

# Good Things to Cook Outdoors....

## Or even indoors!

Our whole District enjoys cooking, particularly with Dutch ovens. Our adult leader training courses always have a section on cooking. But I like to cook even when not camping, collecting favorite recipes along the way. Some are time honored Scouting recipes, a few are borrowed from other sources (with attribution), and some are originals that I threw together either in camp or in the kitchen.

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# Bisquick Cobbler

(A variant of the traditional Scout Dutch oven cobblers developed in the kitchen at Wood River )

## Ingredients:

- Can of cherry pie filling
- Bisquick
- Vanilla
- 1 Egg
- Water
- Sugar
- Milk
- Cinnamon
- 4-6 small baking or custard dishes or Dutch oven

Coat baking dishes with thin coat of oil.

Divide cherry pie filling into dishes, one layer of cherries across bottom.

Mix in bowl until smooth: 1 cup of Bisquick, 1/3 cup of milk, 1 tablespoon of sugar, 1 egg, 1/8 teaspoon of vanilla, large dash of cinnamon.

Pour batter equally over top of cherries in baking dishes. Bake at 350°ree; about 12 to 15 minutes until crust is golden brown and cherries are bubbly. Be careful not to overcook if batter layer is too thin.

For Dutch oven, preheat both Dutch oven and lid on fire while preparing Bisquick mix. Prepare a small bed of coals (6 to 8, a few more in winter) on a piece of foil, shiny side up. When Dutch oven is hot, move to bed of coals. Wipe bottom of Dutch oven to remove oil residue. Pour pie filling into hot Dutch oven - should sizzle. Cover and let fruit heat while you mix batter. Pour batter directly on top of heated filling. Cover and put twice as many coals on lid as underneath. Bake as above.

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# Baked Chicken Italian

("So what do I do with all the tomatoes provided by neighborhood gardeners?" I asked myself one August day. Three weeks later our Old Goat Patrol cleaned out the Dutch oven and asked for more. Success!)

## Ingredients:

- Fresh tomatoes, 10 to 12 medium or 5 to 6 large
- (in a hurry, 2 or 3 cans of stewed tomatoes)
- Handful of cherry tomatoes
- 4 Boneless chicken breasts (6-8 sides)
- Cooking oil
- Italian seasoning
- Parsley flakes
- Garlic salt
- Worchester sauce
- Small white onion
- Small green pepper
- Dried Chives
- Onion salt
- Oregano
- Mushrooms if desired

## Tomato Sauce:

Cut fresh tomatoes into small chunks and place in sauce pan. Add 2 or 3 tablespoons of cooking oil, 2 level teaspoons of mixed Italian seasonings, a tablespoon of chives, a heaping teaspoon of parsley flakes, a large dash of onion and garlic salt and a large dash of extra oregano. Add mushrooms if desired. If tomatoes are very meaty and have little liquid when cut, add a little water.

Cook covered on low heat to barely boil, stirring occasionally until tomatoes cook down and chunks begin to break up. Uncover and add a teaspoon of Worchester sauce, stir in well, and cook a bit longer. Stirring should break up the chunks. When excess liquid has cooked away and sauce starts to thicken (it will not look like processed canned sauce), it is ready for baking step. Ingredients are approximate measure. Vary according to personal taste and volume of tomatoes.

The sauce can be made directly in the Dutch oven over a very slow fire but it is easier in a separate small sauce pan.

While sauce is cooking, cut open top of pepper and wash out seeds. Slice cross ways to make pepper rings. Peel onion and slice crossways.

## Baked Chicken:

Separate boneless chicken breasts into eight pieces. Trim off excess fat and wash. Salt lightly and place on bottom of Dutch oven (or ceramic baking dish for home oven) that has been warmed (not hot) and lightly oiled.

Pour tomato sauce over breasts, lifting edges of breasts to allow some of sauce to get underneath.

Sauce should not quite cover the chicken. Place pepper ring on top of each breast with onion slice in center. Reserve extra sauce to add as sauce cooks down.

Cover and add heat to top and bottom, sparingly on bottom to prevent burning, more on top. Bake at 325 degrees for about an hour. (In oven at home, bake uncovered.)

Check chicken occasionally, lifting edges to keep sauce under chicken. If Dutch oven is too hot, chicken may be done in about 40 minutes so monitor progress. About halfway through baking, toss in whole cherry tomatoes. These will add a bit of bulk to tomato sauce when served with chicken. Add more sauce as necessary to keep from boiling dry.

Serve on bed of rice or with side dishes of buttered noodles, scalloped or au gratin potatoes, and vegetable or salad.

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# QUARTERMASTER'S STEW

(A time honored Scouting recipe that is easy to make, serves 6 to 8 boys)

## Ingredients:

- 2 lbs of hamburger
- 2 cans of mixed vegetables (save liquid)
- 2 cans of potatoes (drain off liquid and discard)
- 1 packet of stew seasoning mix
- If desired:
  - 1 can of stewed tomatoes
  - Sliced fresh mushrooms
  - Additional vegetables, such as beans, corns.

Preheat Dutch oven on fire, add small amount of cooking oil, and brown hamburger. Drain off grease.

Stir in stew seasoning mix, add a bit of water, and cook for 5 to 10 minutes.

Add vegetables with liquid. Chop up potatoes into small chunks and add to stew. Add small quantity of water if need to cover contents.

Place oven on bed of charcoal - 8 to 10 briquettes (more in winter) on aluminum foil, shiny side up.

Cover with lid and put 2 to 3 times as many coals on top. Cook about 15 minutes.

Add tomatoes and mushrooms. Cook until potatoes are tender and stew is bubbly and hot through- 15 to 20 minutes depending upon heat level.

Stir occasionally.

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# FRUIT and CAKE COBBLER

(A time honored tradition in Troop 59, we think this method is far superior to the "dump" cakes we so often see and hear about from other troops.)

## Ingredients:

- 2 cans of fruit pie filling, or three cans of fruit in syrup (peaches)
- Two layer cake mix
- Eggs and oil and water as needed according to cake mix instructions.

- Aluminum foil.

**\*\* If using fruit in syrup, drain off and retain syrup to use instead of water in the cake mix. Do not pour the syrup into the Dutch oven or cobbler will be runny.**

Preheat both Dutch oven and lid on fire while preparing cake mix. Prepare a small bed of coals (6 to 8, a few more in winter) on a piece of foil, shiny side up. When Dutch oven is hot, move to bed of coals. Wipe bottom of Dutch oven to remove oil residue.

Pour pie filling or fruit slices into hot Dutch oven - should sizzle. Cover and let fruit heat while you mix cake.

Mix cake according to instructions on box. Substitute syrup if you have it for water. When fruit is bubbling, pour cake mix evenly over the top of the fruit.

Cover Dutch oven and add 2 to 3 times as many coals on top as on the bottom. Spread coals evenly over top with a few extra in the middle. Allow to cook about 15 minutes, then check. Move heat around as needed-if edges cooking too fast, slow down bottom heat by removing coals. Do not over heat bottom to avoid scorching and burning fruit. When cake is done by usual testing methods and lightly browned, remove all heat. Oven will keep the cobbler warm until ready to eat.

## Good Combinations:

Cherry filling with chocolate cake mix

Sliced peaches with yellow cake (variation, add a can of crush pineapple, drained well)

Blueberries with yellow cake

Apple filling with spice cake

## More Goodies:

Before closing lid, sprinkle top of cake mix with

- chopped nuts
- chocolate shavings
- cinnamon
- butter brickle pieces
- Toll House chocolate pieces
- butterscotch pieces
- red hots
- etc.

Be creative!

Powdered sugar sprinkled on top while warm and ready to serve is a nice touch on the chocolate cakes.

Clean up is easy. Scrape oven well, then add a little hot water to break down sugary residue. Scrub with aluminum foil to loosen food particles. Avoid soap that will damage seasoning of oven. Rinse well. Heat on fire and wipe interior lightly with cooking oil to prevent rust.

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## HOME MADE VANILLA ICE CREAM

(This is my wife's recipe, from Betty Crocker perhaps, but it is always a hit with the Scouts on a hot summer evening campout if we can get ice delivered. Not exactly roughing it, but with a taste like this, who cares?)

### Ingredients:

- 6 eggs
- 2 cups granulated sugar
- 3 cans Pet Milk
- 1/4 cup vanilla
- 1/4 teaspoon salt
- 1/4 teaspoon lemon extract
- 4 cups whole milk

Crack eggs into large mixing bowl and beat with electric mixer or whisk until lemon colored. Add sugar gradually, beat or whip at medium speed until thick.

Stir in Pet milk, vanilla, salt and lemon extract.

Stir in whole milk.

Pour into gallon freezer can. Crank until frozen. Drain off water, pack with ice and let stand to harden until ready to serve.

For chocolate ice cream, omit vanilla, salt, lemon extract. Use 3 cans of Pet Milk, 3 cups of whole milk and 2 cups of chocolate syrup.

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## RED BEANS AND RICE CASSEROLE

(Another Wood River original, created one Sunday evening from odds and ends in the pantry when the thought of another plain rice, veggies, or potatoes side dish sounded pretty blah.)

### Ingredients:

- 1 can of red beans
- Minute rice
- Chopped dried chives
- Thyme
- Fresh onion
- Paprika
- Butter
- Knorr dry mushroom soup mix
- Water
- Seasoned salt
- Parsley

Prepare four servings of Minute rice according to the instructions on box, (about 2 cups each of water and rice, 2 pats of butter.)

While rice is cooking, finely chop about 1/4 of small onion.

Heat beans, onion, and tablespoon of chives in saucepan, simmering 6-8 minutes.

In separate saucepan, combine soup mix with 3/4 cup hot water to make a smooth sauce. Stir in pinch of thyme and 1/2 teaspoon of parsley flakes. Heat gently, stirring frequently for 3 to 4 minutes.

Rice, beans and soup mix should all be ready about same time.

Fluff rice with fork. Drain beans and fold beans and soup mix into rice. Place mixture into casserole or Dutch oven, sprinkle top with paprika.

Heat in 350 degree oven until top is slightly dry and casserole is steaming.

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## Chicken Teriyaki

This recipe was developed as an alternative to mac-n-cheese for backpacking, with the nice part that it uses fresh ingredients, good for the first couple of days on the trail. It is also a very good fixed camp recipe that can be made in large quantities by adjusting the ingredients. Protect the squashable items like peppers in a large plastic drink cup.

### Ingredients:

( serves 8 )

- 8 cups of instant Minute Rice
- 4 cans of white chicken meat chunks
- 1 small green pepper
- 1 small red pepper
- 1 small onion
- 1 small can of mushrooms, drained
- 1 medium can of pineapple chunks, drained

- 1 6-8 oz bottle of teriyaki sauce or teriyaki marinade
- 1 or 2 small carrots
- Cooking oil.
- Options: dried peas; water chestnuts for crunch.

### Directions for preparation:

Slice onions and peppers into long thin strips. Cut in half if too long. Slice carrots into very thin slices. Split in half if too large a diameter.

Bring 8 cups (2 qts) of water to a boil in a large pot. (If using dried peas, add to water while heating.)

Add instant rice and stir to wet all rice. Remove from heat. Cover and let stand for five to six minutes until all water is absorbed. Fluff with fork or spoon.

In separate large pot or skillet, heat a couple of ounces of vegetable oil. Add sliced peppers, onion and carrots. Sauté with medium-hot heat until onion starts to become transparent. Add chicken with juice, mushrooms, drained pineapple and water chestnuts.

Add teriyaki sauce to flavor and sauté until chicken is hot through and mixture is steaming. Stir as needed to avoid scorching.

Add chicken and vegetables mixture to rice, stir to combine and serve. Can also be served as bed of rice with chicken/vegetables over top and with extra sauce available.

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## Old Settler's Baked Beans

(serves a crowd)

### Ingredients:

- 1 lb. bacon, cut into small pieces
- 1 lb. ground beef
- 1 small onion, chopped
- 1 cup of white sugar; 1 cup of brown sugar
- 1/4 cup ketchup; 1/4 cup of barbeque sauce
- 1 tblsp of mustard; 2 tblsp molasses
- 1/2 tsp of chili powder (may omit)
- 1 tsp salt; dash of pepper
- 2 16 oz cans of kidney beans
- 4 16 oz cans of butter beans
- 2 31 oz cans of Campbells Pork and Beans

## Directions for preparation:

Brown bacon in large Dutch oven, remove and drain on paper. Sauté chopped onion in bacon fat. When onion almost transparent, add hamburger and brown. Drain off grease.

Add in bacon. Add a can of kidney beans with sugar, spices and sauces. Stir gently over medium heat to dissolve sugars. Add other beans, mix gently.

Bake on medium-low heat until bubbly and beans are tender. Stir occasionally.

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# Hudson Bay Bread

Hudson Bay Bread is an essential part of the trail meals served at the BSA's Sommer's Canoe Base in the Boundary Waters Area. Hudson Bay bread is a dense compact oatmeal-based trail bar that holds up well when traveling in the back country. Sommer's provides a recipe but in our experience, this slightly modified version works really well when making the bread in less than gargantuan quantities. The key is to break down the oat meal flakes just a little bit. We make the bread for use in regular backpacking trips as a nice variation from commercial granola bars with more energy than standard crackers. Enjoy.

## Ingredients:

( serves many )

- 9 and 1/2 cups regular Quaker Oats
- 3/4 pound (three sticks) of butter or margarine - butter preferred but quality margarine acceptable. Do not use whipped spreads.
- 2 cups of white sugar
- 1/3 cup of Karo syrup - clear
- 1/3 cup of honey
- 1 teaspoon of maple flavoring
- You can also make variations, such as adding finely chopped nuts or coarsely chopped raisins.

## Directions for preparation:

In small quantities, about a cup at a time, put the oats in a blender or food processor and briefly chop the oats at high speed, breaking them down into smaller pieces and some floury like powder. This will only take a few seconds. You want a mix of sizes, but a finer consistency than the rough oat flakes. Many larger flakes will still be there. Repeat until all oats are processed.

Next cream together all ingredients except the oats (or other dry items like nuts) in a large mixing bowl. Thoroughly blend.

Begin adding the chopped oats, a little at a time. By the end of the oats, the mixture will be very thick and stiff, requiring either a heavy duty mixer or some hand mixing with a strong spoon.

Spread mixture on a large sheet pan or several rectangular cake pans, about 3/4 of an inch thick.

Press down with a spatula into the pan to evenly compact. You want it firm and dense, not so compact that it is leathery.

Bake at 325 degrees for 20-25 minutes. Surface will be bubbly and golden brown.

Right out of the oven, use a heavy spatula to again press down the bread and flatten it down and compact it snugly to keep the bread from crumbling. The result will be a dense heavy bread that can be cut into bars. Cut while still warm into bars about 2x3 inches. Allow to cool a bit, then use spatula to remove gently from baking pan without bending the bars so as to loosen the composition. Cool on wire racks. Wrap in batches with Saran wrap to help retain shape and avoid breakage.

Server as breakfast or lunch bars with peanut butter and jelly. Two or three bars per person.

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## Graham Trail Bars

(serves many, about 3 dozen bars)

### Ingredients:

- 3/4 cup butter
- 1/2 cup honey
- 1 teaspoon vanilla
- 3 cups graham or whole wheat flour or mixture of both (go light on the graham)
- 1/2 cup raw wheat germ
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 3/4 cup water

### Directions for preparation:

Cream together the butter, honey, and vanilla until fluffy. Combine the dry ingredients and add alternately in portions with the water to the creamed mixture.

Roll out onto a flour surface to about 1/4 inch thick or a little more. If you make them too thin they will be more like crackers. Cut into rectangular bars with a sharp knife and place on an ungreased cooke sheet. Prick each bar a couple of times with tines of fork.

Bake for 20-25 minutes at 325 degrees until nicely browned. Avoid overcooking and drying.  
Cool on wire rack; store in zip lock bag. Serve as lunch bars with peanut butter and jelly.

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## Pineapple Pepper Beans

### Ingredients:

( serves 4 to 6 )

- 28 oz. can Pork & Beans
- 1 bell pepper, chopped
- 1 small onion, chopped
- 1 tomato, chopped
- 1/2 cup brown sugar
- 8 oz. can of pineapple pieces
- 4-8 oz. summer sausage
- garlic powder

### Directions for preparation:

Preheat Dutch oven and lid over fire.

Chop pepper, onion and tomato. Cut sausage lengthwise, then slice into thin pieces.

Pour beans in Dutch oven, add tomatoes, onion, peppers, sausage, pineapple and brown sugar. Stir well to dissolve sugar. Sprinkle on a bit of garlic powder and stir.

Place over medium heat and add coals to top. Bring beans to gentle bubble and let cook 45 minutes to an hour, stirring occasionally to avoid sticking. If heat on bottom is too hot, sticking will be a problem.

Option: Stir in a can of Dr. Pepper for an interesting taste.

Option: serve with a sprinkle of grated cheese and tortilla chips.

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# Mountain Man Breakfast

(serves 6-8)

## Ingredients:

- 1/2 pound of bacon, diced before cooking
- 1 small onion, chopped
- some fresh mushrooms, sliced, if desired
- 32 oz. package frozen hash brown potatoes, allow to thaw.
- 1 dozen fresh eggs
- 1 cup of grated cheddar cheese
- parsley flakes
- Salsa or picante sauce.

## Directions for preparation:

Preheat Dutch oven and lid over fire.

Brown bacon in Dutch oven. Add onions when about done to sauté in grease. Spoon out bacon and onions and drain off grease. Wipe out excess grease and place back on hot coals.

Stir in hash brown potatoes and fry until golden brown.

Mix in bacon and onions and mushrooms.

Break eggs into pan or bowl, add some parsley flakes for color, and beat thoroughly. Pour eggs over potatoes, onion, bacon mixture. Cover with hot lid, put 12-14 coals to top, about 10 fresh coals on the bottom, and cook until eggs are almost solid - about 30-40 minutes depending on heat level.

Sprinkle cheese over top and continue cooking until eggs are set and cheese melts.

Serve with salsa according to taste.

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# Baked Chicken Italian

## Ingredients:

( serves 6 to 8 )

- 10-12 medium size fresh tomatoes (or 2-3 cans of stewed tomatoes)
- Handful of cherry tomatoes
- 4 boneless, skinless chicken breasts (6-8 sides)
- Small white onion
- Small green pepper
- 6-8 mushrooms, washed, stemmed, sliced
- Italian seasoning
- Parsley flakes
- Dried chives or fresh - optional
- Worchester sauce
- Garlic salt and onion salt
- Oregano
- Cooking oil
- If desired: grated Parmesan cheese

## Directions for preparation:

**Sauce:** Cut fresh tomatoes into small chunks and place in sauce pan with 2-3 tablespoons of oil, 2 level teaspoons of Italian seasoning, tablespoon of chives, teaspoon of parsley flakes, large dash of onion salt and garlic salt, dash of extra oregano. If tomatoes are meaty, add a little water.

Cook covered on low heat to barely boil, stir occasionally, until tomatoes cook down and chunks break up. Add a teaspoon of Worchester sauce, uncover and cook a bit longer, stirring to break up chunks. When sauce starts to thicken, it is ready. Do not over thicken.

**Baked Chicken:** Pre-warm Dutch oven - not too hot.

While sauce is cooking, cut open top of pepper and wash out seeds. Slice cross ways to make pepper rings. Peel onion and slice cross ways.

Separate chicken into eight pieces. Wash and trim excess fat. Salt lightly and place on lightly oiled bottom of warm Dutch oven. Pour some tomato sauce over the chicken, lifting edges to get sauce underneath. Sauce should not quite cover.

Place pepper ring on top of each breast with onion slice in center. Add spoonful of sauce on top.

Reserve some sauce to add as sauce cooks down.

Cover and add medium high heat to top and enough heat on bottom to make sauce bubble gently.

Primary source of heat is baking heat from top. Too much heat on bottom will scorch.

Bake about one hour, more or less, depending on heat level. Check chicken occasionally, lifting edges to keep sauce under chicken. Add more sauce as needed to keep from boiling dry.

After 30 minutes, toss in cherry tomatoes to add bulk to sauce.

Chicken is done when meat is flaky and not pink.

Serve on bed of rice, or with side dishes like buttered noodles, scalloped or au gratin potatoes, vegetable and salad.

Spoon some sauce over chicken on plate, then sprinkle Parmesan cheese.

At home, bake in ceramic baking dish, uncovered at 325 degrees, about one hour. Watch closely and add sauce as needed to keep from boiling dry.

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# Chicken and Kraft Dinner

## (A Backpacking Meal)

(serves 6 big Scouts, 8 small Scouts)

### Ingredients:

- 4 boxes of Kraft macaroni dinner
- 3 cans of chicken chunks
- 1 cup of powdered milk in zipper bag
- 6 packets of Cup-o-Soup, flavor of your choice
- Salt, paprika

### Directions for preparation:

In large pot, heat 4 quarts of water to rolling boil. Do not salt water.

Add macaroni to water and stir constantly until boil resumes. Stir occasionally to keep from sticking. May have to reduce heat to prevent boil over. Cook 8-9 minutes until macaroni is tender. Open chicken and add chicken and juice to pot. Break up chunks of chicken with spoon. Cook for a minute or two to heat chicken.

Remove pot from stove (turn off heat) or fire. Use cup or ladle to dip off excess water and use to make Cup-o-Soup as appetizer. Water remaining should be no more than enough to cover 1/4 of macaroni. Save excess water in case needed later.

Add powdered milk and cheese powder and a pinch or two of salt to pot and stir thoroughly until cheese is melted and macaroni is well coated. If macaroni is too thick, add a little of the saved water. Serve in bowls, season with salt, pepper, paprika to taste.

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# Chicken and Rice Stew

## (A Backpacking Meal)

(serves: adjustable volume)

### Ingredients:

- 3/4 cup Minute Rice per person, zipper bag
- 1 or 2 packets of cream of chicken instant soup per person. More is better.
- 1 can of chicken chunks for each two persons
- Salt, pepper
- Two cooking pots

### Directions for preparation:

Pour 3/4 cup of water for each person into large pot. This matches the rice. Bring to a boil. Remove pot from heat. Stir rice into water, then cover and let stand for about five or six minutes until all the water is absorbed. Do not hurry this step or rice will be crunchy. Fluff rice by stirring gently to break up any clumps. (In cold weather, wrap something around the pot to keep it warm, or set it into a larger pot with some warm water in it.)

While rice is hydrating, heat 1/2 cup of water (measure) per person to boiling. Open canned chicken and add chicken and juice to hot water. Break up chicken into smaller pieces. Heat chicken a minute or two. Remove pot from heat. Immediately add packets of soup to hot water and chicken, stirring to dissolve completely.

When soup is thoroughly mixed, add rice to the soup and chicken mixture. Stir and fold to mix well. If mixture is too thick, OK to add a little more hot water. Proper texture is a thick wet stew, not a runny soup.

Season with salt, pepper, to taste.

Note: after serving, add water to rice pot, then wash promptly; rice will stick otherwise.

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## Easy Chicken Enchilada Casserole

### Ingredients:

( serves 4 to 6 people )

- 3 large cans of chicken chunks
- 8 oz. bag of grated cheddar cheese
- Medium or large sized bag of tortilla chips
- 1 can cream of chicken soup
- 1 can enchilada sauce (same size as soup)
- Large can of refried beans
- Small onion

### Directions for preparation:

Preheat Dutch oven and lid over fire. Line bottom and sides of Dutch oven with foil to minimize clean up.

Cover bottom of foil-lined Dutch oven with tortilla chips, standing some up on sides. Save some for top and for eating later.

Gently heat refried beans in small pan, adding a little water to thin a bit, stirring constantly to avoid burning. Spread spoonfuls of refried beans over the chips as evenly as possible. Crumble chicken into smaller chunks and spread evenly over the chips and beans.

Chop half a small onion, more or less, into small pieces and sprinkle over other ingredients.

Mix together enchilada sauce and soup (use same pan as beans to save cleanup). Heat and stir until smooth. Pour sauce mix over chips, beans and chicken. Top with even layer of grated cheese. Bake in Dutch oven with medium heat, coals top and bottom, for about 30 minutes until hot through and cheese has melted.

Option: add chopped tomatoes before cheese layer.

Serve with extra chips.

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## Simple Stuffed Chicken

(serves 6)

### Ingredients:

- 6 large chicken breasts, skinless and boneless
- 6 slices of cheese about 3"x3" (mozzarella works well)
- 12 strips of bacon (package)
- 6 to 8 fresh mushrooms
- Parsley flakes
- Black pepper
- Cooking oil; toothpicks; pie pan

### Directions for preparation:

Preheat Dutch oven and lid over fire. Line bottom and sides of pie pan with foil to minimize clean up.

Lightly coat foil with cooking oil.

Wash mushrooms, remove stems and slice. Wrap some mushrooms, sprinkle of parsley and dash of pepper in each cheese slice rolled into tube.

Wash and salt chicken breasts. Wrap each cheese tube with chicken breast (lengthwise) and then wrap with two slices of bacon to hold edges together. Use toothpicks to hold bacon, chicken and cheese together.

Arrange chicken with seam side up in pie pan, place pan in Dutch oven on three small rocks to hold pan off bottom of oven, cover and bake about 45 minutes with medium high heat (more on top, less on bottom of oven) until chicken is done (meat is flaky and not pink).

Option: use Italian seasoning for a different flavor, or top with grated cheese when served.

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# Easy Fettuccine Alfredo

(serves 6 to 8)

## Ingredients:

- 1 package (8 oz.) Cream Cheese, cubed
  - 3/4 cup grated Parmesan Cheese
  - 1 stick margarine, cubed
  - 1/2 cup 2% milk
  - 8 oz. fettuccine, cooked and drained.
  - Dried chopped parsley
  - Vegetable oil
  - Salt
- If desired:
- 4 to 6 slices of crispy bacon, crumbled
  - or 1/2 pound of mild sausage, 1/2" slices

## Directions:

Fill large pot with water and bring to boil. Add a tablespoon of salt and a couple of table spoons of vegetable oil to boiling water. Add fettuccine, stirring to avoid sticking. Cook to desired tenderness. Drain off water.

While water is boiling and fettuccine is cooking, combine cream cheese cubes, Parmesan cheese, margarine and milk in large saucepan over low heat, stirring constantly until cheese and butter melts and mixture is smooth and creamy. Add a little more milk if mixture is too thick.

Add cream sauce to drained fettuccine and toss lightly to coat pasta. Serve with dusting of parsley for color.

Option: add crumbled bacon while tossing sauce and pasta.

Option: slice sausage into 1/2" pieces and saute in skillet with some oil. Drain. Add sausage while tossing sauce and pasta.

**(Adapted from Kraft Online Cookbook)**

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# Easy Beans

## Ingredients:

(2 cans serves about 4-6 people as a side dish; same with hamburger as main dish)

- 1 or 2 Cans Red Kidney Beans
- 2 Tablespoons dehydrated onions or 1/4 onion chopped
- 1/4 Green bell pepper chopped
- 2 Teaspoons Worcestershire sauce
- 1/2 Teaspoon cinnamon
- 1 Dash Tabasco sauce
- Some catsup \*\* Option: a pound of hamburger

## Directions for preparation:

Add all ingredients but catsup to a sauce pan and bring to a slow boil over a low gentle fire. Simmer until green pepper is soft and beans are hot, stirring as needed to prevent beans from scorching and sticking.

To make a main dish instead of a side dish, brown hamburger in a deep skillet or Dutch oven. Add green pepper and onion while browning. Drain off grease and add beans and other ingredients. Heat until beans are hot and green pepper is soft.

Use a slotted spoon to serve beans, leaving sauce to be discarded.

Catsup can be added as a condiment.

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# Cold Weather Cider

## Ingredients:

- 1 Gallon of Apple Cider
- 1 or 2 large apples
- Large handful of raisins
- 1 or 2 can of pears
- 1 or 2 can of peaches
- (or 2 or more cans of fruit cocktail)
- Cinnamon, a dash or two

## Directions for preparation:

Add cider to a large pot and add liquid from canned fruit. Chop canned fruit into small pieces and add to cider. Core apple and chop into very small pieces, about the size of raisins. Add chopped apple and raisins to cider. Add a dash or two of cinnamon.

Heat just short of boiling over a low gentle fire. Simmer until fruit is soft, stirring occasionally to prevent scorching and sticking.

Use a ladle to serve, adding some fruit to each cup.

Apples can be prepared at home. Seal in plastic bag and carry to campout, ready for cider.. Squeeze out as much air as possible to slow discoloration. Refrigerate to keep fresh.

Substitute other fruits, or use more or less as desired. Makes a good cold weather drink because it adds calories and helps Scouts stay hydrated.

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# LEMONY BAKED CHICKEN

(serves 6, a dinner main item)

## Ingredients:

- 6 chicken legs or thighs, washed
- Butter
- Salt and pepper
- Paprika
- Parsley flakes
- Dijon mustard
- Lemon juice or a lemon
- Vegetable oil

If desired:

- Add chunks of potato during baking to make a full meal

## Directions:

Preheat a Dutch oven. Put three small rocks in the bottom. Wipe inside of a pie pan with a little cooking oil. Separate and wash chicken pieces. Salt lightly. Arrange chicken in bottom of pie pan.

Mix 2 tablespoons of butter, 2 teaspoons of mustard and 2 teaspoons of lemon juice (squeeze from lemon). Spread mixture over chicken, using all of it. Slice up squeezed lemon and put slices on top of chicken pieces

Dust with a bit more salt, a little pepper, a little paprika, and a some parsley for color.

Place pie pan on rocks in bottom of Dutch oven and cover. Place about ten charcoals under the oven and twice as many on top. Bake 45 to 60 minutes, depending on heat level, until done - meat is loose on bones. To get a more browned finish, last fifteen minutes raise heat on top really high, lower on bottom.

Transfer to plates. Discard lemon.

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## TAIL GATE STEW

(serves about 6)

### Ingredients:

- 1 lb. of chunked beef stew meat
- 1 onion cut into bite sized chunks
- 3 medium potatoes, chop into small chunks
- 3 carrots, cut into bite size chunks
- 1 can of stewed tomatoes, chopped, drained
- 1 cup of flour, approx.
- 1/4 cup A-1 Steak sauce (or your favorite)
- Salt and pepper
- Vegetable oil

If desired:

- Chopped mushrooms or other veggies

### Directions:

Heat Dutch oven like a skillet. Add enough cooking oil to cover bottom and sauté onions for about five minutes. Roll stew meat in flour (in bowl or shake in paper bag), add to oven and brown on all sides. Add a bit more oil if necessary. Stir to avoid burning flour mixture.

Add tomatoes, steak sauce and a little water, cover and simmer meat over low heat about an hour until tender. Add more water if necessary. Do not let mixture boil dry. Charcoal heat is best as flames tend to burn. Stir occasionally.

Add potatoes and carrots (and other vegetables), salt and pepper to taste, and enough water to depth of ingredients. Cover and cook with charcoal heat on top and bottom for 30 to 40 minutes until veggies are tender. Stir occasionally. Add a bit of water if needed to prevent sticking.

To thicken gravy, whip a tablespoon or two of flour in a cup of water to make a thin paste and stir in when veggies are almost done. Simmer until gravy reaches desired thickness.

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## Foil Dinners:

### Variations on a Theme

#### Concept:

Foil dinners are simple to make meals of meat and vegetables wrapped in aluminum foil and cooked in the coals of a campfire. The traditional contents of hamburger, a few slices of potato, some carrots and salt and pepper are bland at best, tasteless at worst. A little ingenuity and creative use of flavors can turn foil meals into gourmet meals.

#### Keys to Success:

- Use two layers of heavy foil, and use good folds to trap the moisture inside.
  - Cook on charcoal or the hot coals of a wood fire, never on flames.
  - Turn occasionally, over and end-to-end, to cook evenly and prevent burning the food.
  - Don't be too concerned that some ingredients like onions may char easily.
  - Every foil dinner needs a source of moisture, like onion slices, soups or salad dressings, seasoning sauces, butter, or even a spoonful of water.
  - Cooking time depends upon the amount of heat in the coals, but a good average is fifteen to twenty minutes for hamburger, at least twenty for chicken, and longer for solid meats like steak. Use caution here. Cooking too long creates charred food, but too short means undercooked food which is both unappetizing and potentially a health hazard. Check one meal before pulling all off the fire. Hard veggies take longer, too.
  - Remind Scouts to put the foil in the trash, not the fire, when they are finished.
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#### Menu Combinations:

- Traditional: hamburger, sliced potatoes, carrots, salt and pepper, a slice of onion and a dab of butter. Thinner slices cook faster.

## Other ideas:

- Boneless chicken breast with a slice of pineapple and a little barbeque sauce
- Stew meat chunks
- Medium thick pork chops, a bit of sourkraut
- Ham slices with a slice of pineapple
- Venison steaks
- Ground turkey instead of hamburger
- Add Cream of Mushroom soup. It adds taste as well as additional moisture. A couple of tablespoons make a nice gravy with red meats.
- Try barbeque sauce, Italian dressing, or Heinz 57 sauce, soy sauce, teriyaki sauce, Tabasco, salsa for variations in flavor.
- Mushrooms can be used but they cook quickly so use with a sauce.
- Instead of carrots, try canned green beans, corn, peas or lima beans.
- Various seasoned salts give more flavor than ordinary salt and pepper. Also a bit of bouillon granules can add lots of flavor.
- Try a steamed veggies pack with onions, broccoli, beans, green or red peppers, etc., separately or mixed, with a big dollop of butter. Cook less time.
- Make au gratin potatoes by adding shredded cheese and some butter. Careful or this will burn.
- Slice beef and cook with onions, peppers, and serve in tortillas with lettuce and tomatoes

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# FIESTA NACHO PIE

(serves 4 to 6 adults)

## Ingredients:

- 1 lb. ground beef
- 1 med onion, chopped
- 4 oz. can chopped green chiles
- 16 oz. can refried beans
- 8 oz. jar taco sauce
- 8 oz. grated cheese (cheddar or cheddar/ monterey jack mixed)
- 6 oz. pkg cornbread mix (prepared to pkg instructions) If desired:
- Head of lettuce or bag of pre-cut salad
- Fresh tomato, chopped
- Jalapeno peppers, chopped
- Guacamole
- Sliced olives

- Sour cream

## Directions:

Brown beef and onions in a Dutch oven.

While beef is cooking, mix cornbread batter.

When ground beef is cooked, drain grease, then stir in green chiles, refried beans, taco sauce. Pour cornbread mix over the beef mix. Cover and bake (charcoals on top and bottom of Dutch oven) until cornbread is done.

Sprinkle grated cheese on top of cornbread, recover and heat until the cheese begins to melt. Serve and top with choice of chopped tomatoes, shredded lettuce, chopped jalapeno peppers, sour cream, guacamole, sliced olives, and salsa.

Note: this recipe tends to be more adult oriented while the Freeto Pie is more youth oriented.

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# FREETO PIE

(serves 6 to 8 boys)

## Ingredients:

- 2 lbs of hamburger or ground turkey
- Large bag of Freeto's corn chips or other mexican style corn chips
- 4-6 ounce bag of shredded cheddar cheese
- Package of taco seasoning
- Medium size jar of salsa or picante sauce

If desired:

- Head of lettuce or bag of pre-cut salad
- Fresh tomato, chopped
- Onion, chopped
- Fresh mushrooms
- Red/green peppers
- Sour cream

## Directions:

Preheat Dutch oven on fire, (add small amount of cooking oil if using turkey), and brown meat. Drain off grease. Stir in taco seasoning mix, cover and simmer according to directions, 5 to 10 minutes, stirring as needed.

Remove from heat. Add chips to Dutch oven, mix in with meat, spread layer of shredded cheese over top, cover and let stand for a few minutes to warm chips and melt cheese. In cold weather, place Dutch oven on a few coals and put a few on top of lid to maintain heat.

Serve when warm and cheese melted. Add salsa to taste.

Option: sautee onions, peppers, mushrooms with ground meat before adding taco seasoning.

Option: serve over bed of lettuce and fresh chopped tomatoes. Top with a dollop of sour cream.

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## Bisquick Cherry Cobbler

### Ingredients required:

- One or two cans of cherry pie filling
- Box of Bisquick
- Vanilla flavoring
- 1 Egg
- Water
- Sugar
- Milk
- Cinnamon
- Round 8-9" cake pan
- Dutch oven
- Aluminum foil

### Directions for preparation:

Coat cake pan with thin coat of oil, or line with foil and coat with oil.

Spread cherry pie filling into cake pan, at least one layer of cherries across bottom.

Mix in bowl until smooth: 1 cup of bisquick, 1/3 cup of milk, 1 tablespoon of sugar, 1 egg, 1/8 teaspoon of vanilla, large dash of cinnamon. If batter is very thick, add a splash of milk so it will be spreadable but not runny.

Pour batter equally over top of cherries, use spoon to spread if needed. Place three small rocks on bottom of hot preheated Dutch oven, then place cake pan in oven on top of rocks and cover. Place oven on top of eight-ten good charcoals. Put twice as many on top. Bake about 12 to 15 minutes until crust is golden brown and cherries are bubbly. Be careful not to overcook if batter layer is thin.

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## Fruit Cobbler

### Ingredients required:

- 2 cans of fruit pie filling, or three cans of fruit in syrup (peaches)
- Two layer cake mix
- Eggs and oil and water as needed according to cake mix instructions.
- Aluminum foil.

\*\* If using fruit in syrup, drain off syrup and use instead of water in the cake mix. Do not pour the syrup into the dutch oven or else cobbler will be runny.

### Directions for preparation:

Preheat both Dutch oven and lid over fire. Prepare a small bed of good coals (6 to 8, a few more in winter or if not well lit) on a piece of foil, shiny side up. When Dutch oven is hot, move to bed of coals. Wipe bottom of Dutch oven to remove oil residue.

Pour pie filling or fruit slices into hot Dutch oven - should sizzle. Cover and let fruit heat while you mix cake.

Mix cake according to instructions on box. Substitute syrup if you have it for some/all water. When fruit in oven is bubbling, pour cake mix evenly over the top of the fruit. Scatter chopped nuts, chocolate bits, etc, on top of batter.

Cover Dutch oven and add 2 to 3 times as many coals on top as on the bottom. Spread coals evenly over top with a few extra in the middle. Allow to cook about 15 minutes, then check. Move heat around as needed (edges, center?); slow down bottom heat by removing coals.

When cake is done by usual testing methods and lightly browned, remove all heat. Oven will keep the cobbler warm until ready to eat.

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