



# Troop 420

## Meal Planning, Cooking & BSA Proven Recipes



# QUARTERMASTER

---

One of the Scout Quartermasters main duties is to work with the Adult Quartermaster to be sure everyone has the tools necessary to plan and prepare meals for each campout.

The Meal Planning, Cooking and Recipe File Box should be kept by the Quartermaster and brought to all Campout Planning Meetings.

The Meal Planning File Box should always contain:

1. **Patrol Menu Planning Worksheet** (25 copies) – provide a copy to each PL
2. **Grubmaster Packet** (25 copies) – provide one copy to the PL, he will assign the Grubmaster
3. **Cooking & Cleanup Basics** (25 copies) – provide a copy to each PL
4. **Duty Roster** (25 copies) – provide a copy to each PL
5. **Patrol Box Inventory** (5 copies) - provide one copy to the PL, he will assign the Grubmaster
6. **Troop Trailer Inventory** (5 copies) - provide one copy to the PL, he will assign the Grubmaster
7. **Troop Meal Planning, Cooking & BSA Proven Recipes** (10 copies **for Patrol Meeting use only**) – divide evenly between the patrols, provide to PL making sure you get them back at the end of the Planning Meeting. \*Add new recipes as soon as they are “scout approved”
8. **Individual Recipes** (10 copies of each) – once patrols choose their meals from the pamphlets, the Grubmaster will request a copy of each recipe, he will use it to make his shopping list then make sure the cooks have it available at mealtime. \*be sure to add new recipes after they have been “scout approved”
9. **Camping copies of the Troop Meal Planning, Cooking & BSA Proven Recipe Pamphlets** (4 copies) – provide one copy to each PL to take on the campout. Make sure you get these back so they can be used next trip!

# PATROL MENU PLANNING WORKSHEET

PATROL:	CAMPOUT DATE:
GRUBMASTER:	CAMPOUT LOCATION:

The Patrol Grubmaster is responsible for buying and storing food for the duration of the campout (including the ice and the cooler)  
**Scoutmaster MUST approve and sign all menus prior to buying food.**

ATTENDANCE	ALLERGIES OR DIETARY RESTRICTIONS	CONTACT INFO
PL:		
APL:		
3:		
4:		
5:		
6:		
7:		
8:		
9:		

## MENU

In planning your menus, you may choose recipes from the "Troop Menu File Box" or you may use recipes from other sources (if you have delicious new recipes, we may want to add them to the Menu File!).

**All meals to meet My Plate standards.** If it is not being cut, diced, sliced, cubed, boiled, baked, fried, or grilled, then it probably won't be approved.

**All meals must require some degree of preparation.** Dinners must require cooking (must contain raw ingredients such as meat, vegetables, fruit, etc. or consist of three or more different ingredients that require preparation).

**Plan at least one "one-pot" meal.** You may plan menus for Saturday lunch and Sunday lunch that can be made "Quick & Easy"; menus for other meals must require more "Time & Talent" to cook!

Do **NOT** include soft drinks or candy.

**Grubmaster** must have all of the recipes to prepare his grocery shopping list. This menu must be approved by the trip SPL and Scoutmaster; any changes made later must also be approved.



**GRUBMASTER - DO NOT SUBSTITUTE, THE TRIP SPL & SCOUTMASTER HAVE APPROVED THIS MENU AS-IS!**

FRIDAY DINNER <i>*Time &amp; Talent</i>	Budget: \$_____/Scout	\$____ Total
Stove / Dutch Oven / While Traveling	<b>GROCERY LIST</b>	
Time Needed to Prepare/Cook: _____		<b>Cost</b>
Main Course:		
Side(s):		
Drink:		
Dessert:		
<b>SATURDAY BREAKFAST</b> <i>*Time &amp; Talent</i>		
Stove / Dutch Oven / On Trail		
Time Needed to Prepare/Cook: _____		
Main Course:		
Side(s):		

# PATROL MENU PLANNING WORKSHEET

Drink:		
<b>SATURDAY LUNCH</b> <i>*Quick &amp; Easy</i>		
Stove / Dutch Oven / On Trail		
Time Needed to Prepare/Cook: _____		
Main Course:		
Side(s):		
Drink:		
<b>SATURDAY DINNER</b> <i>*Time &amp; Talent</i>		
Stove / Dutch Oven / On Trail		
Time Needed to Prepare/ Cook: _____		
Main Course:		
Side(s):		
Drink:		
Dessert		
<b>SUNDAY BREAKFAST</b> <i>*Time &amp; Talent</i>		
Stove / Dutch Oven / On Trail		
Time Needed to Prepare/Cook: _____		
Main Course:		
Side(s):		
Drink:		
<b>SUNDAY LUNCH</b> <i>*Quick &amp; Easy</i>		
Stove / Dutch Oven / While Traveling		
Time Needed to Prepare /Cook: _____		
Main Course:		
Side(s):		
Drink:		

**Trip SPL Approval:** \_\_\_\_\_ **Scoutmaster Approval:** \_\_\_\_\_

**Grubmaster:** Attach food receipt(s) to this form and return to Scoutmaster at first meeting after trip.

Amount Budgeted: \$	Amount Spent: \$
Amount of food purchased was:    Not Enough / About Right / Too Much	

# GRUBMASTER

---

## What a Scout Needs to Know About Being the Grubmaster

- Grubmasters are designated by the Patrol Leader(s) for each campout.
- As the Grubmaster, you will guide the patrol in selecting the campout's menu, you will shop for the food and make sure it is stored properly while on the campout. You will also make sure everything needed for preparing the food is in the Patrol Box or checked out from the Troop Trailer.
- Serving as a Grubmaster, you can complete 2<sup>nd</sup> Class Requirement 2e or 1<sup>st</sup> Class Requirements 2a, b and c on a campout.

## Grubmaster Duties:

### 1<sup>st</sup> Camping Planning Meeting

- \_\_\_ Fill out the *Patrol Menu Planning Worksheet* and the Campout Duty Roster with the help of the PL and Patrol members
- \_\_\_ Have the final menu approved by the SPL and SM.
- \_\_\_ Get copies of the recipes that have been approved along with the Grubmaster packet (Kept by the Quartermaster)
- \_\_\_ Give a copy of the completed Patrol Box Inventory and Troop Trailer Inventory to the Quartermaster so he can bring the items your Patrol needs to the next meeting

### 2<sup>nd</sup> Camping Planning Meeting

- \_\_\_ Have the grocery list and budget reviewed and approved by your PL, make adjustments if needed
- \_\_\_ Take the Patrol ice chest home
- \_\_\_ Check the Patrol Box and Troop Trailer items to be sure you have what is needed

### The week before camping

- \_\_\_ Shop for all groceries listed on the Menu Plan (don't forget Ice!)
- \_\_\_ Bring the ice chest and dry food box to the meeting place for the campout

### During the Campout

- \_\_\_ Monitor the food in the cooler to be sure it has enough ice
- \_\_\_ Give the Cook a copy of the recipe(s) and menu plan for each meal. Be sure that the recipe is marked up with any changes you made in scaling it for the group size
- \_\_\_ Let everyone know what snacks are available (per the meal plan)
- \_\_\_ Be sure the cooler and dry food box are kept closed so no critters get a free meal

### After the Campout

- \_\_\_ Empty and clean the ice chest and Patrol Box or Trailer items as necessary
- \_\_\_ Turn in all receipts, attached to the Menu Plan, to the PL at the next meeting
- \_\_\_ Return the ice chest, Patrol Box and Trailer items checked out along with the completed Patrol Box and Troop Trailer Inventory forms to the Quartermaster
- \_\_\_ Show this list with all the items checked off to your PL, ask for him to sign your handbook!

# GRUBMASTER

Below are measurement conversions to be used when increasing or decreasing the size of a recipe. Remembering how to convert your measurements is the first step in being able to scale a recipe. NOTE: It is generally not a good idea to scale a recipe up or down by more than 3 or 4 times.

## VOLUME MEASUREMENTS

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

	teaspoon (tsp)	tablespoon (T)	fluid ounce (oz.)	cup ©	pint (pt)	quart (qt)	gallon (gal)
1 pinch	1/8 or less						
1 teaspoon =	1	1/3	1/6	---	---	---	---
1 tablespoon =	3	1	1/2	1/16	---	---	---
1 fluid ounce =	6	2	1	1/8	1/16	---	---
1 cup =	48	16	8	1	1/2	1/4	1/16
1 pint =	96	32	16	2	1	1/2	1/8
1 quart =	192	64	32	4	2	1	1/4
1 gallon =	768	256	128	16	8	4	1

## DRY MEASUREMENTS

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

Do not confuse dry measure with liquid measure, because they are not the same.

## VOLUME vs. LIQUID MEASUREMENTS

The table below shows the differences between measurement by volume and liquid.

Volume	Liquid
1 pint, dry =	1.1636 pints, liquid
1 quart, dry =	1.1636 quarts, liquid
1 gallon, dry	1.1636 gallons, liquid

## WEIGHT

The two most commonly used units of weight (or mass) measurement for cooking in the U.S. are the ounce and the pound. Do not confuse the ounce of weight with the fluid ounce, because they are not the same; there is no standard conversion between weight and volume unless you know the density of the ingredient. The basic rule in cooking is:

16 ounces (oz)	1 pound (lb)
----------------	--------------

# GRUBMASTER – WHAT A PARENT NEEDS TO KNOW

---

## What a Parent Needs to Know About Being the GRUBMASTER

Learning how to portion recipes, identify ingredients, shop for and safely store food are requirements for both Second and First-Class ranks. Scouts take turns being the GRUBMASTER to learn and practice these skills.

### What is the parents' responsibility in this process?

Before the outing, the Patrol decides on a menu. It is then up to the Grubmaster to adjust the recipe size to match the patrol size. Next, he creates a shopping list and budget then purchases the food before the camping trip. He also purchases ice for the cooler and secures the Patrol kitchen gear. Prior to leaving on the campout, the Grubmaster packs the cooler and dry goods box then brings everything to the rendezvous point. On the campout, he is responsible for the food. Upon return, the Grubmaster makes sure all gear used is clean and accounted for then returns it to the Quartermaster.

Parents will need to:

- Assist the Scout in making adjustments to the recipe size, if needed
- Provide transportation to the grocery store
- Assist the Scout in making good selections
- Show your Scout the differences between brands and how to comparison-shop to stay within budget\*
- Assist the Scout with any advance preparation of food
- Assist the Scout with packing the cooler and dry goods box
- Make sure all Troop equipment is accounted for and clean before returning it to the Quartermaster at the next meeting (If your scout cannot attend the next meeting he will need to personally contact the Quartermaster to return everything)

The parent's role is not to make the food selections for him, but to assist in the process. If help is needed in determining portions, assist your son, but do not change the menu.

If any of the food choices may become unsafe sitting in a cooler, the parent will need to suggest a safe alternative (precook or choose canned or freeze-dried). It may not be the tastiest choice in foods, but if they have something for each meal they will survive the outing. If the Patrol made poor choices they will learn that next time they should choose differently.

Consider having your scout pre-portion and package dry ingredients in Ziplock bags.

Consider having him repackage cold items if the original containers will become waterlogged when floating in a cooler of melting ice.

Also keep in mind things are stacked one upon another in a cooler and in the dry goods box. Your Scout may need help loading the food so eggs aren't broken and the bread and bananas aren't smashed!

\*The budget allowance is typically \$10.00/scout/day (\$20 for a weekend camping trip). If the scouts are packing trail meals or stopping along the way, the budget allowance may be higher or lower and will be determined by the Scoutmaster. The allotted amount should be listed on the meal planning worksheet. The Grubmaster needs to stay within this budget.

*a Scout is thrifty*

# COOKING AND CLEANUP BASICS

---

## CAST IRON COOKING BASICS

If you are the Cook and are not sure how to use a cast iron pan or dutch oven, ask your PL! This cooking tool may look tough as a nail, but it's not.

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

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

## USING CHARCOAL BRIQUETTES

If your recipe does not specifically tell you how many briquettes to use or where to put them, follow this guide.

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

**Frying, boiling:** put all of the briquettes under the oven.

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

**Baking:** refer to the temperature chart below.

BAKING TEMPERATURE CHART FOR A 12 INCH DUTCH OVEN		
250° F	(Low heat/slow cook/simmer)	17 briquettes (13 on top / 4 underneath)
275° F	(Low heat/slow cook/simmer)	19 briquettes (14 top / 5 underneath)
300° F	(Low heat/slow cook/simmer)	21 briquettes (15 top / 6 underneath)
325° F	(Medium heat/moderate/bake)	23 briquettes (16 top / 7 underneath)
350° F	(Medium heat/moderate/bake)	25 briquettes (17 top / 8 underneath)
375° F	(Medium heat/moderate/bake)	27 briquettes (18 top / 9 underneath)
400° F	(Hot/bake)	29 briquettes (19 top / 10 underneath)
425° F	(Hot/bake)	31 briquettes (21 top / 10 underneath)
450° F	(Hot/bake)	33 briquettes (22 top / 11 underneath)

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

***When finished cooking with a cast iron pot, always remove it from the heat source then follow the cleaning instructions provided below – DO NOT soak in water or add water to the empty cast iron container!***

## STOVE

The propane stove is a very simple tool that can make camp cooking easy. Always be sure the gas is turned on before you attempt to light it. If the flame goes out for no particular reason, carefully try to relight. If it does not relight almost immediately, ask a member of the Adult Patrol for help. DO NOT continue to press the start button if the stove is not lighting, excess gas can collect near the burner and cause an explosion!

Be sure the gas is turned off after all cooking has been completed. A leaky valve will mean raw and cold food at the next meal!



# COOKING AND CLEANUP BASICS

---

## CLEAN UP

Clean-up should be done after each meal. All food should be put away, dishes washed and properly stored and all surfaces wiped down to keep the campsite neat and less enticing for critters!

All dishes will be washed at the Troop Wash Station, after they have been scraped or pre-clean/rinsed. NO FOOD PIECES SHOULD EVER BE IN THE WASH WATER!

*Every Patrol member is responsible for washing and putting away his own eating/drinking utensils. Washing personal items happens only after the Washer announces all Troop items have been cleaned.*

## DUTY ROSTER

Cooking and cleanup duties are divided between every scout and are rotated prior to beginning prep for the next meal.

Cleanup should include all areas and items used by BOTH Scouts and Adults

*Have you thanked the Adults on the campout for driving you, hauling your gear, leading activities and programs or any of the dozens of other details needed to make the campout a success? Clean their kitchen area without a reminder and they will know you appreciate them!*

Duties are:

### **WATERMAN** – where's the water?

- Fills water jugs before meal prep begins
- Fills large pot of water for cleanup and sets it near the stove
- Sets up cleaning stations (see below for 4 tub method)
- Refills the water jugs, makes sure they do not run out before the next meal

### **COOK** – feeds the hungry!

- Washes hands with soap
- Cleans prep area before getting out any food or equipment
- Prepares the meal following the recipes chosen by the Patrol (the Grubmaster will have the menu and recipes you need)
- Prepares & mixes the ingredients together
- Cooks the food (make sure the gas is turned on)
- Carefully monitors any food on the stove or fire to make sure it does not burn
- Serves guests then the patrol then self

### **ASSISTANT COOK** – helps feed the hungry!

- Washes hands with soap
- Helps the Cook
- Assists the Cook with serving guests then the patrol then self
- Adds water to any empty cooking containers to keep the food particles from sticking
- Puts cleanup water on stove

### **SCRAPER** – sends the food bits packing!

- Scrapes all food particles off the dishes/cooking equipment and into the trash bag
- Fills the largest pot or bowl used in cooking with cold water and rinse everything in there – it will get nasty, thankfully the yuck won't be in the wash water! Use a wet cloth to make things easier.
- Bring the rinsed dishes to the Wash Station; your pre-rinse job will be inspected so the wash water isn't contaminated

### **WASH** – clean 'em up!

- Wash the food preparation and cooking dishes in warm soapy water (it doesn't need to be boiling hot)
- Places the clean dishes in the hot rinse water (again, it doesn't need to be boiling hot)
- After all Troop items have been washed, wash personal mess kit items used
- Announce to everyone that the wash water is available for personal dishes
- Properly dispose of wash water after all dishes have been washed and areas wiped down

### **SANITIZE** – kill those germs!

- Makes sure all soap is off dishes in rinse water
- Places dishes in Sanitize water
- After a minimum of 10 seconds, removes the clean and sanitary dishes and sets them out to dry

## COOKING AND CLEANUP BASICS

---

### **PUT AWAY** – say “bye bye”

- After dishes are dry, puts them away in their proper place in patrol box or other location
- Dries dishes needing TLC

### **STOVE** – “cast off” the mess

- Cleans the cast iron equipment used in meal preparation (following the proper cast iron cleaning guidelines)
- Cleans the stove or other cooking source used
- Turns off gas and closes up the stove

### **FOD PATROL** – “Foreign Object Debris”

- Scour the campsite for trash – pick it up and throw it out!

### **PATROL BOX** – stows the gear

- Puts leftover/unused food away
- Cleans/organizes patrol box, ice chest and dry food boxes
- Makes sure all items used for the meal are properly put away

### **TRASH** – the stinky stuff

- Cleans up trash from meal prep and dining areas
- Wipes down all hard surfaces (eating tables, food prep areas)
- Takes trash to dumpster when full
- Securely attaches new trash bag within cooking/meal prep area

## DISH WASHING BASICS

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

- Pre-Rinse - contains cold water to pre-rinse dishes
- Wash tub - contains clean hot water and dish soap
- Rinse tub - contains clean hot rinse water, to which nothing has been added
- Sanitize tub - contains clean cold water with one capful of bleach, to kill bacteria

## CAST IRON CLEANING BASICS

**Never** wash cast iron in soapy water (soap will get into the pores and taint the next meal)

**Never** leave it sitting in water or leave water standing in/on it (this will cause it to rust even if it has a good coating on it)

To properly clean and care for cast iron follow these simple steps:

- Remove food particles with a paper towel or plastic scraper (if it’s not too hot)
- Put clean water in the pot or oven (use hot/warm water if the cast iron is warm)
- Heat the pot or oven allowing the water to come to a light boil (to remove stuck on food particles)
- *Carefully* pour the hot water out and then wipe the cast iron out with a paper towel
- Slowly heat it up to dry it completely (you can watch the moisture evaporate)
- Lightly coat the inside with vegetable oil (use a paper towel to spread the oil around)
- Let it cool completely and then put it where it belongs
- Place a folded paper towel between a dutch oven pot and its lid or any other pot or pan

# DUTY ROSTER

	Scout	Friday	Saturday			Sunday	
		Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch
1		Waterman	Cook	Asst Cook	Scraper	Wash	Sanitize
2		Cook	Asst Cook	Scraper	Wash	Sanitize	Put Away
3		Asst Cook	Scraper	Wash	Sanitize	Put Away	Stove
4		Scraper	Wash	Sanitize	Put Away	Stove	Patrol Box
5		Wash	Sanitize	Put Away	Stove	Patrol Box	Trash
6		Sanitize	Put Away	Stove	Patrol Box	Trash	FOD Patrol
7		Put Away	Stove	Patrol Box	Trash	FOD Patrol	Waterman
8		Stove	Patrol Box	Trash	FOD Patrol	Waterman	Cook
9		Patrol Box	Trash	FOD Patrol	Waterman	Cook	Asst Cook
10		Trash	FOD Patrol	Waterman	Cook	Asst Cook	Scraper
11		FOD Patrol	Waterman	Cook	Asst Cook	Scraper	Wash
	Scout	Friday	Saturday			Sunday	
		Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch
1		Waterman	Cook	Asst Cook	Scraper	Wash	Sanitize
2		Cook	Asst Cook	Scraper	Wash	Sanitize	Put Away
3		Asst Cook	Scraper	Wash	Sanitize	Put Away	Stove
4		Scraper	Wash	Sanitize	Put Away	Stove	Patrol Box
5		Wash	Sanitize	Put Away	Stove	Patrol Box	Trash/FOD
6		Sanitize	Put Away	Stove	Patrol Box	Trash/FOD	Waterman
7		Put Away	Stove	Patrol Box	Trash/FOD	Waterman	Cook
8		Stove	Patrol Box	Trash/FOD	Waterman	Cook	Asst Cook
9		Patrol Box	Trash/FOD	Waterman	Cook	Asst Cook	Scraper
10		Trash/FOD	Waterman	Cook	Asst Cook	Scraper	Wash
	Scout	Friday	Saturday			Sunday	
		Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch
1		Waterman	Cook	Asst Cook	Scraper	Wash	Sanitize/Put Away
2		Cook	Asst Cook	Scraper	Wash	Sanitize/Put Away	Stove
3		Asst Cook	Scraper	Wash	Sanitize/Put Away	Stove	Patrol Box
4		Scraper	Wash	Sanitize/Put Away	Stove	Patrol Box	Trash/FOD
5		Wash	Sanitize/Put Away	Stove	Patrol Box	Trash/FOD	Waterman
6		Sanitize/Put Away	Stove	Patrol Box	Trash/FOD	Waterman	Cook
7		Stove	Patrol Box	Trash/FOD	Waterman	Cook	Asst Cook
8		Patrol Box	Trash/FOD	Waterman	Cook	Asst Cook	Scraper
9		Trash/FOD	Waterman	Cook	Asst Cook	Scraper	Wash
	Scout	Friday	Saturday			Sunday	
		Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch
1		Waterman	Cook	Asst Cook	Scraper/Patrol Box	Wash	Sanitize/Put Away
2		Cook	Asst Cook	Scraper/Patrol Box	Wash	Sanitize/Put Away	Stove
3		Asst Cook	Scraper/Patrol Box	Wash	Sanitize/Put Away	Stove	Trash/FOD
4		Scraper/Patrol Box	Wash	Sanitize/Put Away	Stove	Trash/FOD	Waterman
5		Wash	Sanitize/Put Away	Stove	Trash/FOD	Waterman	Cook
6		Sanitize/Put Away	Stove	Trash/FOD	Waterman	Cook	Asst Cook
7		Stove	Trash/FOD	Waterman	Cook	Asst Cook	Scraper/Patrol Box
8		Trash/FOD	Waterman	Cook	Asst Cook	Scraper/Patrol Box	Wash

## DUTY ROSTER

	Scout	Friday	Saturday			Sunday	
		Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch
1		Waterman/Stove	Cook	Asst Cook	Scraper/Patrol Box	Wash	Sanitize/Put Away
2		Cook	Asst Cook	Scraper/Patrol Box	Wash	Sanitize/Put Away	Trash/FOD
3		Asst Cook	Scraper/Patrol Box	Wash	Sanitize/Put Away	Trash/FOD	Waterman/Stove
4		Scraper/Patrol Box	Wash	Sanitize/Put Away	Trash/FOD	Waterman/Stove	Cook
5		Wash	Sanitize/Put Away	Trash/FOD	Waterman/Stove	Cook	Asst Cook
6		Sanitize/Put Away	Trash/FOD	Waterman/Stove	Cook	Asst Cook	Scraper/Patrol Box
7		Trash/FOD	Waterman/Stove	Cook	Asst Cook	Scraper/Patrol Box	Wash
	Scout	Friday	Saturday			Sunday	
		Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch
1		Waterman/Stove	Cook	Asst Cook/Wash	Scraper/Patrol Box	Sanitize/Put Away	Trash/FOD
2		Cook	Asst Cook/Wash	Scraper/Patrol Box	Sanitize/Put Away	Trash/FOD	Waterman/Stove
3		Asst Cook/Wash	Scraper/Patrol Box	Sanitize/Put Away	Trash/FOD	Waterman/Stove	Cook
4		Scraper/Patrol Box	Sanitize/Put Away	Trash/FOD	Waterman/Stove	Cook	Asst Cook/Wash
5		Sanitize/Put Away	Trash/FOD	Waterman/Stove	Cook	Asst Cook/Wash	Scraper/Patrol Box
6		Trash/FOD	Waterman/Stove	Cook	Asst Cook/Wash	Scraper/Patrol Box	Sanitize/Put Away
	Scout	Friday	Saturday			Sunday	
		Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch
1		Waterman/Trash/ FOD	Cook/Put Away	Asst Cook/Sanitize	Scraper/Wash	Stove/Patrol Box	Waterman/Trash/ FOD
2		Cook/Put Away	Asst Cook/Sanitize	Scraper/Wash	Stove/Patrol Box	Waterman/Trash/ FOD	Cook/Put Away
3		Asst Cook/Sanitize	Scraper/Wash	Stove/Patrol Box	Waterman/Trash/ FOD	Cook/Put Away	Asst Cook/Sanitize
4		Scraper/Wash	Stove/Patrol Box	Waterman/Trash/ FOD	Cook/Put Away	Asst Cook/Sanitize	Scraper/Wash
5		Stove/Patrol Box	Waterman/Trash/ FOD	Cook/Put Away	Asst Cook/Sanitize	Scraper/Wash	Stove/Patrol Box
	Scout	Friday	Saturday			Sunday	
		Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch
1		Waterman/Trash/ Patrol Box/Stove	Cook/Put Away/FOD	Asst Cook/ Sanitize/ FOD	Scraper/Wash/FOD	Waterman/Trash/ Patrol Box/Stove	Cook/Put Away/FOD
2		Cook/Put Away/FOD	Asst Cook/ Sanitize/ FOD	Scraper/Wash/FOD	Waterman/Trash/ Patrol Box/Stove	Cook/Put Away/FOD	Asst Cook/ Sanitize/ FOD
3		Asst Cook/ Sanitize/ FOD	Scraper/Wash/FOD	Waterman/Trash/ Patrol Box/Stove	Cook/Put Away/FOD	Asst Cook/ Sanitize/ FOD	Scraper/Wash/FOD
4		Scraper/Wash/FOD	Waterman/Trash/ Patrol Box/Stove	Cook/Put Away/FOD	Asst Cook/ Sanitize/ FOD	Scraper/Wash/FOD	Waterman/Trash/ Patrol Box/Stove



# Troop #420 Patrol Box Inventory

Instructions:

1. Two Scouts from patrol do the inventory.
2. Record the date of inventory and sign out.
3. Before returning two scouts from patrol do inventory.
4. Record any missing equipment on list.
5. Record date and sign in patrol box with quartermaster.

# #

Patrol: \_\_\_\_\_

Scout Name 1: \_\_\_\_\_ Date \_\_\_\_\_

Scout Name 2: \_\_\_\_\_ Checked Out \_\_\_\_\_ Date \_\_\_\_\_

**Patrol Box Check-out and in**      / /      / /

**COOKING GEAR (report missing items to Quartermaster)**

Large Stock Pot			
Sauce Pan			
Frying Pan (Qty. 2)			
Mixing Bowl			

**CHEFS TOOLS**

Knives (Chef, Pairing, 6 total)			
Cutting Board			
Large Fork			
Spatula (Turner)			
Large Spoons (Slotted, Unslotted, 4 total)			
Tongs (Qty. 2)			
Peeler (Qty. 2)			
Can Opener			
Roasting Sticks (Marshmallows/Hotdogs)			
Measuring Cups and Spoons			

**STAPLE ITEMS**

Cooking Spray or Oil			
Salt and Pepper shakers			
Misc. Spices			
Aluminum Foil			
Paper Towels			
Plastic baggies 1 gal			
Trash Bags (Qty 5)			
Kitchen Towel			
Hot Pads/Oven Mitts (Qty. 2)			

**STOVE/TANK**

2 Burner Propane Stove			
Propane Bottle			
Matches or Lighter			

**CLEANING SUPPLIES**

Liquid Dish Soap			
Bleach			
Sponge			
Scouring Pads			
Hand Sanitizer			
Platic Wash Tubs (Qty. 3)			

Comments:

O = Supply is missing  
 X = Supply is good to go on trip

Items we needed but didn't have on this campout:



# Troop #420 Trailer Inventory

**Instructions:**

1. Two Scouts from patrol do the inventory.
2. Record the date of inventory and sign out.
3. Before returning two scouts from patrol do inventory.
4. Record any missing equipment on list.
5. Record date and sign in patrol box with quartermaster.

Patrol: \_\_\_\_\_

Scout Name 1: \_\_\_\_\_

Date

Date

Scout Name 2: \_\_\_\_\_

Checked Out

Checked In

Qty. Available      **Patrol Box Check-out and in**      / /      Quantity Checked Out      / /

**CAMPING GEAR**

1	Lantern w/ one propane bottle			
1	Rake			
1	Shovel			
1	Splitting Axe			
	Tree Saw			
	Tarp			
	Polls			
	Ropes			
1	Pop-up Canopy			
3	Back Packs			
3	Sleeping Bags			
1	Tent			

**COOKING GEAR**

1	3 Burner Stove			
2	Propane Bottle 5 lb.			
	2 Burner Stove w/ one propane bottle			
	Cast Iron Pan			
1	Cast Iron Griddle			
	Dutch Ovens			
4	Additional Small Propane Bottle			
1	Ice Chest Large			
1	Ice Chest Medium			
2	Water Cooler			
	Water Jugs 5 gal			
	Charcoal			
	Charcoal Chimney			

**MISC.**

2	Tent Broom and Dust Pan			
2	Gloves			
1	Back Board			
1	Safety Swimming Throw Bag			

Comments:

O = Supply is missing  
X = Supply is good to go on trip

---



---

# BREAKFAST BURRITOS

Serves 6

## Utensils

Gas Stove

Spatula

Knife

Cutting board

Measuring cups: ½ cup and ¼ cup

Whisk

Bowl

Skillet

## Ingredients

Tortillas

12 eggs

1 lb sausage

¼ c. water

½ lb. shredded Cheddar cheese

One small onion, chopped into small pieces

½ c. chopped green pepper

¼ c. water

1 small jar Salsa

## Instructions for Preparation

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



<b>NutritionFacts</b>	
per serving makes 6 servings	
Amount per serving	
<b>Calories</b>	676
Calories from fat	432
% Daily Value *	
<b>Total Fat 48g</b>	74%
Saturated Fat 19.8g	99%
<b>Cholesterol 526mg</b>	175%
<b>Sodium 1544mg</b>	64%
<b>Total Carbohydrate 21.3g</b>	7%
Dietary Fiber 1.6g	6%
<b>Protein 39.7g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<b><u>Additional Information</u></b>	
63.9% of calories from Fat	
12.6% from Carbohydrates	
23.5% from Protein	

# FRENCH TOAST

Serves 6

## Utensils

Wire whisk  
Shallow bowl for egg mixture  
Spatula  
Griddle  
Measuring utensils: ¼ cup (c.) and ¼ teaspoon (t.)  
Gas stove  
Fork  
Aluminum foil or pot with a lid

## Ingredients

5 eggs  
¼ c. milk  
¼ t. cinnamon or vanilla  
16 slices of bread  
Vegetable oil  
Syrup  
Powdered sugar (optional)

## Instructions for Preparation

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



<b>Nutrition Facts</b>	
per serving makes 6 servings	
Amount per serving	
<b>Calories</b>	527
Calories from fat	69
% Daily Value *	
<b>Total Fat 7.7g</b>	12%
Saturated Fat 2.1g	10%
<b>Cholesterol 177mg</b>	59%
<b>Sodium 503mg</b>	21%
<b>Total Carbohydrate 103.1g</b>	34%
Dietary Fiber 1.7g	7%
<b>Protein 11.3g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<u>Additional Information</u>	
13.1% of calories from Fat	
78.3% from Carbohydrates	
8.6% from Protein	



# MUFFINS

Makes 12 muffins

## Utensils

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

## Ingredients

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

## Instructions for Preparation

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



<b>NutritionFacts</b>	
per serving makes 12 servings	
Amount per serving	
<b>Calories</b>	412
Calories from fat	88
% Daily Value *	
<b>Total Fat 9.8g</b>	15%
Saturated Fat 2.1g	10%
<b>Cholesterol 48mg</b>	16%
<b>Sodium 676mg</b>	28%
<b>Total Carbohydrate 72.6g</b>	24%
Dietary Fiber 3.9g	16%
<b>Protein 8.3g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<u>Additional Information</u>	
21.4% of calories from Fat 70.6% from Carbohydrates 8.1% from Protein	

# NO MESS OMELETS

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

## Utensils

Large pot

Tongs (for handling the baggies in the water)

Stove

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

## Ingredients

2 eggs

Onions, diced (cut into small pieces)

Green peppers, diced

Ham, diced

Cheddar Cheese, grated

1 tablespoon (T.) milk

Salsa (if desired)

## Instructions for Preparation

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



<b>NutritionFacts</b>	
per serving makes 1 servings	
<b>Amount per serving</b>	
<b>Calories</b>	442
Calories from fat	296
<b>% Daily Value *</b>	
<b>Total Fat 32.8g</b>	50%
Saturated Fat 14.4g	72%
<b>Cholesterol 497mg</b>	166%
<b>Sodium 1114mg</b>	46%
<b>Total Carbohydrate 5.8g</b>	2%
Dietary Fiber 0.7g	3%
<b>Protein 30.7g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<b><u>Additional Information</u></b>	
67% of calories from Fat	
5.2% from Carbohydrates	
27.8% from Protein	

# MOUNTAIN MAN BREAKFAST

Serves 6

## Utensils

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

## Ingredients

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

## Instructions for Preparation

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



<b>Nutrition Facts</b>	
per serving makes 6 servings	
Amount per serving	
<b>Calories</b>	610
Calories from fat	393
% Daily Value *	
<b>Total Fat 43.8g</b>	67%
Saturated Fat 17.6g	88%
<b>Cholesterol 500mg</b>	167%
<b>Sodium 1698mg</b>	71%
<b>Total Carbohydrate 21.2g</b>	7%
Dietary Fiber 1.7g	7%
<b>Protein 33.1g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<b>Additional Information</b>	
64.4% of calories from Fat	
13.9% from Carbohydrates	
21.7% from Protein	

# One Skillet Breakfast

Packed with proteins and carbs, this frittata combines all of the usual breakfast camping food staples to make one really hearty dish. Best of all, it only requires one skillet to prepare, perfect for tent campers and backpackers.

Serves 2 (multiply ingredients for Patrol size)

Preparation Time: 15 minutes at home & 5 minutes at the campground

Cooking Time: 15 minutes

## Ingredients:

<ul style="list-style-type: none"><li>• 2 medium potatoes</li><li>• 2 Tablespoons cooking oil</li><li>• 1 clove of garlic</li><li>• 1/2 small onion</li></ul>	<ul style="list-style-type: none"><li>• 1/3 lb. ground sausage</li><li>• 5 eggs</li><li>• 1/2 cup cheddar cheese</li><li>• Salt &amp; Pepper to Taste</li></ul>
---	---

## Instructions:

### At Home:

1. Dice the potatoes and onion into small, bite-size pieces. Store them in separate airtight containers.
2. Mince the garlic and place them in a separate container.
3. Shred the cheddar cheese. Pack them in a separate container.

### At the Campground:

1. Add the oil to a large skillet and heat it on a stove (if you're camping with an RV) or over the campfire (if you're tent camping).
2. Fry the potatoes until golden.
3. Add the onions and garlic and fry them until they start to change color.
4. Fry the sausage until they are brown, breaking it up as you cook it.
5. Add the eggs into the skillet, breaking the yolks and mixing them through the entire pan. Cook until the eggs have set.
6. Add the shredded cheddar cheese. Cover the pan for a few minutes to allow the cheese to melt.

# Breakfast Burrito

This breakfast camping food is a great crowd pleaser. For vegetarians, simply omit the sausage. If you're camping with kids, finely dice the veggies so that it's less noticeable and they still get their daily dose of Vitamin C.

Serves 6

Preparation Time: 10 minutes at home, 5 minutes at the campground

Cooking Time: 20 minutes

## Ingredients:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• 2 Tablespoons Cooking Oil</li><li>• 1/2 lb ground sausage</li><li>• 6 eggs</li><li>• 1 12-oz. jar of your favorite salsa</li><li>• 1 small onion</li></ul> | <ul style="list-style-type: none"><li>• 1 green bell pepper</li><li>• 1 red bell pepper</li><li>• 1 yellow bell pepper</li><li>• 1 dozen 10-inch flour tortillas</li><li>• Colby or any sharp cheddar cheese</li></ul> |
|--|--|

## Instructions:

### At Home:

1. Dice the onion, green bell pepper, red bell pepper, and yellow bell pepper.
2. Shred the cheese.
3. Store each of these into separate airtight containers.

### At the Campground:

1. Add the oil into a deep skillet and heat over a RV or camping stove or over the campfire.
2. Fry the sausage until it starts to change color, breaking it up while cooking it.
3. Add the onion and bell pepper. Cook until the peppers are tender.
4. In a bowl, whip up the eggs and then pour this into the pan, stirring frequently until it starts to set.
5. Add the cheese and half of the contents of the jar of salsa. Stir until the cheese is melted. Set aside.
6. Heat the tortilla by putting these directly on the heat for 2 minutes each side.
7. To serve, add about 1/4 cup of the burrito filling into a tortilla and roll it up. Spoon some of the leftover salsa on top or on the side.

# Fried Biscuits

Serves 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients:

- 1 Large can of biscuits
- 1/2 stick of butter or margarine

Instructions:

1. Add a teaspoon of butter in a pan, moving it around and allowing the butter to coat the bottom of the pan.
2. Slice the biscuits in half and place them in the pan. Make sure that you don't overcrowd the pan.
3. Cook over a low fire for about 5 minutes on each side.

# Potato Scramble

This hearty breakfast camping meal gives a twist to the traditional Spanish omelet. It can be enjoyed on its own, or served with biscuits or with your favorite bread.

Serves 4

Preparation Time: 20 minutes

Cooking Time: 10 minutes

## Ingredients:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• 2 small potatoes, diced</li><li>• 1 large onions, finely sliced</li><li>• 1 red bell pepper, sliced</li><li>• 1 yellow bell pepper, sliced</li></ul> | <ul style="list-style-type: none"><li>• 1/3 cup grated cheddar cheese</li><li>• 8 eggs</li><li>• Salt and Pepper</li><li>• 1 Tablespoon butter</li></ul> |
|--|--|

## Instructions:

1. Melt the butter in a large skillet, moving it around to spread it evenly.
2. Add the potatoes, bell pepper and onions to the pan and fry them until they are almost done.
3. In a bowl, whip the eggs. Add this into the pan. Cover for a couple of minutes until the eggs have started to set.
4. Add the grated cheddar cheese. Cover the pan for a few minutes just to give the cheese time to melt.

# Dutch Oven Muffins

Serves 4

Preparation Time: 10 minutes at home, 10 minutes in the campground

Cooking Time: 30 minutes

## Ingredients:

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• 2 cups all-purpose flour</li><li>• <math>\frac{1}{2}</math> cup granulated white sugar</li><li>• 1 Tablespoon baking powder</li><li>• <math>\frac{1}{2}</math> teaspoon salt</li></ul> | <ul style="list-style-type: none"><li>• 1 cup whole milk</li><li>• 1 teaspoon pure vanilla extract</li><li>• 1 large egg</li><li>• <math>\frac{1}{2}</math> stick of butter</li></ul> |
|--|---|

## Instructions:

### At Home:

1. Sift the flour to remove any lumps into a large bowl.
2. Add the white sugar, baking powder and salt.
3. Mix thoroughly and store this into an airtight container.

### At the Campground:

1. Heat the dutch oven until it reaches to about 400 degrees Fahrenheit. Put a metal grill inside so that there is a space between the bottom of the dutch oven and the muffin pan once you put it into the oven.
2. In a small pot, melt the butter and then allow this to cool. Don't throw the wrapping away.
3. Beat the egg in a large bowl.
4. Add the milk, vanilla extract and the cooled butter and mix together.
5. Add the flour mixture into the bowl. Mix lightly for no more than 10 seconds. The batter should be lumpy.
6. Using the wrapping of the stick of butter, grease the muffin pan.
7. Pour the batter into the muffin pan until it's  $\frac{3}{4}$  full.
8. Gently put this into the dutch oven. Cover with a lid and allow it to bake for about 30 minutes.
9. To check if the muffins are done, insert a toothpick into the middle of the muffins. The toothpick should come out clean.
10. Allow the muffins to cool on a rack or grill.



# Blueberry Maple Pancakes

Who doesn't like pancakes in the morning? This easy breakfast camping food recipe is definitely going to be a sweet way to start the morning.

**Serves 4**

**Preparation Time:** 10 minutes at home, 10 minutes in the campground

**Cooking Time:** 30 minutes

Ingredients:

**For the Blueberry Maple Sauce:**

<ul style="list-style-type: none"><li>• 1 pint blueberries</li></ul>	<ul style="list-style-type: none"><li>• 1 pint maple syrup</li></ul>
--	--

**For the Pancakes:**

<ul style="list-style-type: none"><li>• 1 cup all-purpose flour</li><li>• 1 teaspoon baking powder</li><li>• 1/2 teaspoon baking soda</li><li>• Pinch of salt</li><li>• 1 cup whole milk</li></ul>	<ul style="list-style-type: none"><li>• 1 large egg</li><li>• 2 Tablespoons melted butter</li><li>• 2 Tablespoons maple syrup</li><li>• Cooking oil</li></ul>
--	---

**Instructions:**

**At Home:**

1. Sift the all-purpose flour into a bowl.
2. Add the baking powder, baking soda and salt.
3. Mix together and then store this into an airtight container.

**At the Campground:**

**For the Sauce:**

1. Pour the maple syrup and half of the blueberries into a pot. Heat this until it comes to a boil.
2. Mash the blueberries in the syrup with the back of a spoon.
3. Stir the sauce for another minute and then set aside to cool.

**For the Pancakes:**

1. Heat the pancake griddle or a skillet.
2. In a bowl, beat the egg and then add the melted butter, maple syrup, milk, and the other half of the blueberries together. Mix these gently to avoid the blueberries from getting crushed.
3. Add the flour mixture into the bowl and mix thoroughly.
4. Pour 1/4 cup of the batter into the griddle or skillet. Cook until bubbles start to form on the edges of the pancake.
5. Flip and cook the other side for about a minute or until it's golden brown.
6. Serve with the cooled blueberry syrup.

# Southern Breakfast Soup

Get a bit of warmth with this thick soup that blends all of the Southern breakfast staples into one really filling dish.

Serves 4

Preparation Time: 15 minutes

Cooking Time: 15 minutes

## Ingredients:

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• 8 envelopes cheese-flavored Quaker Instant Grits</li><li>• 8 eggs</li><li>• 4 cups of water</li></ul> | <ul style="list-style-type: none"><li>• 1/2 lb. bacon, cut into bite-sized pieces</li><li>• Salt and pepper to taste</li></ul> |
|---|--|

## Instructions:

1. Empty 2 packets of the instant grits into each bowl.
2. Pour the water into a pot and wait for it to boil.
3. In a pan, fry the bacon until they become golden and crispy.
4. Beat the eggs in a bowl and add this into the pan, stirring regularly until the eggs have set.
5. Pour the hot water into each of the bowls and stir.
6. Top each of the bowls with the bacon and eggs.

# Bread Pudding Muffins

Aside from being a really filling breakfast, this easy to make camping food can also be a handy snack to take with you while enjoying your favorite outdoor activity.

Serves 6

Preparation Time: 15 minutes

Cooking Time: 30 minutes

## Ingredients:

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• 1 lb. loaf of sourdough bread</li><li>• 1 cup whole milk</li><li>• 4 large eggs</li><li>• 1 4-ounce can diced green chilies</li></ul> | <ul style="list-style-type: none"><li>• 1 cup ham, diced</li><li>• 8 ounces cheddar cheese, grated</li><li>• 1 teaspoon salt</li><li>• 1 teaspoon ground black pepper</li></ul> |
|---|---|

## Instructions:

1. Pre-heat a dutch oven at 400 degrees Fahrenheit. Place a metal grill inside the dutch oven so that there is a space between the bottom of the pan and the muffin pans.
2. Cut the sourdough bread loaf into  $\frac{1}{2}$  inch cubes.
3. Beat the eggs in a large bowl. Add the milk, salt and pepper and stir together.
4. Add the sourdough bread loaf into the egg and milk mixture and allow this to soak in the mixture for 10 minutes.
5. Add the remaining ingredients into the mixture.
6. Grease and flour the muffin pan. Fill the muffin pan with  $\frac{3}{4}$  of the mixture.
7. Place the muffin pan into the dutch oven. Cover with a lid and allow this to bake for 30 minutes. Insert a toothpick into the middle of the muffin. The muffins are ready when the toothpick comes out clean.

# Mountain Man Breakfast

Serves 4

Preparation Time: 15 minutes

Cooking Time: 40 minutes

## Ingredients:

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• 1 cup bacon, cut into cubes</li><li>• 1 cup sage sausage</li><li>• 1 medium onion, diced</li><li>• 4 potatoes, grated</li></ul> | <ul style="list-style-type: none"><li>• 1 cup cheddar cheese, grated</li><li>• 1 dozen eggs</li><li>• Cooking oil</li></ul> |
|---|---|

## Instructions:

1. Heat up the oil in a dutch oven. Fry the bacon and onions until the onions have become clear.
2. Stir in the grated potato and cover for about 15-20 minutes.
3. Beat the eggs in a bowl and pour this evenly over the mixture. Cover for about 10-15 minutes.
4. Sprinkle the cheese and cover until it's melted. Slice and serve.

### Trail Breakfast

**Mix and Match: Pick one from each category.**

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

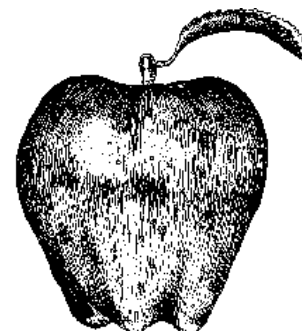
### Trail Lunches Pick one from each category.

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

#### *Walking Apple*

- 1 large apple**
- raisins**
- Peanut Butter (plain or chunky)**

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







1. Beat together the margarine and 1/2 cup of the brown sugar. Add oats, flour, wheat germ, and orange rind and mix. Pat this mixture into an ungreased 8-inch square pan.

2. Using the same bowl, mix eggs, almonds, raisins, coconut, chocolate chips, and remaining 1/4 cup brown sugar. Pour this mixture over the base and spread evenly. Bake in a preheated 350-degree oven for about 30 to 35 minutes. Cool before cutting.

**Make Your Own Mix**

Cereal	Nuts	Fruit	Sweets
Chex Cereal	Peanuts	Rasins	M&M's
Granola	Almonds	Fruit Bits	chocolate chips
Cheerio's	Mixed Nuts	dried Apple slices	butterscotch chips
Grape Nuts	Macadamina	dried Pear	Reese's Pieces
crackers	Sunflower Kernels	Pineapple	Carob chips
pretzels	Corn Nuts	Apricots	peanut butter chips
Mini Shredded Wheat		Figs	shredded coconut
Croutons		bananna chips	Jelly Beans

Add to this list with your own variations.



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

Serves 6

## Utensils

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

## Ingredients

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

## Instructions for Preparation

- Light charcoal, if you're using it, and then wash your hands carefully.
- Make 6 round, thin patties out of the ground beef. With your finger, poke a hole through the middle of each patty (it'll help it cook), and then wash your hands carefully again.
- Peel potatoes and carrots. Using the cutting board, cut them into ¼" thick slices.
- Cut 1 piece of foil 18" long.
- Place 1 cabbage leaf on the foil (this keeps your food from burning and it tastes good, too.) Place potatoes, carrots and ground beef on cabbage leaf. Season to taste, with salt, pepper, and garlic powder\*. Add 4 T. of broth. Cover with another cabbage leaf.
- Roll foil to tightly seal on the three open sides.
- Place on coals for 15 minutes on each side. Remove from coals and check to see if meat is done (the center should not be pink). If it's not done, close again and cook longer. If the foil tears when you're checking it, put more foil around it.

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



<b>NutritionFacts</b>	
per serving makes 6 servings	
Amount per serving	
<b>Calories</b>	511
Calories from fat	363
% Daily Value *	
<b>Total Fat 40.4g</b>	62%
Saturated Fat 16.4g	82%
<b>Cholesterol 128mg</b>	43%
<b>Sodium 2710mg</b>	113%
<b>Total Carbohydrate 9.3g</b>	3%
Dietary Fiber 2.5g	10%
<b>Protein 27.7g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<u>Additional Information</u>	
71% of calories from Fat	
7.3% from Carbohydrates	
21.7% from Protein	

# CHICKEN-TORTILLA SOUP

Serves 6-8 people

## Utensils

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

## Ingredients

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

## Instructions for Preparation

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



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

# CHICKEN QUESADILLAS

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

## Utensils

Skillet  
Spatula  
Can opener

## Ingredients

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

## Instructions for Preparation

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



## **Nutrition Facts**

per serving  
makes 1 servings

### **Amount per serving**

**Calories** 1193

Calories from fat 535

### **% Daily Value \***

**Total Fat 59.4g** 91%

Saturated Fat  
18.4g 92%

**Cholesterol**  
**369mg** 123%

**Sodium**  
**827mg** 34%

**Total**  
**Carbohydrate**  
**32.9g** 11%

Dietary Fiber 2.2g 9%

**Protein 131.6g**

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

### **Additional Information**

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

# CHEESE QUESADILLAS

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

## Utensils

Skillet  
Spatula  
Measuring cup: ¼ cup

## Ingredients

Vegetable oil  
2 flour tortillas  
¼ c. shredded Pepper Jack or Cheddar cheese  
Salsa

## Instructions for Preparation

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

<b>Nutrition Facts</b>	
per serving makes 1 servings	
<b>Amount per serving</b>	
<b>Calories</b>	564
Calories from fat	379
<b>% Daily Value *</b>	
<b>Total Fat 42.1g</b>	65%
Saturated Fat 11.5g	58%
<b>Cholesterol 34mg</b>	11%
<b>Sodium 546mg</b>	23%
<b>Total Carbohydrate 32.9g</b>	11%
Dietary Fiber 2.2g	9%
<b>Protein 13.3g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<b><u>Additional Information</u></b>	
67.2% of calories from Fat	
23.3% from Carbohydrates	
9.4% from Protein	

# BAKED HAM

Serves 6-8

## Utensils

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

## List of Ingredients

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

## Instructions for Preparation

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



## **NutritionFacts**

per serving  
makes 6-8 servings

### **Amount per serving**

**Calories** 224

Calories from fat 108

**% Daily Value \***

**Total Fat 12g** 18%

Saturated Fat  
3.8g 19%

**Cholesterol**  
**65mg** 22%

**Sodium**  
**1495mg** 62%

**Total**  
**Carbohydrate**  
**8.8g** 3%

Dietary Fiber 0.4g 2%

**Protein 20.1g**

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

### **Additional Information**

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

# BEEF STEW

Serves 6

## Utensils

Measuring cup: 1 cup, ¼ cup

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

Knife

Potato peeler

Skillet

Large cooking pot with lid

Large mixing bowl

Spatula

Ladle for serving

1 Zip-lock Baggie, Gallon size

Cutting board

## List of Ingredients

1/4 cup Vegetable oil

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

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

5 cups Water

1 large Onion, chopped

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

1 T. Seasoning salt

½ T. Garlic powder

3 T. Beef Bouillon, dry

1 pound (lb) bag frozen Mixed Vegetables

5 large Potatoes, peeled and cut into 1 inch cubes

## Instructions for Preparation

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



<b>NutritionFacts</b>	
per serving makes 6 servings	
Amount per serving	
<b>Calories</b>	794
Calories from fat	362
% Daily Value *	
<b>Total Fat 40.3g</b>	62%
Saturated Fat 13.5g	68%
<b>Cholesterol 107mg</b>	36%
<b>Sodium 1717mg</b>	72%
<b>Total Carbohydrate 71.6g</b>	24%
Dietary Fiber 10.9g	44%
<b>Protein 36.3g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<u>Additional Information</u>	
45.6% of calories from Fat 36.1% from Carbohydrates 18.3% from Protein	

# BEEF TERIYAKI

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

## Utensils

Extra wide, heavy duty aluminum foil .... 16 inches

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

Cooking tongs

Measuring cup: ¼ cup (c.)

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

Magic marker (optional, to identify your dinner)

Fire starter

## List of Ingredients

¼ cup thinly sliced uncooked Beef, round, bottom round

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

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

¼ cup frozed "Stir-Fry" vegetables

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

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

## Instructions for Preparation

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

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



## **Nutrition Facts**

per serving  
makes 1 servings

### **Amount per serving**

**Calories** 932

Calories from fat 149

### **% Daily Value \***

**Total Fat 16.5g** 25%

Saturated Fat  
6.2g 31%

**Cholesterol**  
**72mg** 24%

**Sodium 259mg** 11%

**Total**  
**Carbohydrate**  
**157.5g** 52%

Dietary Fiber 5.7g 23%

### **Protein 38.3g**

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

### **Additional Information**

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

# CHICKEN & APPLES

Serves 6

You may want to serve this with baked potatoes.

## Utensils

Measuring cups: ¼ cup (c), 1 cup

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

30 charcoal briquettes (60, if you bake potatoes)

Knife

Cutting board

Fork (if you serve potatoes)

Fire starters

## Ingredients

8 boneless chicken breasts

¼ c. cooking oil

1 c. brown sugar

Cinnamon

4 c. water

¼ c. chicken bullion paste

5 apples

1 c. cranberries (optional)

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

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

## Instructions for Preparation

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



<b>NutritionFacts</b>	
per serving makes 6 servings	
Amount per serving	
<b>Calories</b>	771
<b>Calories from fat</b>	311
% Daily Value *	
<b>Total Fat 34.4g</b>	53%
Saturated Fat 9.7g	48%
<b>Cholesterol 156mg</b>	52%
<b>Sodium 2627mg</b>	109%
<b>Total Carbohydrate 66.2g</b>	22%
Dietary Fiber 6g	24%
<b>Protein 48.7g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<b>Additional Information</b>	
40.4% of calories from Fat	
34.4% from Carbohydrates	
25.3% from Protein	



# LASAGNA

Serves 6-8

## Utensils

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

## Ingredients

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

## Instructions for Preparation

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



<b>NutritionFacts</b>	
per serving makes 6-8 servings	
Amount per serving	
<b>Calories</b>	768
Calories from fat	268
% Daily Value *	
<b>Total Fat 29.8g</b>	46%
Saturated Fat 13g	65%
<b>Cholesterol 113mg</b>	38%
<b>Sodium 2035mg</b>	85%
<b>Total Carbohydrate 73.2g</b>	24%
Dietary Fiber 8.9g	36%
<b>Protein 51.8g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<u>Additional Information</u>	
34.9% of calories from Fat	
38.1% from Carbohydrates	
27% from Protein	

# MEAT LOAF

Serves 6-8

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

## Utensils:

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

## Ingredients:

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

## Instructions for Preparation

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



<b>Nutrition Facts</b>	
per serving makes 6-8 servings	
Amount per serving	
<b>Calories</b>	974
Calories from fat	718
% Daily Value *	
<b>Total Fat 79.9g</b>	123%
Saturated Fat 31.7g	159%
<b>Cholesterol 345mg</b>	115%
<b>Sodium 1060mg</b>	44%
<b>Total Carbohydrate 11.7g</b>	4%
Dietary Fiber 1.3g	5%
<b>Protein 52.2g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<u>Additional Information</u>	
73.7% of calories from Fat	
4.8% from Carbohydrates	
21.4% from Protein	

# Walking Tacos Recipe

---

 [scoutermom.com /547/walking-tacos-recipe/](https://scoutermom.com/547/walking-tacos-recipe/)

Here is a fun recipe for a hearty camp snack. Normally our Scouts eat before leaving for a campout on a Friday evening. If it is a long drive though, that might have been pretty early. By time they get to their destination and set up camp, they are very hungry.

If the taco meat is cooked beforehand, they can put this together pretty quickly. And since it doesn't require a lot of cleanup, they can make it late in the evening.

## Walking Tacos

### Equipment:

Charcoal and Dutch oven

or use a camp stove and a cooking pot

Utensils for stirring and serving

### Ingredients

2 pounds ground beef

2 packages of taco seasoning

water

lettuce

16 individual serving sized Frito bags

shredded cheddar cheese

salsa

### Preparation (before leaving for camp)

Thoroughly cook the ground beef. Add the taco seasoning and water according to the directions on the taco seasoning packets. Cool and pack into containers.

Shred the lettuce and pack into containers.

### At camp

Prepare your charcoal if necessary. Heat the taco meat in the Dutch oven or on the stove.

To serve, crunch up a bag of Fritos and then open it. Put a heaping spoonful of meat in the bag. Add some shredded cheese. Top with lettuce and salsa. Eat with a fork directly out of the bag.

Serves 8 hungry Scouts

# Banana Boats

---

 [scoutermom.com /5872/banana-boats/](https://scoutermom.com/5872/banana-boats/)

This is a classic camp recipe. It is easy and doesn't take many ingredients. Enjoy some while spending an evening around a campfire.

## Banana Boats

### Supplies

- Materials for a charcoal or wood fire
- Knife
- Cutting board
- Aluminum foil

### Ingredients

- 4 bananas
- 1 cup mini marshmallows
- 1/2 cup chocolate chips

### Directions

1. Prepare your fire so you have a nice bed of coals.
2. Peel back one section of the banana skin, but leave it connected.
3. Cut out a small V-shaped trench along the length of the banana.
4. Put about 6 mini marshmallows and 10 chocolate chips in the trench.
5. Put the banana peel back over the top.
6. Wrap the banana in foil.
7. Repeat with remaining ingredients so you end up with four foil wrapped bananas.
8. Place the bananas on the hot coals for about 5 minutes, trying to keep the part up the banana with the trench on top.
9. Let cool slightly and eat.

Serves 4.

# BLACK FOREST BROWNIES

Serves 6

## Utensils

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

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

## List of Ingredients

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

## Instructions for Preparation

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



<b>NutritionFacts</b>	
per serving makes 6 servings	
Amount per serving	
<b>Calories</b>	712
Calories from fat	252
% Daily Value *	
<b>Total Fat 27.9g</b>	43%
Saturated Fat 5.5g	28%
<b>Cholesterol 83mg</b>	28%
<b>Sodium 264mg</b>	11%
<b>Total Carbohydrate 108g</b>	36%
Dietary Fiber 5g	20%
<b>Protein 7g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<u>Additional Information</u>	
35.4% of calories from Fat	
60.7% from Carbohydrates	
3.9% from Protein	

# COBBLER

Serves 6-8

## Utensils

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

## Ingredients

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

## Instructions for Preparation

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



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

# DUMP CAKE

Serves 6-8

## Utensils

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

## Ingredients

1 yellow cake mix  
2 cans fruit pie filling, fruit cocktail, or plain fruit: try using 1 can whole cranberries with 1 can of drained, chopped up peaches OR apricots, OR drained crushed pineapple  
2 sticks of butter; cut into approximately ¼" slices  
Cinnamon  
Nutmeg (optional)

## Instructions for Preparation

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



<b>Nutrition Facts</b>	
per serving	
makes 6-8 servings	
Amount per serving	
<b>Calories</b>	601
Calories from fat	280
% Daily Value *	
<b>Total Fat 31.1g</b>	48%
Saturated Fat 17g	85%
<b>Cholesterol 71mg</b>	24%
<b>Sodium 606mg</b>	25%
<b>Total Carbohydrate 77.9g</b>	26%
Dietary Fiber 3.3g	13%
<b>Protein 2.4g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<b><u>Additional Information</u></b>	
46.6% of calories from Fat	
51.8% from Carbohydrates	
1.6% from Protein	