

Indoor Cooking



One Pot Recipes

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COOKING PROGRESSION

These recipes are designed to introduce leaders and girls to some of the techniques used when cooking outdoors. The recipes are only suggestions. Feel free to substitute your favorite recipes or alternate ingredients (e.g. turkey products for beef or pork). Some of the recipes utilize processed foods for convenience, but healthier alternatives such as fresh fruits and vegetables are always recommended when practical. Consider do-ahead preparations by the girls at a meeting or helpful parents for items like grated cheese, pre-cooked pasta, bacon or ground meats, or spaghetti sauce. Just about anything you can cook at home may be prepared in the out-of-doors with a bit of planning and as you troop's skills progress. The first four levels and some of level six are very doable for an "Indoor" setting, using stovetop, ovens, and convenience foods.

1. **No Cook**

Start teaching cooking skills including knife handling and hygiene. Whole meals may be planned around sandwiches or salads. Open, assemble, and eat with very little prep. Simple recipes may be tried at meetings. Take along in a sack for short hikes.

2. **Heat and Eat**

Boil water for tea, cocoa, and instant soup. Heat and eat items such as canned foods -- soups, stews, and chili -- cooks FAST!

3. **One Pot Meals**

A main dish that is cooked in one big pot, such as a stew, chili, or soup provides a tasty meal with a minimum of talent or clean-up. Supplement with a salad, drink, and dessert for an entire meal. Cook first for a patrol, then for the whole troop/group. Progressive cooking is on a kitchen stove, on a propane stove*, in a pot over charcoal*, or over a wood fire*.

4. **Foil Pouches or Ember* Cooking**

Use foil as an open skillet or seal and cook dinners with chicken or other meats in an oven, over charcoal* or wood fires*. Recipes in this group include cooking on grills*, in orange halves, and in foil pans over or near coals*.

5. **Stick Cooking***

Use dowels, other sticks or toasting forks, over charcoal and coals from wood fires.

6. **Griddle, Skillet, or Buddy Burner†**

Need to be careful with handling pans, hot grease, and hot foods to cook pancakes, French toast, bacon, quesadillas, etc. See [Can Cooking*](#) for instructions on making a Vagabond Stove and Buddy Burner, as well as recipes for cooking with cans.

7. **Dutch Oven***

Great food but time consuming. Well worth the effort. Look for the kind of Dutch oven with flat lid and a lip for hot coal placement on top described in [Dutch Oven Care](#).

8. **Box Oven***

Use a cardboard box that is covered with heavy duty foil; challenging, need time and patience. See [Box Oven Directions](#) for instructions on making and using a box oven.

* An adult must be trained in Outdoor Education Level 2 before leading the girls in these cooking methods

† Griddle and skillet cooking may be done indoors on a kitchen stove with Outdoor Education Level 1 training

ONE POT RECIPES

One pot meals are a must for beginners. Girls can produce a main dish cooked in one big pot, such as a stew, chili or soup, providing a hot, tasty meal with a minimum of talent or clean-up. This type of cooking is just what the name implies – the total main course is cooked in one pot. More advanced cooks rely on one pot meals for good eating with quick clean-up so they can spend more time on program and less on kitchen chores. Supplement with a salad, drink, and dessert for an entire meal. Cook first for a patrol, then for the whole troop/group. This may be cooked on a kitchen stove, propane stove, charcoal, or wood. Also look at Griddle and Skillet Recipes

MAIN DISHES

Arroz Con Pollo (Chicken with Rice)

12 pieces frying chicken, cut up	¼ c. cooking oil
1 large onion, diced	1 bell pepper, diced
2 cloves garlic, finely chopped	3 cans tomatoes
½ c. chili sauce	1 cup water
4 bay leaves and ½ tsp. cumin	3 tsp. salt and pepper to taste
2 cups rice	

Brown chicken with onions. Add tomatoes, green pepper, chili sauce, spices, water and rice in a large skillet (or Dutch oven). Cover and simmer for 30 - 40 minutes. Check occasionally and add water if necessary. Serve on hot platter, with pieces of chicken around the rice. Serves 8.

Beef Skillet Supper

1 lb. hamburger	1 onion, chopped
1 green pepper, chopped	1 c. catsup
1 can kidney beans	1 c. elbow macaroni (cooked)
1 small can mushrooms or 6 oz. pkg fresh mushrooms	

Brown hamburger in skillet with onions and green pepper, stirring until crumbly. Drain off excess fat. Add catsup, bean and mushroom mix together and cook for 10 minutes. Stir in macaroni and simmer for 15-20 minutes. Serves 6-8.

Camp Chili

2 lb. hamburger	2 onions, diced
2 large cans of kidney or red beans, or a combination of both	
2 cans cream of tomato soup, undiluted or 2 cans diced tomatoes	
4 tsp. chili powder	2 tsp. garlic powder or two cloves of minced garlic
pepper to taste	grated cheddar cheese (optional)

Brown meat and onions in pot. Drain off excess fat. Add beans, tomatoes or soup, chili powder, garlic and green pepper. Simmer together for about 20-30 minutes to one hour. Top with cheese. Serves 12.

Camper's Chicken n' Dumplings

Do this part at home before the campout.

Put 4 chicken breasts in a pot, cover with water, add salt, pepper and one-half of a chopped onion. Bring to boil, then cover and simmer until meat is tender. Remove chicken from pot. Discard skin and bones, cut chicken into bite-sized pieces, reserving liquid. Put chicken pieces and reserved liquid into a sealed container to freeze or refrigerate to transport to campsite.

At the campsite put chicken and liquid into heavy pot. Add 1 can cream of celery soup, 1 can cream of chicken soup, 1 Tbsp. dried minced onion, and 1 can of sliced carrots. Bring to boil. Make dumplings from Bisquick and milk and drop into stew. Cook 20 minutes uncovered and 10 more minutes covered.

Campfire Stew

2 lb. hamburger meat	1 onion, chopped
3 carrots, sliced	3 stalks celery, sliced
2 small or 1 large can stewed tomatoes	1 ¹ / ₃ c. uncooked pasta or ½ c. rice
1 c. pitted black olives	½ c. liquid from olives

Brown hamburger in skillet (or Dutch oven) with onion. Add remaining ingredients. Cover tightly and cook for 30 minutes. Serves 10-12. May also be made in a coffee can.

Captain's Specialty

3 onions	1 bell pepper
3 carrots	3 large stalks of celery
1 pkg. frozen or 1 can peas	3 family size cans of tuna, drained
2 #2 cans tomatoes	salt and pepper to taste

Cut vegetables finely. Season. Mix with canned tomatoes and simmer, covered until well done, about 20-30 minutes. Add flaked tuna and peas. Cook 10 minutes longer. Serve over rice, toast, noodles, or potatoes.

Casualty, Casualty, or Mess

Per person: 1-2 eggs
2 sausages or slices of bacon
½ potato (pre cooked or canned), or 1 pkg. frozen hash browns
as desired: cheese, cut in cubes
bell pepper, chopped
onion, chopped

Cut bacon or sausage in bite-sized pieces and fry. Pour out most of the grease. Slice potatoes. Add potatoes, onion and bell pepper to bacon and fry until cooked. Add eggs and cheese, stirring everything together. Cook until eggs are done, stirring occasionally.

VARIATIONS:

Catastrophe: Fry 1 lb. cut-up bacon until crisp. (Drain off all but 4 Tbsp. grease.) Add 24 oz. frozen Potatoes O'Brien and cook until almost done. Add 12 beaten eggs and ½ tsp. salt. Cook, turning (not stirring), until eggs are set. Serves 12.

Mess: That's a mess of bacon, eggs, and 'taters! Cook the bacon in a skillet. Prepare eggs for scrambling in a bowl. Dice up small canned whole potatoes on a cutting board. After the bacon is done, set it on a plate lined with paper towels to drain and scramble eggs in skillet. After the eggs are cooked, add the diced potatoes and crumble the bacon into the "mess." Heat thoroughly and serve.

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Cheese Delicious Soup

4 c. chicken broth
2 ½ c. diced potatoes
1 can cream of chicken soup
1 can cream of mushroom soup
1 c. chopped onion
1 c. chopped celery
1 large pkg. frozen mixed vegetables
1 lb. Velveeta cheese (must be Velveeta!)

Add the onion, celery, and potatoes to the chicken broth. Cook 10 minutes. Add the frozen vegetables, the soups, water and Velveeta cheese. Stir and cook until vegetables are done and cheese is melted.

Chinese Chicken Salad

2-4 Chicken breasts
1 can Chow Mein noodles
2-3 green onions chopped
1 can mandarin oranges (optional)
Salt and pepper
1 head lettuce (thinly sliced)
2 Tbsp. white sesame seeds (optional)

Boil chicken seasoned with pepper & salt. Cool and shred chicken. Toast sesame seeds in pan if used. Mix all ingredients in bowl. Mix dressing in a jar and toss.

4 Tbsp sugar
1 t. pepper
6 Tbsp. red wine vinegar
2 cloves garlic, finely chopped
½ t. salt
1 t. soy sauce
½ c. oil

Corn Chowder

12 slices bacon, chopped
10 potatoes, diced
2 qts. Liquid (water, stock, or milk)
6 onions, chopped fine
5 c. canned corn
salt & pepper

Fry bacon and onions until brown. Pour off excess grease. Add diced potatoes about ½ hr before serving time and cook until done. Just before potatoes are done, add corn. Season and add liquid. If milk is used, add just prior to serving. Bring to a boiling point, but do not boil.

VARIATIONS:

Ham Chowder: use 5 c. cubed ham instead of corn

Fish Chowder: use 5 c. fish in place of corn

Carrot Chowder: use 5 c. diced carrots instead of corn

Frito Tacos (Girl Scout Tacos)

3 lbs. ground meat
2 pkgs. Taco mix
tomatoes, chopped
grated cheese
1 onion, chopped
1 can chili
lettuce, cut up
large bag of corn or tortilla chips

Brown meat and onions. Pour off grease. Add chili and taco mix. Salt and pepper to taste. To serve: place a handful of chips on a plate, top with meat and cheese, lettuce and tomatoes.

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Girl Scout Stew

3 lbs. ground meat
1 Tbsp. oil
Salt and pepper to taste (remember the soup will be salty)

1 large onion peeled and finely chopped
3 10 ½ oz. cans concentrated vegetable soup

Mix ground meat, onion and seasonings. Make little balls of meat mixture. Fry in oil in the bottom of a large pot until meatballs are browned all over. Drain any excess grease. Add vegetable soup concentrate and enough water (2-3 cans) to prevent sticking. Cover and cook slowly until meatballs are cooked through. Serve hot. For thicker gravy, add a package of beef gravy mix. If made in a Dutch oven, take a can of refrigerator biscuits and place over the top of the stew while it simmers; cover and add hot coals to the lid; continue to cook until the biscuits are golden brown.

Gypsy Trip Goop

4 cans peas
2 bags potato chips
Combine peas, soup and tuna and part of the potato chips in pot and heat. Serve over remaining potato chips.

3 cans tuna
1 can mushroom soup (optional)

Hawaiian Haystacks

4 lb. chicken pieces
1 Tbsp. parsley flakes
1 tsp. salt
½ tsp. pepper

4 qt. cold water
1 carrot, peeled and chopped
½ tsp. basil

Combine all ingredients in a large pot. Cover and cook over high heat until water boils. Simmer until meat is tender. Remove from heat. Strain broth and refrigerate until fat may be skimmed. Cool chicken, remove and discard bones and skin. (This may be done ahead of time at home. Using boneless chicken makes it easy.)

At campout:

Add 2 cans cream of chicken soup to every cup of chicken broth and 2 c. chicken mix

4 c. cooked rice
3 med chopped tomatoes
½ c. chopped green pepper
1 (20 oz.) can pineapple chunks
½ c. slivered almonds
1 (2 oz.) jar pimento, drained, diced (optional)

1 can Chow mein noodles
1 c. chopped celery
½ c. chopped green onion
1 c. grated cheese
½ c. coconut

Combine soup and broth in a pot to make gravy. Stir to blend. Add chicken mix. Simmer about 8-10 minutes until heated through. On plates layer all ingredients. First stack rice, chow mein noodles and chicken and gravy mix. Add tomatoes, celery, green pepper, and green onion. Top this with pineapple chunks, grated cheddar cheese, and more chicken and gravy, if desired. Stack almonds, coconut and pimiento on top.

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Hearty Fish Chowder

4 c. cubed, peeled potatoes
1 tsp. basil
2 (28 oz.) cans whole tomatoes, coarsely chopped
2 (17 oz.) cans whole kernel corn
1 c. finely chopped onion
½ tsp. each salt and pepper
1 lb. frozen cod or haddock fillets, thawed

Combine all ingredients except fish. Bring to boil. Reduce heat and cover and simmer 30 minutes or until potatoes are tender. Cut fish into bite-size pieces. Add fish to hot mixture and simmer 5 minutes or until fish flakes easily.

Master Plan for One Pot Meals

Prepare the following to add to one of the variations below:

4 lb. hamburger
1 green pepper, chopped
or 1 pkg. dehydrated sweet peppers (optional)
3 cans tomato soup (undiluted)
or cut up tomatoes
or 3 (8 oz.) cans tomato sauce diluted with equal parts water
salt and pepper

Brown meat, onions, green pepper in large pot (or Dutch oven). Add remaining ingredients and one of the variations and simmer. Serves 16-20.

VARIATIONS:

American Chop Suey: add 1 lg. pkg. macaroni (cooked separately)

American Goulash: add 5 cans spaghetti

Cheesy Burger: omit tomato soup. Add 2 cans celery soup, 2 cans cheese soup, ½ c. water and 4 cans sliced potatoes.

Chili: add 4 cans kidney beans, chili powder to taste

Chinese Mystery: add 1 bunch celery, sliced diagonally, 2 (additional #2) cans tomatoes, a 32 oz. pkg. pre-cooked thin spaghetti

Hungarian Hot Pot: add 4 cans pork and beans (1 lb size)

Hunter's Stew: add 5 cans vegetable soup (undiluted) or 5 cans mixed vegetables

Macaroni Beef: add a 32 oz. pkg. macaroni (cooked separately)

Mexican Delight: add 1 can Niblet Mexican corn, 1 can pitted black olives. Make 1 box Cinch or Jiffy cornbread made according to pkg. directions and drop by spoonfuls when mixture is boiling. Cook and cover for 14 minutes (no peeking).

Savory Beans: omit tomato soup. Add 3 (1 lb) cans baked beans and 2 (10 oz.) cans whole kernel corn.

Scout Stew: 2 cans vegetable soup and 3 cans potatoes. Simmer slowly for 20 minutes over low heat, stirring occasionally, until thick enough to serve.

Sloppy Joe's: add 1 bottle chili sauce or other variety soups. Serve on open hamburger buns

Spaghetti: add 4 cans of spaghetti (1 lb. size), grated cheese (optional)

Spanish Rice: add 3 boxes Spanish Rice-A-Roni with seasonings
OR
add 1 lg. pkg. Minute Rice (cooked separately 4 c. (15 oz.) pkg.)

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Squaw Corn: add 3 large cans whole kernel corn and $\frac{3}{4}$ lb. diced cheese

Sweet 'n Sour Beef: omit tomato soup. Add 4 c. pineapple juice. Mix together 6 Tbsp cornstarch in 3 Tbsp lemon juice and 3 Tbsp. water to form a roux. Add and stir until thickened. Serve on chow mein noodles.

Yorki Special: add a 2 lb pkg. spaghetti (cooked separately), sprinkle with cheese and 2 (1 lb.) cans peas

Meaty Beans

1 lb. hamburger

5 cans pork and beans

1 c. catsup

$\frac{1}{4}$ c. prepared mustard

2 onions, chopped

1 cup barbecue sauce

$\frac{1}{2}$ c. packed brown sugar

$\frac{1}{4}$ c. pancake syrup

Brown meat and onions in pot (or Dutch oven), pour off excess fat. Mix in remaining ingredients and cook covered for approximately 46 minutes. Serves 10-12.

Mock Jamalaya

1 onion, chopped

3 stalks celery, chopped

chicken flavored Rice-A-Roni

1 (7 oz.) can chicken

Brown the onion and celery. Add the Rice-A-Roni and cook according to directions on package. Add the chicken when you add the flavor packet.

Pocket Stew

Each person brings a vegetable or some bouillon cubes. Put 1 c. water for each person into pot and place on stove. Drop bouillon cubes into pot. While waiting for water to boil, each person peels and prepares her own vegetables. When water is boiling, each cuts own vegetables and puts in the pot. (When seasoning, remember that bouillon is salty.) The stew is done about a half-hour after boiling.

Suggested ingredients:

4 raw potatoes

1 stalk celery

3 handfuls green or lima beans

4 raw carrots

1 wedge cabbage

1 onion

6 or 8 bouillon cubes

seasonings

Porcupine Balls

1 $\frac{1}{2}$ lb. ground beef

1 medium onion, diced

1 egg

$\frac{1}{2}$ box minute rice

1 can tomato soup

Dice onion and add to meat. Add rice, egg, and seasoning. Form into balls. Put in pan. Mix tomato soup with 1 can water and pour over meat. Steam about 30 minutes until done.

Serves 8.

Quick Camper's Chili

4 lbs. ground meat

2 onions, diced (optional)

2 Tbsp. chili powder (or to taste)

4 cans kidney and/or red beans

4 soup size cans ranch style beans

4 soup cans water

4 cans (cream of) tomato soup or 4 cans of diced tomatoes

2 tsp. garlic powder or 2 cloves garlic, minced

pepper to taste

grated cheese (optional)

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Brown meat and onions in oiled deep pot (or Dutch oven). Drain off ALL grease. Add contents of all the cans and chili powder and pepper. Stir well and let cook slowly 30 minutes to one hour. Serves 20. Top with cheese.

Ring-Tum-Diddy

1 lb. bacon, diced	3 (19 oz.) cans corn
2 green peppers	salt and pepper
3 medium onions	½ lb. American cheese
2 (19 oz.) cans tomatoes	12 slices toast or crackers

Fry diced bacon. Wash, seed, dice peppers. Slice onions thin and add to bacon with peppers. When onions and peppers are brown, add tomatoes, corn and season to taste. Heat thoroughly and add cheese. Serve on toast or crackers.

Spanish Rice

½ lb. bacon	1 onion
3 c. Minute rice	2 cans tomato soup

Fry bacon that has been cut into small pieces. Dice onion and add. When onion is cooked, add rice and soup. Cook 8-10 minutes. Serve hot. Serves 8.

Tuna Pot Pie

2 boxes French's Instant Potatoes	8 c. water
2 c. milk	4 cans mushroom soup
4 c. tuna	2 c. grated yellow cheese
1 pkg. frozen peas	

Heat water and add potatoes and salt. Bring to boiling point and add milk. In a large pan, heat soup (undiluted). Boil. Add all other ingredients, saving some grated cheese. Top soup and tuna with potato mix, garnish with cheese. Heat and serve.

Turkey Noodle Soup

3 lbs cooked turkey breast	1 (large) bag frozen mixed vegetables
2 pkgs fresh pasta	1 jar soup base (to taste)
salt & pepper	

Put on high heat a half-full pan of water (add more water as necessary). Chop pasta into 1"-2" lengths. Cut turkey into cubes. Add turkey, pasta, and vegetables to water. Stir in 3-4 Tbsp. soup base to start, more to taste. Cook until pasta is done. Serves 24.

Vegetable Cheese Chowder

1 stick butter or margarine	2 cans sliced potatoes (or 4 c. chopped cabbage)
1 onion, chopped	2 c. celery, sliced
3 cups carrots, thinly sliced	2 (9 oz.) pkg. frozen peas
2 (17oz.) cans cream style corn	5 cup milk
2 tsp. salt (to taste)	1 tsp. pepper
1 tsp. thyme leaves	20 oz. cheddar cheese, shredded

Melt margarine in large pot or Dutch oven. Add potatoes (or cabbage), onion, celery, carrots and peas. Sauté for 8-10 minutes or until crisp-tender. Add corn, milk, pepper and thyme. Reduce heat, simmer for 20 minutes stirring occasionally. Add cheese, stir until melted. Serves 12.

VARIATION: add 2 cans chicken.

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Wolf at the Door

¼ lb. sausage
1 onion
1 qt. kidney beans
¾ lb. ground beef
1 can tomatoes
salt

Brown meats and onion in a little oil. Add cooked beans, drained tomatoes and salt. Cover and simmer slowly 1 hour.

SIDES

Bags of Gold

2 c. Bisquick
1 can tomato soup
⅔ c. milk
½ lb. cheese

Mix Bisquick and milk. Form into balls with a cube of cheese in center. Add 1 cup of water to the soup, heat. Drop balls into soup; don't crowd the balls, cover. Simmer gently about 20 minutes. Serves 8.

Baked Beans

1 lb. bacon cut into 1" pieces
1 large can of pork and beans
4 oz. catsup
1 Tbsp. Worcestershire sauce
1 onion, diced
½ - 1 green pepper, diced
½ c. brown sugar
1½ tsp. vinegar

Brown bacon in a pot with onions. Add remaining ingredients and cook for 20-30 minutes. Serves 10.

VARIATION: add 1 pkg. of wieners cut into 1" pieces.

Sweet and Sour: add 1 can pineapple chunks and juice.

Vegetarian Variation: use vegetarian beans and eliminate bacon.

Hush Puppies

4 c. cornmeal
2 c. milk
4 tsp. baking powder
1 Tbsp. salt
¼ c. flour
4 eggs, well-beaten
1 medium onion, grated

Mix flour, cornmeal, baking powder and salt together. Add milk and well-beaten eggs. Add grated onion to mixture. This should form a rather stiff mixture; enough to shape into balls ½" to 2" in diameter. Drop from a spoon into hot, deep fat, and cook at moderate heat until balls are a golden brown.

DESSERTS

Jeweled Popcorn Lollipops

8 c. popped corn
3 c. mini marshmallows
small gumdrops, diced
3 Tbsp. butter or margarine
lollipops

Melt butter in saucepan, add marshmallows and stir until completely melted. Pour over popped corn and stir until well coated. With buttered hands, shape still warm mixture around lollipops. Press gumdrop pieces onto popcorn balls. Sing the lollipop song while you eat.

No-Bake Cookies

2 c. sugar
1 stick butter or margarine
½ c. peanut butter
3 c. uncooked quick rolled oats

4 Tbsp. cocoa
pinch of salt
1 tsp. vanilla

Put sugar, cocoa, butter, milk and salt in pan and cook only until butter melts. Immediately remove from heat and add peanut butter, vanilla, and oatmeal. Mix thoroughly and spoon out on wax paper and let cool. Serves 12-15.

No-Bake Chinese Cookies

2 pkg. butterscotch chips
1 c. skinned peanuts

3 oz. can Chinese noodles

Melt chips in a double boiler. Add the Chinese noodles and peanuts. Mix well. Drop by spoonfuls on wax paper and chill. Makes 2 ½ dozen.

No-Bake Fudgies (may be made for Breakfast)

3 c. sugar
1 c. milk
1 c. peanut butter
6 c. oatmeal or Rice Krispies

1 cube butter or margarine (½ c.)
6 Tbsp. cocoa
2 tsp. vanilla
1 c. coconut (optional)

Bring first four ingredients to a boil. Remove from heat. Add peanut butter, vanilla, cereal and optional coconut. Mix well. Spread in pan. Let cool. Cut in squares.

No-Cook Peanut-Chocolate Fudge

12 oz pkg. chocolate chips
3 c. powdered sugar, sifted

½ c. chunky peanut butter
½ c. cream

Melt chips in a double boiler. Remove from heat. Mix in peanut butter, powdered sugar and cream. Beat very well. Spread in buttered pan. Chill until firm. Cut into squares.

Oatmeal Cookies

2 c. sugar
½ tsp. salt
½ c. milk

¼ lb. margarine
½ c. cocoa

Mix and boil 1 minute then remove from heat and add

1 tsp. vanilla
3 c. quick cooking oatmeal

½ c. peanut butter

Mix well and drop from spoon on wax paper. Ready to eat when cool.

Rice Krispies Ball

½ stick margarine
7 oz. Rice Krispies

35 marshmallows

Melt margarine in 3 qt. pan. Add marshmallows and cook over low heat, stirring constantly, until marshmallows are melted and mixture is well blended. Remove from heat. Add Rice Krispies and stir until well-coated. With greased hands form into balls while mixture is still warm.