

RECIPES FROM CAMPING SKILLS TRAINING



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Baked Apples

Training Recipes

The following ideas are the recipes presented in the various Camping Skills trainings in GSGLA. Please find supplemental instructions for each method in the Camping Skills Manual.

Additional Indoor and Outdoor recipes can be found on the GSGLA [GSGLA Online Training](#) under Troop Camper Resources.

When selecting a recipe, be aware of the food allergies in your group. Most ingredients can be substituted to accommodate for food allergies in preparing the same meal.

Recipes and methods presented can most often be interchanged and prepared using a secondary method, i.e. anything cooked in a Dutch oven can be cooked in a Box oven and vice versa, items cooked on a stove can be prepared in a Dutch oven over charcoals, cast iron can be used on the stove and over the fire.

The following abbreviations are used in the recipes below:

c : cup	lbs : pounds
t : teaspoon	oz : ounce
T : Tablespoon	pkg : package

BakePacker®

Corn Bread and Most Muffins (boxed)

1 pkg of Muffin mix with all ingredients to prepare this mix. i.e. Oil, eggs, water...

Gear: 1 Oven bag size large – Serves 5

Using Small pot with BakePacker® inside, add water up to grid (until you see dimples.)

Mix ingredients in one corner of your oven bag very gently, and follow directions and cooking time on package. Place oven bag on BakePacker® creating a thick pancake. Fold top of oven bag over to close, add lid. Start stove on High until boiling and then reduce heat to a simmer until cooked. Approx. 20 minutes check cooking time on your packaging. Check doneness before removing. Flip onto a plate and cut into pieces for serving. Follow cooking time instructions on package, different brands may vary.

Pineapple Upside Down Cake

1 pkg White cake mix with all ingredients to prepare this mix. i.e. Oil, eggs, water...

1 can Pineapple Tidbits in juice

Gear: 1 Oven bag size large – Serves 5

Using a medium pot with BakePacker® inside, add water up to grid (until you see dimples.)

Use a Ziploc® mixing bag (for easy clean up) to combine all ingredients for the cake mix, and set aside. By using some pineapple juice instead of water will add more flavor.



Inside your oven bag, place pineapple tidbits flat on the bottom, tuck in the corners. Placing bag inside pot on top of BakePacker® will help secure the shape. Cut a corner of your mixing bag and squeeze/pipe out the cake on top of pineapple inside the oven bag. Fold top of oven bag over to close, add lid. Start stove on High until boiling and then reduce heat to a simmer until cooked. Approx. 30-40 minutes check cooking time on your mix packaging. Check doneness before removing. Flip onto a plate and cut into pieces for serving.

Steamed Rice

2 c Minute Rice

1 c Water

Seasoning to taste (parsley)

Gear: 1 Oven bag size large – Serves 5

Using a small pot with BakePacker® inside, add water up to grid (until you see dimples.)

Mix rice, water & salt in oven bag. Place oven bag on BakePacker®. Fold top of oven bag over to close.

Start on High until boiling, and then reduce to simmer. Check after 10 minutes. Add parsley and serve.

String Green Beans or Veggies

1 pkg Fresh Green Beans (snip the stems) or Other fresh veggies preferred

1 t Olive oil or butter

Seasoning to taste (garlic salt or salt & pepper)

Gear: 1 Oven bag size large – Serves 5

Using a small pot with BakePacker® inside, add water up to grid (until you see dimples.)

Inside your oven bag, place green bean or veggies, add olive oil & seasonings, tuck in the corners.

Placing bag inside pot on top of BakePacker® will help secure the shape. Fold top of oven bag over to close, add lid. Start stove on High until boiling and then reduce heat to a low simmer until cooked approx. 8 minutes. DO NOT OVER COOK. Check doneness before removing, should still be a little hard.



Box Oven

Baked Apples

10 – 12 Apples (can be a variety)

2 T Cinnamon sugar

1 -2 T Lemon juice

1/4 c Mini Marshmallows (Optional)

1/4 c Water

2 - 3 T Butter

Oil or spray to oil the pan

Gear: Large and wide foil tin – Serves 10

Peel apples, use slicing/coring tool to cut wedges, removing the core. Add lemon juice to cut pieces (toss in a bowl) to prevent browning. Spray a wide baking pan lightly with oil, add the apples. Pour ¼ cup of water over apples, add butter, then sprinkle cinnamon sugar and some marshmallows on top. Cover the pan with foil and bake in oven box. Check frequently and stir so they don't burn. Approx. 20 minutes.

Brownies or Cake Mix - Using a reusable metal pan:

Assemble and combine ingredients from your mix packaging

Gear: Reusable metal baking pans – Serves 10

Line a baking pan with foil and grease the foil. The size of pan will determine if one or two boxes of mix is used per pan. A 9"x13" pan can hold 2 regular size boxes of brownie mix or 1 family size box of brownie mix. Mix box(es) of brownie mix according to the box instructions.

Pour the batter into the pan and bake according to the box time.

When done, let the brownie cool at least 30 minutes before cutting.

Brownies or Cake Mix - Using a foil tin:

Assemble and combine ingredients from your mix packaging

Gear: Foil tins – Serves 10

Assemble and combine ingredients from your mix packaging.

Use a Ziploc® mixing bag (for easy clean up) to combine ingredients. Oil your tin before piping in the mix. Different mix brands may vary ingredients and cooking time. Place a foil board under your pan in the oven to prevent extra burning, might need to rotate. Approx. 20 minutes follow cooking time on your packaging. Verify doneness, once cooled cut into bite size for serving.

Garlic French Bread

1 pkg. Pre-sliced French bread

1 c Butter or seasoned butter

Garlic Salt if needed

Gear: Heavy Duty Foil – Serves 10

BREAD GO IN BOX OVEN OR OVER COALS LAST – AFTER ALL OTHER MEALS ARE COOKED

Pre-sliced French bread, add butter and garlic salt* to pre-cut pieces of bread, cut into halves to make it easier serving and wrap loaf in foil. Hold until coals are ready. Place on or near hot coals to heat, keep rotating. Approx. 5 minutes.

*Beware of how much garlic salt you are adding on the bread, only needs a sprinkle.

Individual Meatloaves

2- 2 1/2 lbs. Hamburger meat (lean)

2 Eggs

1 Onion (diced)

1/2 - 1/3 c Bread crumbs

2 T Ketchup (to color)

2 T Milk (to moisten)

8 oz. Block of cheese (cubed)

Gear: 3 - 4 Muffin tins, Heavy Duty Foil – Serves 10

Mix all ingredients (not cheese) together in mixing bag for easy cleaning. With hands form into individual balls, put two cubes of cheese in the middle of the meatloaf and place into muffin tins. Place pans in the box ovens at about 350°. Approx. 40 – 45 minutes.

Pecan Pie

2 Pie shells

4 eggs

1 c Brown sugar

1 t Flour

3 T Butter (melted)

1 c Light Karo syrup

1 c Pecan halves

2 t Vanilla extract

Gear: 2 Pie tins – Serves 10

In a Ziploc® mixing bag, combine eggs, sugar, flour, syrup, vanilla & melted butter, beat well. Pour into 2 pie shells, and then evenly add pecans (pecans will rise to top.)

Bake in cardboard oven for 30 – 40 minutes, verify doneness before removing.

Vegetable Medley

Can be any combination of vegetables

Add olive oil and seasoning to taste

Gear: 1 Rectangular tin – Serves 10

Chop veggies, add to baking pan, drizzle olive oil over top adding seasonings to taste. Add ¼ cup of water over veggies. Cover the pan with foil and bake in oven box with foil board under. Check frequently and toss with a metal spoon so they don't burn.



Campfire - Stick Cooking

Stick cooking is using skewers, fire forks or dowels. Your food is slid on a stick of your choice and cooked over the fire.

Notes for:

Baking – Broiling – These recipes usually take a little longer to cook. The coals should be hot.

Toasting – This method is usually quick.

Angel's Halos – You will need a large glazed doughnut and a large marshmallow. Place the marshmallow in the center of the doughnut's hole. Then with a long skewer, run it through the doughnut and marshmallow. Toast this combination carefully.

Chicken on a Stick – Slice thinly chicken tenders or skinless boneless chicken breast and marinate in your favorite sauce. One easy no mess method is to use a gallon size re-sealable plastic bag. Many marinades can be made 24 hours in advance. Skewer the chicken and place over the coals and grill. If vegetables are also being grilled, place the vegetables on a separate skewer. This prevents the raw chicken from contaminating the vegetables that can be eaten at any stage of doneness.
WASH HANDS THOROUGHLY AFTER TOUCHING CHICKEN AND BEFORE TOUCHING ANY OTHER FOOD.

Doughboys – This long-time favorite recipe uses wooden dowels instead of skewers. When done correctly, they're fantastic and girls love them. The coals need to be hot for this to work well. Make this recipe when there is plenty of time.

Use a ¾" to 1" by 2 ft wooden dowel that has the ends sanded. Label one end of the dowel. This is the handle end. The dough is always placed on the "food" end. Before using, soak the food end of the dowels in 12" of water. This helps prevent the wood from burning. When the dough is cooked, it will easily slip off the dowel.

Use store brand biscuits or Pillsbury® Biscuits (8 in a tube). These are premade and are found in the refrigerated section of the grocery store. Gently pull the biscuit dough so that it is long like a bread stick.

Wrap this over the dowel trying to seal any holes. Keeping the dough an even thickness around the dowel helps for even baking.

Hold over the coals rotating often to prevent burning.

The biscuit is done when it is brown and it easily slides off the dowel.

There are many ways to eat this: roll it in butter and then add cinnamon sugar, put pudding inside the pocket and top with whip cream down the outside, add a hot dog or Vienna sausage to the pocket, add peanut butter or jelly, or honey to the pocket, add chocolate to the pocket while still hot.

Fruit Kabobs – Alternate bananas, pineapple, maraschino cherries and marshmallows on a skewer and toast.

Hiker's Knapsack – You will need thin slices of ham, thin slices of cheese, ½ slice of pineapple ring, and bun of your choice.

Wrap the ham around the cheese and pineapple. Secure it with a toothpick. Then skewer it and heat until the ham is golden brown and the cheese is melted. Remove and place in a warm bun.

Mock Angel Food – Cut day-old bread into 1 inch cubes. Dip in condensed milk and roll in coconut. Slide on a stick and toast slowly. Can substitute cinnamon and sugar for coconut.

Sausages – Hot dogs, kielbasa, Polish sausage. Skewer it the long way.

Spam® and Cheese Dogs – Alternate cubes of Spam® and cheese on a skewer. Serve in hot dog buns.

Woodsman's Brownies – Combine equal parts by volume of Nestlé's® cocoa mix and sweetened condensed milk. Spread this over cubes of toasted bread and broil until it bubbles

Yummy Cheese – Toast cubes of cheese, spreading the melted part on crackers, then melt the rest of the cube.



Campfire - Pie Iron Cooking

Pie cooking is using a Pie Iron. Your food is placed inside an iron like a sandwiched and cooked over the fire.

Fruit Pie

1 package of crescent roll dough or flaky biscuit dough

1 can of fruit pie filling

¼ c butter or margarine (optional?)

Put a small amount of butter in pie iron and spread a biscuit out to cover, one on each side. Spoon the pie filling in middle and close to seal. Place in hot coals to cook biscuit crust and warm fruit.

Toasted Cheese Sandwiches (per person)

2 pieces sliced bread

1 slice cheese

1 t margarine or butter

Other condiments (mayonnaise, mustard, etc)

Butter bread and place butter side towards the pie iron. Spread any other condiments on other side of bread and put cheese between the slices. Close pie iron and place in hot coals to brown bread and melt cheese.



Charcoal Cooking (foil packs)

Chicken and Rice with Cream of Mushroom Soup

Cut chicken tenders or breasts into smaller pieces, about two fingers wide.

Mix 1/3rd cup of cream of mushroom soup with ½ cup of instant rice.

Add ½ cup of mixed frozen vegetables.

Cut a rectangle of heavy-duty foil.

Place the chicken on the bottom of the foil, then the rice and cream of mushroom mixture.

Add the vegetables on the top.

Fold the foil drugstore style.

Place directly on the coals, approximately 15 minutes on the chicken side and 10 minutes on the vegetable side.

Chicken and Vegetables (this is the process for any meat & veggie wrap)

1-2 pieces of chicken

Cut up vegetables: potatoes, onions, bell peppers, celery, carrots, tomatoes, broccoli, squash, mushrooms, etc.

seasonings of choice

1 T liquid (usually regular Italian dressing or water)

Cut chicken and vegetables in pieces that cook at approximately the same time. Place vegetables that brown nicely (like sliced onions or potatoes) on heavy duty aluminum foil, then chicken with more delicate vegetables on top. Wrap using drugstore fold. Mark (using yellow mustard) to identify individual wraps. Place in embers or grill and cook for 20-30 minutes total. Turn once outside mustard turns brown and starts to smell. Serves 1

Foil Packs*

2 lbs Hamburger meat (lean)

3 -5 Potatoes (peeled & sliced)

1 -2 Onions (sliced)

Carrots (sliced)

2 pkg Dry onion soup mix

Ketchup for color (Optional)

1 Small head of cabbage

Gear: Heavy Duty Foil – Serves 10 - 12

For each individual foil pack - Cut about 12 pieces of foil (approx. 18" squares).

Place food on shiny side: Cabbage leaf, some crumbled hamburger meat, 1-2 slices of onion, ¼ cup sliced carrots, ¼ cup sliced potatoes, salt and pepper optional, Add 1 ½ tsp. of dry onion mix over top, wrap using drug store method/folding over method so juices don't leak out. Keep rotating over coals, beware of steam when verifying. Individual packs can be marked using mustard.

*This recipe can become vegetarian by substituting the meat and onion soup with water and additional vegetables.



Zucchini and Red Onion

Zucchini, washed and sliced crosswise into ¼ inch slices

Red onion, sliced thin and separated into rings

Mushrooms

Bottled Italian salad dressing (not "lite")

Cut a rectangle of heavy-duty foil. Place sliced zucchini and red onion on foil. Pour in enough salad dressing to moisten and coat vegetables (about ¼ to 1/3 c). Wrap securely using double-fold seals across top and on one end. Seal last end, allowing room for heat expansion.

When ready to grill, place packet on charcoal grill 4 to 6 inches from medium coals. Heat until zucchini is cooked, but still slightly crisp. These veggies cook very quickly as soon as the salad dressing gets hot. Be sure to turn packet over halfway through cooking time. Number of servings depends upon amount of zucchini and onion used. Figure approximately ½ cup cooked veggies per person.



Dutch Oven

Camp Chili

2 lbs Hamburger meat (lean)
2 cans Kidney beans (can uses 1 light, 1 dark as preferred)
2 cans Stewed tomatoes (can use seasoned)
Oil to brown onions

2 Onions (diced)
4 t Chili Powder
Salt & Pepper

Gear: 10 - 12 qt Dutch oven – Serves 10

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

Place Dutch oven on the stove or charcoal to brown onions and meat with some oil (drain of excess fat if needed). Then add other ingredients (cans w/liquids) and stir together. Place over charcoal to simmer and reduce for about 30 minutes.

Do not scrape too hard on the bottom breaking the aluminum seal.

Cherry/Apple Delight

2 cans Cherry pie filling
2 cans Apple pie filling
time)
1 pkg. White cake mix

1 t Butter
Cool whip (at serving

Gear: 10 - 12 qt Dutch oven – Serves 10

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

Combine cans of pie filling into Dutch oven stir. Pour dry cake mix on top of pie filling. Add butter on top of dry mix to create a crust. Cover with lid, place coals on top and underneath Dutch oven. Cook until cake mix is brown on top. Approx. 45 minutes, serve with cool whip.



Chicken and Rice

1 bag of Chicken tenders cut in bite size pieces
5 c Minute Rice
5 c water
1 pkg dried onion soup mix

1 Cream of mushroom soup
1 Cream of chicken soup
1 Cream of celery soup

Gear: 14 qt Dutch oven – Serves 10

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

Wash chicken thoroughly, cut into small pieces and place in Dutch oven. Pour 5 cups of rice over chicken (if provided a bag of rice add all.) Add cans of cream soup and 5 cups of water (can fill 5 soup cans).

Sprinkle 1 envelope of dried onion soup over all, stir together. Place coals top and bottom of Dutch oven about 350° and mix ingredients mid way cooking time. Do not scrape too hard on the bottom breaking the aluminum seal. Approx. 60 – 80 minutes.

Chicken Stew

1 bag of Chicken tenders cut in bite size pieces (brown meat is juicier)
1 pkg Teeny Tiny baby potatoes
1 c Water
2 pkg Baby carrots
1 Large Onion (diced)
Oil (if using brown meat no oil needed)
Garlic Salt

Chicken Stew cont.

Gear: 12 qt Dutch oven – Serves 10

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

While in net bag rinse potatoes and poke them with a knife. Once in oven, cut off any little brown pieces (leave as whole) and layer bottom oven. Wash chicken thoroughly*, cut into small pieces and place over potatoes and add some seasonings and some diced onions. Pour carrots over chicken, remainder of onions and other ingredients. Place coals top and bottom of Dutch oven about 350° and mix ingredients mid way cooking time. Approx. 60 – 80 minutes.

Do not scrape too hard on the bottom breaking the aluminum seal.

*Cleaning and freezing the chicken in a Ziploc® bag at home will save you some prep. time.

Dump Cake /Cobbler

2 large cans of any kind of fruit with juice

OR 2 cans of any kind of fruit pie filling

OR 6 c - cut up fresh or frozen fruit

1 box of white or yellow cake mix

1 stick of butter or margarine OR 12oz. Soda-7Up, Sprite

Whipped cream or Cool Whip (optional)

Gear: 10 - 12qt. Dutch oven - Serves 10

Line Dutch oven with foil. Pour fruit (and juices) into oven. Top with dry cake mix and spread evenly. Stir enough to moisten cake mix. Top with dots of butter or margarine. Bake 25 minutes with 12 coals on top and 8 on the bottom. Serve with whipped topping. Serves 12. Suitable for box oven.

VARIATIONS:

- Peach Dump Cake: use 1 (size 2 ½) can sliced peaches with juice (drain juice if soda is used)
- Apple+ Dump Cake: use 1 can apple pie filling and 1 can “your choice” pie filling.
- Brown Bears in the (Apple) Orchard: use 2# jar of applesauce and 1 box of gingerbread mix (14 oz) or spice cake mixed according to directions on box.

Garlic Monkey Bread

3 pkgs pre-made biscuit dough

1 ½ t. Italian seasoning (optional)

1 stick butter/margarine

¼ c garlic spread or 5+ minced garlic cloves

Line Dutch oven with Heavy Duty aluminum foil (shiny side up). Melt butter in Dutch Oven (or on stove) and add garlic and seasoning to flavor it. Pour into bowl or small sauce pan. Dip each separated biscuit in melted garlic butter to thoroughly coat. Arrange biscuits on edge in Dutch oven offsetting layers until full. Drizzle half remaining garlic mixture over arranged biscuits. Bake in Dutch Oven about 25 minutes with two coals from the bottom moved to the top to encourage browning. Drizzle remaining melted butter over biscuits before serving.

Gingerbread and Applesauce

1 pkg Gingerbread cake mix with ingredient needed to prepare the mix. i.e oil, eggs, water...

1 jar Applesauce

Gear: 10 - 12qt. Dutch oven - Serves 10

Packaged mix, eggs, oil, water

Follow directions on package using Ziploc® mixing bag, different brands may vary on ingredients and cooking time. Pour applesauce in bottom of pan, cut a corner of your cake mixing bag and cover applesauce with gingerbread mix. Place a foil board under your pan in the oven to prevent extra burning. Verify doneness, once cooled cut into bite size and serve with Cool Whip on the side. Approx. 35 minutes.

Lasagna

1½ lbs ground beef
1 t oregano
2 c cottage cheese
1 box lasagna noodles (1 lbs)

1 large jar/can spaghetti sauce
3 c mozzarella, grated
2 eggs

Brown ground beef, drain fat. Mix ground beef with spaghetti sauce and oregano. Mix grated cheese, cottage cheese and eggs. (Reserve some grated cheese for topping.) Layer UNCOOKED lasagna noodles, meat mixture and cheese mixture. Make at least two sets of layers. Sprinkle top with remaining grated cheese. Pour about 1 cup (or less) water over top. Cook for about 40 minutes, putting 7-8 coals underneath and full ring of coals on the top.

Mountain Man Breakfast

3 lbs Sausage meat (lean)
3 Onions (diced)
3 lbs Hash brown potatoes
Salt & Pepper

18 Eggs
1/2 c Milk
2 c Monterey Jack cheese

Gear: 14qt. Dutch oven - Serves 10

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

Using mixing bag or bowl beat eggs, milk & salt & pepper set aside. Place Dutch oven on coals, fry and cook sausage meat. Remove meat using slotted metal spoon and retain in a clean bowl. Drain oven fat into a can, wipe the outside of the oven if fat leaked over otherwise will catch fire. Brown diced onions next, followed by potatoes in the same oven, add oil if needed. Once cooked spread mixture on the bottom of oven. Gently mix in cooked sausage, pour eggs over the sausage layer. Sprinkle top with cheese. Cook coals on top and bottom for about 25 minutes.

Pineapple Upside Down Cake

1 can sliced pineapple (drained) ½ c brown sugar, packed firmly
¼ c butter 2 pkg yellow cake mix
Additional ingredients necessary for cake mix
Maraschino cherries, drained (optional)

Line the oven with aluminum foil. Place oven over heat, level it, and melt the butter in the oven. When melted, add the brown sugar, then the drained pineapple slices with a cherry in the center of each slice. While butter is melting, mix the cake according to package directions. Pour the cake mix over the glaze and place lid covering the oven. Bake on coals about 25 minutes, until golden brown and cake tests is done. Lift out of pan by edges of aluminum foil and invert onto plate. Remove foil. Serves 12.

VARIATION:

- Instead of yellow cake mix, use 1½ pkg. Pound cake mix, 3 large eggs, 1 ¼ c. milk
- Pour: 20 oz. can crushed pineapple in bottom of Dutch oven or 8" pan to heat.
- Pour on: 9 oz. white cake mix prepared as directed.
Cover and bake for 20-30 min.

Vegetarian Chili

2 pkgs. Morning Star soy crumbles
2 cans Kidney beans (can uses 1 light, 1 dark as preferred)
2 cans Stewed tomatoes (can use seasoned)
Oil to brown onions

2 Onions (diced)
4 t Chili Powder
Salt & Pepper

Vegetarian Chili cont.

Gear: 10 - 12 qt Dutch oven – Serves 10

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

Place Dutch oven on the stove or charcoal to brown onions with some oil. Then add other ingredients (cans w/liquids) and stir together. Place over charcoal to simmer and reduce for about 30 minutes.

Do not scrape too hard on the bottom breaking the aluminum seal.



No Cook Recipes

Ambrosia or Fruit Salad

Select the fruit you like either fresh or canned or a combination.

Traditional for Ambrosia: oranges, apples, grapes, mini marshmallows, coconut shavings with Cool Whip.

Chop as needed and mix all fruits provided in large bowl. Add Marshmallows and Cool Whip to taste.



Traditional fruit salad: any fruit you like mixed and topped with a dollop of cool whip.

Ants on a Log

Celery stalks

Varieties:

Cream cheese with Raisins

Almond/Peanut butter* with Raisins (can use other types of butter spreads)

Hummus with Craisins

Wash and cut celery into 2 - 3inch pieces, creating logs. Keeping cream cheese & peanut butter on two separate plates start to fill the middle groove with each. Add a few raisins on top of logs as decoration.

*Always be aware of allergies in your group before handling and serving.

Friendship Salad

Each person brings a piece of fruit (1 serving size). Dice fruit and mix with a little honey and a dash of lemon. Mini marshmallows/chopped nuts may be added.

GORP (Good Old Raisins and Peanuts) or Trail Mix

Mix any combination of:

mixed dry fruit	raisins	dates	salted peanuts
banana chips	dried cranberries	pumpkin seeds	Sunflower seeds
dried apricot	dates	pretzels	walnuts
dried apples	sesame sticks	licorice bites	cashews
flaked coconut	granola or other cereal	M&M's	pecans

In a zipped plastic bag, this is a great snack for the trail. Due to allergies and likes/dislikes, separate bags for each girl are a good idea. This list is just a starting point. Add anything the girls might like within budget.

Mixed Green or Caesar Salad

Lettuce, tomatoes, cucumber, and any other ingredients you like in your salad.

Traditional Caesar is Romaine lettuce and croutons with a white sauce dressing.

Served with bottled salad dressing

Cut and chop ingredients selected. Mix vegetables together and toss salad in a large bowl. Serve with dressing on the side and include serving tool.



Master Plan for Salads

The following recipes will feed 12. There is the lettuce column, the Waldorf column, and the slaw column. Mayonnaise will spoil if it is not kept cool or left out too long, an alternative is Miracle Whip®. However this is a food item that is not agreeable to everyone.

Lettuce Salads	Waldorf Salads	Slaw Salads
Basic ingredients Combine: 1 large or 2 small torn lettuce Mayonnaise to moisten Season to taste	Basic ingredients Combine: 6 c diced apples 3 c chopped celery Non-fat yogurt to moisten (replacement: mayonnaise)	Basic ingredients Combine: 1 cabbage (shredded) Mayonnaise to moisten Sugar and salt to taste
For Mallow Fruit Salad Add: 1 30 oz fruit cocktail 2 c mini marshmallows	For Waldorf Add: 1 c raisins 1 c chopped nuts	For Hawaiian Slaw Add: 1 20 oz can crushed pineapple (drained) Shredded carrots (optional)
For Tossed Salad Add: Celery Green onions Radishes Tomatoes Broccoli crowns Mushrooms Any vegetable girls want	For Island Waldorf Substitute: Pineapple chunks and or Mandarin oranges for half the apples	For Peanut Slaw Add: 2 t salt 2 t sugar 2 t vinegar Just before serving Add: ½ c roasted chopped peanuts
For Tuna Salad Add: 2 7 oz cans tuna 2 c chopped celery ½ c chopped onion	For Tropical Waldorf Substitute: Sliced bananas OR Sliced pears for half the apples	For Carrot Slaw Add: 3 c grated carrots 1 c raisins ¼ c lemon juice



Stove Top

Master Plan for One Pot Meals

Begin with the basic recipe and then add the other ingredients to make the specific dish. The following recipes serve 12.

Basic Recipe		
Put into a large pot: 3 lbs hamburger, turkey or chicken meat (brown and drain) 2 chopped onions 1 chopped green pepper		
For Instant Spaghetti Add: 1 can tomato soup (10 ½ oz undiluted) 4 14 oz cans spaghetti Heat thoroughly	For Hunter's Stew Add: 6 cans vegetable soup (10 ½ oz undiluted) 4 16 oz cans mixed vegetables Heat thoroughly	For Ranch Style Beans Add: 2 c catsup 2 pkg onion soup mix 2 28 oz cans baked beans Heat thoroughly
For Chili Add: 3 16 oz can s stewed tomatoes 3 15 oz cans kidney beans 3-4 T chili powder Cover and cook 10-30 minutes	For Beef Mac Add: 1 lb uncooked macaroni (cook until turns yellow) 2 16 oz cans tomato sauce 1 sauce can water 2 t garlic salt Cover and cook 25 minutes	For Squaw Corn Add: 2 cans tomato soup (10 ½ oz undiluted) 3 17 oz cans kernel corn ½ lb diced American cheese Cover and heat thoroughly
For Spanish Rice Add: 3 cans tomato soup (10 ½ oz undiluted) 1 soup can water When boiling add: 14 oz box Minute Rice® Cover, remove from heat and let sit 5 minutes	For Hamburger Heaven Layer: 12 oz fine dry noodles 1 lb grated American cheese 1 c chopped celery 2 28 oz cans tomatoes Cover and cook 20-30 minutes DO NOT STIR	For Sweet 'N' Sour Beef Add: 4 c pineapple juice 6 T cornstarch dissolved in 3 T lemon juice and 3 T water Stir until thickened Serve on chow mein noodles
For Quick Macaroni Add: 2 cans chicken gumbo soup (10 ½ oz undiluted) 2 cans cream of chicken soup also 10 ½ oz When boiling add: 1 lb uncooked macaroni Cover and cook 20-30 minutes	For Camp Soup Omit the onions and peppers Add: 1 16 oz can tomato sauce 6 sauce cans of water 2 pkg. onion soup mix 2 T soy sauce 1 t oregano 2 c sliced carrots 2 c sliced celery Cover and cook 30 minutes	For Mexican Delight Add: 1 16 oz can Niblet's Mexicorn® 1 7 oz can pitted olives 3 cans tomato soup (10 ½ oz) When boiling add: 1 15 oz cornbread mix prepared as directed on box. Drop by spoonfuls on TOP-DO NOT STIR Cover and cook 15 minutes. DO NOT LIFT COVER BEFORE THE 15 MINUTES IS UP.

Campers Stew

1 lb. of lean Hamburger
4 cans vegetable soup
1/2 c of water
Bag of Fritos

Brown hamburger, drain grease off. Add soup and enough water to make it the consistency of a stew, not soupy. Warm to heat soup. Serve with Fritos®.

Girl Scout Tacos

3 lbs ground meat	1 onion, chopped
2 pkgs Taco mix	1 can chili
Tomatoes, chopped	lettuce, cut up
Grated cheese	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.

Turkey Noodle Soup

3 lbs cooked turkey breast	1 (large) bag frozen mixed vegetables
2 pkgs fresh pasta	1 jar soup base (to taste – beware of MSG in bouillon cubes)
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.

When out-of-doors, additional salt and fluids need to be replenished at altitude, in heat, dry air or wind which makes soup an excellent menu choice.

Veggie Stir Fry

3 Carrots (diced)	3 – 4 Garlic clove segments (diced)
2 Celery stalks (diced)	2 -3 T Soy sauce to taste
1 lbs Green Beans	1 lbs Mushrooms

Additional vegetables can be added or substituted

Gear: Cast iron skillet or frying pan – Serves 10

Chop all vegetables into bite size pieces, crush garlic, sauté vegetables and garlic in oil until onions are transparent but vegetables are crisp, and add canned vegetables after sautéing- draining and reserving liquid first. Toss lightly, add soy sauce to vegetables and incorporate brown rice in pan, toss and serve.



The following are 8 Patrols you may customize with your troop.
Each patrol feeds approx. 8 -10 people.

PLEASE WASH YOUR HANDS BEFORE HANDLING ANY FOOD
First prepare the meal that takes the longest to cook, then the others.

BLUE PATROL

Menu item	Ingredients	Amounts	Equipment
Chicken and Rice Cook time: 60 – 80 minutes	Enough pieces of chicken so everyone gets a piece (bite size). Minute Rice water Soups: cream of mushroom cream of chicken cream of celery Dried onion soup mix	60 pieces approx. (1 bag tenders) 5 cups (use all) 5 cups 1 can 1 can 1 can 1 envelope	14 qt. Dutch oven w/legs Heavy Duty Aluminum Foil Cutting board Metal Spoon/Knife Can opener Measuring cup
Mixed Green Salad	Lettuce Tomatoes Cucumbers Etc. Salad dressing (on the side)	For group Of 30	Cutting board Knife (can use pocket knives) Large Bowl Serving tool
Corn Bread Muffin Cook time: Approx.20 minutes Varies per mix	Muffin mix Eggs Oil Ingredients may vary by brand	1 pkg. of mix Follow pkg. directions for proper ingredients	Camp stove BakePacker®, SM pot w/lid Reynolds® Oven bag Mixing bag (if needed) Serving Spoon Serving plate (paper or plastic)
Brownies Cook time: Approx.20 minutes Varies per mix	Brownie mix package Eggs Oil Water Pam to spray pan (shared)	1 pkg. of mix Follow pkg. directions for proper ingredients	Cardboard Box oven Mixing bag or Bowl Spatula & spoon Measuring cups Baking pan Foiled Baking Board

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DON'T FORGET TO BOIL SOME WATER FOR YOUR DISHWASHING

Chicken and Rice

Method: Dutch oven over Coals

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

Wash chicken thoroughly, cut into small pieces and place in Dutch oven. Pour 5 cups of rice over chicken (if provided a bag of rice add all.) Add cans of cream soup and 5 cups of water (can fill 5 soup cans). Sprinkle 1 envelope of dried onion soup over all, stir together. Place coals top and bottom of Dutch oven about 350° and mix ingredients mid way cooking time. Do not scrape too hard on the bottom breaking the aluminum seal.

Mixed Green Salad

Method: no cook

Cut and chop ingredients provided (lettuce, vegetables in bag). Mix vegetables together and toss salad in a large bowl. Serve with dressing on the side and include serving tool.

Corn Bread Muffin

Method: BakePacker® over stove

Using Small pot with BakePacker® inside, add water up to grid (until you see dimples.)

Mix ingredients in one corner of your oven bag very gently, follow directions and cooking time on package. Place oven bag on BakePacker®, creating a thick pancake. Fold top of oven bag over to close, add lid. Start stove on High until boiling, and then reduce heat to a simmer until cooked. Check doneness before removing. Flip onto a plate and cut into pieces for serving. Follow cooking time instructions on package, different brands may vary.

Brownies

Method: Box oven (PROP UP ONE CORNER of the box)

Packaged mix, eggs, oil, water

Follow directions on package using Ziploc® mixing bag, different mix brands may vary ingredients and cooking time. Oil the tin pan before piping in your mix. Place a foil board under your pan in the oven to prevent extra burning, might need to rotate. Verify doneness, once cooled cut into bite size for serving.

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GREEN PATROL (Vegetarian)

Menu item	Ingredients	Amounts	Equipment
Vegetarian Chili Cook time: 30 minutes	Crumbles (Soy or Pea) Onions (diced) Kidney and red beans Stewed Tomatoes Chili powder Salt and pepper Oil	2 bags 2 2 cans 2 cans 4 tsp. To taste To brown onions	12 qt. Dutch oven Heavy Duty Aluminum Foil Metal Mixing spoon Sharp knife Can opener Cutting board Camp stove or Coals
Caesar Salad	Lettuce Croutons (on the side) Salad dressing (on the side)	For group Of 30	Cutting board Knife (can use pocket knives) Large Bowl Serving tool
String Beans or Veggies Cook time: Approx.10 minutes	Fresh beans or frozen Olive oil or Butter (Shared) Seasonings (garlic salt in RED patrol) salt & pepper	1 pkg. 1 Tsp.	Camp stove BakePacker®, SM pot w/lid Reynolds® Oven bag Serving plate
Baked Apples Cook time: Approx.20 minutes	Apples (Variety) Cinnamon Sugar Lemon juice Water Butter Pam to spray pan (shared)	10 – 12 (Small bag ALL provided) 1 -2 Tbs. ¼ cup 2 Tbs.	Cardboard Box oven Wide Baking Pan Foil Knife/Apple slicer/corer Apple peeler if available

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DON'T FORGET TO BOIL SOME WATER FOR YOUR DISHWASHING

Vegetarian Chili

Method: Dutch oven over Coals or Stove top

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

Place Dutch oven on the stove to brown onions with some oil. Then add other ingredients (cans w/liquids) and stir together. Place over charcoal to simmer and reduce for about 30 minutes.

Do not scrape too hard on the bottom breaking the aluminum seal.

Caesar Salad

Method: no cook

Place lettuce in a large bowls. Serve with croutons & dressing on the side and include serving tool.

String Beans or Veggies

Method: BakePacker® over stove

Using Small pot with BakePacker® inside, add water up to grid (until you see dimples.)

Inside your Reynolds® oven bag, place veggies provided*, add olive oil & seasonings, tuck in the corners. Placing bag inside pot on top of BakePacker® will help secure the shape. Fold top of oven bag over to close, add lid. Start stove on High until boiling, and then reduce heat to a low simmer until cooked approx. 8 minutes. DO NOT OVER COOK. Check doneness before removing, should still be a little hard, place LAST onto a serving plate.

*If provided green beans, try to snip the stems.

Baked Apples

Method: Box oven (PROP UP ONE CORNER of the box)

Peel apples, use slicing/coring tool to cut wedges, removing the core. If using the coring tool, cut wedged in half for thinner slices (approx. ½ inch). Add lemon juice to cut pieces (toss in a bowl) to prevent browning. Spray a wide baking pan lightly with oil, add the apples. Pour ¼ cup of water over apples, add butter, then sprinkle cinnamon sugar. Optional: Add marshmallows on top. Cover the pan with foil and bake in oven box. Check frequently and stir so they don't burn.

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RED PATROL

Menu item	Ingredients	Amounts	Equipment
Individual Meatloaves Cook time: 40 – 45 minutes	Hamburger meat (low fat) Eggs Onion (diced) Bread crumbs Ketchup Milk Salt and pepper Oregano Cheese-cubed (use all)	2-2 ½ lbs. 2 1 1/2 to 2/3 To color To moisten 2 tsp. salt ¼ tsp pepper Pinch block 8 oz.	3 Cardboard Box ovens Heavy Duty Aluminum Foil 3 Muffin pans JUMBO size Mixing bag Spoon/Knife Cutting board
Steamed Rice Cook time: 10 minutes	Minute Rice Water Salt Parsley	2 cups 2 cups Pinch Pinch	Camp stove BakePacker®, SM pot w/lid Reynolds® Oven bag Serving Spoon Serving Bowl or plate
Garlic French Bread Cook time: 5 minutes	Pre-sliced French bread Butter Garlic salt	2 loaves 2 containers 4 oz container	Box oven or over Coals Heavy foil Knife-spreading
Cherry/Apple Delight Cook time: 45 minutes	Cherry pie filling Apple pie filling White cake mix Butter Water Cool whip (at time of serving)	2 cans 2 cans 1 box 4 tsp. ½ cup 1 container	12 qt. Dutch oven w/legs Heavy foil Can opener Metal Spoon

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 DON'T FORGET TO BOIL SOME WATER FOR YOUR DISHWASHING**

Individual Meat Loaves Method: Box oven (PROP UP ONE CORNER of the box)

Mix all ingredients (not cheese) together in mixing bag provided. With hands form into individual balls, put two cubes of cheese in the middle of the meatloaf and place into muffin tins. Place pans in the box ovens at about 350°. Once cooked, quarter each meatloaf add a serving small metal spoon.

Steamed Rice Method: BakePacker® over stove

Using Small pot with BakePacker® inside, add water up to grid (until you see dimples.)

Mix rice, water & salt in oven bag. Place oven bag on BakePacker®. Fold top of oven bag over to close. Start on High until boiling, and then reduce to simmer. Check after 10 minutes. Add Parsley and Serve in a bowl with spoon.

Garlic French Bread Method: Cooked over Coals

WILL GO IN BOX OVEN OR OVER COALS LAST – AFTER ALL OTHER MEALS ARE COOKED

Pre-sliced French bread, add butter and garlic salt* to pre-cut pieces of bread, cut into halves to make it easier serving and wrap loaf in foil. Hold until coals are ready. Place on or near hot coals to heat, keep rotating. Takes only a few minute, only bring to fire once your cobbler is ready to use those coals.

*Beware of how much garlic salt you are adding on the bread, only need a sprinkle.

Cherry/Apple Delight Method: Dutch oven over coals

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

Combine cans of pie filling into Dutch oven stir. Pour dry cake mix on top of pie filling. Add butter on top of dry mix and water to create a crust. Cover with lid, place coals on top and underneath Dutch oven. Cook until cake mix is brown on top. Serve with cool whip & spoon.

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SILVER PATROL

Menu item	Ingredients	Amounts	Equipment
Foil packs Cook time: Approx. 15 minutes per side, keep rotating Must keep watching	Hamburger meat (low fat) Potatoes Onion (half slices) Carrots Salt and pepper Gravy mix or onion soup mix Ketchup for color Small head of cabbage (not to eat as much as to absorb grease in foil pack)	2 lbs. 3-5 1-2 3-5 To taste 2 envelopes Optional Small head	Cooking Over Coals Heavy Duty Aluminum Foil Cutting board Knife
Berry /Fruit Salad	Fresh or canned fruit Cocktail and other fruits Cool Whip (for serving)	2 cans or Fresh Fruit	Large bowl Plastic Spoon Cutting board Sharp knife
Pineapple Upside Down Cake Cook time: Approx. 30-40 minutes Varies per mix	White cake mix Eggs Oil Water & (use pineapple juice) Pineapple Tidbits in juice	1 pkg. of mix Follow pkg. directions 1 small can	Camp stove BakePacker®, MED pot w/lid Reynolds® Oven bag Mixing bag or Bowl Can opener Serving plate
Brownies Cook time: Approx. 20 minutes Varies per mix	Brownie mix package Eggs Oil Water Pam to spray pan (shared)	1 pkg. of mix Follow pkg. directions for proper ingredients	Cardboard Box oven Mixing bag or Bowl Spatula & spoon Measuring cups Baking pan Foiled Baking Board

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DON'T FORGET TO BOIL SOME WATER FOR YOUR DISHWASHING

Foil packs

Method: Cooked over Coals

For each individual foil pack - Cut about 12 pieces of foil (approx. 18" squares).

BEGIN WITH VEGETARIAN PACKS to not contaminate your surface. Mark these packs with a **V** using mustard. Create at least 6 vegetarian, unless notified otherwise. Replace the beef & onion soup mix with water. Chop cabbage and No ketchup needed add all other ingredients.

Place food on shiny side: Cabbage leaf, some crumbled hamburger meat, 1-2 slices of onion, ¼ cup sliced carrots, ¼ cup sliced potatoes, salt and pepper optional, Add 1 ½ tsp. of dry onion mix over top, wrap using drug store method/folding over method so juices don't leak out. Keep rotating over coals, carry Foil Packs in LARGE metal pans. Open a few of them up and add a spoon for serving.

Fruit Salad

Method: no cook

Chop if needed and mix all fruit provided in large bowl. Serve with spoon.

Pineapple Upside Down Cake

Method: BakePacker® over stove

Using Medium pot with BakePacker® inside, add water up to grid (until you see dimples.)

Use a Ziploc® mixing bag to combine all ingredients for the cake mix, and set aside. Using some pineapple juice instead of water will add more flavors.

Inside your Reynolds® oven bag, place pineapple tidbits flat on the bottom, tuck in the corners. Placing bag inside pot on top of BakePacker® will help secure the shape. Cut a corner of your cake mixing bag and squeeze/pipe out the cake on top of pineapple inside the oven bag. Fold top of oven bag over to close, add lid. Start stove on High until boiling, and then reduce heat to a simmer until cooked. Check doneness before removing. Flip onto a plate and cut into pieces for serving with a plastic spoon.

Follow cooking time instructions on package, different brands may vary.

Brownies

Method: Box oven (PROP UP ONE CORNER of the box)

Packaged mix, eggs, oil, water

Follow directions on package using Ziploc® mixing bag, different brands may vary on ingredients and cooking time. Place a foil board under your pan in the oven to prevent extra burning, might need to rotate. Verify doneness, once cooled cut into bite size for serving.

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PURPLE PATROL

Menu item	Ingredients	Amounts	Equipment
Camp chili Cook time: 30 minutes	Hamburger meat (low fat) Onions (diced) Kidney and red beans Stewed Tomatoes Chili powder Salt and pepper Oil	2 lbs. 2 2 cans 2 cans 4 tsp. To taste To brown onions	12 qt. Dutch oven Heavy Duty Aluminum Foil Metal Mixing spoon Sharp knife Can opener Cutting board Camp stove or Coals
Ants on a log *Keep peanut butter on a separate plate, in case of allergies.	Celery stalks Cream cheese Peanut butter Raisins	Provided 1 block Jar bag	Serving plates Cutting board Sharp knife Spreading knives (use separate tools for PB)
Muffin Mix Cook time: Approx.20 minutes Varies per mix	Muffin mix Add water only	1 pkg. of mix Follow pkg. directions for proper ingredients	Camp stove BakePacker®, SM pot w/lid Reynolds® Oven bag Mixing bag (if needed) Serving plate
Cake Mix (Spice, carrot, banana...) Cook time: Approx.20 minutes Varies per mix	Cake mix package Eggs Oil Water Pam to spray pan (shared)	1 pkg. of mix Follow pkg. directions for proper ingredients	Cardboard Box oven Mixing bag or Bowl Spatula & spoon Measuring cups Baking pan Foiled Baking Board

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Camp chili

Method: Dutch oven over Coals

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

Place Dutch oven on coals, brown hamburger meat and onions, drain off excess fat (if needed)* into a can, add other ingredients (cans w/liquids), stirring constantly. Simmer together for about 30 minutes.

Do not scrape too hard on the bottom breaking the aluminum seal.

*Drain fat if meat fat contents are less than 90% or if you see fat on liquid surface.

Ants on a Log

Method: no cook

Wash and cut celery into 2 - 3inch pieces, creating logs. Keeping cream cheese & peanut butter on two separate plates start to fill the middle groove with each. Add a few raisins on top of logs as decoration.

Muffin Mix

Method: BakePacker® over stove

Using Small pot with BakePacker® inside, add water up to grid (until you see dimples.)

Mix ingredients in one corner of your oven bag very gently, follow directions and cooking time on package. Place oven bag on BakePacker®, creating a thick pancake. Fold top of oven bag over to close, add lid. Start stove on High until boiling, and then reduce heat to a simmer until cooked. Check doneness before removing. Flip onto a plate and cut into pieces for serving. Follow cooking time instructions on package, different brands may vary.

Cake Mix Provided

Method: Box oven (PROP UP ONE CORNER of the box)

Packaged mix, eggs, oil, water

Follow directions on package using Ziploc® mixing bag, different brands may vary on ingredients and cooking time. Place a foil board under your pan in the oven to prevent extra burning. Verify doneness, once cooled cut into bite size for serving.

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FUSHIA PATROL (Vegetarian)

Menu item	Ingredients	Amounts	Equipment
Veggie Stir Fry Cook time: 30 minutes	Carrots (small diced) Celery stalks (small diced) Green beans Mushrooms Garlic clove Soy sauce Substitutions are ok, fresh or canned	3 2 1 lbs. 1 lbs. 3-4 segments 2-3 tbs.	Camp stove Large heavy skillet Heavy Duty Aluminum Foil Cutting board Knife Can opener Foil Mixing spoons Measuring cup/spoon
Steamed Brown Rice Cook time: 10 minutes	Minute Rice Water Salt Incorporate in Stir Fry once ready	2 cups 2 cups pinch	Camp stove BakePacker®, SM pot w/lid Reynolds® Oven bag Spoon/Serving Bowl
Vegetable Medley Cook time: Approx.20 minutes	Veggies provided Chopped and diced Olive Oil (Shared) Seasonings Water	Provided Drizzle over top To taste ¼ cup	Cardboard Box oven Mixing bag or Bowl Metal spoon Measuring cups Baking pan Foiled Baking Board
Peach Cobbler Cook time: 45 minutes	Peaches canned (segments) Yellow cake mix Lemon soda (7-Up, Shasta, Sprite) Cool whip (at time of serving)	2 large cans (3cups) 2 boxes 2 cans 1 container	12 qt. Dutch oven w/legs Heavy foil Can opener Metal Spoon

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Veggie Stir Fry with Brown Rice

Method: Cast Iron Pans over Stove

Chop all vegetables into bite size pieces. In oil toss onions and garlic until transparent. If cooking with fresh carrots start cooking these next as they will take the longest. Then add other vegetables and sauté until cooked but still crisp. Add Brown Rice and toss lightly, with soy sauce and serve.

Steamed Brown Rice

Method: BakePacker® over stove

To be added to your Stir Fry:

Using Small pot with BakePacker® inside, add water up to grid (until you see dimples.)

Mix rice, water & salt in oven bag. Place oven bag on BakePacker®. Fold top of oven bag over to close. Start on High until boiling, and then reduce to simmer. Check after 10 minutes. Add to vegetables for stir fry and serve with a spoon.

Vegetable Medley

Method: Box oven (PROP UP ONE CORNER of the box)

Chop veggies provided, add to baking pan, drizzle olive oil over top adding seasonings to taste. Add ¼ cup of water over veggies. Cover the pan with foil and bake in oven box with foil board under. Check frequently and toss with a metal spoon so they don't burn.

Peach Cobbler

Method: Dutch oven over coals

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

Drain cans of peaches and line bottom of Dutch oven. Pour dry cake mix on top of peaches. Pour cans of lemon soda (7-Up, Shasta, Sprite) over cake mixes. Place coals on top and underneath Dutch oven. Cook until cake mix is brown on top. Serve with cool whip & spoon.

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ORANGE PATROL

Menu item	Ingredients	Amounts	Equipment
Mountain Man Breakfast Cook time: 25 minutes	Sausage Meat Onions (diced) Shredded Hash Brown Potatoes Eggs Milk Grated Monterey Jack Cheese Salt and pepper	3 lbs. 3 3 lbs. 18 ½ cup 2 cups/1 bag To taste	14 qt. Dutch oven w/legs Heavy Duty Aluminum Foil Large bowl Mixing Bag (eggs) Cutting board Metal Spoon/Knife Measuring cup
Ambrosia salad	Fresh or canned fruit Cocktail and other fruits Cool Whip Mini marshmallows	2 cans 1 container or less	Large bowl Mixing spoon Cutting board Sharp knife
Corn Bread Muffin Cook time: Approx.20 minutes Varies per mix	Muffin mix Eggs Oil Ingredients may vary by brand	1 pkg. of mix Follow pkg. directions for proper ingredients	Camp stove BakePacker®, SM pot w/lid Reynolds® Oven bag Mixing bag (if needed) Serving plate (paper or plastic)
Pecan Pie Cook time: Approx.30-40 minutes	Pie shells (refrigerated) Eggs Brown Sugar Flour Butter (melted) Light Karo syrup Pecan halves Vanilla	2 4 1 cup 1 Tbs. 3 Tbs. 1 cup 1 cup 2 Tsp.	Cardboard Box oven Mixing bag or Bowl Spatula & spoon Serving tool Measuring cups

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Mountain Man BreakfastMethod: Dutch oven over Coals

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

Using mixing bag or bowl beat eggs, milk & salt & pepper set aside. Place Dutch oven on coals, fry and cook sausage meat. Remove meat using slotted metal spoon and retain in a clean bowl. Drain oven fat into a can, wipe the outside of the oven if fat leaked over otherwise will catch fire. Brown diced onions next, followed by potatoes in the same oven, add oil if needed. Once cooked spread mixture on the bottom of oven. Gently mix in cooked sausage, pour eggs over the sausage layer. Sprinkle top with cheese. Cook coals on top and bottom for about 25 minutes.

Ambrosia saladMethod: no cook

Chop as needed and mix all fruits provided in large bowl. Add Marshmallows and Cool whip to taste. Coconut removed due to allergies.

Corn Bread MuffinMethod: BakePacker® over stove

Using Small pot with BakePacker® inside, add water up to grid (until you see dimples.)

Mix ingredients in one corner of your oven bag very gently, follow directions and cooking time on package. Place oven bag on BakePacker®, creating a thick pancake. Fold top of oven bag over to close, add lid. Start stove on High until boiling, and then reduce heat to a simmer until cooked. Check doneness before removing. Flip onto a plate and cut into pieces for serving. Follow cooking time instructions on package, different brands may vary.

Pecan PieMethod: Box oven (PROP UP ONE CORNER of the box)

In a Ziploc® mixing bag, combine eggs, sugar, flour, syrup, vanilla & melted butter, beat well. Pour into 2 pie shells, and then evenly add pecans (pecans will rise to top.)

Bake in cardboard oven for 30 – 40 minutes, verify doneness before removing.

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BLACK PATROL

Menu item	Ingredients	Amounts	Equipment
Chicken Stew Cook time: 60 – 80 minutes	Enough pieces of chicken so everyone gets a piece. Chicken thighs or brown meat is juicier. Teeny Tiny or Baby Potatoes Water Carrots Onion (diced) Oil (if using brown meat no oil needed) Garlic Salt and Pepper	30 pieces (3 Breasts - 6Thighs (cubed) 1 bag 1 cup 2 bags 1 Large 1Tbs Sprinkled	14 qt. Dutch oven w/legs Heavy Duty Aluminum Foil Cutting board Metal Spoon/Knife Measuring cup
Mixed Green Salad	Lettuce Tomatoes Cucumbers Etc. Salad dressing (on the side)	For group Of 30	Cutting board Knife (can use pocket knives) Large Bowl Serving tool
Muffin Mix Cook time: Approx.20 minutes Varies per mix	Muffin mix Add water only	1 pkg. of mix Follow pkg. directions for proper ingredients	Camp stove BakePacker®, SM pot w/lid Reynolds® Oven bag Camp stove Mixing bag (if needed) Serving plate (paper or plastic)
Gingerbread and Applesauce Cook time: Approx.35 minutes	Gingerbread Cake Mix Eggs Oil Applesauce	1 pkg. of mix Follow pkg. directions for proper ingredients 1 Lg. jar	Cardboard Box oven Mixing bag or Bowl Spatula & spoon Measuring cups Baking pan Foiled Baking Board

PLEASE PREPARE YOUR RECIPES AT YOUR TABLE AND BRING TO FIRE ONCE READY.
CAUTION: Should a stove fire occur, sprinkle baking soda over flames.
ONCE STOVE COOKING IS COMPLETED, PLACE BAKEPACKER® IN THE SUN TO DRY.
DON'T FORGET TO BOIL SOME WATER FOR YOUR DISHWASHING

Chicken Stew

Method: Dutch oven over Coals

Line Dutch oven with Heavy Duty aluminum foil (shiny side up) cover with lid to cook.

While in net bag rinse potatoes and poke them with a knife. Once in oven, cut off any little brown pieces (leave as whole) and layer bottom oven. Wash chicken thoroughly, cut into small pieces and place over potatoes and add some seasonings and some diced onions. Pour carrots over chicken, remainder of onions and other ingredients. Place coals top and bottom of Dutch oven about 350° and mix ingredients mid way cooking time.

Do not scrape too hard on the bottom breaking the aluminum seal.

Mixed Green Salad

Method: no cook

Cut and chop ingredients provided (lettuce, vegetables in bag). Mix vegetables together and toss salad in a large bowl. Serve with dressing on the side and include serving tool.

Muffin Mix

Method: BakePacker® over stove

Using Small pot with BakePacker® inside, add water up to grid (until you see dimples.)

Mix ingredients in one corner of your oven bag very gently, follow directions and cooking time on package. Place oven bag on BakePacker®, creating a thick pancake. Fold top of oven bag over to close, add lid. Start stove on High until boiling, and then reduce heat to a simmer until cooked. Check doneness before removing. Flip onto a plate and cut into pieces for serving. Follow cooking time instructions on package, different brands may vary.

Gingerbread and Applesauce

Method: Box oven (PROP UP ONE CORNER of the box)

Packaged mix, eggs, oil, water

Follow directions on package using Ziploc® mixing bag, different brands may vary on ingredients and cooking time. Pour applesauce in bottom of pan, cut a corner of your cake mixing bag and cover applesauce with gingerbread mix. Place a foil board under your pan in the oven to prevent extra burning. Verify doneness, once cooled cut into bite size and serve with Cool Whip on the side.

*** If you need liquids from the camp kitchen be sure to bring a cup or bag to carry it in.**

** Once cooking is done & ready for clean-up be sure that all items that belong in your Patrol box are returned clean and dry. Anything that was in your patrol bag is returned to the camp kitchen.*

NO FOOD REMAINS IN PATROL BOX OTHER THAN SALT/PEPPER&BAKING SODA

