies to foods are common.

Don't forget the duty roster. It will save time on determination of whose turn to do what.

List the Boys by name who are on the campout.

Attendees:_____
_____
_____
_____

When	Water	Fire / Stoves / Cook	Clean Up	Food Bags
Fri. Night				
Sat morn				
Sat Noon				
Sat Night				
Sun Morn				
Sun Noon				

Dried Beans and Peas Yield Values

When you start with:	**You will get at least:**
1 cup black beans	2 cups cooked beans
1 cup blackeye beans	2 1/2 cups cooked beans
1 cup Great Northern beans	2 1/2 cups cooked beans
1 cup kidney beans	2 3/4 cups cooked beans
1 cup lentils	2 1/2 cups cooked lentils
2 cup large lima beans	2 1/2 cups cooked beans
1 cup small lima beans	2 cups cooked beans
1 cup pea (or navy) beans	2 1/2 cups cooked beans
1 cup split peas	2 1/2 cups cooked peas
1 cup pinto beans	2 1/2 cups cooked beans

Source: Utah State Extension

"Remember: not all beans are the same." *Ralph's Beanery*

Can Sizes

Can Size	Net Weight	Cups	Servings/Can
#1	10 1/2 - 12 oz.	1 1/4	1
#300	14 - 16 oz.	1 3/4	2 or 3
#303	16 - 17 oz.	2	4 or 5
#2 1/2	1 lbs 13 oz.	2 or 3	4 or 6
#3 cylinder	3 lbs 3 oz. or 1 qt 14 oz	5 3/4	12
#10	6.5 lbs to 7 lbs 5 oz.	2 - 13	25
#5	48 oz	6	

SOURCE: Purchasing Food for 50 Servings, Cornell Ext. Bulletin 803



Camper's measurements without utensils

1 Open Fistful	=	1/2 cup
Five-Finger Pinch	=	1 Tablespoon
Four-Finger Pinch	=	1 Teaspoon
One-Finger Pinch(with thumb)	=	1/8 Teaspoon
One-Finger Gob of shortening	=	1 Tablespoon
Palm of hand (center)	=	1 Tablespoon

Fluid Standard Measures

3 Teaspoons	=	1 Tablespoon	=	1/2 oz	=	29.57 milliliters
16 Tablespoons	=	1 Cup	=	8 oz	=	0.236 liters
2 Cups	=	1 Pint	=	16 oz	=	0.473 liters
2 Pints	=	1 Quart	=	32 oz	=	0.946 liters
4 Quarts	=	1 Gallon	=	128 oz	=	3.785 liters
1 Gallon water	=	8 pounds				

1.05680317041 Gallons = 4 liters



SUBSTITUTIONS & EQUIVALENTS

1 lb. butter / shortening	=	2 cup
4 oz. cheddar cheese	=	1 cup grated
1/2 pt. whipping cream	=	1 cup (2 c. whipped)
8 oz. sour cream	=	1 cup
1 lb. flour	=	app. 3 1/2 cup
1 cup marshmallows	=	11 large or 110 miniature
1 lb. brown sugar	=	2 1/4 cup (packed)
1 lb. granulated sugar	=	2 1/4 cup
1 cup milk	=	1/2 cup evaporated milk + 1/2 cup water -or-
	=	1 cup reconstituted dry milk + 2 tbs. butter
1 cup buttermilk	=	1 cup milk + 1 tbs. vinegar -or-
	=	3/4 cup milk + 1/4 cup butter + 1 1/2 tsp. corn starch
1 cup sour milk	=	1 cup sweet milk + 1 Tbs. vinegar / lemon juice
1 stick butter	=	1/4 lb. or 1/2 cup or 8 tbs.
1 lb. loaf bread	=	about 17 slices
1 1/2 tsp. cornstarch	=	1 tbs. all purpose flour
1 cup Honey	=	1 1/4c sugar + 1/4c water or other liquid
1 cup of fine crumbs	=	22 vanilla wafers, 4 slices of bread, 26 saltine crackers, 14 graham crackers
1 Tbs. instant minced onion	=	1 small fresh onion
1 Tbs. prepared mustard	=	1 tsp. dry mustard
1 cup sugar	=	2/3 to 3/4 cup honey
1 cup honey	=	1 cup molasses
1 whole egg	=	2 egg whites = 1/4 cup egg substitute
	=	1 egg white + 1 tsp. oil
1 cup sour cream	=	1 cup plain low-fat yogurt
1 oz baking chocolate	=	3 Tbs. cocoa powder + 1 Tbs. oil
1 Tbs. cornstarch (for thickening)	=	2 Tbs. flour

Cooking at Altitude with attitude

The boiling point of water decreases with increasing elevation due to decreasing air pressure. The boiling point of water decreases 1 degree C for each 1,000 feet of elevation. Cooking times increase with increasing elevation at 6,000 feet to about 125% of the time needed to cook at sea level. Time is dependent on the type of food and the method of cooking.

Altitude	Fahrenheit	Celsius
Sea Level	212	100
2,000 ft	208	98
5,000 ft	203	95
7,500 ft	198	92
10,000 ft	194	90
15,000 ft	185	85

Very high altitudes may increase boiling times to 30% more than at sea level. Therefore quick cooking foods such as minute or quick rice and instant noodle soups are easier to use than raw foods.

Clean Sweep - Food Safety Tips

The biggest party crasher at summer picnic and camp outs is food borne bacteria. You can't see them, you can't taste them - but you sure can feel them if illness occurs hours or days later.

Each year about one in every ten Americans has an illness caused by food. Most of these cases result in simple stomachaches or diarrhea. If you prepare and then store foods properly, they will never leave their calling card behind. It's up to you to select, store, prepare, and then serve safe foods for you and your family. The most important steps to keep these uninvited guests away are very easy to do.

The Golden Rules Of Food Safety

ALWAYS WASH YOUR HANDS BEFORE AND AFTER HANDLING FOOD.
ALWAYS WASH YOUR HANDS AFTER USING THE REST ROOM, etc.
When preparing food, keep surfaces and utensils clean. Use one cutting board for raw meats, another for fruits and vegetables that won't be cooked. **WASH YOUR HANDS BETWEEN EACH TASK!**

Keeping a clean kitchen area saves on cleaning up after the meal and keeps food related illnesses at a minimum. A clean heavy plastic sheet can declare kitchen boundaries.

Read the preparation directions twice before beginning.

- **WASH YOUR HANDS**

- Pick up trash as you create it.
- Soak pots and pans after using, Saves on that stuck on food mess after the meal.
  A simple trick is to fill dishpans with hot, sudsy water. This serves two purposes for me.

  When preparing food, you can toss the dirty dishes into the hot water to soak while you cook. This makes for easier cleanup.

  As you cook, stick your hands in the water to clean.
- **Keep cold food cold and hot food hot.**
- 140 degrees F or above and 40 degrees F or below. Do not leave food at room temperature longer than 2 hours (1 hour when summer room temperatures are hot). Thaw foods in the refrigerator, not on the counter. Also make sure that meat juices can't drip onto other foods. To store hot foods, refrigerate immediately in shallow containers to cool them more quickly.
- Keep chicken and chicken products, juices away from other foods.
- Clean cutting boards between each use.
- Be considerate of the cleaning crew while cooking, your next on the duty roster.
- Clean the dishes with soap, sanitize, rise **all** the soap off.
- Put utensils and pots back in the right places.
- **Keep dry items dry**, Don't place wet towels in with the dry goods.

- **WASH YOUR HANDS**

ALWAYS SERVE FOOD ON CLEAN PLATTERS. Now, you are probably thinking - "I know that! Why are they saying that to me?" But think? Have you every taken raw meat to the barbecue on a plate and then put the cooked meat back on the same plate to serve? Don't do this unless you have washed the dish in between. Raw meat has bacteria that will spread to the cooked meat.

IF IN DOUBT, THROW IT OUT! If you have any question in your mind about the freshness or safety of eating a food product, throw it out. It is better to be safe than sorry!

Cook all the Food. Leftover raw meats spoil faster than cooked meat.

Why is this more of a problem in camping?

Did you pack the refrigerator? Temperatures are harder to control in the out-of-doors. Too Hot or Too Cold are what the campers say, But not your food. Camping temperatures usually range in the ideal temperatures for bacteria growth. Also Bugs and Dirt are naturally at home at the campsite.

Salmonella and Food Safety

Chicken, turkey, pork, beef, and other meat and poultry products are important sources of protein and other nutrients. Unfortunately, these foods -- like eggs, raw milk, and all raw foods of animal origin -- may also carry salmonella and other bacteria. The good news is that these bacteria don't have to cause illness. Routine food safety can destroy salmonella and other bacteria.

Hamburger and any ground meat has increased surface area and a increased risk for contamination.

What is salmonella?
The salmonella family includes abbot 2,000 different strains of bacteria, but only 10 strains cause most reported salmonella infections. Strains that may cause no symptoms in animals can make people sick, and vice versa. A salmonella bacterium is a one-celled organism that can't be seen, touched, or tasted. The bacteria are common in the intestinal tracts and waste of livestock, poultry, dogs, cats, rats, and other warm-blooded animals.

What is salmonellosis?
Salmonellosis, or a salmonella infection, is the illness that can occur if live salmonella bacteria enter the body -- usually through food. Most reported outbreaks of food-born illness are caused by bacteria, and salmonellosis is the most common bacterial food-borne illness. Salmonellosis is usually preventable.

How can salmonella bacteria on raw meat, poultry make people sick?
First, "food abuse" allows bacteria to survive and often to multiply. For example, if the meat knife is used to cut the salad lettuce without first being washed, the lettuce can be contaminated by any bacteria on the meat. The person who eats the salad then also eats the bacteria.

Next, if the bacteria survive the stomach acid, they reproduce themselves in the small intestine. One cell becomes two, two become four, four become sixteen and so on. When there are "enough" bacteria, they cause a salmonella infection.

How many bacteria does it take to make people sick?
There is no exact number, but the more bacteria consumed, the more likely a person is to get sick. Healthy adults have eaten food containing millions of bacteria without getting sick. Other people have gotten sick from as few as 10 bacteria in the food.

What are the symptoms of salmonellosis?
According to the Centers for Disease Control, stomach pain occurs within 6 to 48 hours after the food was eaten. Most people get diarrhea, and many people have upset stomachs, chills, fever or headache. Most people feel better within 3 to 5 days. Many persons with salmonellosis may believe they have the flu and may never see a doctor.

How many people get sick from salmonellosis?
At least 40,000 salmonella infections are reported every year, but experts believe that between 500,000 and 4 million persons each year actually contract salmonellosis.

How does the doctor know a person has salmonellosis?
The only way to tell for sure is to conduct laboratory test on the stools of the person who got sick, a process that takes several days.

How many people die from salmonellosis?
Salmonella infections can be life-threatening for the very young, the very old and for persons already weakened by other serious diseases, such as AIDS. Reports show about 2 deaths for every 1,000 known cases of salmonellosis, but experts believe that about 500 persons each year actually die form salmonella infections.

What foods are most likely to make people sick?
Foods don't make people sick -- bacteria do. Any raw food of animal origin -- meat, poultry, raw milk, fish, and shellfish -- may carry salmonellae. The bacteria can survive to cause illness if these specific foods are not thoroughly cooked. the bacteria can also cause illness if they contaminate any other food that comes in contact with the raw food, either directly or by way of dirty hands or dirty equipment. Salmonellosis is a world- wide, food-chain problem that can't be "blamed" on any one food.

Anti-Salmonella Strategy

Bacteria on raw foods of animal origin do not have to cause illness. Investigations of actual outbreaks reported to the Centers for Disease Control show that:

bacteria + food safety mistakes can = illness.

Errors during food shopping, transport, preparation, serving, or storage can enable bacteria to grow or even just survive. If foods are prepared a day or more ahead of time and food handlers make mistakes, the chance of illness can increase, because bacteria have more time to multiply. In outbreaks traced to bacteria or other organisms in meat or poultry, one or more of the following eight food handling mistakes enabled bacteria on raw products to survive and cause food-borne illness:

•Improper cooling •Improper hot storage of cooked foods •Undercooked •Cross-contamination of cooked foods by raw foods •Inadquate cleaning of equipment •Infected person touching cooked food •Eating raw meat or poultry •Inadequate reheating of cooked and chilled foods

Therefore, the key to preventing illness -- at home, in a restaurant, at a church picnic, anywhere -- is to destroy the bacteria. Below are some hints, based on information from actual outbreaks, that can destroy or stop growth of salmonella bacteria and other bacteria that can cause illness.

CLEAN IT.
Salmonella bacteria can survive in water, soil, and on the kitchen counter, so sanitation can make a big difference -- especially in preventing bacteria that could be on raw products from contaminating other foods. (This is called cross-contamination.)

*** Wash your hands frequently with SOAP and water for at least 20 seconds** -- after you use the bathroom, before you start food preparation, before you start working with a new food or a new tool, when you finish food preparation, and before you serve food.

*** Prevent cross-contamination**. Never let raw meat and poultry, or their juices, come into contact with cooked meat or any other food -- raw or cooked.

*** If you use a dishcloth for cleaning kitchen surfaces, switch to a clean one after you work with raw meat or poultry**. Choose a type that will stand up to a laundering in how water and bleach. Otherwise, use paper towels and throw away after use.

*** Cut raw meat or poultry on an acrylic cutting board that is thoroughly cleaned** after each use. Use that favorite (but porous) wooden one only for cutting bread or vegetables.

*** Wash cutting boards, knives, counter, and other implements with detergent and hot water** immediately after you use them with raw meat and poultry.

*** After washing and rinsing equipment and counter, professional food service workers also sanitize and rinse them**. Consumers who want to sanitize implements after washing can use a solution of 2 to 3 teaspoons household bleach in 1 quart of water, followed by a cold water rinse. (Note: Sanitizing doesn't work on dirty surfaces, so clean them first.)

*** Serve cooked meat and poultry on clean plates**. When you replenish the banquet, replenish the serving plates. Don't put grilled meat or poultry back on the plate with raw juices.

*** Keep pets and other animals away from food**, and away from cooking and eating surfaces and equipment. Squirrels and mice contaminate, as do insects.

COOK IT.
Salmonellae -- however many there are -- do not survive when beef or pork is cooked to an internal temperature of at least 160 degrees F, or when poultry is cooked to 185 degrees F. (Some experts believe that this country's passion for rare beef explains why beef -- which carries very low levels of salmonella bacteria -- is involved in more reported salmonellosis outbreaks than poultry.) Always cook meat and poultry thoroughly, and be just as careful when micro waving as when using traditional ovens.

*** Using a meat thermometer** to check "doneness." If meat is too thin for a thermometer, follow the recipe and cook till the juices are clear.

*** Never interrupt cooking** -- it's a "half-baked idea" that can make you sick. After thawing foods in the microwave, cook them immediately.

*** If reheating** leftovers, cover and reheat thoroughly to 165°F just in case bacteria survived in the food during refrigeration of freezing. Let sauces and gravies reach a rolling boil.

*** Don't store the latecomer's cooked meat and poultry dinner in an off or warm oven**. Hold the food above 140°F. (But, within 2 hours after cooking, refrigerate the food.)

COOL IT.
Refrigeration and even freezing do not kill all salmonella or other bacteria, but proper cooling can usually prevent salmonellae from multiplying.

*** Refrigerate raw meat and poultry as soon as possible** after you take it out of the grocery meat case. Ice it down in the camp cooler

*** Refrigerate food containing cooked meat or poultry within 2 hours after cooking**.

*** Refrigerate or freeze cooked meat or poultry casseroles in covered shallow pans** rather than deep pots. leave space around the containers to let cold air circulate.

*** Never thaw frozen meat and poultry on the kitchen counter**. Thaw it in the refrigerator or, if you are in a hurry, in a bag under cold running water. It will thaw in a cooler.

*** Remember that refrigeration or freezing cannot be counted on to kill many salmonella bacteria**. it can't "fix" a mistake such as leaving cooked turkey at room temperature for more than 2 hours -- it can only postpone the risk of illness. If in doubt, throw food out.

Do you have other questions about meat and poultry food safety or labeling?
Consumers: Call the toll free **Meat and Poultry Hotline at 1-800-535-4555**, 10 a.m. to 4 p.m., Eastern Standard Time. Press Inquires: (202) 447-9113.



Menu Sheet

for _____ Scouts date: _____

Breakfast

	amount	equipment	cost $
Drink			
Bread Cereal Meat			

Lunch

	amount	equipment	cost $
Drink			
MEAL Bread Meat Veg			
Fruit Desert			

Dinner

	amount	equipment	cost $
Drink			
MEAL Grain Meat Veg			
Desert			
Fruit			

Snacks:

Shopping Lists

Once you have made a menu of the meals you plan to make, you need to make a shopping list. Start by listing the food items and the amount based on 1 Scout or group of Scouts. Then multiply by the number of campers. Keep Group items to a small size to reduce waste.

Here is an example of a shopping list from 1991

		number to buy	$$
Hot Chocolate	4x number of Scouts	_____	_____
Cookies	4x number of Scouts	_____	_____
White Bread	4x (slices)20-22/loaf	_____	_____
Jam	1 small jar per 8 Scouts	_____	_____
Eggs	4x number of Scouts	_____	_____
Cinnamon	1 small can per group	_____	_____
Sugar	1 pound per group	_____	_____
Oil	2 quart per group	_____	_____
Powdered sugar	1 pound per group	_____	_____
Applesauce	1 small can per 4 Scouts	_____	_____
Cinnamon red hots	1 small package 4 oz.	_____	_____
Macaroni and Cheese	1 box per 2 Scouts	_____	_____
Chunky Ham	1 can per 4 Scouts	_____	_____
Milk	1 quart (group) powdered OK	_____	_____
Lettuce	1 small head per 4 Scouts	_____	_____
French dressing	1 small bottle per 8 Scouts	_____	_____
Kool ade	3-4 quarts per Scout	_____	_____
Hamburger	1 pound per 3 Scouts	_____	_____
Pork and Beans	1 medium can per 3 Scouts	_____	_____
Brown Sugar	1 pound (group)	_____	_____
Onions	3-4 medium (group)	_____	_____
Pita Bread	2x number of Scouts	_____	_____
Watermelon	1 large (group)	_____	_____
Canned Biscuits	1/2 (5) can per Scout	_____	_____
Spiced Apple Cider packets	2x number of Scouts	_____	_____
Instant Oatmeal	1 1/2 serving per Scout	_____	_____
Syrup	1 small bottle (group)	_____	_____
Tomato Juice	8 oz per Scout	_____	_____

Plan your budget as well. Use Coupons and leftover stock from last camp out. No one likes to dig deep at the checkout line.

SHOPPING GUIDE

Food	Weights/Approximate Measurement	Approximate Servings
Beverage		
Coffee singles	3.5 ounces	19 coffee bags
Hot chocolate	12 ounces	1 serving
Kool-Aid	1 package	8 servings
Soft drink	12 ounces	1 serving
Tea	3.5 ounces	16 tea bags
Bread		
1 loaf	1 pound	20 to 22 slices
corn muffin mix	7 oz.	6 muffins
Cereal	Ready to eat	
Flaked	18 ounces / 18 to 20 cups	18 to 20 1 -cup servings
Puffed	18 ounces/ 32 to 36 cups	26 1 1/2-cup servings
Cooked:		
Oatmeal	18 ounces / 6 cups (1 cup uncooked = 1 2/3 cooked)	12 to 14 3/4-cup servings
Rice	2 oz. / 1 cup	2 servings
Minute	4.5 oz. / 1 cup	2 servings
Crackers		
Graham	1 pound / 65 crackers	32 to 35 2-cracker servings
Saltine	1 pound / 130 squares	32 4-cracker servings
Dairy Products		
Cheddar Cheese	1 pound / 12 to 16 slices 4 cups grated	6 to 8 sandwiches (2 slices each)
Cottage cheese	1 pound / 2 cups	6 to 8 1/2-cup servings
Milk:		1 can milk+ 1 can water = whole milk
Evaporated	14 1/2 ounces / 1 2/3 cups	Equivalent to 3 1/3 cups milk
Whole	1 quart / 4 cups	4 servings
Nonfat dry	1 pound / 5 quarts	20 servings
Fats		
Butter or margarine	1 pound / 2 cups	48 pats
Shortening	1 pound / 2 1/2 cups 3 pounds / 7 1/2 cups	
Salad oil	1 pint / 2 cups	

SHOPPING GUIDE

Food	Weights/Approximate Measurement	Approximate Servings
Flour		
All-purpose	1 pound / 4 cups	
Whole wheat	1 pound / 3 1/2 cups	
Fruit Juices		
Frozen concentrated		6 ounces / 3 cups 6 1/2-cup servings
Canned	46 ounces / 5 3/4 cups	11 to 12 1/2-cup servings
Fruits Fresh		
Apples	1 pound / 3 medium	3
Bananas	1 pound / 3 medium	3
Grapefruit	1 pound / 2 medium	2
Oranges	1 pound / 2 medium	2 (1 orange = 1/3 cup juice)
Pineapple	2 pound / 1 medium	6 to 8
Meats		
Bacon	1 pound / 20 to 24 slices	10 to 12 2-slice servings
Hamburger	1 pound / 2 cups	4 to 5
General guide:	1/4 pound per serving	
Boneless meat	1 pound	4
Small-boned meat		1 pound 3
Large-boned meat		1 pound 2
Chicken ,whole	2 1/2 to 3 1/2 pounds	4
Ham	1 pound	4 to 6
Fish	1 pound	2
Pasta		
Macaroni	1 pound / 4 cups uncooked	
	8 cups cooked	14 to 16 1/2-cup servings
Noodles	1 pound / 6 cups uncooked	
	8 cups cooked	14 to 16 1/2-cup servings
Spaghetti	1 pound / 4 cups uncooked	
	8 cups cooked	14 to 16 1/2-cup servings
Sugar		
Brown	1 pound / 2 1/4 cups packed	
Granulated	1 pound / 2 1/4 cups	
Confectioners	1 pound / 4 cups	

SHOPPING GUIDE

Food	Weights/Approximate Measurement	Approximate Servings
Syrup		
Corn syrup	1 pint / 2 cups	
Honey	1 pound / 1 1/4 cups	20 1-tablespoon servings
Molasses	1 pint / 2 cups	16 2-tablespoon servings
Pancake	1 pint / 2 cups	16 2-tablespoon servings
Legumes Dried		
All kinds	1 pound / 2 cups uncooked	
	6 cups cooked	6 1-cup servings
Vegetables Fresh		
Beans	1 pound / 3 cups	5 to 6 1/2-cup servings
Broccoli	1 pound	3 to 4 1/2-cup servings
Cabbage Raw	2-pound head / 18 to 24 leaves	14 1/2-cup servings
Cooked	2 pounds	8 1/2-cup servings
Carrots	3 mature / 2 1/2 cups	5 1/2-cup servings
Cauliflower	1 pound / 1 1/2 cups	3 1/2-cup servings
Lettuce	1 pound / 1 large head	8 to 1 0
Onions	3 large; 4 to 5 medium / 2 1/2 to 3 cups	
Potatoes	1 pound /3 medium	3
instant “buds”	13.75 oz / 7 2/3 cups	17 servings
Tomatoes	1 pound / 3 to 4	5 to 8
Miscellaneous		
Marshmallows	1 pound / 64	
Peanut butter	18 ounces / 2 cups	8 to 10 2-tablespoon servings
Potato chips	1 pound	16
Walnuts	1 pound / 4 to 4 1/2 cups	8 1/2-cup servings

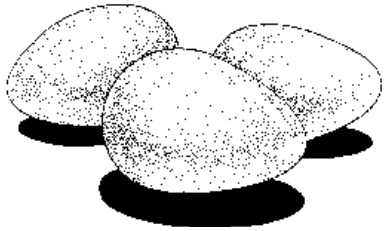
Kitchen accessories **mostly shared between Scouts as patrol gear**

water proof matches:	with their safety striker box
Match safe:	water proof with strike anywhere wooden matches
camp stove lighter:	Again with the fire.
fire starter, fire ribbon, primer:	for starting cranky stoves
tinder:	for starting cranky fires
fuel bottles / containers:	for fuel only, not for anything else.
funnel:	for pouring fuel into itty bitty stove tank openings
pouring cap:	for pouring fuel into itty bitty stove tank openings
pliers:	for fixing cranky stoves
bandanna:	for holding hot pots when you forget your gloves
Pot grippers:	for holding hot, hot pots when you forget bandanna
grid /grate:	for holding pots higher over the burner or coals.
Spring Steel Handle:	Hand made for when you forgot the pot grippers, pliers, and bandanna
splatter shield / wind shield:	the wind is always blowing
2'x3' plastic 6 mil sheet:	Clean area to put things down on and catch spills
nylon spatula:	for frying on Non-Stick surfaces
whisk:	for mixing batters and puddings
aluminum foil:	several sheets for cooking, wind screens
handy-wipes:	for drying dishes, reusable
scouring pad / sponge:	clean up, use plastic scrubbie for Teflon
SOS	Metal scouring pads only for Non-Teflon surfaces
pine cone	for when you forgot the scouring pad
Soap:	small bottle biodegradable dish soap, in a zip bag.
trash bags:	several for bag in bags
"spice rack":	collection of spices in small bottles or film containers, salt, pepper, garlic powder, onion flakes, bell pepper flakes, cinnamon, Italian seasoning, etc.
Butter Buds:	Seasonings, not for frying
Cooking oil:	In a small plastic bottle and in another zip bag
Small can opener:	better than the one on your knife.
ZIP bags	for all kinds of things, wet and dry, all sizes.

Breakfast Anyone?

These recipes have been gathered from many places and box labels.
Read the preparation directions twice before beginning.

Aluminum Eggs *Ed Bailey* ***FOIL***



1 Sausage Patty
1 handful Hash Brown Potatoes
1 dash water
1 Egg
salt, pepper, spices

Wrapped in double foil pack and placed on coals for 10-15 min. If it burns, cut down the time.

Mineshaft Pig *Ed Bailey* ***FOIL***

1 potato
1 sausage link
aluminum foil
Core a tunnel in a potato with an apple corer, then stuff the tunnel with a sausage link. Wrap in foil and bake on coals, or in oven for about 45 min.

The Better Bator - Wanza Batter *Lou Bator* ***SKILLET***

2 cups flour
4 tsp. baking powder
1 stick melted margarine
1 cup buttermilk
2 eggs (minus shells)
Mix above ingredients then add regular Homogenized milk 'till batter is right consistency. One half measures of above works as well. GRRREAT Pancakes !!!!

Worm in the Apple *Canadian Scouts* ***FOIL***

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

Ants in the Oatmeal *Dick Ross* ***ONEPOT***

Regular oatmeal (not instant) with brown sugar, raisins & nuts, canned fruit

Cream of Freebies *Michael Vesely* ***ONEPOT***

1/2 cup boiling water,
1/2 cup Cream of Wheat
and freebies
Add freebies from the breakfast menu's of those fine restaurants: Grape Jelly and Strawberry Jam from MacDonalds, Honey from KFC or Burger King, Sugar packets...

Spamble Eggs *Michael Vesely* ***SKILLET***

1 can (7 oz) SPAM
12 eggs
1/2 cup Sanalac instant milk
2 Tbl. dried onions
2 Tbl. dried green pepper
Dice the SPAM and fry in large pan. Crack and stir the eggs and milk with a whisk in a large bowl. Leave the egg shells out. Hydrate the dried onion and peppers, then add to the SPAM. Fold the eggs over the SPAM and spamble them. Serve to 6 Scouts

Kansas Fly Pie *Ed Bailey* ***ONEPOT***

1 lb. cornmeal
2 qt. water
1 tsp. salt
1/4 - 1/2 cup raisins
beaten eggs
syrup, honey, or jam
You may want to start this at home..
Put 2 quarts of water into a pot, make sure the pot can hold 4 qt. Add 1 teaspoon salt; bring to boil; pour cornmeal into the water a handful at a time (about 1 lb.) stirring constantly until the mush gets thick. Cover and simmer slowly for 20 min. Stirring often; add raisins; mix well; poor into greased bread pans (2) and let cool until congealed. Slice loaf into 1/2 inch thick slices; dip in beaten eggs; then fry, hot and browned. Serve with syrup, honey, or jam.

Sam's Bullfighter Breakfast *Ed Bailey* ***ONEPOT***

1 lb. cornmeal
2 qt. water
syrup, honey, or jam
1 tsp. salt
1 pound of cooked, crumbled sausage
beaten eggs
1 small can of diced chilies (mild or hot)
Same as the Kansas Fly Pie, however, you skip the raisins. Instead, add 1 pound of cooked, crumbled sausage and 1 small can of diced chilies (mild or hot). Mix well: follow cooking directions of Kansas Fly Pie. Serve with Salsa.

New Mexico Omelet *Philmont Training Center* ***SKILLET***

Eggs ground sausage
green pepper
onion
cheese
Sauté onions and green pepper and brown the ground sausage. Break the eggs into the mixture and scramble. add cheese last, melt and serve.

Egg in the Nest *Big Bird* ***SKILLET & Griddle***

1 piece bread,
1 egg,
1 tbs. bacon grease or shortening
On low heat, melt grease in fry pan. Cut a hole in center of bread for the egg. Butter both sides of the bread. Place bread in fry pan. Break egg over hole of bread and pour out egg. Fry egg and bread, Flip once and serve. Season to taste

Crescent Rolls on a Stick *Old Standby* ***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.

Breakfast Cake *Bisquick* ***SKILLETS***

8 oz. blueberries or other fruit
2 cups Bisquick Mix
1/4 cup powdered milk
2 tbs. sugar
dash of cinnamon
water
Heat fruit in large pan. Mix dry ingredients with enough water to make a thick batter. Drop large spoonfuls of batter onto fruit. If you pour, the batter will push the fruit to the sides. Cover and cook until batter becomes a cake.

Ranch House Potatoes ***SKILLETS***

1/2 bag small potatoes,
1 dozen eggs,
1 pound sausage or bacon

On the afternoon before leaving, wash potatoes with water, piercing skins with knife. Microwave until almost cooked. Place in refrigerator/ice chest until ready to make recipe.
(Flat non-stick griddle)
Fry sausage/bacon, then drain well. Break bacon or any large sausage pieces into bits.
(Large non-stick skillet)
Slice potatoes thin (less than 1/4 inch). Use left over grease from meat to fry potatoes in, breaking large pieces. Turn potatoes to brown well. Add meat.
Break eggs on top of potato/meat mixture, and stir to cook eggs. **Serve immediately to 8 hungry persons.**

Hash Tortillas *Dick Ross* ***SKILLET***

tortillas
1/2 package dehydrated hash brown potatoes
butter
1/2 summer sausage (beef stick)
canned fruit
Fix the hash brown potatoes according to directions, when almost done add slices of sausage. Wrap in tortillas. Fruit for a nosh.

Eggs MacSanches ***ONEPOT***

2 eggs
bacon bits, or crumbled bacon
onion flakes
flour tortillas
1 slice cheese or shredded cheese
salsa sauce
1 Quart Freezer Zip type bag.

The heavy freezer bags are needed, not the regular.
In the freezer bag place the eggs - minus the shells. Add the bacon, salsa, and onion. Add a little water or milk ~1/8 cup or 2 Tablespoons. Zip up tight and mix the eggs and ingredients by fingering vigorously. Scramble in the bag. Place the bag in a boiling pot of water and cook until done. Remove from pot, if no leaks, use the water for hot chocolate or clean-up. Scoop the eggs on the flour tortillas and add some cheese, fold and eat. Makes fillings for about 2 tortillas.

Termite Pie *Ed Bailey* ***SKILLET***

1 box cake mix
2 quart zip lock bag
1 cup raisins
2 T. vegetable oil

Need a sweet item for breakfast or night time snack? Mix a cake mix in a zip lock bag following directions on box, BUT use only 1/2 the suggested water. Add 1 cup of raisins (termites). Oil a small skillet or mess kit; pour in 1 cup of cake mix for a mess kit, 2 cups for a small skillet; cover pan; fry slowly, very slowly; flipping the pie when the top of the pie starts to set (dry out); cook a few more minutes and then count the termites as you eat.

Vienna Toast ***SKILLET***

2 slices bread
Jam
2 eggs
1 tsp. sugar
1/4 cup milk
cinnamon
powder sugar

Make a Jam sandwich. Beat 2 eggs per person (4 pieces of toast). Add a little sugar, cinnamon, milk, and water. Dip sandwich in egg mixture, fry like French toast. Dip fried sandwich in powder sugar.

Scotch Eggs ***SKILLET***

English muffin
1 egg
butter or margarine
Cut silver dollar size hole in an English Muffin. Butter both sides. Place on griddle. place egg in hole. Fry both sides, slowly until cooked.

Real Scotch Eggs *Ann of Palfreyman* ***SKILLET***

Hard boiled egg
ground sausage
bread crumbs
Take a Hard Boiled Egg and mold a shell of ground sausage around the egg, roll in bread crumbs and Bake 25-30 minutes in a reflector oven or Dutch oven. Rotate as needed.

Dick's Hash *Dick Ross* ***SKILLET***

2 potatoes
1 can chunk Ham
1 egg
Shortening/margarine
Pre-cook 2 potatoes, skins on. Wrap in foil for trip. At camp: melt shortening in fry pan and slice the potato for frying. After browning add chunk ham and egg. Cook until egg is done. Salt and pepper to taste. Alternate: use dried hash brown potatoes on long trips

True Grits *A. J. Anonymous* ***ONEPOT***

1/2 cup Instant Grits
1 T. Bacon Bits
dash Molly McButter

Boil Water, add grits, Bacon Bits, Molly McButter.... eat with an attitude.
Add cheese or cooked egg as well.

Granola to Go *Fred Wisenheimer* ***ONEPOT***

Place the contents of a box of Granola into a zip-lock type plastic bag. Leave the box at home. Mix instant Milk with cold mountain water the night before and chill in a cold, bubbling mountain stream. Add the cold milk to the Granola the next morning, top with cinnamon sugar and eat.

Sure Syrup *I. B. Sure* ***ONEPOT***

1 cup packed brown sugar
1 cup water
1 Tbs. margarine
Mix and simmer until sugar dissolves. Watch it. Don't Burn it.
variations: use apple juice instead of water., Maple flavoring, 1/2 tsp. cinnamon, or Heat together Karo Syrup and Jam.

Home Made Instant Oatmeal *CUP*

1 cup quick oatmeal
1/3 cup instant dry milk
1/4 tsp. cinnamon
handful wheat bran
1 tbsp. chopped nuts
1/4 cup chopped dried fruit

At home: grind 1/3 cup oatmeal in a blender, until powdered.Mix every thing together and devide into 3 bags. On the Trail. Place serving in a cup and add boiling water. serves 3.

Eggs R US *Andrew Frambach*

2 eggs
1 tbl. margerine
1/2 tsp Dillweed
1/4 tsp Italian seasoning
1/4 tsp. Celery Seed
1 slice ham 1 slice bacon
3 tbs. milk

Dice the ham and slice the bacon into small pieces. Put 1 tbs. margarine into a pan and melt over medium heat. When butter melts, spread it out along the pan and add bacon and ham. Cook for about 10 minutes or until crisp. Don’t forget it. Meanwhile, Put the rest of the ingredients into a bowl, without the egg shells. Beat well with a whisk. When the bacon and ham are crisp, add the egg batter to the pan and frequently stir, breaking up the eggs, until the eggs are scrambled.
Serves 1.

Scrambled Egg Variations

Mix with a fork: or mix in ZIP lock Bag, zip tight and mash with fingers or shake it up

4 eggs
2 tbls. Dry Milk
4 tbls. water
1/2 tsp. Salt, dash of pepper

Add one of the following:

4 Tbls. Shredded Chedder, Jack, or Swiss cheese
4 Tbls. Rehydrated mushroom pieces
1 Tbls. Crushed dry parsley or celery leaves
1 Tbls. Bacon bar (Wilson's) or BACOS
3 Tbls. Rinsed shredded dried beef
1/2 tsp. Chili powder
1 Tbls. Dried tomato slices, crushed

Hush Puppies Mix ***SKILLET***

2 cups yellow corn meal
1 cup flour
4 tsp. Baking powder
2 tsp. salt
3 Tbls. Sugar
1/4 cup dry onion flakes
3-4 Tbls. Dry egg powder

At camp. Measure out one cup of the mixture. Add just enough water to make a thick dough. Drop by spoonful on a well-greased (very generously) hot skillet. Turn to brown both sides
3 meals worth.

CINNAMON FRENCH TOAST *Pierre DeFeet* ***SKILLET & Griddle***

1 loaf white sandwich bread
1 1/4 cups milk
12 eggs, beaten (minus shells)
1 tbs. sugar from home
1 tbs. cinnamon from home

In a medium pot, whisk together eggs, milk, cinnamon, and sugar. Heat griddle, keeping well greased. Dip each slice bread in egg mixture. Pat each side to coat well. Fry on griddle until each side is golden brown. Serve with powdered sugar or syrup.
serves 1 patrol

BREAKFAST BURRITOS *InterNet*

Categories: Cheese/eggs, Main dish, Breakfast
Yield: 3 Servings

1/2 lb. Ground Beef
1/2 tsp. Ground cumin
1 sm. Onion chopped
2 c Potato Par boiled diced
1/2 sm. Green bell pepper
4 Eggs
1/2 tsp. Salt
9 Flour tortillas
1 tsp. Ground black pepper
1/2 c Shredded cheddar cheese

Brown the ground beef with the onions. Drain the fat, then add the spices and diced potatoes. Whisk the eggs and milk slightly. Add to beef/potato mixture over a medium high. Mix together as in scrambled eggs. Warm flour tortillas on a hot griddle. Put egg/beef mixture on warmed tortilla and sprinkle with shredded cheddar cheese. Fold the tortilla making a burrito. Serve with salsa of your choice.

BREAKFAST CASSEROLE *InterNet*

Yield: 6 Servings

8 lg. Eggs
2 lb. Sausage, bulk
2 1/2 c Milk
1/2 lb. Mushrooms, fresh
3 c Bread cubes
1 lb. Cheddar, grated-(see note)
1 t Mustard, dry -(or more to taste)

Brown the sausage in a frying pan; drain off excess fat. Set aside.

In a large bowl, beat the eggs. Add milk, mustard and bread cubes. If you like salty dishes, add a teaspoon of salt. Wait a few minutes for the bread cubes to absorb the milk and eggs. Stir in 80 percent of the grated cheese. Add the cooked and drained sausage. Mix well. Pour into a casserole dish of the size that you would use to make lasagna (about 9 x 13 inches).

Slice the mushrooms and arrange the slices on top of the casserole. Sprinkle the remaining 20 percent of the cheese over the top of the mushrooms. Bake for 45 minutes at 350 degrees F. Let cool 10 minutes before serving.

NOTES:

* You can cut up your own bread for the bread cubes, or else buy a package of commercial poultry stuffing. Try to get unflavored bread cubes if you buy them.

* For the sausage, try Spanish chorizo, English Cumberland sausage, or American pork whole-hog sausage. I usually use a mixture of beef chorizo and Jimmy Dean pork sausage. Any spicy pork- or beef-based sausage will work.

* For the cheese, the best bet is Canadian sharp white cheddar. You can substitute any cheddar, or Leicester, or Cantal, or for that matter anything you want. I've never tried it with Swiss cheeses.

SAUSAGE, CHEESE, AND EGG CASSEROLE *InterNet*
Yield: 6 Servings

12 c Herb seasoned croutons
1/2 t Salt
2 c Grated sharp cheddar cheese
1 Dash of pepper
1 1/2 lb. Mild bulk sausage
1 can Cream of mushroom soup
2 1/2 c Milk
1/2 c Milk
3/4 t Dry mustard
4 Eggs

Place croutons on bottom of greased casserole, top with 1 1/2 cups of cheese. Brown and drain sausage, put on top of cheese. Beat eggs with milk and seasonings, pour over top. Refrigerate overnight. Next Day: Dilute soup with 1/2 cup milk. Pour over and spread remaining 1/2 cup of cheese on top. Bake at 300 F. for 1 1/2 hours.

Read the preparation directions twice before beginning.

Trail Meals:

Trail foods should be quick or no-cook foods for a fast, sit and eat or eat while walking meal. Here are a couple of tables for pick and mix meals. Pick and bag for each meal or keep in a large bag for the trail. Remember that what you don't eat the first couple of days will be left for the last. If you plan for 7 days, don't eat it all the first three.

Trail Breakfast

Mix and Match: Pick one from each category.

dairy	meat	grain	fruit	fun
hard cheese	jerky	bagel	dried apples	trail mix
cheese spread	bacon bar	crackers	banana chips	choc. granola
string cheese	hard salami	melba toast	fruit bits	nuts
	meat sticks	graham cracker	fruit leathers	sunflower seeds
drinks		oatmeal, instant	raisins	pumpkin seeds
water		grits, instant	orange	
Tang	peanut butter	cream of wheat	cranasins	
tea	powder eggs	pilot bread		
powder mixes	eggbeaters	cereal mixes		
hot chocolate		granola bar		

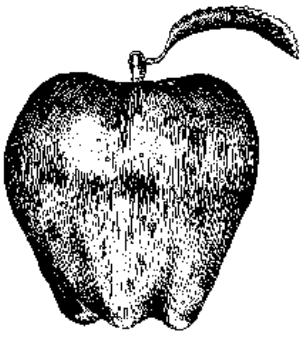
Trail Lunches

Pick one from each category.

dairy	meat	grain	fruit	fun
hard cheese	jerky	bagel	dried apples	hard candies
cheese spread	can tuna	crackers	banana chips	GORP
string cheese	canned spread	melba toast	fruit bits	trail mix
	hard salami	graham cracker	fruit leathers	candy bar
drinks	meat sticks	corn chips	raisins	choc granola
water		flour tortillas	walking apple	nuts
kool aid	peanut butter	wheat bread	orange	sunflower seeds
gator types	jelly	pilot bread		pumpkin seeds
powder mixes		pretzels		cereal mixes
		granola bar		

Walking Apple ***TRAILFOOD***

1 large apple
Peanut Butter (plain or chunky)raisins



Take a large crisp, juicy apple and cut the top and stem off Scoop out the core, leaving the bottom on. In the hole place several tablespoons of peanut butter and raisins. Place the top back on and wrap in foil or other wrapping. Eat while walking down the tail.

GORP and SNACKS

Good Old Raisins and Peanuts
Granola, Oats, Raisins, and Peanuts

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
mix in a Zip lock bag and eat on the trail.

GORPMM *Backpacker Magazine*

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
1 cup M&M's
mix in a Zip lock bag and eat on the trail.

Good-for-you-GORP *Backpacker Magazine*

2 1/2 cups low-fat granola
1 cup dried pears
1/2 cup M&M's
mix in a Zip lock bag and eat on the trail.

Sunny GORP *Backpacker Magazine*

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
1 cup roasted sunflower kernels
1 cup M&M's

mix in a large Zip lock bag and eat on the trail.

Trail Peak Trail Mix *Philmont Training Center*

1 cup Chex's cereal, rice, corn, wheat or mixed
1 cup M&M's
1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
mix in a Zip lock bag and eat on the trail.



Fruity GORP

1 cup salted peanuts
or dried roasted peanuts
1 cup dried Fruit Bits
1 cup M&M's
1 cup roasted sunflower kernels
mix in a large Zip lock bag and eat on the trail.

Mixed GORP

1 cup mixed nuts or dried roasted mixed nuts
1 cup dried Fruit Bits **1 cup M&M's**
1 cup roasted sunflower kernels
mix in a large Zip lock bag and eat on the trail.

Mac GORP *Backpacker Magazine*

1/2 cup mixed nuts
1/2 cup Macadamia nuts
1 cup dried Fruit Bits **1 cup M&M's**
1 cup roasted sunflower kernels

mix in a large Zip lock bag and eat on the trail.

Tom Brokaw's Granola GORP *Backpacker Magazine*

1 cup pitted dates, prunes, raisins or other dried fruit
4 cups old-fashioned oatmeal
1 cup pine nuts or walnuts
1 cup shredded coconut
1 cup wheat germ
1/3 cup sesame seeds
1/2 cup honey
1/2 cup oil

Snip fruit into small pieces and set aside. Combine dry ingredients in a large bowel. In a sauce pan, stir together honey and oil and heat to boil. Pour over dry ingredients, and mix. Spread onto two 10"x15" baking sheets. Bake 25 minutes at 325° F, stirring occasionally. Add fruit once the granola is cool.

GORP Balls *Helen Singh* *The Leader, April 1984*

1/3 cup each raisins, apples, apricots, dates and coconut.
Add 1/2 cup sesame seeds,
1/3 cup walnuts
2 cups peanuts.
For the glue, use 1 cup chocolate chips, 1/3 cup honey and 1/2 cup peanut butter.

Make sure the Scouts don't pack food in the same place as their socks and underwear. Food and patrol cooking gear go in the top of the pack, and personal gear in the bottom and the side pockets. Reserve one side pocket for trail munchies: nuts, dried fruits, smarties, hard candies and chocolate bars. Each Scout should have his own bagful to ration out to himself so that it lasts the duration of the trip. Our favorite is GORP balls; chopped dehydrated fruits and nuts "glued" together with honey, peanut butter and melted chocolate chips and rolled in icing sugar.

Energy Balls *The Leader, June/July 1994*

Nothing re-charges the body and encourages tired hikers faster than a quick snack on the trail. Try these "energy balls".

Mix together **1 cup chopped dates 1/2 cup peanut butter, 1 3/4 cups chopped figs, and 1 cup chopped apricots**. Roll into balls. Recipe should make about 33 servings, each weighing 0.9 oz.
(Calories per serving: 72; shelf life: 14 days.)

Heidi's Trail Mix *Heidi*

1 cup dry cereal (Cheerio's, Chex, etc.)
1 cup peanuts or soy nuts
1 handful pretzel sticks
1 cup raisins
optional, handful of dried fruit
mix in a Zip lock bag and eat on the trail.

SAM's Mix *Dennis A. Schmitt*

1 big box Pepperidge farm cheese fish crackers or 1 box Chex Mix,
1 @1 lb. bag M&M's
1/2 LB raisins
1 jar Planter's Dry Roasted Peanuts
Mix in a 2 gallon zip lock bag. **serves one Troop.**

People Chow *Dave Corson* ***ONEPOT***
1 pkg. semi sweet morsels
1 cup Peanut Butter
1 stick margarine
1 box Crispex cereal
1 lb. Powdered sugar

Melt semi sweet morsels, peanut butter and margarine over low heat. stir in cereal until well coated. Place powdered sugar in grocery sack and then put "the mixture" into the bag and shake until well coated. The chow that is, not you.

Donny's Mix *Donny Shaheen* *Bag*

1 cup Pretzels
1 cup Chex Mix
1 cup nuts
1 cup M&M's
Mix and eat and share with your buddies

Pick a Trail Mix

Pick 1/2 cup from each column, pack in bag.

Cereal	Nuts	Fruit	Candy
Cheerio's	Peanuts	Raisins	M&M's
Chex 's	Mixed Nuts	Fruit Bits	Chocolate chips
Grape Nuts	Macadamia	Apple chips	Reese's Pieces
Granola	Sunflower kernels	Banana chips	Peanut Butter Chips
Wheat Thins	Almond slices	Pineapple	Butterscotch chips
Snack crackers	Corn Nuts	coconut	Carob chips
Pretzels			
Fish crackers			

Car camping suggestions

Suggested Breakfast items
Breakfast Bars, Granola Bars
Pop Tarts
Canned juice / Dry juice mixes
biscuits Pancake Mix
Granola Mix (see recipe)
Powdered Milk
Melba Toast
Bakery Goods
English Muffins w/ butter & Jam
Fresh fruit - oranges - grapefruit
Hard boiled eggs (done in advance)
Milk gravy on pancakes
Hot Chocolate
Instant Oatmeal (add raisins, brown sugar)
Instant Grits
Sausage and bacon

Suggested Lunch Items
dried fruit
fresh fruit
Triscuit/Wheat thins/ crackers/ pilot
cheese
cheese squeeze
Hard Boiled eggs (done in advance)
Raw Carrots / Broccoli / Cauliflower
Peanut Butter
Salami Sausage
Meat sticks Beef Jerky
Canned chicken / SPAM / Tuna
Spreadables
Canned turkey / ham spreads
Chocolate bars
chewy brownies or cookies
Drink Mix

Car camping allows greater use of fresh foods. You can have elaborate kitchens and expanded menus. But it is a great time to try variety of cooking styles and techniques. Propane or charcoal. It is still cooking, try out those backpacking meals before you are 20 miles from the store.
The grocery is a good place to buy for the trail. You just have to imagine the food without the package. Get curious and browse through your nearby supermarket. That TRAIL PACK of pancake mix is still only pancake mix.

Cheesy Chili Success *Success Rice* ***POT***

1 bag Success Rice
1 can Hormel Chili No Beans
1 cup process cheese spread
1/2 cup sour cream
chopped red bell pepper
Tomato slices

Cook rice according to package. Drain and set aside. Combine other ingredients in pan and heat until cheese is melted. Stir to blend well. Serve over rice. Garnish with peppers & tomato. serves 4

Cheesers *Troop 928* ***SKILLET***

tortillas
Monterey Jack cheese
Salsa

Heat a tortilla in skillet; place cheese and salsa on top. Place another tortilla on top, flip and heat until cheese is melted. Cut in 4's and eat as you make the next one.

MAC & STUFF *Stove Top* ***2 POT***

1 box Macaroni and Cheese
4 hot dogs. sliced
1 1/4 cups water
2 T. margarine
2 cups Stove Top chicken flavor Stuffing Mix
1 cup thawed frozen peas

Prepare Mac and cheese dinner as directed on box. Meanwhile bring water, peas, hot dogs, and margarine to boil in large saucepan. Stir in stuffing mix, cover, remove from heat, stand 5 minutes. Stir stuffing mixture into macaroni and cheese dinner. Serves 6.

Spicy Chicken Wings *Nikki Schmitt*

Marinade 16-24 chicken wings
1/2 cup tomato sauce
2 T. herb vinegar
1/4 cup vegetable. oil
1 tsp. garlic powder or minced garlic
1 tsp. Tabasco **
1 tsp. celery seed or celery salt
1/2 cup brown sugar
6 peppercorns or 1 tsp. pepper (black or white)
1/2 tsp. chili powder

Combine marinade ingredients and bring to boil; let cool.. Cut the wings at the joints for finger eating Submerge the chicken wings in marinade in a zip-lock bag and refrigerate or cool in the ice box for 3 hr. Preheat broiler or start the charcoal. You need 30-40 minutes for charcoal. Arrange wings on broiler or grill. Brush with marinade and broil 4-10 minutes on each side, or until crispy. Check broiler or grill often. ****** vary amount to your taste.

Nachos *Campbell*

1 can (10.75 oz) Campbell's Condensed Cheddar Cheese Soup
1/2 cup Salsa
1 Chopped Tomato
Sliced green onions
slices pitted ripe olives
1 bag tortilla chips
Chopped green or sweet red pepper

1. In 1 1/2 quart saucepan, combine soup and salsa. Over low heat, heat through, stir often.
2. Serve over tortilla chips. Top with tomato, green onions, olives and peppers.
3. Add ground beef or chili.

Aztec Toothpicks *Ed Bailey* ***NO-COOK***

tortillas
cream cheese
brown sugar
cinnamon

Heat a white flour tortilla in a skillet; spread cream cheese on tortilla; sprinkle on brown sugar; sprinkle on a small amount of cinnamon; roll up tortilla and pig out.

Dave's Chili *Wendy's dad* ***BIGPOT***

2 lb. ground beef
2 teaspoons cumin
1 (15 oz) can red beans
1 quart tomato juice
pepper, oregano, sugar
1 med. onion chopped
1 (29 oz) can tomato puree
1 teaspoon salt
1/2 cup diced celery
1/4 cup diced green bell pepper1/4 cup chili powder
1/2 teaspoon black
1/8 teaspoon cayenne pepper
1 1/2 teaspoons garlic powder

Brown beef in skillet, drain, then add all the rest into a 6 quart pot, cover and simmer 1 to 1.5 hours stirring every 15 minutes. **makes 16 (1 cup) servings.**

Pineapple Ham Crescents *Count DelMonte* ***Reflector Oven***

1 can 15.25 oz Pineapple Spears in Juice
1 can (8 oz) refrigerated crescent rolls
8 thin slices ham, 2-inches wide
8 slices Swiss cheese, 2-inches wide
1 Tbs. Dijon mustard

Drain pineapple well, reserving juice. Reserve 2 spears for sauce; chop and set aside. Unroll crescent rolls. Wrap ham and cheese around pineapple. Place at widest part of crescent and roll-up. Place on baking sheet. Bake at 375^{o}F, 12 to 15 minutes or until golden. In sauce pan, boil the reserved juice with mustard until thickened, about 10 min., stirring frequently. Stir in chopped pineapple. Serve with crescents. Makes 8 sandwiches.

Microwave Beef Jerky *Nabisco foods* ***MICROWAVE***

1 lb. flank steak
2 T. soy sauce
1/4 tsp. ground red pepper
1 T. seasoned salt
2 T. Wright's Natural Hickory seasoning

Trim meat of all visible fat. Slice beef across grain into 1/8 inch strips; place in nonmetal dish. Blend remaining ingredients; pour over meat, stirring to coat well. Cover and chill at least 8 hours. Arrange a third of the meat strips on microwave-safe rack or paper-towel-lined microwave-safe plate. Cover with paper towel. Microwave at HIGH 5 minutes; turn over strips. Microwave 3-3 1/2 more minutes or until meat is well cooked and firm, but not crisp. Repeat with remaining strips. Cool completely. Cover and store in refrigerator for up to 1 week. *Watch the last few minutes...*

Frito Pie *So Old, I forgot*

1 can chili
6-8 small bags Frito's corn chips
shredded cheese

Cook up pot of chili (homemade or canned). Buy individual size bags of Frito's corn chips. Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese. And you have portable lunch time Frito Pie.

Chili for 8 *InterNet*

All ingredient amounts are just suggestions; add more or less. It's very free form. You might have your own secret ingredients. Go for it!

1 large onion, sliced/diced
2-3 cloves garlic
1/2 green pepper, diced
1 tbs. oil
Sauté above in the oil in bottom of Dutch oven until onions are tender.
Add: **2 lb. lean ground beef** Brown thoroughly, salting and peppering to taste. Drain off excess fat. Add: **2 sm. cans tomato paste**.
1-2 large cans tomatoes (you can substitute a large jar of spaghetti sauce for the tomatoes and paste). **3 tbs. chili powder** (or more, depending on how hot you like it).

Simmer uncovered for 45-60 minutes, cooking off some of liquid. When thickened, add:.

Drained kidney or black beans (as many as you like; I suggest 2 soup-size cans)..

Cover and simmer 15 or so minutes. .
Serve with rice or pasta, and salad. Use another Dutch oven to make corn bread. Hot sauce on side is good, too. I showed my Scouts how to cook this shortly after I started as SM., and my senior patrol cooks it frequently on camp outs now. They scarf it down by the plateful and want more. There rarely is any left over. . Mmmmmmm...I'm getting hungry. Enjoy!
-- Thanks to Pete Farnham, SM., Troop 113, GW District, NCAC, Alexandria, VA,

Stir-Fry Jerky *Nikki Schmitt* ***DRIER***

A quick meat Jerky can be made using Stir-Fry meat from the grocery. The meat is already cut into strips by the butcher. Marinate the meat with Teriyaki or Soy sauce in a glass pan overnight. Dry in a dehydrator for about 6-8 hours. Pat with a paper towel to remove oil droplets. Place in a zip-lock bag and store in the refrigerator until ready for the pack.

Also try a Italian dressing marinate for a different taste.

Rice & Freebies *The Road King* ***ONEPOT***

1 Box instant rice	-	bought with triple coupons
5 packets taco sauce		- Taco Bell
2 packets Chile Sauce	-	Wendy's
3 packets bacon bits		- McDonald's
Salt & pepper packets	-	Kentucky Fried
2 honey packets	-	Kentucky Fried
Road Kill	-	only if fresh (only kidding)

Cook the rice, add the sauces and stuff. Eat if you dare.

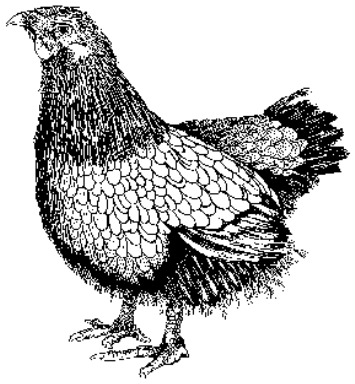
Frito Burritos *Taco Bell*

1 cup dried refried beans
10-12 flour tortillas
grated cheese
hot sauce/salsa
1 head lettuce
2 cups water
Frito Corn chips

Mix the water and dried beans into a paste, heat and fill the tortillas with fixings. Crunch and munch. serves 6

Arroz con Pollo Chicken with Rice ***BIG SKILLET***

1 2 1/2 to 3 lb. Broiler-fryer chicken, cut up (can be pre-boned pieces)
2 tbs. cooking oil
1 1/2 cups long grain rice
1 cup chopped onion
2 cloves garlic, minced
3 cups water
1 8 oz. Can tomatoes, cut up
1 tbs. Instant chicken bouillon granules
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon coriander
1 cup frozen peas
1 2 oz can sliced pimientos



Sprinkle chicken lightly with salt. In a 12-inch skillet brown chicken in hot oil about 15 minutes. Remove chicken from pan. In drippings remaining in pan, cook rice, onion, and garlic until rice is golden. Add water, undrained tomatoes, bouillon granules, salt, pepper, and coriander. Bring to boiling, stir well. Arrange chicken atop rice mixture. Cover and

simmer 30-35 minutes or until chicken is tender. Add peas. Cover and cook 5 minutes more. Garnish with pimiento strips. Makes 4-6 servings.

Chicken Quesa dias *James Thorne* ***POT & SKILLET***

2 tortillas for each quesa dia
1 whole chicken
2 lb. Monterey Jack cheese
Salsa, hot or mild
1 onion
1 Green pepper
2 Tbs. finely chopped cilantro or parsley
oil

Cook a whole cleaned chicken in large pot of water until meat falls from bone, about 2 hours. Debone and chop chicken, set meat aside, save Stock for tomorrow's soup. Grate the cheese, set aside. Simmer sliced onions and green peppers with a little oil. Add salsa and chicken. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve. Add Guacamole, sour cream, lettuce, Eat

Shrimp Quesa dias *James Thorne* ***POT & SKILLET***

1 cup coarsely chopped cooked shrimp
1 onion
1 Green pepper
2 tortillas for each quesa dia
2 lb. Monterey Jack cheese **oil**
2 Tbs. finely chopped cilantro or parsley
Salsa, hot or mild

Cook and clean shrimp. Chop set aside. Grate the cheese, set aside. Simmer sliced onions and green peppers with a little oil. Add salsa and shrimp. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve. Add Guacamole, sour cream, lettuce, Eat

Davy Jones' Supper *Creamettes* ***POT & SKILLET***

1/2 lb. elbow macaroni
2 tablespoons butter or margarine
1/4 cup milk
1/4 cup chopped onion or dried onion flakes
1 can cream of shrimp soup
1/4 cup chopped green bell pepper
1/2 cup sour cream
(1) 6 oz can of shrimp salmon or tuna
1 tablespoon mustard
4 oz can of mushroom stems and pieces drained
1/4 teaspoon salt
2 tablespoons sliced green olives
1 teaspoon Worcestershire sauce.

Cook macaroni and drain. In medium skillet, melt butter and cook onion and bell peppers, if flaked, rehydrate first. Blend in milk and soup, heat through. Combine macaroni, soup mixture and remaining ingredients, mix well and heat until thickening. Simmer... 4-6 servings.

Garlic toast *Recipe By : Dick*
Serving Size : 6 Preparation Time :0:30 Categories : Breads

1 loaf
French bread loaf
4 oz butter
1 tsp. garlic salt
1 tsp. onion salt
1 tbs. chopped parsley OPTIONAL

An hour and a half before supper, make a small charcoal fire. Slice bread diagonally about 1 1/2" thick. Melt butter in a aluminum foil cup on the side of the fire. add garlic salt onion salt and parsley to the butter. With a brush or a folded up paper towel, brush butter onto both sides of the bread, Put the grill on a couple of rocks close to the fire. Toast the bread lightly. Wrap in Aluminum foil to keep warm.

Chicken Soup 1 *Dick Ross*

Serving Size : 6 Preparation Time :1:00 Categories : Soups Chicken

1 pound boneless chicken
1 each chopped onion
1 teaspoon salt
3 each carrots, medium size
6 ounces thin noodles
6 each celery stalks
2 tablespoons oil or shortening
3 each chicken bullion cubes
7 cups water

Peel and chop finely onion, carrots, and celery. Put oil in bottom of a large pot and put on medium heat. add onion , carrots, and celery. Cook and stir until onion is tender. Add chicken, bullion cubes, and water. Bring to a boil. Cook for 30 or 45 min. Remove chicken from pot and put on cutting board. add noodles to water and boil for 5 to 8 min. While noodles are cooking, chop up chicken and add to soup. skim off any fat. salt and pepper to taste. eat it!

Fettuccine Alfredo with Chicken Recipe By : Dick Ross

Serving Size : 6 Preparation Time :1:30 Categories: Chicken, Italian, Main Dish, Pasta

1 1/2 pounds Fettuccine noodles
6 oz butter (real, not margarine)
2 each egg yolk
3/8 cup heavy cream
3/4 cup grated Parmesan cheese
1 ??? salt and pepper to taste
1 1/2 pounds boneless chicken breasts

Take butter out of cooler and set in a warm place to soften. Boil 2 quarts water in a big pot. Add the chicken breasts and bring back to a boil and simmer 20 min. Remove chicken and put it on a paper plate to cool. dump out water and refill big pot 3/4 full with water. Put on to boil. Put the soft butter in a small pot and beat it. Add egg Yolks and cream and beat until well blended and fluffy (if your arm doesn't hurt, you didn't beat it enough). Add the cheese a little at a time, beating after each addition. Set butter mixture aside (if it's hot out, put it in the cooler). Cut the chicken into bite size pieces.

When the water comes to a boil, dump in the noodles. boil for 5 to 8 min. Fish out a noodle and eat it to tell when they are done. DO NOT OVER COOK! (Beat the sauce some more while you are waiting for the noodles) When the noodles are done, drain the

water immediately and dump in the butter mixture and the chicken. Stir gently until the sauce is mixed in, serve immediately. Eat it!

NOTE: if you are short of money and have the time, boil a whole chicken and take the meat off the bones instead of using chicken breasts. This can be done ahead of time at home.

Serving Ideas : Serve with garlic toast and a vegetable.

Pita pocket Frito Pie *El Paso Pete*

1 pk. Pocket Bread
1 can Wolf Brand Chili, this is a Texas recipe not a Nebraska one.
1 bag Frito's Corn Chips
8 oz Grated Cheddar Cheese

Heat Chili, put some chips in the Pocket bread and spoon chili on top. Add more chips and cheese. Eat as many as you can.

Jakie's Meatloaf A former weekly Favorite Recipe contest winner in 1978.
InterNet

2 pounds ground beef
2 eggs, slightly beaten
1/4 cup each: ketchup and rolled oats
8 saltine crackers, crushed
1 medium onion, chopped
1 tablespoon barbecue sauce
Salt and pepper to taste
Flour
Oil
1 cup water
1 (8-ounce) or (15-ounce) can tomato sauce (see note)

Mix beef, eggs, ketchup, oats, crackers, onion, barbecue sauce, salt and pepper and form into 2 loaves. Flour each lightly and brown on all sides in a little oil (about 1 teaspoon) in a skillet. Remove from pan. Heat 2 tablespoons oil and stir in 2 tablespoons flour with wooden spoon or whisk. Cook, stirring, until a dark roux forms. Stir in water, salt and pepper. Pour gravy into the bottom of a pressure-cooker pan and place meat loaves over it on a rack. Pour half a can of tomato sauce over each and pressure cook according to manufacturer's directions, about 20 minutes. Let pressure drop of its own accord.

Note: If you like more tomato flavor, use a 15-ounce can of tomato sauce (recipe tested with Tomato Sauce Special).

Cajun Meatloaf ***DUTCH OVEN***

From Monday Is Meat Loaf, The Everyday Cookbooks (Time-Life Books, $14.95).

1 tablespoon olive oil
1 medium onion, coarsely chopped
4 garlic cloves, minced
3 tablespoons chili powder
1 teaspoon paprika
1/4 teaspoon salt
Pinch of cayenne pepper
1 cup tomato juice
2 eggs, lightly beaten
2 tablespoons Worcestershire sauce
1/2 teaspoon sugar
1/4 teaspoon hot pepper sauce
1 pound each: ground beef or ground turkey and ground pork
2 slices whole-wheat or white bread, torn into small pieces

Preheat oven to 350 degrees. Warm oil in large skillet over high heat. Add onion, garlic, chili powder, paprika, salt and cayenne. Cover, reduce heat to low and cook, stirring occasionally until onion is softened but not browned, about 10 minutes. Remove skillet from heat, stir in the tomato juice and set mixture aside to cool slightly.

Combine beef and pork in large bowl. Add bread, eggs, Worcestershire, sugar, hot sauce and onion mixture; mix lightly but thoroughly. Place mixture in a 9-by-5-by-3-inch loaf pan. Bake 55 minutes or until a meat thermometer inserted in the center registers 160 degrees. Let stand 5 to 10 minutes before slicing. Serves 6.

Note: Ground turkey can replace either the beef or the pork. If you use a combination of turkey and pork, which will be more delicately flavored than meat loaf made with beef, reduce chili powder to 2 tablespoons and use tomato-vegetable cocktail juice instead of plain tomato juice.

Christine Pines' Meat loaf A longtime favorite from Chronicle files.

DUTCH OVEN

1/4 cup milk
1 cup herb-seasoned bread stuffing (from an 8-ounce bag)
1 egg
1 1/4 pounds ground beef round (2_ cups packed down)
1 teaspoon salt
1/8 teaspoon pepper 2 ribs celery (1 scant cup), finely chopped
1/2 cup bottled chili sauce

Preheat oven to 375 degrees. In a medium mixing bowl, combine stuffing, milk, chili sauce, egg, salt and pepper until bread is thoroughly moistened and paste like. Add beef and celery; mix with hands until blended. Line a small (11-by-7-by-1_-inch) baking pan with foil. Turn meat mixture into pan and shape into an 8-inch-square loaf. Bake about 1 hour. Makes 6 servings.

Slow Cooker Mexican Meat loaf From Chronicle files.

DUTCH OVEN

2 pounds ground beef chuck
1 cup coarsely crushed corn chips
1/3 cup taco sauce
2 tablespoons taco seasoning or taco spices
1 egg, lightly beaten
1/2 cup grated cheese (Cheddar, Monterey Jack or Mexican blend)

Mix meat, crushed chips, taco sauce, seasoning, egg and cheese. Shape into a loaf. Place in electric slow cooker. Cover and cook on low 8 to 10 hours (or on high 3_ to 5 hours). Makes 5 to 6 servings.

Peppered Meat loaf From Chronicle files. ***DUTCH OVEN***

2 pounds ground beef chuck
1/2 pound bulk sausage, crumbled
1 large onion, finely chopped
3 garlic cloves, minced
1 (8-ounce) can tomato sauce
1/2 cup ketchup
1/4 cup crushed saltine crackers
2 eggs
2 teaspoons each: Worcestershire sauce and seasoned salt
1/4 teaspoon seasoned pepper
1 or 2 potatoes, peeled and cut into fingers (optional)
Sauce (recipe follows)

Combine chuck, sausage, onion, garlic, tomato sauce, ketchup, crushed crackers, eggs, Worcestershire, salt and pepper. Mix well. Shape into a round loaf. Place potatoes in bottom of electric slow cooker (or place meat loaf on rack). Pour Sauce over all. Cover and cook on low 8 to 12 hours. Turn to high and remove the cover the last hour. Makes 6 to 8 servings.

Sauce

1 cup ketchup
1/3 cup brown sugar (optional)
1 1/2 teaspoons dry mustard
1/2 teaspoon ground allspice or nutmeg

Mix ketchup, sugar, mustard and allspice well. This makes a light sweet-sour sauce. If desired, omit brown sugar or reduce to 2 tablespoons.

Hawaiian Chicken ***SKILLET***

3 boneless chicken breasts - cut in half
1 sweet green pepper
vegetable. oil
1 sweet red pepper
8 oz. can pineapple chunks
2 oz. apple juice
1 large red onion
1 cup minute rice

Brown chicken in oil. add pineapple chunks and juice. Ring cut the onion and peppers and cook. Cover and simmer 20 minutes. Make the rice and serve chicken over bed of rice.

Burp Burritos *Wyatt Burp*

1 cup dried refried beans
10-12 flour tortillas
grated cheese
hot sauce/salsa
1 head lettuce
2 cups water

Boil water and add beans and let stand. Warm the tortillas. Place fixings on tortillas and eat.

Shrimp & Steak Kabobs ***GRILL***

1/2 cup Vegetable oil
1/4 cup lemon juice
1 tsp. dried Oregano Leaves
1/2 tsp. dried Basil
1 clove Garlic , finely chopped
1/2 lb. med. raw shrimp, peeled & deveined
1/2 lb. boneless Beef Sirloin, cut into cubes
Zucchini, onion and red or yellow bell peppers

In shallow dish or plastic bag, combine oil, lemon juice, oregano, basil, and garlic; add shrimp and meat. Cover; marinate in refrigerator or ice chest for 3-4 hrs. Skewer meat and shrimp with vegetables. Grill or broil as desired, basing frequently with marinade.

1/2 lb. of scallops can be substituted for sirloin.
serves 16 appetizers or 4 full servings.

Texas Ranger Stew *Sgt. Brantley Foster, Company B, Texas Rangers & wife Suzane*

1 1/2 lb. Lean ground beef
1 1/2 teaspoon salt
1 small onion chopped
1/2 teaspoon ground thyme
1 (28 oz) can peeled whole tomatoes
1/8 teaspoon ground black pepper
2 (6-8 oz) cans sliced mushrooms
1 (14 oz) can beef broth
1 cup uncooked quick-cooking rice
Water
1/4 cup ketchup
2 tablespoon Worcestershire sauce

Place a large skillet over medium-high heat and add ground beef and onion. Cook, breaking up beef, until beef is no longer pink inside; drain fat. Add tomatoes, broth, 2 soup cans of water, ketchup, Worcestershire sauce, salt, thyme, pepper, and mushrooms. Bring to a boil. Reduce heat and simmer, uncovered, 5 minutes. Stir in rice, cover and set aside 5 minutes. **Makes 4 to 6 servings.**

ONE POT DINNERS

The idea is to create a stew or casserole in one pot. A mixture of starches, proteins, vegetables, and spices or a delectable sauce can become a grommet feast. The following recipes are examples. Use the Chart to help create your own specialties.

One pot dinners can be easy to prepare with a little thought before hand. Which foods need to cook longer? - Start them first. How much water is needed? - Is the pot big enough?

Try to maintain texture in the food. Mush is mush and no amount of spices will dress it up. Plastic freezer bags can serve for carrying and mixing items such as instant potatoes. Reduce the cleanup, add the boiling water to the bag and mix. This works with quick rice as well.

Directions:

1. Select and assemble your ingredients from the grocery store, camping outlet or food co-op. Amounts of each ingredient can be adjusted to suit individual preferences and appetites.

2. Determine the order of preparation based on the cooking times of each ingredient. Items with similar cooking times and methods may be dumped together in a plastic bag. Put the bulkiest or main items in a large bag, and put the other items in smaller bags and seal them. Place these smaller bags inside the large bag and seal it.

3. Check the instructions for each component to be sure you include any extra items such as butter, dry milk, etc. that are needed.

4. Decide how much water you need to start with based on what is needed for each ingredient.

5. Write instructions for each package in the meal down, based on the items determined above. Include order of preparation, cooking times, ingredients not included in the bags, etc.

6. Include the instructions for each package with the package. Include the instructions for the whole meal with the large bag, in addition to the instructions for that bag.

7. Label each bag
   i.e. Large bag can be labeled “dinner Day 3” with list of contents
   Orange drink, chicken soup, Mac & cheese, chocolate pudding
   Inside might include separate bags for drink, soup, and pudding. Instructions can be written on bags with a marker that will **NOT WASH** off or cut from boxes and placed in bag.

One Pot dinners

take one from each column

BASE	VEGETABLE	MEAT	SAUCE	SPICE	TOPPING
Spaghetti	***fresh***	ground beef	cheese	oregano	nuts
Thin Spaghetti	carrots	can beef	sour-cream	herbs	toasted
Vermicelli	potatoes	can chicken	stroganoff	sage	sunflower
Capellini	summer squash	can turkey	spaghetti	basil	pumpkin
Fettuccini	onions	dried chipped beef	dry soup mix	salt, pepper	coconut
Macaroni Ribbons	cucumbers	can meat spread	miso powder	poultry seasoning	sesame seeds
Egg Noodles	***frozen***	stew meat	gravy mixes	garlic salt	margarine
Linguine	for short trips &	hard salami	curry	onion salt	cheese
Elbow Macaroni	cold weather	Vienna sausage	sweet & sour	chili powder	catsup packets
Rotini	***freeze dried***	SPAM	au jus	butter buds	bacon bits
Small Shells	peas	jerky	teriyaki	soy sauce	croutons
Juniorettes	gr. beans	***canned fish***		***bouillon***	dumplings
Pasta Nuggets	corn	clams	***thickeners***	chicken	
Kluski noodles		tuna	cornstarch	beef	wheat germ
Rigatoni	***home dried***	salmon	flour	vegetable	
Mostaccioli	onions	sardines	cornmeal	***mixes***	
Ziti	mushrooms	crab	**SOUPS**	chili	
Ready-cut Spaghetti	mixed vegetable flakes	shrimp	Cream of Mushroom	taco	dried fruit bits
Rotelle	soup blends	pepperoni	Tomato	sloppy Joe	raisins
Rainbow Rotini	pepper flakes	***freeze dried***	creamed corn		
Medium Shells	celery flakes	ham	Tomato juice		
Cous Cous	can onion rings	beef			
Acini di Pepe		chicken	Cheddar		
Rosmarina		shrimp	cheese		
A-B-C- noodles		dried fish	soup		
Rings		smoked fish			
Ramen noodles	chow mein noodles	bacon bar			
Quick Rice	### Helper's	**TVP**			
Rice-A-Roni	Stuffing	beef flavor			
Instant	box mixes	chicken flavor			
Potatoes	Mac & cheese				
Quick Grits	rice & ###				
	noodles & ###				

Halfa Super *Dick Ross* ***ONEPOT***

1/2 package rice mix
1/2 summer sausage,
tortillas
1/2 can green beans
butter

Cook rice and add sausage and beans. Warp in tortillas. Makes 4-5 tortillas.

Turkey Vulture Casserole *PTC* ***ONEPOT***

2 cans turkey,
1 pkg.elbow macaroni
1 can cream of celery soup
1 pkg.vegetable soup mix

Cook the macaroni, drain the water, saving 1 cup. Add the soup mix with the water, simmer for 2 minutes. Add the can of cream of celery soup and the canned turkey. Heat to bubbling and serve.

Beaubian Beans *Philmont* ***ONEPOT***

1 can Pork and Beans
1/4 cup Brown Sugar
1/4 cup BBQ sauce
2 TBS. onion flakes
Mix all in one pot, remove can, heat for a few minutes until onions rehydrate. serve around campfire.

Frontier Dinner *Creamettes* ***ONE POT***

7 oz or 1/2 lb. package of Elbow Macaroni
1 can tomato soup
1 can Chili with beans

Prepare Macaroni by boiling till done, drain. In a large saucepan, blend chili and tomato soup; heat through, Add macaroni; heat through. 4-6 servings

Rice N' Chicken *Troop 928* ***ONE POT***

1-1/3 cups instant rice
2 Tbls. Dry onion flakes
1 can boned chicken
1/2 tsp. Sage
2 tsp. Instant bouillon

Boil 1-2/3 cups water. Add dry ingredients and can chicken. Simmer 5 min.
Variations: Tuna and dry mushrooms 2 servings

PHILMONT TRAIL Menus

All Meals are for four people

FD = freeze dried

BREAKFAST #1
Scrambled Eggs with Bacon Bits
Raisin Crunch Bar
Hash Browns O'Brien
P.A.Orange Juice
Instant Cocoa

LUNCH #1
Peanut Butter
Graham Crackers
Beef Jerky
Chunky Pineapple
Grape Beverage

SUPPER #1
Cheese Enchilada
Peas F.D.
Beef Bouillon
Chocolate Pudding
Lemon Lime Beverage

BREAKFAST #2
Hi Energy cereal
Banana chips
Orange Juice
Beef Sticks
Instant Cocoa

LUNCH #2
Tuna Salad Spreadables
Saltine Crackers
Granola Cookies
Trail Candy
Gatorade Beverage.

SUPPER #2
Spaghetti with Meat Sauce
Beef Noodle Soup
Applesauce
Bread Sticks
Lemonade Beverage

BREAKFAST #3
Oatmeal w/Peaches & Creme
Apricot Nut Chews
Instant Milk
Apple Juice
Instant Cocoa

LUNCH #3
Cheese Spread (B.F.)
Sesame Crackers
Beef Jerky
Cashew Almond Bar
Cherry Beverage

SUPPER #3
Chicken Teriyaki
Chicken Soup
Cheese Cake
Fruit Punch

BREAKFAST #4
Food Bar (CA)
Dry Cereal
Grape Juice
Instant Milk
Instant Cocoa

LUNCH #4
Ham Salad Spreadables
Wheat Crackers
Chocolate Candy
Cookies (PB)
Orange Beverage

SUPPER #4
Lasagna with F.D. Beef
Green Beans
Bread Sticks
Banana Creme Pudding
Grape Beverage

BREAKFAST #5
Buttermilk Pancakes
Sliced Bacon
Maple Syrup
orange Juice
Instant Cocoa

LUNCH #5
Cheese, Sharp
Club Crackers
Chocolate Cookies
Raisins
Lemon Lime Beverage.

SUPPER #5
Chicken Noodle Dinner
With F.D. Peas
Chicken Bouillon
Cobbler, Apple
Cherry Beverage

BREAKFAST #6
Cereal Cream of Wheat
Granola Cookie
Instant Milk
Beef Jerky
Instant Cocoa

LUNCH #6
Peanut Butter
Ritz Crackers
Beef Sticks
Walnut Bar
Gatorade Beverage.

SUPPER #6
Beef Stroganoff
with wild Rice
Vegetable Soup
Corn F. D.
Mixed Fruit
Lemonade Beverage

BREAKFAST #7
Hi Energy Cereal
Orange Juice
Chunky Pineapple
Beef Jerky
Instant Cocoa

LUNCH #7
Turkey Spreadables
Wheat Crackers
Chocolate Candy
Fruit Punch

SUPPER #7
Chicken Rice Dinner
with Peas & Carrots
Chicken Cup-A-Soup
Apple Dessert
Orange Beverage

PHILMONT TRAIL Menus (Continued)

All Meals are for four people

BREAKFAST #8	LUNCH #8	SUPPER #8
Oatmeal / Raisins	Cheese Spread (SM.)	Mashed Potatoes
Apple Slices	Beef Jerky	with F.D. Beef
Instant Milk	Rye Crackers	Pinto Beans
Beef Sticks	Fig Bar Cookies	Vegetable Soup
Grape Juice	Lemonade Beverage.	Lemon Pie w/Gram Cr.
Instant Cocoa		Fruit Punch
BREAKFAST #9	**LUNCH #9**	**SUPPER #9**
Western Omelet	Chicken Spreadables	Turkey Noodle Dinner
Hash Brown Potatoes	Club Crackers	with F.D. Peas
P.A. Orange Juice	Oreo Cookies	Chicken Noodle Soup
Oats & Honey Bar	Orange Beverage	Peaches & Creme Pie
Instant Cocoa		Lemonade Beverage.
BREAKFAST #10	**LUNCH #10**	**SUPPER #10**
Food Bar (FN)	Jalapeno-Sharp	Mac. & Cheese Dinner
Dry Cereal	Cheese	Onion Soup
Apple Juice	Ritz Crackers	Fruit Cobbler
Instant Milk	Pecan Bar (RB)	Bread Sticks
Instant Cocoa	Grape Beverage	Cherry Beverage

As you may tell, the above meals are a mixture of freeze dried (F.D.)and store bought foods. These are included as both a source of prepared trail meals and as suggestions for the possibility of doing your own from the grocery store.

Another Grocery Item is called **TVP** for **Textured Vegetable Protein**. This Soy based product is imitation meat such as BACOSâ. The product can sometimes be found in the health foods or specialty sections. It can be found as “beef, ham, chicken, or bacon”. It is a lower cost substitute for Freeze dried meats. But I would always plan to add a well seasoned sauce. Or try to rehydrate in bouillon broth. Some **TVP** must be cooked, while others like BACOSâ are ready to eat.

Hawaiian Rice *Hula Spam* ***ONEPOT***

1 can (7oz.) Spam
1-1/3 cups instant rice
1/3-1/2 cup flaked coconut
margarine
Pineapple optional

Melt 1 Tbls margarine in a frying pan. Add cubed Spam and rice and brown slightly. Add 1-1/3 cups water and bring to a boil. Cover and remove from heat for 5 minutes. Add coconut and toss to mix. 2 servings.

Belly Stretcher ***ONEPOT***

15 oz can corned beef hash
10.5 oz can condensed cream of celery soup
1 cup milk
3/4 lb. elbow macaroni
2 tbs. instant chopped onion
4 oz shredded process American cheese

Cook macaroni as directed on package. Drain. Stir in all other ingredients. Heat over medium heat until bubbly. stirring occasionally. 4 servings

Urraca Stew *Philmont* ***ONEPOT***

Beef Stroganoff with Wild Rice Mix **Vegetable Soup Mix,** **F.D. Corn**
Bring 2 quarts of water to a boil in large pot. Add the soup and corn first to rehydrate, then the beef stroganoff. Cook until rice is done. (F. D. = Freezed Dried)

CousCous *Dennis A. Schmitt* ***ONEPOT***

1 cup Cous Cous
oil
onions
bullion
meat
vegetables
soy sauce
green pepper flakes

Cous Cous is coarsely ground Durum wheat which is pre-cooked. Use like you would rice. Bring to boil 1 1/2 cups of water or bullion, add 2 T. butter, and 1 cup of Cous Cous. Stir and cover, remove from heat and let sit 5 minutes. If you are adding dried onions or bell peppers, do so while bringing the water to a boil, use a little more water to rehydrate the dried food. Add a little margarine or soy sauce. Treat as a side dish or bed for vegetable. and meat. You can also serve with your favorite sauce poured over it, such as tomato sauce, cheese sauce, or gravy. **1 cup =~ 4 servings**

Potato Soup *Dennis A. Schmitt* ***ONEPOT***

1 T. dried onion flakes
1 Box Betty Crocker Hash Brown Potatoes
1 tsp. dried bell peppers
dash cooking oil
crumbled bacon
dash salt and pepper.

Dump in large pot and cover with water. Boil and simmer for about 15 minutes, until potatoes are done. You can add ham hocks, Bacon, or hunks of SPAM if you want. Add road kill only if fresh. **serves 4-6**

Chicken Fried Rice *Matt Schmitt* ***ONE POT***

2 cups cooked instant rice
margarine / oil 1 Tsp.
dried onion flakes
2-3 Soy Sauce packets, Chinese Rest. Supply
vegetable. mix peas & carrots canned chicken 8 oz.
2 eggs

Boil water and cook rice with dried onion flakes, then fry in oil in large fry pan. Add soy sauce, vegetables. and chicken. Break eggs over heated mixture and cook eggs as you stir. **Serves 4.**

Spanish Fried Rice *A traditional Spanish Chinese Dish* ***ONE POT***

2 cups cooked instant rice
margarine / oil 1 Tsp.
1/2 cup Salsa
dried onion flakes
2 eggs

Boil water and cook rice with dried onion flakes, then fry in oil in large fry pan. Add Salsa. Break eggs over heated mixture and cook eggs as you stir. **Serves 4.**

Scoutmaster Stew *Richard Welch* ***ONEPOT***

1 can soup
1 can vegetables
1 can potatoes
1 can Dinty Moore
Open cans, slice the potatoes, put in pot, heat, eat with copious amounts of grunts and growls.

Macho Nacho ***ONE POT***

1 can Chili, no beans
1/2 cup shredded cheese
1/2 pk. tortilla chips

Spoon chili over chips. Sprinkle with cheese. Heat in microwave or reflector oven to melt cheese. Categories: Appetizer, Yield: 4

Tortilla Italliano *Milo Gomez* ***SKILLET***

1 can pizza sauce
grated mozzarella cheese
1 tbs. cooking oil
flour tortillas 9"
pizza toppings, sausage, onion, mushroom.....
Cook the sausage, mushrooms, and onions. Oil skillet and put tortilla on the sauce, toppings and cheese. Put 2nd tortilla on top and heat for 2 minutes, flip and heat 3 minutes more or less.

Souper Rice *Minute Rice* ***ONEPOT***

1 can Cream of Mushroom soup
2 cups Minute Rice, uncooked
1 1/3 cans water or milk
Open cans, heat soup and water to a boil and add 2 cups of Minute Rice. Cover and set aside for 5 minutes. Fluff and serve. 4 servings.
Try other Cream Soups..

BBQ Rice and Beans *Minute* ***ONEPOT***

1-1/2 cups Minute Rice
1 small can Kidney beans, drained
2 Tbs. dried onion flakes
2 Tbs. dried Green Peppers
1 Tbs. oil
1-1/2 cups water
1 beef bouillon cube
1/4 tsp. garlic powder
1/2 cup barbecue sauce or 4-6 tubs from McD's or such.
Rehydrate onion flakes and green peppers in boiling water. Stir in beans, BBQ sauce, garlic powder, bouillon cube. Bring to boil. Stir in Rice and cover. Remove from heat. Stand 5 minutes Fluff with fork. serves 4-6.

Ute Park Pot *Philmont* ***ONEPOT***

2 1/4 cups elbow macaroni
3 tsp. salt
2 #27 cans whole tomatoes
salt and pepper
1 onion
1/2 lb. bacon
5 cups water

Dice the bacon and onions, fry bacon and onions until crisp. Boil the macaroni in salted water until al dente. Drain, add bacon, onions, and whole tomatoes. Stir, breaking up tomatoes. Bring to boil. Salt and pepper to taste.

Cypher Mine Soup *Philmont* ***ONEPOT***

Instant Chicken Noodle Soup or Ramen
Instant Potatoes
Chicken Rice Dinner with Peas & Carrots
Boil 2 quarts of water in big pot to sterilize spoons and cups. Remove utensils and add the rest, bring to boil. Add more water if too thick. If too thin, nuts. Try adding instant potatoes.

CHICKEN FETTUCCINI *Alfredo* ***ONEPOT***

1 pkg. Lipton Fettuccini Alfredo
1/2 cup milk
1 T. margarine
1/2 lb. chicken.
2 qt. pot
Salt & pepper

Mix the Lipton package with the milk, margarine. Cook according to directions on package.

Add the pre-cooked chicken and heat. If not pre-cooked, then cut the chicken into pieces and cook in fry pan with a little oil and seasonings. **serves 3 boys.**

More ONE POTS

Mac and..... *Kraft*

1 box macaroni and cheese, 1 can of tuna, chicken, or turkey, 1 small can vegetable. Cook the macaroni and add some onion flakes, drain and add the cheese mix, add the can meat and vegetable., add pepper. Heat and eat. **~ 4 servings**

MAC and	**1 cup Meat**	**1 cup Vegetables**	**some EXTRAS**
	ground beef	stewed tomatoes	1 t. chili powder
1 box of	chicken	broccoli	2 t. mustard
Mac & Cheese	ham or SPAM	red pepper	1/4 cup Miracle Whip
	tuna	peas	1/4 t. Italian seasoning
	ground beef or turkey	peas & carrots	1/8 t. pepper

Devil' Thumb Stew ***ONEPOT***

4 cups water
1 pkg. vegetable beef soup mix
1 box Mac and cheese
1 can tuna
1/2 cup instant rice

To boiling water add soup mix and macaroni. Simmer until macaroni is almost done. Add cheese and tuna- mix. Then add rice. Cook until macaroni and rice are done **Serves 4**.

Just a Minute *Minute Rice* ***ONEPOT***

A cup of Minute Rice or other quick cooking rice can be made in a freezer bag. But add a equally quick instant soup mix and you can create a meal.

Rice	Soup Mix	Protein
	vegetable soup mix	can tuna
1/2 cup Minute Rice	onion soup mix	can ham
= 1 serving	chicken bouillon	can chicken
	gravy mix	TVP
	vegetable beef soup mix	can turkey

Gooder Goulash *Dan and Pat* ***ONEPOT***

1 5 oz. can water chestnuts
1 can chicken
2 pkg. ramen noodles, chicken

Cook noodles as usual. At end, add drained water chestnuts and put stove on simmer. Add chicken and remove from stove. Stir and enjoy. Serves 2-3

And More's based on LIPTON packaged noodles and rice. Prepare noodles and rice as directed and add more..... **Serves 2-3.**

Lipton Alfredo Carbonara *AND* 1/2 cup milk, 1 T. margarine, 1 T. onion flakes

Lipton Alfredo *AND* 1/2 cup milk, 1 T. margarine, 1 T. onion flakes, 1 can chunk chicken.

Lipton Cajun Style Rice & Beans *AND* 1 T. onion flakes, 2 T. margarine, 1 T. dried green peppers, 1 package Tomato Cup of Soup Mix, 1 can shrimp.

Lipton Stroganoff *AND* 1 T onion flakes, 1 package freeze dried (FD) beef, 1/2 cup milk.

Lipton Chicken & Rice *AND* 1 package freeze dried (FD) chicken, or 1 small can chicken, 1 package Vegetable soup mix.

Lipton Mushroom & Rice *AND* 1 package Pea Cup of Soup, 1/3 cup crumbled bacon or bacon bits.

Lipton Chicken Broccoli & Noodles *AND* 1/2 cup milk, 1 T. dried green peppers, 2 T. parmesan cheese, garlic salt, 2 T margarine.

Lipton Beef Rice *AND* 1 package freeze dried (FD) beef, 1 T. onion flakes.

Patrick J's Dindin *Patrick Jennings* ***ONEPOT***

1@ 4 oz. can chicken
1/4 lb. spaghetti
1 small can tomato pasteoil
3/4 cup instant rice
soy sauce
1 packet spaghetti saucespice mix

Boil 1 3/4 cups water, mix sauce, pasta, and spice. Add rice and chicken. Cover and remove from heat. Let stand 5 min. and eat.

The Rice Stuff *Dennis A. Schmitt* ***ONEPOT***

1 bag Success boil in bag rice
1 bag Campbell's instant vegetable soup mix
1 Tablespoon onion flakes
1 (4 oz) can chunk chicken
1 chicken bouillon cube

Boil the rice, set aside the cooked rice and with 1 cup of boiling water mix the bouillon, soup mix, and chicken. Pour over the rice. Season to taste. **Serves 2-3.**

Chunks *Campbell's* ***ONEPOT***

1 cup Quick Rice
1 can of Campbell's Chunky Beef Soup

Heated and served over rice. **Serves 2**

Green Goo *Dennis A. Schmitt* ***ONEPOT***

1 bag Success boil-in-bag rice,
2 packages Lipton's Green Pea Cup-of-Soup Mix,
1 T. onion flakes,
1 (4 oz) can Chunk Ham.

Boil the rice, set aside the cooked rice and with 2 cups of the boiling water mix the onion, soup mix and Ham. Pour over the rice. Season to taste. **Serves 2-3.**

Mexican Rice & Beef *Dennis A. Schmitt* ***ONEPOT***

1/2 lb. ground beef
4 whole scallions,
1+1/2 teas. chili powder
1 (8 oz). can tomato sauce
1/2 cup water,
3/4 cup Minute Rice

Brown beef & scallions, add tomato, water, chili powder. Bring to boil. Stir in rice, cover, stand for 5 min. Serve with tortilla chips. **Serves 4**
alternate: FD beef and dried onions.

Chili Mac *Mac Kool* ***ONEPOT***

1/2 cup dried beef
1 1/2 tsp. salt,
1 1/2 cups Macaroni
1/4 tsp. black pepper
2 T. chili powder
3 cup water

Bring to boil. Add 1 1/2 cups noodles and simmer 15 min. When done, stir in 1/3 cup powder milk and 4 T. margarine. Top with parmesan cheese or cheddar.

Beef Stroganoff *version 1* ***TWOPOT***

2 cups egg noodles
1/2 cup dried beef
2 tsp. salt
3 cups water
boil and simmer 15 minutes, Stir in sauce and 4 T. margarine.

2/3 cup powder milk
1 pkg. sour cream mix
1 pkg. stroganoff mix,
mix above with 1 1/2 cup water and simmer

Beef Stroganoff *version 2* ***ONEPOT***

1 package dried beef
1 small can sliced mushrooms sour cream mix
2 T. dried onions
2 T. oil
1/2 teas. paprika
1 cup beef bouillon
1 T. Worcestershire sauce
tomato soup mix
1 1/2 cup Minute Rice

Mix all but the rice and bring to full boil. Add rice and cover and stand 5 minutes.

"It's in the bag" Chinese *Dennis A. Schmitt* ***ONEPOT***

1 can Chinese vegetables,
1 can bean sprouts,
Soy Sauce
1 can Chinese noodles
2 @ 4 oz cans of chicken
1.5 cups Minute Rice

Place rice in a large **2 qt. heavy freezer style zip lock bag**. Boil 1.5 cups of water and place in bag with rice, add Chinese vegetables, sprouts and chicken. Seal and let set 5 minutes. Serve over Chinese noodles and season with Soy Sauce.
No pot to clean... **serves 4-5**

Potato Soup *"needs Salt & Pepper"* ***ONEPOT***

1 cup potato buds
1/2 cup dry milk
2 beef bouillon
dried parsley and onions.

Boil 4 cups water, mix, bring back to boil and simmer couple of minutes.

Clam Chowder *"needs Salt & Pepper"* ***ONEPOT***

2 cups dried potatoes
3 cups water
1 T. dried onions
parsley
1 cup dried milk
2 T. margarine
2 T. crumbled bacon
8 oz can minced clams

Can use hash browns. Cook potatoes, et etc., about 10 min. Add the rest, stir and heat, **don't boil**. Add more water if needed.

Agua Caliente *Phil Monte*

32 oz water
1 large pot

Carefully measure the water and place in the pot. Add your metal cups and spoons. Cover and place on stove. Lite the fire and bring water to a boil for 3 minutes. Remove utensils, placing them on a clean surface. Use the hot water for coffee or preparing food. Use leftover water for cleaning.

White Sauce

At Home: 2 T. dry milk, 1 T. Butter Buds, 1 1/2 T. flour, pinch salt into a bag.
At Camp: >mix mixture and 1 cup water 1 1/2 T. butter or

melt butter and cook the mixture slowly 1-2 minutes, low heat. Stir until thick 4-5 minutes. Add spices or cheese for a sauce over rice or noodles,

Chunky Beef Over Rice *Campbell* ***ONEPOT***

1 can Campbell's Chunky Beef Soup
2 tbs. Worcestershire Sauce
1 cup broccoli flowerets cooked
1 Success Rice, cooked
1 T vegetable oil

In saucepan, combine soup, broccoli and Worcestershire sauce. Over medium heat, heat through, stirring often. Serve over rice. Yield: 2 servings

Cous - Cous Cluck - Cluck ***ONEPOT***

1 cup Cous-Cous
4 oz. canned chicken
chicken bouillon cube
water

Boil the water with the Cous-Cous and bouillon cube. Use enough water to cover the Cous-Cous. add the chicken after you have removed it from the can. Add seasonings.

Paramecium Alfredo *Dick Ross* ***ONEPOT***

Lipton Alfredo Noodle mix
dry milk
1 can chicken 4 oz
broccoli
butter
parmesan cheese (paramecium's)

1/2 package Alfredo noodle mix, (with 2-3 Tablespoons dry milk and some extra parmesan cheese mixed in) 1 can 4 oz. chicken meat, fresh broccoli, butter. This all goes in one pot and cooks together. Add a Hard Roll.

Instant Refried Beans *Fantastic Foods*

1 1/2 cups instant refried beans2 cups water
1 Tbs. butter
cheese

Boil water and add to beans in a bowl. Stir well, cover 5 minutes - ready to serve. Variations include adding butter and cheese. Use in Frijoles Dip with salsa and Monterey Jack cheese. Use on Nachos, Tostadas, or in Bean Burritos.

I can Ham, and you can two *Dick Ross* ***ONEPOT***

"I" can ham 4 oz
Lipton Alfredo Noodle mix
dry milk
dried mushrooms
butter
parmesan cheese

1/2 package Alfredo noodle mix (left over from yesterday), (with 2-3 Tablespoons dry milk and some extra parmesan cheese mixed in), "I" can ham (4 oz.), dried mushrooms, butter. Hard Roll. Cook in that pot from yesterday.

Cimarroncito Carbonara *Philmont* ***ONEPOT***

2 1/4 cups elbow macaroni
1 pkg. white sauce mix
1/4 cup powder milk
1/4 cup dried vegetable mix
salt & pepper to taste
1/4 cup bacon bits

Place the bacon bits in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and **5 cups water**. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the bacon bits before serving or as a topping.

Cheeseburger Rice *Minute Rice* ***ONEPOT***

1 lb. ground beef
1 sm. onion, chopped
1 1/2 cups water
1/2 cup catsup
2 T. mustard
1/2 tsp. salt
1/2 tsp. pepper
1 1/2 cups Minute rice
1 cup shredded cheese

Brown meat and onions, drain fat. Stir in water, catsup, mustard, salt & pepper. Bring to boil.
Stir in rice, cover. Remove from heat and let stand 5 minutes. fluff with fork and sprinkle with cheese; cover. Let stand 3 minutes or until cheese melts. serves 4

Zastrow-roni *Philmont* ***ONEPOT***

2 1/4 cups elbow macaroni
1 pkg. taco sauce mix
1/4 cup powder milk
1/4 cup dried vegetable mix
salt & cayenne pepper to taste
5 cups water
1/2 cup grated Parmesan cheese

Place the cheese in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the Parmesan before serving or as a topping.

Miner's Luck *Philmont Scout Ranch* ***ONEPOT***

1 can baked beans
1 can pork & beans
1 can pinto beans
1 can Kidney beans
1 strip of Bacon

Open Cans, Drain fluid from kidney beans and pinto beans. Cook the one strip of bacon. Add all the beans into one pot and add the cooked bacon. Heat to a boiling point.
The **LUCK** is the one miner finding the bacon in his share.

Macaroni Hot Dish

1/2 cup corn oil
1 (8 oz.) pkg. elbow macaroni.
1 small onion, chopped
1/2 green pepper, chopped
1 clove garlic, minced
1 1/2 tsp. Worcestershire sauce
3 cups tomato juice
salt & pepper

Heat oil in heavy skillet over medium hot coals. Add macaroni, onion, green pepper and garlic. Sauté in oil until macaroni turns yellow. Add Worcestershire sauce and tomato juice; season with salt and pepper to taste. Bring to a boil, stirring occasionally. Reduce heat, cover and simmer for 25 minutes.

Campfire Stew

2 lb. hamburger or 4 cups leftover meat
6 tbs. cooking oil
1 cup macaroni, cooked
2 onions, sliced
3 15 oz cans kidney beans
2 cans (1 lb. each) tomatoes
salt and pepper to taste

Brown onions and meat, drain fat. Combine the rest of ingredients, adding water and salt and pepper.
Simmer 20 minutes.



Cooking with coals..

Coals are produced in two ways. Charcoal comes in bags not suited for backpacking but great for car camping. Place the Bag in a 5 gal. bucket to keep dry. The other method is producing coals from a wood fire. Hardwoods make better coals than softwoods such as pine. Twigs do not produce coals very well, if at all. 1 1/2 - 2 inch thick limbs make better coals. They are small enough to burn down, and large enough to make coals. The cooking can be done directly on the coals using foil wrapped food or Dutch Oven, or use a grate over the coals. The temperature can be determined by holding the back of your hand over the coals. Allow 30-40 minutes to get the coals ready before cooking.

		8" cast iron 12" coals				
Approximate Temperature	**Type of Fire**	**Under / Top**		**Under / Top**		**Seconds over fire**
250-325 degrees	slow	2	4	3	5	6-8
325-400	Medium	3	5	4	6	4-5
400-500	Hot	4	6	5	7	2-3
> 500	Very Hot	5	7	6	8	1

All Dutch oven cooking is done by hot coals, never in a flaming fire. The coals may be from hardwoods like oak and hickory or from charcoal. Hardwoods yield long-burning coals which are necessary for the lengthy cooking process in most Dutch oven recipes. Soft woods like pine are unsatisfactory.

Charcoal is more convenient to use and is necessary in areas where there is no downed hardwood. Use a firepan under the coals to prevent killing ground cover. The pan can be metal or plywood with a thick layer of mineral soil (sand). Three or four stones can be used to prop up the pan above the ground.

The amount of charcoal needed will vary with the weather (wind and temperature)

Turkey and Stuffing Pie ***DUTCH OVEN***

Categories: Dinner, Dutch oven
Yield: 6

2 cup prepared stuffing
1 cup shredded Swiss cheese
2 can chunk turkey (5 oz)
1/2 cup milk
3 eggs

Preheat Dutch oven. Pat stuffing evenly into 9-inch pie plate to form crust. Building up sides to form rim. Sprinkle turkey and cheese evenly over stuffing. In small bowl, beat together milk and eggs; pour over turkey. Bake 35 to 40 minutes or until knife inserted near center comes out clean. Let stand 5 minutes before serving.

Guadeloupe Chili Pie ***Dutch Oven Cooking***

2 lb. ground beef
1/2 tsp. chili powder
1 med. onion, sliced
1/2 tsp. salt
1 tbs. margarine
1 8-oz can tomato sauce
1 15-oz can chili beans
1 6-oz package cornbread mix

Brown beef and onions in the margarine in open Dutch oven. Add beans, chili powder, salt, and sauce; cook for 15 minutes in covered oven.
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. **Serves 8 persons.**

Lasagna Pie ***Dutch Oven Cooking***

1/2 cup creamed cottage cheese
1 can (6 oz) tomato paste
1 lb. Ground beef
1 cup milk
1 cup shredded Mozzarella cheese
1/2 cup Bisquick Baking mix
1/2 tsp. Salt
2 eggs
1/2 tsp. Dried oregano

Grease a 9" Dutch oven and line with aluminum foil. Spread the cottage cheese in the bottom of the Dutch oven. In a separate pan cook the ground beef and drain the grease. Stir in 1/2 cup mozzarella cheese, salt, oregano, and tomato paste; Then spoon over cottage cheese. In a bowl or heavy plastic bag stir the milk, Bisquick, and eggs until well blended. Pour into Dutch oven. Bake for 30-35 min. or until knife inserted in the center comes out clean. Sprinkle with remaining cheese. And Bake 1-2 min. to melt cheese. **8 servings**

Chicken and Stuffing Bake *Kroger* ***DUTCH OVEN***

4 cups Pepperidge Farm Herb Seasoned Stuffing Paprika
margarine
6 Skinless Boneless chicken breast halves
1/3 cup milk
1 can Campbell's Cream of Mushroom soup
1 tbs. Chopped parsley

Mix stuffing with 1 cup boiling water and 1 tbs. Margarine. Spoon the stuffing across the center of 4 qt. Dutch oven. Place the chicken on each side of stuffing. Sprinkle the chicken with paprika. Mix soup, milk and parsley and pour over the chicken. Bake at 400 degree heat for 20 minutes and then open top a bit and bake additional 10 minutes. Serves 6.

Chili Pie *Hormel* ***DUTCH OVEN***

4 cups corn chips
1 @ 19 oz can Name brand Chili
2/3 cup chopped onion
1 1/2 cups shredded Colby or Cheddar cheese

Layer 2 1/2 cups of corn chips; onion; 1/2 cup cheese and chili in 1 1/2 quart casserole or Dutch oven. Top with remaining corn chips. Bake at (375) about 25 minutes. Top with remaining cheese and bake 5 minutes longer. Garnish with sour cream and ripe olives, etc.
Serves 4-5 or one Scoutmaster

Chili Rice Casserole *Hormel* ***DUTCH OVEN***

3 cups cooked rice
1 (19 oz) can plain chili
1/2 cup onions, chopped
3/4 cup crushed corn chips
4 oz cheddar cheese, shredded

Place rice in buttered baking dish or Dutch oven. Spread half the onions and crushed corn chips over the rice. Heat chili and pour over rice. Top with remaining cheese, onions and crushed corn chips. Heat in at ~375 for 25 minutes. **Serves 4-6.**

Kit Carson Pie *Philmont* ***DUTCH OVEN***

2 lb. lean ground beef
1 onion
2 pkg. sloppy Joe seasoning mix
2 6 oz. cans tomato paste
2 cups water
1 16 oz. pkg. refrigerator biscuits

Brown the beef and onion. add seasoning mix, tomato paste and water. Stir and bring to boil. Place the biscuits over the mixture and bake for 15-20 minutes or until biscuits are brown. **Serves 4-6** or one Scoutmaster

Corn Casserole *Kelly Hall* ***Dutch Oven***

1 can creamed corn
1 can whole kernel corn
1 stick melted margarine
1 (6 oz) package cornbread mix
1 (8 oz) carton sour cream

Mix all ingredients together. Bake at 350 degrees for 30 minutes. serve with crackers.

Harvesters Meat loaf *InterNet* ***DUTCH OVEN***

Harvesters Meat loaf, which was served at the recent Share Our Strength Taste of the Nation benefit, is a specialty of Ohio Grange Cafe, 1915 Westheimer. Owners Smoot Hull, a native Texan, and Patrick Markey, from Fostoria, Ohio, and chef Michael Frietsch chose a Midwestern heartland theme for their second restaurant, which opened in November 1996 (they also own Empire Cafe).

2 shallots
2 ounces each: crimini and button mushrooms
1 cup milk
6 slices fresh white bread, crusts removed
3 tablespoons butter
2 pounds ground beef chuck
1 pound ground pork
2 teaspoons salt
1 bunch fresh chives, diced
2 large eggs
Ketchup
1 teaspoon each: ground black pepper, onion and garlic powders

Preheat oven to 350 degrees. Purée shallots and mushrooms in food processor; set aside. Combine bread and milk in large mixing bowl, and mash with hands until milk is absorbed and mixture has a smooth texture. Heat butter in skillet and sauté shallot-mushroom purée about 3 minutes until tender.

In large mixing bowl, combine mushroom mixture, bread, chuck, pork, salt, pepper, onion and garlic powders, chives and egg; mix by hand until evenly blended. Transfer mixture to a 9-by-5-by-3-inch loaf pan and pound on table to remove any air bubbles. Cover with foil. Bake about 1 hour until slightly browned on top. Remove foil and glaze top with ketchup.

Return to oven and bake 10 minutes more, until browned. Remove from oven and let rest 15 minutes before slicing. Serve with additional ketchup. Makes 4 to 6 servings.

Ann Landers' Meat loaf From Chronicle files. ***DUTCH OVEN***

2 pounds ground round steak
2 eggs
1 1/2 cups bread crumbs
1/4 cup ketchup
1 teaspoon flavor enhancer
1/2 cup warm water
2 strips bacon (optional)
1 (8-ounce) can tomato sauce
1 package onion soup mix (Lipton's specified)

Preheat oven to 350 degrees. Combine meat, eggs, crumbs, ketchup, flavor enhancer, water and soup mix and mix thoroughly. Place in loaf pan; cover with bacon strips if desired. Pour tomato sauce over all. Bake 1 hour. Serves 6.

Turkey Spinach Loaf ***DUTCH OVEN***

Stephanie Bergman of the National Turkey Federation says this is one of the Federation's most popular recipes.

1 (10-ounce) package frozen spinach, thawed and well drained
5 tablespoons Dijon-style mustard, divided
1 pound ground turkey
1 (2-ounce) jar chopped pimentos, drained
1/2 cup seasoned bread crumbs
1/2 cup grated mozzarella cheese
1/3 cup chopped onion

Combine turkey, spinach, crumbs, onion and 4 tablespoons mustard in medium bowl. Spray a 9-inch pie plate with nonstick spray. Shape turkey mixture into a 6-by-4-inch loaf in pie plate. Bake at 350 degrees 50 to 55 minutes or until meat thermometer inserted in center of loaf registers 160 degrees and juices run clear; remove from oven.

Spread remaining 1 tablespoon mustard over top of loaf and top with pimentos and cheese. Return to oven and bake 4 to 5 minutes or until cheese is melted. Cut into slices to serve.

Makes 6 servings, each: 201 calories, 18 grams protein, 8 grams fat, 63 milligrams cholesterol, 10 grams carbohydrates, 708 milligrams sodium.

"Musty Ham Loaf" From the NewsPaper ***DUTCH OVEN***

This recipe came from a mother-in-law. She got this from a small paper in Oklahoma. It takes more effort than most of us would go to these days, but is well worth it on special occasions.

We had our minister over for Sunday dinner and he said, "Mrs. Evans, this meat is musty." I thought, "Oh dear, what did I do wrong?" Then he said, "I just musty have some more." -- Helen Evans

Ham Loaf *InterNet* ***DUTCH OVEN***

1 pound each, ground: lean pork roast and cured ham
2 cups fine soft white bread crumbs
1 egg, beaten
1/4 cup milk
1 teaspoon salt
1/8 teaspoon freshly ground black pepper
3 tablespoons melted butter
1/4 cup brown sugar
3 slices pineapple
3 maraschino cherries (optional)

Ask butcher to grind meats. (Lean ground pork, available in the meat section, can be substituted for the pork roast.) Mix meats, crumbs, egg, milk, salt and pepper.

Preheat oven to 350 degrees. Pour butter into a 9-by-5-by-3-inch loaf pan. Add brown sugar; arrange pineapple slices in bottom of pan. Place a cherry in the hole in each slice. Fill pan almost to the top with meat mixture. Any extra meat can be baked in a separate pan.

Bake about 1_ hours, until browned. Remove from oven and let sit in the pan until cool enough to invert onto a serving dish. When it is turned out, pineapple and cherries will be on top.

Variations: Use a round pan or casserole and decorate with shapes cut from pineapple and cherries for Halloween, or use candied pineapple and cherries for Christmas. "

Add your own Dutch Oven Recipe here

Dinner Items: Foil Meals

Hot meals are great but who wants to wash dishes. Try these **Foil meal ideas** or try a seal-a-meal or freezer zip bag in boiling water .

Drugstore wrap: *Not Drug Rap..*

1. Cut 2 pieces of lightweight foil or 1 piece of heavy-duty foil, twice the circumference of the item to be wrapped.
2. Place food in middle of foil, shiny side in. Food must be moist or add 4 T. of fluid.
3. Bring opposite sides of foil together, and fold 1/2 inch, repeat turning down to item.
4. Flatten top of package, Fold corners of open ends in and roll ends in small folds into center. The edges must seal to keep steam in.

Boy Scout Potatoes *B. Powell?* ***FOIL***

Potato
Carrot
Small onion
Salt & Pepper
margarine

Slice the Potato into 1/4 inch slices. Peal and slice the onion and carrot. Place in the middle of a drugstore foil wrap with salt, pepper, & a dollop of margarine. Add 1 Tbs. water. Seal the Wrap and place on coals for 45 minutes to a hour.

Baked Apple ***FOIL***

1 apple per person, 1 tablespoon brown or white sugar per apple

Wash apple. Cut a slice off the top, remove the core, and put the sugar in the hollow. Wrap in foil. Cook in hot ashes about 1 hour.

Mountain Melts ***FOIL***



Rolls (any kind)
Meat (thinly sliced)
Cheese (sliced)
Mustard

Cut and butter rolls. Fill to taste with cheese, meat, and mustard. Wrap each roll in foil. Place rolls on the edge of the coals or on grill above the coals for about 1/2 to 1 hour.

Complete Meal (Hobbie) ***FOIL***

Meat, seasoned to taste Potatoes
Other vegetables

Cut meat, potatoes, and other vegetables into bite-size pieces. Divide the ingredients into individual portions on pieces of foil. Wrap each portion carefully. Cook in hot ashes about 1 to 2 hours. Serve, in foil.

Pi-Chee Ham *Ed Bailey* ***FOIL***

1 can candied yams
1 can SPAM,
a pat of butter
dash brown sugar

Slice SPAM into a double or triple layer foil pack. Put in candied yams, the SPAM, a pat of butter and sprinkle some brown sugar on top. Seal the pack and heat on the coals for eight minutes a side. Tastes like candied ham and yams.

Caramel Apple ***FOIL***

1 apple per person,
3 caramel cubes per apple

Wash apple. Cut a slice off the top, remove the core, and put the caramels in the hollow. Wrap in foil. Seal good. Cook in hot ashes about 30 minutes.

Sue's Goulash *Ed Bailey* ***FOIL***

1/2 cup of Minute Rice
canned chicken, beef, or chopped ham
dried onion flakes
dry seasoning, or gravy ingredients

Form three (3) sheets of foil into a bowl shape. Put in the bottom, sprinkle and mix dried onion flakes, dry seasoning, or gray ingredients. Add some canned chicken, beef, or chopped ham. Pour in 1/2 cup water. Seal and place on coals for 15 minutes.

Cheese Potatoes in a Parcel *Annette Wolter* ***FOIL***

1 Med. Potato, peeled and sliced
2 oz. Cheese cut in cubes
1 slice Bacon, diced
3 slices onion, separated into rings
1 tbs. Butter or Margarine
salt, pepper, paprika

Use a double thick piece of heavy duty foil. With a little oil, lay the potatoes on the foil, distributing the slices evenly, and season with a little salt, pepper, and paprika. Scatter the cheese and bacon and onion rings evenly over the potatoes, sprinkle the butter pieces on top. Fold the foil to form a parcel, closing the edges carefully.
Cook the cheese potatoes over a charcoal grill for 50 minutes, turning the parcel repeatedly.
You can use dried diced onions and dried bacon, but add a few tbs.(4-6) water.

Wieners in foil *Ed Bailey* ***FOIL***

wieners
foil
mustard
onion
cheese
pickle relish

Place wieners in double heavy foil and spread with one or more of the following: Mustard, fine chopped onion, cheese strips, pickle relish. Wrap tightly and cook over coals for 10 min., turning once.

Quick Rice *Minute* ***Bag***

1/2 cup Minute rice

Place 1/2 cup Minute rice in a heavy freezer zip lock bag, add 1/2 cup boiling water to bag, Wait 3 minutes. Makes 1 serving 3/4 cup cooked. Add butter buds and salt. Multiply recipe by # of serve. **No pot No mess**

Rice on the Coals ***FOIL***

1 1/2 cups minute rice
1 1/2 cups water
1 T. margarine
1/2 tsp. salt
dash pepper
4 tsp. instant bouillon

Place two sheets of foil (14" sq.) on top of each other in a cooking pot. Press into a bowl or pouch. Add ingredients and seal tightly. Remove from pot and place on coals for 15 minutes. serves 4

Sauced Dogs *Ed Bailey* ***FOIL***

1/2 LB hot dogs
1/2 cup cheddar cheese
1 hard boiled egg
2 Tbs. chili sauce
1 Tbs. pickle relish
1/2 tsp. mustard
1/2 tsp. garlic salt

At home, grind together: 1/2 lb. hot dogs, 1/2 cup mild cheddar cheese. Add 1 chopped hard boiled egg, 2 T. chili sauce, 1 T. pickle relish, 1/2 tsp. mustard, 1/2 tsp. garlic salt. At camp spread this mess, I mean mixture, on buns. Wrap in double heavy foil. Heat on coals 10 min. (serves 3-4)

Foil Baked Fish *Ed Bailey* ***FOIL***

filleted fish
onion
salt & pepper
lemon
tomato

Lay out a strip of heavy doubled foil and butter generously. Lay out a filleted fish on the foil. Sprinkle with salt and pepper. Cover with onion rings, lemon slices, tomato slices. Seal tightly with foil and place on a grill over the coals. When steam balloons the foil prick it once. A large filleted fish is ready to eat in 20-30 minutes. **Chef's secret**: If your fish tend to be dry, add a can of tomato sauce.

Veggies on the Barbie *Ed Bailey* ***FOIL***

potato
sweet potato
corn on cob

Foil wrapped potatoes will take about 45 min.-1 hr. depending on size. Prick the Tatter to keep from exploding. Sweet potatoes, yams, large onions in foil = 45 min.-1 hr. Foil wrapped corn on the cob, 25-45 min. depending on maturity of the corn, not the boy.

Sweet, Sweet Potatoes (3-4 ser.) Ed Bailey ***FOIL***

1 can sweet potatoes
margarine
maple flavored syrup

Remove completely the top from a 18 oz. can of sweet potatoes. Strip off Label. Drain some of the liquid into a cup, and add 1/4 cup maple flavored syrup and 1 T. margarine. Return liquid to cover the sweet potatoes. Cover can with foil. Place on a grill or near coals and heat until bubbly, about 20 min.

Baden Baked Sliced Potatoes *Ed Bailey* ***FOIL***

potato
margarine
foil
salt, pepper, garlic salt

Scrub and cut potatoes into thick slices. Use one potato per person. Do not peel the potatoes. Place each one on a double sheet of heavy foil. Add 1 T. margarine. Sprinkle with garlic, onion salt and pepper. Seal and bake on the grill, turning often for a hour. or 15-20 minutes on coals.

Drumsticks ***Stick & Foil***

1 lb. hamburger
1 cup cornflakes 1 egg
1/2 chopped onion
salt & pepper
1 tsp. mustard
1 tbs. ketchup

Crush the cornflakes and mix with all the rest of the ingredients, except egg shell. Warp a handful around a green stick and wrap aluminum foil around meat and stick. cook 20 - 30 min. over bed of coals, turning slowly. Makes about 6-7 drumsticks.

Foiled Onions *Ed Bailey* ***FOIL***

Large onion
margarine
salt & pepper
bacon
foil

Peel a large onion and cut in half. Place a pat of margarine on the cut side and sprinkle with salt and pepper. Top with a half strip of bacon on each half onion. Wrap each in double heavy foil and seal tightly. Bake on coals 35-45 minutes. (1 onion for 2 persons)

Hot Chicken Sandwiches *Ed Bailey* ***FOIL***

1 can boned chicken
1 cup chopped celery
1/4 cup sliced ripe olives
1/4 cup shredded jack cheese,
1/4 cup mayonnaise
1 tsp. dry onion flakes
hamburger buns

Combine 1 can boned chicken, 1 cup chopped celery, 1/4 cup sliced ripe olives, 1/4 cup shredded jack cheese, 1/4 cup mayonnaise, 1 tsp. dry onion flakes, and spread on hamburger buns. Wrap in double heavy foil and heat over coals 15-20 min.(serves 3-4)

Add your own Foil Recipe here

SPAM Hall of Cans (Fame)



A special place for that all purpose potted meat.

SPAM® Quesadillas Hormel

1 (12-ounce) can SPAM Luncheon Meat, chopped
4 cups shredded Monterey Jack cheese with peppers
6 (8-inch) flour tortillas Guacamole and Salsa

Combine SPAM and cheese. Spoon meat mixture over 3 tortillas. Top with remaining tortillas. In lightly greased griddle, heat filled tortilla over medium high heat until soft and cheese is melted, turning once. Repeat with remaining tortillas. Cut each tortilla stack into 6 wedges. Serve with guacamole or salsa. Makes 18 appetizer servings.

NUTRITIONAL INFORMATION PER SERVING: Calories 166; Protein 10 g; Carbohydrate 7 g; Fat 1l g; Cholesterol 37 mg; Sodium 366 mg.

Hawaiian Rice Hormel

1 can (7oz.) Spam
1-1/3 cups instant rice
1/3-1/2 cup flaked coconut
margarine

Melt 1 Tbls margarine in a frying pan. Add cubed Spam and rice and brown slightly. Add 1-1/3 cups water and bring to a boil. Cover and remove from heat for 5 minutes. Add coconut and toss to mix. 2 servings.

SPAM®Nachos Hormel

1 (12-ounce) can SPAM Luncheon Meat, cubed
1 (10 1/2-ounce) bag Tortilia Chips
1 (15-ounce) can Refried Beans
1 (16-ounce) jar Salsa
1 (8-ounce) package shredded Mexican pasteurized processed cheese

Heat oven to 425^{o} F. Place chips on baking sheet. Sprinkle SPAM over chips. In bowl, combine refried beans and salsa; pour over chips. Sprinkle with cheese. Bake 6 to 7 minutes or until cheese is melted. Serve immediately. Makes 10 appetizer servings

NUTRITIONAL INFORMATION PER SERVING: Calories 361; Protein 169; Carbohydrate 28 g; Fat 21g; Cholesterol 48 mg; Sodium 1034 mg.

Pi-Chee Ham *Ed Bailey* ***FOIL***

1 can candied yams
1 can SPAM,
a pat of butter
dash brown sugar

Slice SPAM into a double or triple layer foil pack. Put in candied yams, the SPAM, a pat of butter and sprinkle some brown sugar on top. Seal the pack and heat on the coals for eight minutes a side. Tastes like candied ham and yams.

SPAMBURGER Hamburgers *Hormel*

1 (12-ounce) can SPAM Luncheon Meat
6 hamburger buns, split
3 tablespoons mayonnaise or salad dressing
6 lettuce leaves
2 tomatoes, sliced
6 (1-ounce) slices American cheese

Slice SPAM into 6 slices (3 inches x 1/4-inch). In skillet, sauté SPAM over medium heat until lightly browned. Spread cut sides of buns with mayonnaise. Layer lettuce, tomato, SPAM, and cheese on bun bottom. Cover with bun top. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 405; Protein 20g; Carbohydrate 25 g; Fat 25g; Cholesterol 76 mg; Sodium 1280 mg.

California SPAMBURGER® Hamburger Hormel

1 (12-ounce) can SPAM® Luncheon Meat
2 tomatoes, sliced
6 whole wheat hamburger buns, split
6 lettuce leaves
6 green bell pepper rings
6 onion slices
3 tablespoons Thousand Island salad dressing

Slice SPAM' into 6 slices (3 inches x 1/4 inch). In skillet, sauté SPAM over medium heat until lightly browned. Spread cut sides of bun with dressing. Layer lettuce, SPAM, tomato, green pepper, and onion on bun bottom. Cover with bun top. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 287; Protein 14 g; Carbohydrate 28 g; Fat 13g; Cholesterol 47 mg; Sodium 891 mg.

Savory SPAM Crescents Hormel

1 (12-ounce) can SPAM Luncheon Meat, cubed
10 slices bacon, cut in small pieces
1/4 cup finely chopped onion
3 tablespoons grated Parmesan cheese
1 egg, beaten
2 tablespoons chopped fresh parsley
2 tablespoons Dijon-style mustard
2 (8-ounce) packages refrigerated crescent roll dough
1/8 teaspoon pepper

Heat oven to 375'F In skillet, cook bacon and onion until bacon is crisp; drain. Stir in remaining ingredients except crescent roll dough. Separate each package of crescent dough into 8 triangles. Spread top half of each triangle with SPAM mixture; roll up. Place on baking sheets. Bake 12 to 15 minutes or until golden brown. Serves 16.

NUTRITIONAL INFORMATION PER SERVING: Calories 127; Protein 7 g; Carbohydrate 6 g; Fat 9g; Cholesterol 34 mg; Sodium 439 mg.

Maui SPAM Muffins Hormel

4 English muffins, split and toasted
Butter or margarine
Prepared mustard
1 (7-ounce) can SPAM Luncheon Meat, thinly sliced
1 (15 1/4-ounce) can pineapple slices, drained
2 teaspoons water
1 small green pepper, cut into 8 rings
1/4 cup firmly packed brown sugar

Heat oven to 375^{o} F. Spread muffins with butter and mustard. Overlap SPAM slices on each muffin half. Place a pineapple slice and a green pepper ring on each muffin. Combine brown sugar & water; spoon over sandwiches. Place muffins on baking sheet. Bake 10 minutes. Serve hot. Serves 8.

NUTRITIONAL INFORMATION PER SERVING: Calories 179; Protein 7 g; Carbohydrate 29 g; Fat 4g; Cholesterol 20 mg; Sodium 437 mg.

Spamble Eggs *Michael Vesely*

1 can (7 oz) SPAM
12 eggs
1/2 cup Sanalac instant milk
2 Tbs. dried onions
2 Tbs. dried green pepper

Dice the SPAM and fry in large pan. Crack and stir the eggs and milk with a whisk in a large bowl. Leave the egg shells out. Hydrate the dried onion and peppers, then add to the SPAM. Fold the eggs over the SPAM and spamble them. Serve to 6 Scouts

SPAM Breakfast Bagels *Hormel*

1 (12-ounce) can SPAM Luncheon Meat
2 tablespoons butter or margarine
6 eggs, beaten
6 (1-ounce) slices American cheese
6 bagels, sliced

Slice SPAM into 6 slices (3 inches x 1/4 inch). In skillet, sauté SPAM over medium heat until lightly browned. Remove from skillet; keep warm. In same skillet, melt butter; pour in beaten eggs. Cook and stir to desired doneness. Layer scrambled eggs, SPAM and cheese on bagel bottom. Cover with bagel top. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 504; Protein 29g; Carbohydrate 36 g; Fat 27 g; Cholesterol 294 mg; Sodium 1367 mg.

SPAM Fajitas *Hormel*

Vegetable cooking spray
1 green bell pepper, cut into julienne strips
1 (12-ounce) can SPAM' Luncheon Meat, cut into julienne strips
3/4 cup Salsa
1/2 onion, cut into 1/4-inch slices
8 (8-inch) flour tortillas, warmed
2 cups shredded lettuce
1/2 cup shredded hot pepper Monterey Jack or Cheddar cheese
1/2 cup nonfat plain yogurt
Extra salsa, if desired

Spray large non-stick skillet with vegetable cooking spray. Heat skillet over medium high heat. Sauté green pepper and onion 2 minutes. Add SPAM, Sauté 2 minutes. Stir in salsa and heat thoroughly. Spoon about 1/2 cup SPAM mixture into each flour tortilla.

Top each with 1/2 cup shredded lettuce, 1 tablespoon shredded cheese, 1 tablespoon yogurt, and extra salsa, if desired. Serves 8.

NUTRITIONAL INFORMATION PER SERVING: Calories 237; Protein 12 g; Carbohydrate 23 g; Fat 1l g; Cholesterol 40 mg; Sodium 625 mg.

The Original Baked SPAM Hormel

1 (12-ounce) can SPAM Luncheon Meat
Whole cloves
1/3 cup firmly packed brown sugar
1 teaspoon water
1 teaspoon prepared mustard
1/2 teaspoon vinegar

Heat oven to 375° F Place SPAM on rack in shallow baking pan. Score surface; stud with cloves. Combine brown sugar, water, mustard, and vinegar, stirring until smooth. Brush glaze over SPAM Bake 20 minutes, basting often. Slice to serve. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 156; Protein 9 g; Carbohydrate 12 g; Fat 8 g; Cholesterol 45 mg; Sodium 575 mg.

SPAM Hashbrown Bake Hormel

1 (32-ounce) package frozen hash-brown potatoes, thawed slightly
1/2 cup butter or margarine, melted
2 cups shredded Cheddar cheese
1 (12-ounce) can SPAM Luncheon Meat, cubed
1 (10 1/4-ounce) can cream of chicken soup
1/2 teaspoon garlic powder
1 1/2 cups sour cream
1 teaspoon salt
1 teaspoon pepper
1/2 cup milk
1/2 cup chopped onion
1/4 cup Diced Green Chilies, drained
2 cups crushed potato chips

Heat oven to 350° F. In large bowl, combine potatoes, melted butter, salt, pepper, and garlic powder. In another bowl, combine cheese, SPAM, soup, sour cream, milk, onion, and green chilies. Add SPAM mixture to potato mixture; mix well. Pour into 2-quart baking dish. Sprinkle with potato chips. Bake 45 to 60 minutes or until thoroughly heated. Serves 8.

NUTRITIONAL INFORMATION PER SERVING: Calories 705; Protein 21g, Carbohydrate 41 g; Fat 53 g; Cholesterol 118 mg; Sodium 1447 mg.

SPAM Breakfast Burritos Hormel

1 (12-ounce) can SPAM Luncheon Meat, cubed
2 Tbs. milk
1 tbs. butter or margarine
6 (6-inch) flour tortillas
1 cup shredded Cheddar cheese, divided
4 eggs
1 cup shredded Monterey Jack cheese, divided
Salsa or Taco Sauce

Heat oven to 400° F In bowl, beat together SPAM, eggs, and milk. Melt butter in large skillet; add egg mixture. Cook, Stirring, to desired doneness. Fill each tortilla with SPAM mixture and half of cheeses. Roll burrito; place seam side down on 12 x 8-inch baking dish. Sprinkle remaining cheese over top of burritos. Bake 5 to 10 minutes or until cheese is melted. Serve with salsa. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 430; Protein 25g; Carbohydrate 20 g; Fat 28 g; Cholesterol 562 mg; Sodium 976 mg.

SPAM Skillet Dinner Hormel

3 medium zucchini
1 onion, thinly sliced
1 tablespoon oil
1 (12-ounce) can SPAM Luncheon Meat
1 (16-ounce) can tomatoes
3 medium potatoes, peeled, sliced
1/2 teaspoon garlic powder
1/4 teaspoon basil
1/2 teaspoon oregano

Cut zucchini in 1/2-inch slices. In large skillet over medium-high heat, sauté zucchini and onion in oil 5 minutes, stirring often. Cut SPAM into 8 slices; halve each slice. Add potatoes, carrots, and SPAM to skillet; pour tomatoes over all. Sprinkle with herbs. Cover and simmer 25 minutes or until potatoes are tender, stirring occasionally. Serves 8.

NUTRITIONAL INFORMATION PER SERVING: Calories 176; Protein 9g; Carbohydrate 18g, Fat 8g; Cholesterol 34 mg; Sodium 526 mg.

SPAM Fried Rice *Hormel*

2 eggs, beaten
1 (12-ounce) can SPAM Luncheon Meat, cubed
1/4 cup chopped green onion
1/4 cup finely chopped mushrooms
2 tablespoons oil, divided
2 cups cooked rice
3 tablespoons soy sauce

In large skillet, heat 1 tablespoon oil. Add eggs. Cook, stirring, to desired doneness. Remove from skillet. In same skillet, heat remaining 1 tablespoon oil. Cook SPAM, mushrooms, and green onion 4 minutes or until vegetables are tender. Stir in rice and egg. Sprinkle with soy sauce. Heat thoroughly. Serves 4 to 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 405; Protein 20g, Carbohydrate 31g; Fat 22g; Cholesterol 174 mg; Sodium 1646 mg.

SPAM HASH

SPAM
Bacon
Minced Round Onions
Parsley
Boiled Diced Potatoes

Preparation:
Cut SPAM and bacon into bite size pieces. Sauté bacon until brown. Add minced round onion until tender. Then add SPAM and boiled cubed potatoes, brown until SPAM and potatoes are golden. Add parsley and serve.

Hearty SPAM Breakfast Skillet *Hormel*

2 cups frozen diced or shredded potatoes
1/2 cup chopped onion
1/4 medium green bell pepper, cut into 1-inch thin strips
1/4 medium red or yellow bell pepper, cut into 1-inch thin strips
2 teaspoons oil
1 (12-ounce) can SPAM Luncheon Meat, cut into julienne strips
1 (8-ounce) carton frozen fat-free egg product, thawed, or 4 eggs
1/4 teaspoon dried basil
1/2 teaspoon salt
1/8 teaspoon pepper
6 drops hot pepper sauce
1/4 cup shredded Cheddar cheese

In large non-stick skillet, cook potatoes, onion, and peppers in oil over medium high heat 5 minutes, stirring constantly. Add SPAM; cook and stir 5 minutes. In small bowl, combine egg product, basil, salt, pepper, and hot pepper sauce; blend well. Pour over mixture in skillet. Cover. Cook over medium-low heat 8 to 12 minutes or until set. Sprinkle with cheese; remove from heat. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 294; Protein 17 g; Carbohydrate 17 g; Fat 18 g; Cholesterol 50 mg; Sodium 725 mg.

SPAM Meal in a Bundle *Hormel* ***FOIL***

1/4 cup firmly packed brown sugar
1/4 cup stone ground mustard
1/4 cup beer (non-alcohol)
1/2 teaspoon celery seed
8 new potatoes, sliced 1/4-inch thick
2 cups carrots, sliced 1/4-inch thick
1 onion, thinly sliced
1 (12-ounce) can SPAM Lite Luncheon Meat, sliced

Heat oven to 375^{O} F. In bowl, combine brown sugar, mustard, beer, and celery seed. Divide vegetables and SPAM' on four 12-inch square pieces of foil. Drizzle mustard mixture over vegetables. Fold foil to form packets. Bake 45 to 60 minutes or until hot. Serves 4.

NUTRITIONAL INFORMATION PER SERVING: Calories 411; Protein 20 g; Carbohydrate 55 g; Fat 13 g; Cholesterol 68 mg; Sodium 1073 mg.

Spicy SPAM Kabobs *Hormel*

1/4 cup lemon juice
3 tablespoons minced onion
1 tablespoon olive oil
1 teaspoon dried leaf thyme
1 clove garlic, minced
1/2 teaspoon whole oregano leaves
1/4 teaspoon red pepper flakes
1 (8-ounce) can pineapple chunks packed in light juice, drained
1 (1 2-ounce) can SPAM Lite Luncheon Meat, cut into 24 cubes
1 red bell pepper, cut into 1-inch pieces
4 cups hot cooked rice
16 pea pods

Combine first 7 ingredients in 9 x 12-inch dish. Wrap pea pods around pineapple chunks. Alternately thread SPAM cubes, pineapple chunks, and bell pepper pieces on eight skewers. Place in dish with marinade. Cover and marinate 2 hours, turning occasionally. Grill kabobs over medium-hot coals 10 minutes, turning occasionally. Or, broil 5 inches from heat source 8 to 10 minutes, turning occasionally. Serve with hot cooked rice. Serves 4.

NUTRITIONAL INFORMATION PER SERVING: Calories 536; Protein 22 g; Carbohydrate 75 g; Fat 16 g; Cholesterol 68 mg; Sodium 848 mg.

SPAM Jambalaya *Hormel*

1 (12-ounce) can SPAM Lite Luncheon Meat, cubed
1 (10 3/4-ounce) can lower sodium chicken broth
1 cup chopped onion
2/3 cup chopped green bell pepper
1/2 cup chopped celery
2 cloves garlic, minced
1 (14 1/2-ounce) can tomatoes, cut up
2 tablespoons chopped parsley
1/2 teaspoon dried leaf thyme
6 to 8 drops hot pepper sauce
1 bay leaf
1 cup long grain rice

In large non-stick skillet or 3-quart non-stick saucepan, sauté SPAM onion, green pepper, celery. and garlic until vegetables are tender. Add tomatoes, chicken broth, thyme, hot pepper sauce, and bay leaf. Bring to a boil; stir in rice. Cover. Reduce heat and simmer 20 minutes or until rice is tender. Discard bay leaf. Sprinkle with parsley. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 261; Protein 13 g; Carbohydrate 32 g: Fat 8 g: Cholesterol 45 mg: Sodium 850 mg.

SPAM Stuffed Potatoes Florentine *Hormel*

Vegetable cooking spray
1 teaspoon butter or margarine
1 (12-ounce) can SPAM Lite Luncheon Meat, cubed
1/2 (10-ounce) package frozen chopped spinach, thawed and squeezed dry
6 baking potatoes, baked and kept warm
1/3 cup chopped onion
1/4 teaspoon dried leaf thyme
1/4 Cup skim milk
1/4 teaspoon pepper
2 tablespoons grated Parmesan cheese
1/4 cup shredded Monterey Jack cheese
1/4 cup shredded Cheddar cheese

Heat oven to 350° F. Spray a shallow rectangular 2-quart baking dish with vegetable cooking spray. In a large nonstick skillet, sauté SPAM in butter 3 minutes. Add onion, spinach, and thyme; cook and stir 2 minutes. Set aside. Cut a thin slice off the top of each potato. Scoop out each potato, leaving a 1/2-inch shell. Place shells in prepared baking dish. Place scooped out potato in medium mixing bowl. Beat at medium speed 30 seconds. Add milk, Parmesan cheese, and pepper; beat just until combined. Stir in SPAM mixture. Fill potato shells with potato mixture. Bake, uncovered, 25 to 30 minutes or until thoroughly heated. Top with cheeses. Bake 5 minutes longer or until cheese is melted. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 396; Protein 18 g: Carbohydrate 54g; Fat 12 g; Cholesterol 56 mg; Sodium 704 mg.

SPAM Fajitas *Patrick Welch*

1 can SPAM, sliced into 3/8" strips,
1 small onion, sliced,
1 green pepper sliced Salsa,
10 flour tortillas

Fry the SPAM, onions and peppers. Add the Salsa. Heat the tortillas and spoon on the Mixture. Roll and eat.

SPAM on a Stick *Unknown Despirate Soul*

1 can (7 oz) SPAM

Cut SPAM into 6 long spears, place on sticks or long fork and cook over open fire. Top with brown mustard or Grey Poupon.

Healthy SPAM Peppers *Hormel*

1 (12-ounce) can SPAM Lite Luncheon Meat, cubed
2 cups shredded cabbage
1 cup shredded zucchini
1 onion, shredded
1 carrot, shredded
2 cloves garlic, minced
1 1/2 tablespoons chopped fresh basil leaves
1 teaspoon dried oregano
1/2 teaspoon red pepper flakes
1 (28-ounce) can diced tomatoes
1 1/2 cups instant rice
1 tablespoon brown sugar
8 bell peppers, cored and seeded

In skillet over medium-high heat, sauté SPAM until lightly browned; remove from skillet. Add cabbage, zucchini, onion, carrot, garlic, basil, oregano, and red pepper flakes to skillet. Cook over low heat 10 minutes or until vegetables are crisp-tender. Drain juice from tomatoes; reserve juice. Add enough water to tomato juice to make 2 cups. Add juice, tomatoes, SPAM, rice, and brown sugar to vegetable mixture. Cover. Cook 10 minutes. In large saucepan, boil bell peppers in water 5 to 7 minutes or until crisp-tender. Drain. Fill peppers with SPAM mixture. Serves 10.

NUTRITIONAL INFORMATION PER SERVING: Calories 215: Protein 11g; Carbohydrate 30 g; Fat 7 g; Cholesterol 34 mg; Sodium 444 mg.

Ham 'N Green Bean Bake *Ed Bailey* ***FOIL***

Combine 1 1/3 cups minute rice
1 cup diced ham or SPAM,
1 can (8 oz) drained green beans
1/3 cup mayonnaise
2 tsp. dry onion flakes.

Stir in **1 1/3 cups hot chicken bouillon or chicken soup**. Sprinkle with grated **Parmesan cheese**.
Shape a triple thickness of heavy foil into a bowl. Add mixture and seal. Leave over hot coals for 30 minutes.(serves 3-4)

SPAM, I am *Sam*

7 oz can SPAM
6 oz Egg and Spinach Noodles
1 can Cream of Mushroom Soup
1 small onion

Dice the SPAM into 1/2 inch chunks. Fry with sliced onion in a light oil. Cook the noodles until done. Drain water, reserve 1 can to mix with soup. Add soup and SPAM mixture. Heat through and serve 4.

The SPAM and I *Dennis A. Schmitt* ***ONEPOT***

1 can SPAM, sliced and diced
1 cup Minute rice
1 can cream of Mushroom Soup.

Heat the SPAM in a deep skillet, add the soup and heat. In a another pan boil 1 cup water and cook the rice as directed. Pour the SPAM and soup over beds of rice. Variations... wild rice, Cream of Corn Soup...

MAPS Chili *Fred Mertze*

1 can diced SPAM
1/2 onion or 2 T. dried onion flakes
4 oz. green chili
1 Tomato
1/2 cup cheese
1/3 cup water
garlic salt and pepper

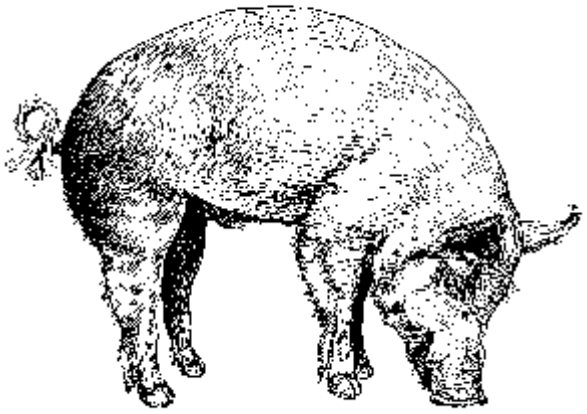
Brown the SPAM and the onion, chili. Add water and tomato wedges. Simmer 20 minutes. Place cheese on top and melt. Serves 2-3.

Pepsi SPAM *Dennis A. Schmitt*

1 can SPAM
1 can Regular Pepsi, not Diet
cheese
mustard
tortillas, bread or buns

Slice the SPAM, place in a 1 quart pan and pour in a can of Pepsi, do not use diet. Boil for about 5 minutes. This gives the SPAM a sweet caramel taste. Wrap the SPAM slices in tortillas with cheese and mustard, or use bread or buns. Sliced ham can also be used.

OK I'm full of chopped pork parts now



Camp Breads

Bannock *Ancient Trailperson's Standby*

1 cup flour
1/3 tablespoon (1 teaspoon) baking powder
dash salt
oil or margarine
water

At home: package the flour, baking powder, and salt together in a large, tough plastic bag.
In the field: Put a little oil of margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, and fry it in a little oil, very slowly. Note: If you end up with a bread that has its outside a delicious, golden brown and its inside a uncooked, doughy mass, do not despair. Just pretend you're an ancient trailperson.

Bisquick Bannock *Modern Trailperson's Standby*

6-8 tablespoons water
1 cup Bisquick buttermilk baking mix
3 Tablespoons oil or margarine

At home: Package the baking mix in a large, tough plastic bag. *In the field:* Put a 3-4 Tbs. oil or margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, about 1/2 inch thick and fry it in a little oil, very slowly over coals or lowest possible flame. Fry it, as gently as possible, turning it often. After the bottom is browned, prop the pan up in front of the fire’s flames to brown the top.

1. The batter should not be too thick - 1/2 inch is enough
2. Use straight sided fry pan, curved sides allow slips when propped before the fire.
3. Aluminum skillets get too hot too quick.
4. Don’t prop up the pan until the bottom is browned.

Also try putting the dough in a zip-lock freezer bag. Place on rack in covered pot of boiling water. Let the steam 'bake' the bread. Add raisins and cinnamon, or serve with honey when done.

Rayado Biscuits ***Dutch Oven***

Biscuit Mix
Flour

Mix 12 - 18 oz biscuit mix as directed and pat out on a floured, flat surface. Cut biscuits with a small open end can and place 20-24 biscuits in oven. Cover and bake about 15 minutes. Can also use floured hands and balls of dough 1 1/2 “, flatten and placed in oven. Or spoon the mixed dough and drop into oven without shaping.

Mount Logan Bread

3 cups flour (white or whole wheat)
1/2 cup chopped dried fruit
1/2-1 cup shelled nuts (walnuts, pecans, cashews, peanuts)
1 cup honey
3/4 cup wheat germ
1/4 cup brown sugar
6 eggs
1/2 cup powdered milk
1/2 cup raisins
2 Tbs. Peanut oil

Mix dried ingredients, then stir in oil, honey and eggs. Spray a 9 x 5-1/3 x 2-2/3 inch bread pan with a nonstick coating. Pour in batter and tap the pan on the counter. Bake in a preheated 275 degree oven for 2 hours. Cool 10 minutes before taking out of pan.
Yield: 18 slices.

Dan Beard Camp Bread

2 cups biscuit mix
1/2 cup plus 1 tablespoon milk

1. Stir the ingredients together; this will make a very thick dough. Add a few teaspoons of milk if necessary. Shape it like a bread loaf, and dust with additional biscuit mix or flour.

2. Grease a large sheet of foil heavily. Place the dough on the foil and wrap it loosely so the foil package will not burst when the dough rises. Wrap the dough loosely again to cover the seams and crimping
3. Place the bread package at the edge of the coals and turn every 10 minutes for about 1 1/2 hours, depending on the intensity of the heat. Yield: 1 loaf

Indian Fry Bread

3 cups flour
3 tsp. Baking powder
1 tsp. salt

At camp add 1-1/2 1-2/3 cups water... just enough to form a biscuit dough consistency. Knead well until the dough is elastic and doesn't stick. (Have some extra flour available)
For 7-8 inch rounds, use a piece of dough the size of a lemon. Pat by hand into a flat round shape. Fry in deep fat, turning once. The bread should be crisp on the outside. Serve hot.

Cimaron Cinnamon Rolls ***Dutch Oven***

2 6-oz pkg. biscuit mix flour
1 cup brown sugar
3 4-oz raisins
cinnamon

Mix the biscuit mix as directed and pat out in a rectangular shape on a floured, flat surface. Spread raisins and brown sugar over the dough and sprinkle with cinnamon. With floured hands roll the dough into a cylinder and cut slices from the rolled cylinder. Place in bottom of Dutch oven. Cover with lid and bake about 15-20 minutes. serves 8.

Hudson Bay Bread *Summers High Adventure Canoe Base, Ely, MN*

(a)
1.5 lb. margarine or butter
2/3 cup Karo syrup
2/3 cup honey
2 tbs. maple flavoring
4 cups sugar
(b)
19 cups Quick Oats
1 1/2 cups ground nuts (walnuts, pecans, hazelnuts, almonds or sesame seeds)

Cream all (a) ingredients together. Add oats and nuts, mixing well. Spread about 1/4 inch thick in sheet pans. Press mixture down in pan. Bake at 350 degrees 18-20 minutes. As soon as the bread comes out of the oven, use a spatula to press it down again. This keeps the bread from crumbling. Cut while still warm: 1 inch squares for snacks and 2 inch squares for trail lunches. Wrap to keep the bread or freeze until ready to use. Peanut butter and jelly are optional.

Can substitute molasses for the honey.

DRINKS



Hot Chocolate Drink Mix

1 lb. instant powdered milk
1/2 lb. powdered sugar or regular
1/2 lb. powdered coffee creamer
1@ 1 lb. can of Nestle's Quick

Mix in large bowl with wooden or plastic spoon. Store in air-tight, dark container. Pack in plastic bags for camping. 3 Tablespoons in 8-12 oz hot water.

Hot Cocoa Mix

1/3 cup cocoa
1 1/3 cup instant nonfat dry milk
1/2 cup sugar
2 T. non-dairy creamer powdered
dash salt

Mix, store in airtight container, for 1 cup cocoa, add 1/4 to 1/3 dry mix to 1 cup boiling water.

Rich and Creamy Cocoa *PET Inc.*

2 cups hot water
1/4 cup unsweetened cocoa powder
1/8 tsp. ground nutmeg
2 cups Petâ Evaporated Milk
1/4 cup sugar
6 large marshmallows
1/4 tsp. salt
1/4 tsp. ground cinnamon
3/4 tsp. vanilla

In heavy saucepan, mix hot water, cocoa, sugar, salt, cinnamon, and nutmeg. Cook over medium heat until mix comes to a boil. Stir frequently. Boil 5 minutes, stirring frequently. Reduce heat and add evaporated milk and marshmallows. Heat slowly until marshmallows dissolved. Add vanilla. Remove from heat and beat 1 minute with beater. Serve.

Mocha Mix *InterNet*
Servings: 6

1 c Cocoa Mix
1/4 c Instant Coffee
1/2 c Sugar
1 1/4 tsp. Cinnamon

1. Mix all ingredients together and package.
2. Use 5 heaping teaspoons to 1 cup boiling water.

Variations For true Mocha make hot chocolate adding brewed coffee instead of water to the
hot chocolate mix.

Rich Trail Cocoa *InterNet*
Servings: 1

1 lb. Instant Cocoa
6 oz Nondairy Coffee Creamer
1 pkg. Dry milk, 8 qt size
2/3 c Powdered Sugar

1. Mix ingredients together and store in a air-tight container.
2. Use 1/3 cup of mix in 1 cup hot water.

Variations a. Try adding 2 teaspoons of cinnamon to mix.

Home Brew Power Drink *Dr. Irvin P. Daily*

1 Qt Water H_2O(clean, not ditch)
1/2-1 Teaspoon NaCL (table salt)
1/2 Teaspoon Sodium Bicarbonate (Baking soda)
1/4 Teaspoon Potassium Chloride KCL (salt substitute)
6-8 Teaspoons Glucose (table sugar) or 1-2 Tablespoons Honey
1/2 package of "Cool-Aide" flavoring

Mix and Use. Don't make more than you'll use. There are no preservatives in this "juice". **DO NOT over use... High Potassium levels are dangerous**.... stops the old ticker.
NOTE: Keep fluid at ~2-2.5% Glucose. This is 1/8 the amount of sugar and 1/2 the water for regular Cool-Aide.

Hot TANG *Tang*

Mix **TANG** in a cup of hot water for a different breakfast drink

Pine Tea *Euell Gibons*

Take **fresh broken pine needles** (brown ones don't work) and steep for a few minutes in a cup of boiling water. Remove the needles. Cool down to warm. Rich in vitamin C, but it is an acquired taste.

Swamp Water *Bubba LaFoote*

2 packages Grape Kool Aid
2 Packages Lemon-Lime Kool Aid

Mix and add water, pre-sweetened or add the sugar.

Cockerall River Water *El Rancho Cima, Texas*

2 packages Cherry Kool Aid
2 Packages Orange Kool Aid

Mix and add water, pre-sweetened or add the sugar.

Hot JELL-O *Jell-O*

Mix **1-2 Tbs. JELL-O** in a cup of hot water for a different breakfast drink. Cheery, Lime, and Orange are good to try.. **Beware not to drink boiling water**.

Maxwell's Chocolate Bar

1 cup Hot chocolate and add 1 Snickers bar, Mix, Melt, and drink or spoon.

Cowboy Coffee *Pecos Phil*

1 tbs. ground coffee for each cup of water.
Five-Finger Pinch = 1 Tablespoon

Add coffee to a pot full of water, measured carefully of course. Cover and bring to boil. Remove from heat and set 5-10 minutes. Add a dash of cold water or Rap on side of pot 4-5 times to settle grounds and to call drinkers to the fire. Strain with mustache and teeth.

Hot Spiced Cider *InterNet*
Servings: 16

2 qt Apple Cider
12 Whole Cloves
4 3" Cinnamon Sticks
1/4 c Sugar
6 Whole Allspice

1. Combine the cider, sugar and spices in a large saucepan.
2. Heat slowly to simmering, continue for 3-5 minutes and remove spices.
3. Serve hot, garnished with orange slices, lemon slices, or rings of unpeeled red apple with whole cloves forced through peel.

Coffee *InterNet*
Servings: 1

1 tbs. Coffee, fine ground
1 c Water

1. Bring water to boil and then remove from the heat.
2. Add 1 tablespoon of coffee per cup of water.
3. Stir, cover and let set for 3-5 minutes, or until desired strength is reached.

Variations Add 1/4 teaspoon cinnamon and/or a few drops of almond extract to 8 cups of
coffee for a gourmet touch.

Russian Tea *InterNet*
Servings: 1

2 c Sugar
1 c Tang orange powder
1/2 c Instant Tea
1/2 tsp. Cinnamon
1/2 tsp. Cloves
1 pk. Lemonade mix, 1 qt size

Directions:
1. Mix ingredients together and store in a air-tight container.
2. Mix 2-3 Tbs. with a cup of hot water, to taste.

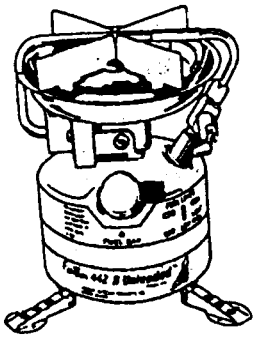
Trail Shake *InterNet*
Servings: 1

2 cup Dry Milk
1/2 cup Malted Milk Powder
1/2 cup flavoring: cocoa, instant coffee, berry syrup mix, jam, etc.

Directions:
1. Package each individual serving in a Ziplock plastic bag, 1/2 cup of mix.
2. To use add 1 cup of water to plastic bag, seal, and shake until mixed

Page for your own favorite recipes.....

Your favorite.....



Special Cooking

Special cooking refers to cooking using spits, paper bags, food in its own container, and other novelty type cooking. I will defer to selected readings.

Dutch Oven Cooking, John G. Ragsdale

* Camper's Guide to Outdoor Cooking, John G. Ragsdale,

* Outdoor Skills Instruction, Cooking, **BSA** (Boy Scouts of America)

* Venture manuals Winter Camping, Backpacking, **BSA**

* Woods Wisdom, **BSA**

Brown, Tom, 1985, Tom Brown's Guide to Wild Edible and Medicinal Plants,

Gibbons, Euell, 1970, Stalking the Wild Asparagus

Thomas, Dian, 1994, Roughing It Easy; 2nd edition., (very good reading)

Fun Stuff

can be gotten from the Cub Scouts camping books or Webelos, works well with young siblings and new Scouts.

Ants on a Log

Celery stalks filled with Peanut Butter and Raisins or M&M’s on top

Smiling Pancakes

Add a smile with Fruit slices, or chocolate Chips.

Orange Cakes

Cut orange in half and hollow out, eating the orange. Pore cake batter into bottom half and place top rind on top. Wrap in foil and cook on coals.

Tin can cooking see Thomas, Dian, 1994, Roughing It Easy; 2nd edition., and BSA Outdoor Skills Instruction manuals for Cooking, Camping, Backpacking

Twist on a Stick *old time favorite*

1 cup Bisquick mix
water
cinnamon sugar

Mix the Bisquick with enough water to form a dough. Roll into a long piece and wrap or twist around a clean green stick (not dried out). Sprinkle cinnamon sugar on twist. Place or hold stick over a fire and bake on all sides. Bake until golden brown. Break off a piece to check if inside is done. EAT

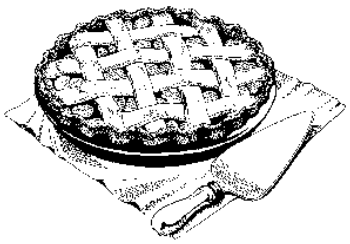
Crescent Rolls on a Stick *Modern time favorite*

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.

Just Deserts

Cheap Pie *Dennis A. Schmitt* ***FOIL***



2 slices bread
margarine
cinnamon sugar,
jam or fruit pie filling
heavy foil

Butter two slices of bread, place buttered side down on foil. spoon on fruit filling and cinnamon sugar. Place on top the other slice of buttered bread and pinch the edges together. Seal in foil and lay on the coals for 10 minutes or so, turn over for another 5 minutes.

Baked Bananas *George of Jungle* ***FOIL***

Do not peel the bananas, but cut off the end tips to keep from breaking the foil. Slit the skin on the inside curve and fill with raisins and cinnamon sugar, chocolate or butterscotch chips, M&M's , brown sugar, chocolate bar squares, wheat germ, mini-marshmallows. Place on heavy foil and wrap tightly. Heat over coals 10-15 minutes.

Trail Cobbler *John G. Ragsdale* ***Dutch Oven***

2 cups biscuit mix
1 cup margarine
2 cups sugar
1 can fruit, drained
2 cups milk or water

Mix the biscuit mix, sugar, milk, and margarine. Add fruit and stir. Bake in covered oven about 1 hour. serves 8.

Apple Rings *Johnnie A. Seed* ***FOIL***

For each serving, place **3-4 thick apple slices** in **heavy double foil**. Sprinkle with **brown sugar** and **grated orange peel**. Dot with margarine and seal. Cook over low coals 10-15 minutes.

Foiled Again Apples. *Johnnie A. Seed* ***FOIL***

Place a peeled and cored **apple** on a double square of **heavy foil**. Fill center with 1 T crushed **pineapple** and **raisins**. Sprinkle generously with **cinnamon sugar**. Fold foil around each apple and seal tightly. Place in glowing coals and bake 20-40 minutes depending on size. You can also try cinnamon candies for filling.

Fruit Compost *I. B. Wisenheimer* ***Pot***

1 cup dried fruit bits
1/2 cup sugar
1 teaspoon cinnamon
graham cracker

Rehydrate the fruit in enough boiling water to cover the fruit. Let simmer with the sugar and cinnamon till fruit is soft and the liquid is thick. Don't let the sugar burn. Top with graham cracker crumbs.

Dutch Oven cake ***Dutch Oven***

1 box cake mix (your choice)
2 cans fruit pie filling
margarine
eggs if needed for cake

Empty the cake mix into a Large zip-lock type bag, add water and eggs according to box directions. Close the bag and mix by needing the bag.
Line the Dutch oven with heavy foil, (saves on clean-up). Empty the 2 cans of fruit pie filling into the lined Dutch oven, pour the cake mix over the top. Don't stir. Cover and place on coals, add 5-10 hot coals on top. Bake 30-45 minutes. Check with tooth pick or cleaned green stick.

combinations:

Chocolate cake and cherry pie filling
Yellow cake and peach pie filling with maraschino cherries (no steams)
White cake and apple pie filling with cinnamon

Choco-Chip Pie

1 graham cracker crust pie shell
1 package instant chocolate pudding and pie filling
Cool Whip instant Mix
dried milk powder.
1/2 cup chocolate chips (or pick out from your GORP)

Mix the pudding mix, water, and milk. Let set for a few minutes and then fold in the chips. Pour into the crust. Whip up the Cool Whip mix and top the pie. Sprinkle a few chips on top. Great for that surprise birthday party at camp. **Serves 6 or 1**



SomeMore's *Girl Scouts*

Graham crackers
marshmallows,
Hershey's chocolate bars
and one campfire.

Place large marshmallow (not the mini's) on a long pealed green stick and heat over campfire until gooey. Prepare the graham cracker by breaking into two squares. Place a chocolate square and the hooey-gooey marshmallow between the graham crackers and allow the chocolate to melt. Eat and have *SomeMore*.

Skillet Pudding *Ed Bailey* ***Skillet***

1 can evaporated milk
1/4 cup sugar
3/4 cup water
3/4 cup instant cocoa mix
10-12 Graham crackers, cookies...

Put the first 4 ingredients in a skillet and bring to a boil, stirring constantly. Add 10-12 coarsely broken graham crackers; cover. Cook over low heat for about 10 minutes, stirring occasionally.

Here Come the Fudge *Eagle Brand* ***Double Boiler***

1 12 oz. package semi-sweet chocolate chips
1 teaspoon vanilla extract
1 cup peanut butter chips
1 (14 oz) can Eagle Brand Sweetened condensed milk

In a double boiler or heavy saucepan over low heat, melt the chocolate chips, vanilla extract, and sweetened condensed milk. Stir frequently. Remove from heat and add peanut butter chips. Stir to distribute, not to melt. Spread evenly into foil lined 8 inch square pan and chill in ice box for 2 hours or until firm. Turn over on cutting board and peel off foil. then cut into squares and protect from temptation.

Termite Pie *Ed Bailey* ***Skillet***

1 box cake mix
2 quart zip lock bag
1 cup raisins
2 T. vegetable oil

Need a sweet item for breakfast or night time snack? Mix a cake mix in a zip lock bag following directions on box, BUT use only 1/2 the suggested water. Add 1 cup of raisins (termites). Oil a small skillet or mess kit; pour in 1 cup of cake mix for a mess kit , 2 cups for a small skillet; cover pan; fry slowly, very slowly; flipping the pie when the top of the pie starts to set (dry out); cook a few more minutes and then count the termites as you eat.

Instant Pie *Dennis A. Schmitt* ***ONEPOT***

1 box instant pudding mix,
1/4 cup instant milk
graham crackers.

Mix the pudding and dried milk with the right amount of cold water and beat with a whisk until thick. Pour into cups. Top with crushed graham crackers. **Serves 3-4.**

BACK COUNTRY DUMPLINGS *Posted by Joe Mergler*

Here's my favorite backpacking dessert: You Need
1 1/2 Cups Bisquick
1/4 cup sugar
1 TBS. Cinnamon

Some more sugar
Dried Fruit (Apples, Cherries or blue berries)

Directions:
When you make it into camp , take your dried fruit and start soaking it in water. The longer you soak the better (at least 3 hours) to rehydrate the fruit. Add a couple of tbs. of sugar to the mix to sweeten the mixture. Boil and reduce heat to simmer. Mix Bisquick, sugar and cinnamon slowly add water until a thick dough forms. "Glop" on top of the simmering sauce cover and simmer 10 minutes. Mmmmmmmm dumplings.....

Pistachio Pudding *Jell-O* ***ONEPOT***

1 box instant Pistachio pudding
2 cups cold water
3 tbs. powdered milk

Mix milk with water, add pudding and whip with a whisk for 2-3 minutes. Let set and serve.

Chocolate Tortillas *A Swiss Miss From El Paso* ***Skillet***

2 flour tortillas
chocolate bar or chips
mini Marshmallows
vegetable. oil

Heat skillet with oil, Add tortilla. Add chocolate chips or pieces of bar and the marshmallows. Cover with second tortilla and flip. Cover until chocolate melts.

Rice Krispies Treats *Kellogg's* ***ONEPOT***

6 cups Rice Krispies cereal
1 10 oz package marshmallows
vegetable cooking spray
1/4 cup margarine

Melt margarine in a large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add Rice Krispies and stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Peanut Butter Treats *Kellogg's* ***ONEPOT***

Original Rice Krispies Treat recipe above ^ plus 1/4 cup peanut butter

add 1/4 cup of peanut butter to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Caramel Treats *Kellogg's* ***ONEPOT***

Original Rice Krispies Treat recipe above ^ plus 1/3 cup caramel ice cream topping

add 1/3 cup of caramel ice cream topping to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Choco Treats *Kellogg's* ***ONEPOT***

Original Rice Krispies Treat recipe above ^ plus 1/3 cup mini chocolate chips

add 1/3 cup of mini chocolate chips to Rice Krispies before adding the melted marshmallows. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

NoSlowMor Power Bars *Dennis A. Schmitt*

Original Rice Krispies Treat recipe
plus 1/3 cup Mini chocolate chips
1/2 cup sunflower seeds,
1/2 cup peanut butter

Add 1/2 cup of peanut butter to melted marshmallows before adding to a mixture of Rice Krispies and the sunflower seeds and chocolate chips. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 bars.** Variety: substitute 1/2 sugar and 3/4 cup Karo syrup for the marshmallows and margarine.

Joy's Joy *Joy Schmitt* ***ONEPOT***

1/2 cup sugar
3/4 cup light Karo Syrup waxed paper
1 cup Peanut Butter
6 cups Corn Flakes
shortening

Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Corn Flakes and fold in. Form or scoop into balls and cool on waxed paper. *Variety: add 1/4 cup miniature chocolate chips.*

Rice Krispies GORP Bars *Dennis Schmitt*

6 cups Rice Krispies cereal
vegetable cooking spray
Peanuts
Raisins,
M&M's
1/2 cup sugar
3/4 cup light Karo Syrup
1 cup Peanut Butter

Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Rice Krispies and fold in. Add 1/4 cup peanuts 1/4 cup M&M's. 1/4 cup raisins, and stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Crunchy Granola Bar *Dian Thomas*

1/2 cup crunchy peanut butter
2 T. honey
1 tsp. lemon juice
Stir together and warm in large double boiler
1 1/4 cups granola with dates

add to mixture. press into a lightly greased 8x8 inch pan. cut into squares after drying until firm in dryer or low oven (120 F) with door open.

Mock Coconut Angel Cake

6 thick (3/4- to 1-inch) slices bread
1 cup shredded coconut
14 ounces sweetened condensed milk (make your own with equal portions milk, powdered milk, and powdered sugar)

Cut bread slices into fourths. Dip the squares in the milk, then roll in the shredded coconut. Pierce the prepared square with a two- pronged fork and toast over the fire coals until lightly browned. Reverse position of the bread to brown both sides. Be careful, as this burns easily.
Yield: 24 squares

Fruit Turnovers

1 tube Crescent Rolls
1 can fruit pie filling or chunky apple sauce.
1 beaten egg
foil lined cardboard oven or reflector oven

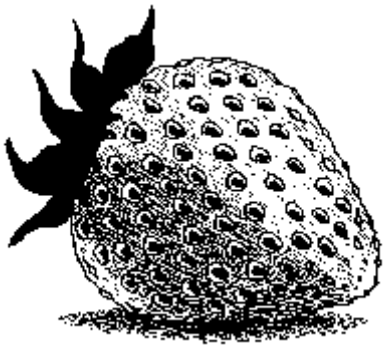
Lay out a triangle of crescent roll dough and place 1-2 tablespoons of pie filling in center. Brush beaten egg along the edges and lay a second piece of dough on top. press edges together. Bake for 10-15 minutes or until golden brown. serves 4

Fruit Bits Cobbler *Dennis Schmitt* ***ONEPOT***

1 pkg. Jiffy cake mix
1/2 package Sunkist Fruit Bites
1/2 cup sugar
1 tsp. cinnamon

Mix the fruit bites, sugar and cinnamon with 2 cups water and stir. Heat to boil and reduce on simmer for 5 minutes. Mix the cake mix (small box) with 5-7 tbs. water to make thick batter. Spoon onto fruit and cook about 10 more minutes on simmer. serves 3.

More Favorites...



Sample Meal Evaluation Sheet

Information provided by Scott Dillard, Scouter

Here's an evaluation sheet that the Patrol Leaders have in their Troop Leaders Notebooks and use from time to time to evaluate how their meal process is (or is not) going:

__ Was the food good?
__ Was there enough food for everyone?
__ Was there not too much food wasted?
__ Did everyone get his fair share of food?
__ Was the duty roster posted and used?
__ Did everyone do his job without complaining?
__ Did everyone offer to help others with their jobs when they could?
__ Was it a well-balanced meal?
__ Did you say grace before the meal?
__ Did you give your patrol yell?
__ Is the patrol area clean after the meal?

__ Was there enough water for the meal?
__ Was there enough water to put out the fire?
__ Was the fire prepared on time?
__ Did you use a fire starter?
__ Was it a "legal" fire starter?
__ Was there a ready means for putting out the fire in case it got out of control?
__ Was there enough firewood for the entire meal (without having to go get more)?
__ Was the fire kept going through the meal until the KPs were through?
__ Was the fire properly extinguished when KPs were done?
__ Was the fire always attended (never left alone)?
__ Was the fire the right size for the job?
__ Did anyone who was not busy offer to help the fire/water crew?

__ Was the meal prepared on time?
__ Was the food warm when it was served?
__ Did the cooks wash their hands before they started?
__ Did the cooks have the food ingredient list for this meal?
__ Did the cooks have all the food ingredients they needed?
__ Did the cooks know how to prepare the meal?
__ Were the cooks ready to cook when the fire was ready?

__ Did you have the right hardware to do the job (for example, pots, pans, utensils, can opener, gloves, HPTs)?
__ Were missing hardware items written down by the Patrol Quartermaster so that you will have them next time?
__ Was the fire right for cooking (not too cold or too hot)?
__ Were the outside of cooking pots soaped before they went on the fire?
__ Did the cooks serve the food?
__ Was the entire meal ready and served at the same time?
__ Did the cooks have enough help?
__ Was a little water put in emptied pots to keep food from hardening?
__ Did the cooks make sure the kitchen area was clean when the meal was done
__ Did anyone who was not busy offer to help the cooks?

__ Was KP completed on time?
__ Was a sump hole used for the wash water?
__ Was the sump hole located in a proper place?
__ Was the wash water hot when the patrol finished eating?
__ Was there enough fire to heat the water quickly?
__ Did everyone AP his own personal gear?
__ Did the KPs AP the kitchen gear?
__ Was everything AP'd before it was washed?
__ Was the gear washed and rinsed properly?
__ Was the Dutch oven properly cared for?
__ Was the sump hole filled in if this was the last meal of the day?
__ Did anyone who was not busy offer to help the KPs?

KP = Kitchen Police AP= Area Police?

ADDITIONAL READING

* Available at a reasonable price at the Scout Shop

* Camp Cookery for Small Groups, Arthur J. Walrath, ed., 1967, BSA

* Dutch Oven Cooking, John G. Ragsdale

* Camper's Guide to Outdoor Cooking, John G. Ragsdale,

* Merit Badge books: Cooking, Camping, Backpacking

* Outdoor Skills Instruction manuals Cooking, Camping, Backpacking
* Venture manuals Winter Camping, Backpacking, Canoe Camping

* Meeting Pamphlets Cooking
* Woods Wisdom

* Boy Scout Roundtable Planning Guide

* Fieldbook - Boy Scouts of America

* Fieldbook - For Canadian Scouts call a Canadian Scout Shop

Axcell, Claudia, 1986, Simple Foods for the Pack, Sierra Club
Baker, Harriett, 1977, Supermarket Backpacker, Contemporary Books, Inc.
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McHugh, Gretchen, The Hungry Hiker’s Book of Good Cooking, Random House
The NOLS Cookery, Stackpole Press
Thomas, Dian, 1994, Roughing It Easy; 2nd edition.,
Viehman, John, 1993, Trailside's Trail Food , Rodale Press