

Ethan's Scout Stew Recipe

Ingredients

1/4 lb. - lean beef per Scout (Beef stew meat, hamburger, etc.)
1 - medium-large potato per Scout (chopped to bite size)
1 - chopped large onion (yellow, Spanish, white, red - you choose)
1-2 - chopped carrots per Scout
1-2 - chopped celery stalks per Scout
1 - packet of Onion soup mix or beef stew mix
4-6 strips of bacon cut up or a few Table Spoon's of any cooking oil
Various spices to taste (Season salt, salt, celery salt, pepper, paprika, bay leave, etc.)

Equipment

Dutch oven or Large mess kit pot

Instructions

- 1.) Heat pot or Dutch oven.
- 2.) Add bacon and cook until done. Leave the bacon in the pan. This is now the oil needed to brown the beef and keep everything from sticking (Alternately use a few Table Spoon's of any cooking oil).
- 3.) Add beef and cook until brown on all sides.
- 4.) Add about a 1/4 of the potatoes and briefly brown. (The potatoes contain starches that will help naturally thicken the sauce).
- 5.) Add packet of onion soup mix or beef stew mix and just enough water to cover ingredients.
- 6.) Cover and boil (simmer if possible) for 30 minutes.
- 7.) Check flavor and season as required.
- 8.) Add remaining ingredients and a cup of water.
- 9.) Cover and boil (simmer if possible) for 30 minutes.
- 10.) Remove cover and check consistency. If it is watery leave cover off and boil for another 15 minutes or add a little flour or Bisquick to thicken the sauce. If you don't have any flour throw a slice of bread in and stir.

Comments: Serve with a slice or two of bread to soak up the juices. Chicken can also work with this recipe. Beef or Chicken can be precooked. Try adding a variety of different veggies (peas, peppers - (green, yellow, red, purple), rutabaga, tomatoes, eggplant, etc. to liven it up bit. You may also try a can or two of Pork and beans for a Cowboy Scout Stew. For a kicked up Cajun Ken special Stew add some Andouille sausage, okra, Cajun seasoning and a bottle of Tabasco

Bon Appétit

Chris' Grilled Chicken and Potato Foil Packs

Ingredients

- ½ cup vegetable oil
- ¼ cup cider vinegar
- 1 tbsp garlic powder
- 1 tsp ground black pepper
- ½ tsp salt
- ½ tsp dried basil
- ½ teaspoon dried thyme
- 4 skinless, boneless chicken breast halves
- 4 large potatoes, peeled and cut into ¼-inch slices
- 2 large onions, cut into ¼ inch thick slices
- 2 large green bell peppers, cut into ¼ inch strips
- 2 cups sliced button mushrooms

Directions

1. Preheat an outdoor grill for medium-high heat.
2. Stir together the vegetable oil, cider vinegar, garlic powder, black pepper, salt, basil, and thyme in a bowl; set aside.
3. Lay out 4 12x12 inch squares of aluminum foil. Place 1 chicken breast in the center of each square, top with potatoes, onions, bell peppers, and mushrooms. Ladle 1/4 of the sauce on each and fold the foil around the ingredients to form four sealed packets.
4. Grill the packets on the preheated grill for 30 to 40 minutes, until the internal temperature of the chicken breasts reaches 170 degrees F (75 degrees C).

Jason's A&W Chili Dog Recipe:

What You need:

8 beef hotdogs
8 hotdog buns
1 onion
1/4 lb. mild cheddar cheese

ChiliDog Sauce:

1 pound hamburger
1 6oz. can tomato paste
1 C water
1 Tbsp yellow mustard
1 tsp worchestershire sauce
1 Tbsp sugar
1 Tbsp dried onion
2 tsp chili powder
1 tsp salt
1/2 tsp celery seed
1/2 tsp ground cumin

What to do:

Put all the dry chili dog sauce ingredients in a small zip-loc at home to make life easier.

Brown hamburger in a pot. Crumble into small pieces and drain.

Add remaining chili dog sauce ingredients. Simmer and stir uncovered for 30 minutes.

While sauce is cooking, put hotdogs in a pot of water and bring to a boil.

Remove from fire and let sit for 5 minutes.

Shred cheese and chop onion.

Put a hotdog on a bun, spoon 1/4 C of sauce on top, then chopped onion, then shredded cheese.

Serves 6 to 8

Rex's Stir Fry

Ingredients:

1lb steak sliced into cubes

2 cups of quick cooking rice

1 bottle of General Tsao's stir fry sauce

2-3 green bell peppers sliced up

1 chopped onion (optional)

Preparation:

Start cooking the rice in the amount of water necessary then,

Cook the steak cubes and add sliced bell peppers .

Put into a pan with the cooked rice and General Tsao's stir fry sauce

Mix well and enjoy!

Sage's Heavenly spaghetti

Ingredients:

- Spaghetti noodles x1
- Canned peas and carrots x2
- Ground pepper
- Sweet tomato basil ragu x1
- Turkey sausage x1 (grounded)

Utensils:

- Big Pot
- small pot x2
- Pan
- Olive oil
- Spatula
- Plate
- Large spoon
- bowl

How to prepare:

Spaghetti: turn stove on to a steady flame. Take pot and spray the cooking oil inside the pot. Pour water into your big pot about half way and place on top of flame, leave until boils (it will probably take a hour or a half a hour to boil), when at a constant boil, place spaghetti noodles in the water and leave to cook, if the noodles are big, break them in half and then place in pot. When noodles are completely soft, turn off the flame and move pot off the stove, dump left over water until the pot only holds the spaghetti left in the pot.

Spaghetti sauce: place small pot on top of stove and turn it on to a steady flame, spray the cooking oil inside the pot, open the canned peas and carrots and pour it into the pot, only putting a half of one can of leftover juice into the pot as well. Now take the second small pot and put the sweet tomato basil ragu in it, with the stove turned to a steady flame again also. Stir the ragu continuously until it warms to a hot, but not burning temperature. When the vegetables in pot start to get warm as well, put the veggies and ragu into the bowl and mix them together.

Turkey sausage: Take pan and place it over the stove, turn on the stove to a steady flame. Spray the cooking oil inside the pan. Take the ground turkey sausage and place it in the pan. The turkey sausage should be a pinkish red color, stir it around the pan continuously with a spatula until the turkey turns a nice golden brown. When it is this color, turn off the flame and pick up the pan. Mix the turkey sausage in with the mix of veggies and ragu, to make a delicious spaghetti sauce.

Finishing: take spaghetti out of the big pot and on to a plate, place the sauce with a big spoon on top of the spaghetti. For a finishing touch, sprinkle pepper on the top of the spaghetti to give it a little tang.

Tim's Beef Hash

Ingredients (serves 4 people)

- 1 lb. Ground beef
- 1 lb. Shredded hash browns
- 4 eggs
- ½ cup of shredded cheese of your liking
- 1 tablespoon of steak seasoning
- 1 tablespoon McCormick fines Herbs
- Cooking oil

Instructions

The first thing you need to do is cut up the ground beef so that it is in small pieces, then you want to cook the meat thoroughly until it is brown. While you are cooking the meat, add steak seasoning. When you think that the ground beef is finished and you put the steak seasoning on, you can put the meat to the side. Then you want to cook the shredded hash browns. After they are looking brown you can put the eggs in. When the hash browns and eggs are cooked thoroughly you can add the McCormick fines herbs. Then you want to add the ground beef back into the frying pan and stir everything together

Daniel's Quesadillas

1 pkg. Flour tortillas
1 c. shredded cheddar cheese
1 c. Monterey Jack cheese, shredded

Optional-

Chicken

Steak

Vegetables- Bell Pepper, Onion, Cilantro, etc.

In large fry pan on low-medium heat, put 1 tortilla laid flat. Sprinkle cheese over half of tortilla. When cheese is melted, fold tortilla and continue heating until browned lightly and crisp. Remove from pan and eat. You can add anything to the quesadillas like chicken or vegetables. But make sure you put it in the quesadillas before you melt the cheese.

Tyler's Wrapped Open Fire Burritos

Ingredients for one large burrito as follows:

Aluminum foil

Flour tortillas (12")

½ - 1cup Chopped chicken (precooked)

¼ cup Refried pinto beans (canned)

¼ cup Jack or cheddar cheese (grated)

Guacamole (prepackage)

Salsa (optional)

Place a flour tortilla on a sheet of foil, then smother beans on tortilla, spoon on chicken over beans, and add the shredded cheese. You may also include salsa in the burrito. Finally, wrap burrito with the foil and place over the fire (grill or pan) for about 8 minutes total, rotating the burrito often. For a tastier flavor, serve burrito with some guacamole.

Joseph's Barbeque Chicken Wraps

To make one of these, you will need

- 1 large tortilla
- 1 large leaf of romaine lettuce OR equivalent, shredded or cut in strips
- 1 slice of American cheese OR 1/3 cup of shredded cheese
- 1/4 large tomato, diced
- 1/5 cup of onion, diced
- Your favorite barbeque sauce
- 1/2 to 2/3 cups of shredded, cooked chicken (I suggest stripping the meat off leftover rotisserie chicken or grilled chicken)
- As well as traditional cooking equipment

Instructions

1. Put the onions and tomatoes into the skillet with a very light drizzle of cooking oil and sauté them lightly so they're not completely raw and not completely soggy.
2. Once those are done, warm up the chicken in the skillet.
3. When chicken is warm, remove the chicken from the heat, turn heat to very low, and put the tortilla on the skillet.
4. Put chicken and cheese together on the open tortilla and wait until cheese has melted.
5. Remove tortilla from the skillet and add the vegetables.
6. Before rolling into a wrap, apply a generous amount of barbeque sauce.

Macaroni del Landon

This meal is fairly simple and requires simple ingredients that cover a variety of food groups. In addition to this it also has great taste.

- 1 pack craft Macaroni and cheese**
- 2 cup mixed vegetable**
- 2 patties of ground beef**
- 1/2 c. Milk**
- 2 tbl spoons of butter**

Boil the Macaroni until it is not longer hard and crunchy, but do not boil it so it is soft and turns into paste when pressed between your fingers. While the Macaroni is boiling, boil 2 cups of mixed vegetables. Add the mixed vegetable to the Macaroni. Next, cook the hamburger patties until they are well-done and cut them into small pieces. Add this to the mix as well. Finally, add the cheese found in the boxes of Macaroni to the mix along with the 1/2c. of milk and the 2 table spoons of butter.

Jonathan's Stir Fry

- 1/4 cup finely chopped shallots or purple onion
- 5-6 cloves garlic, minced or finely chopped
- 1-2 thumb-size pieces galangal OR ginger, sliced into thin matchstick pieces
- 1/2 to 1 small fresh red chili, sliced, OR 1/4 to 1/2 tsp. chili flakes
- 1 medium-size carrot, sliced
- 5-6 shiitake mushrooms, sliced, or left in halves or quarters
- optional: 1 small head cauliflower, cut into florets
- 1 small head broccoli, cut into florets
- 1 red pepper, sliced into strips
- 2-3 cups baby bok choy, or other Chinese cabbage (leaves left whole if not too large, otherwise cut in half or thirds)
- handful fresh Thai basil
- 2 Tbsp. coconut oil or other vegetable oil
- **STIR-FRY SAUCE:**
- 2/3 cup coconut milk
- 2+1/2 Tbsp. fish sauce (vegetarians/vegans: substitute 2 Tbsp. Thai Golden Mountain Sauce OR 2 Tbsp. soy sauce)
- 3+1/2 Tbsp. fresh lime juice
- 1+1/2 Tbsp. soy sauce
- 1/3 to 1/2 tsp. dried crushed chili (chili flakes)
- 2+1/2 tsp. brown sugar

1. Combine all 'stir fry sauce' ingredients together in a cup or bowl. Stir well to dissolve the sugar. Taste-test the sauce, keeping in mind that the first taste should be spicy-salty, followed by sweetness and the rich taste of the coconut milk. Adjust these flavors to suit your taste, adding more lime juice if too sweet or salty (note that it will be less salty when combined with the vegetables).
2. Warm a wok or large frying pan over medium-high heat. Add the oil and swirl around, then add the shallot/onion, garlic, ginger, and chili. Stir-fry 1-2 minutes, then add the carrot, mushrooms, and cauliflower (if using). Also add 1/4 of the stir-fry sauce. Continue stir-frying 2-3 minutes.
3. Add the broccoli and red pepper plus up to 1/2 of remaining stir-fry sauce, enough to gently simmer vegetables in the sauce (about 2 minutes). Note: this is a 'saucy' stir-fry that is never dry - the sauce is meant to flavor the rice or noodles it is served with.
4. Finally add the bok choy or Chinese cabbage. Add more of the stir-fry sauce as needed, enough to just cover vegetables in sauce. Simmer until bok choy or cabbage is cooked but still bright green with some crispness (2-3 minutes more).
5. Remove from heat and do one last taste-test. If not salty enough, add a little more fish or soy sauce. If too salty or sweet, add another squeeze of lime juice. Add more sugar or chili if desired. Top with fresh basil and serve over Thai jasmine-scented rice. Or, to bring out the coconut flavor, serve with Thai Coconut Rice. Note: Any leftover sauce can be stored for 1 week in a covered container in your refrigerator for future stir-fries (see below for ideas).

Drew's CHILI MAC

Required:

Dutch Oven

Ingredients:

1 lb hamburger

1 onion, chopped

2 cans of Ro-Tel diced tomatoes with chilies, undrained

1 1/2 cup elbow macaroni or other fun shapes

1 cup water

1/2 cup cheddar cheese, shredded

Instructions:

main course

When dutch oven is pre-heated to 350 degrees, put in hamburger and onion.

Cook uncovered until hamburger is well browned, stirring often.

Stir in tomatoes, water, and pasta.

Bring to a boil.

Reduce heat to about 250 degrees, cover, and simmer 20 minutes or until pasta is tender.

Sprinkle cheese on each bowl when it is served.

Serves about 4.

Drew's DESSERT BURRITOS

Required:

knife
aluminum foil
spoons

Ingredients:

tortillas
pie filling - blueberry, cherry, apple, ...
chocolate chips
mini-marshmallows
peanut butter

Instructions:

Open the cans and put a spoon in each one.
Tear off squares of aluminum foil.
Put a tortilla on the square of foil.
Add peanut butter or pie filling.
Sprinkle with chocolate chips and/or marshmallows.
Roll up the tortilla and fold the bottom edge in.
Wrap foil around tortilla and place on grill above fire or on ash around edge of fire.
Wait for the ingredients to melt.

Hints:

Main problem is putting too much stuff in the burrito - try to talk people into taking smaller amounts.
Put all the tortillas in a foil wrap and carefully heat them before so they are more flexible.
Putting tortillas directly into the coals will burn them - keep them away and rotate often.
Each person should mark his burrito wrapper somehow so he knows it is his - special foil fold or permanent marker or series of poked holes in the foil.

Drew's POCKET PIZZA

Required:

aluminum foil
campfire coals
long fire tongs

Ingredients:

1 pkg pita bread
1 can spaghetti sauce
1 cup grated cheese
1 pkg sliced pepperoni
optional: sliced black olives, pineapple chunks, diced peppers, ...

Notes:

Use precooked meat since you are just heating it up.
Mark your own foil with a special fold so you know it's yours.

Instructions:

Cut each pita in half and spoon spaghetti sauce into pocket spreading it evenly.
Add cheese, pepperoni, and other toppings.
Wrap in foil and place in coals. Cook for a couple minutes, flip, and cook another two minute

Drew's SIMPLE BREAKFAST BURRITOS

Required:

skillet

knife

spatula

Ingredients:

1/4 stick butter or non-stick spray

8 Soft tortillas

8 pre-cooked sausages

2 potatoes, peeled

4 eggs

1/2 cup shredded cheese

salsa

Notes:

(If cooking for more people, be careful trying to cook too much food all at once in a skillet that is too small.)

Instructions:

Cut the sausage into small pieces.

Slice and dice the potatoes.

Melt the butter in skillet.

Add sausage and potatoes.

When the potatoes are brown, mix in the eggs.

If you have room, warm the tortillas while cooking the eggs.

Put 1/8th of the eggs in a tortilla.

Sprinkle with cheese and salsa as desired.

Roll up, and devour.

Makes 8 burritos, serving 4 scouts.

Drew's TACO IN A BAG

Ingredients:

1 individual Dorito chips bag
1/3 cup hamburger
1/3 cup refried beans
2 Tbsp shredded cheese
salsa

Instructions:

Cook the hamburger in a skillet.
Heat the beans.
Cut open the end of a bag of chips.
Spoon in some hamburger and beans, sprinkle on cheese, pour in salsa

If hamburger is cooked at home, this can be a cold lunch with no mess or clean-up.

You can use a can of chili rather than hamburger and beans.

Thatcher Howden

Miso Soup

Ingredients:

1. Water, 20 oz
2. Dried Kombu, one piece
3. Bonito, 3 tbsp
4. Miso, 2 tbsp
5. Tofu, 3 oz
6. Dried Wakame, 1 oz
7. Scallions, 2

Directions:

1. Add kombu to the pot with cold water.
2. Fire up the stove and put the pot on.
3. Cut up tofu into cubes and slice scallions.
4. When water starts to steam, remove from the heat and add bonito flakes.
5. Cover and let it sit for 5 minutes.
6. Strain through a cheesecloth.
7. Put back on low heat.
8. Add miso into a bowl, whisk in broth to break up clumps.
9. Add mixture to rest of the broth along with tofu, scallions, and wakame.
10. Serve and enjoy!

Samuel Saruwatari

Tasty Crepes

Ingredients:

1. Milk, 1 cup
2. Eggs, 4
3. Butter
4. Flour, ½ cup
5. Sugar, however much you want
6. Salt, ½ tsp

Utensils:

1. Crepe pan or regular pan
2. Large spoon
3. Bowl
4. Fork

Instructions:

1. Mix all ingredients into a bowl, and stir until there are no lumps.
2. Put mixture aside, and heat the pan with some butter in it.
3. Once the butter is heated, use the spoon to spread it around the pan.
4. Use the spoon to put a small amount of batter onto the pan, and lift up the pan to spread it completely, then pour out any excess batter back into the bowl
5. Cook the crepe until it is slightly brown on the edges.
6. Cook the rest of the crepes in the same way.

Crepes are good desserts and are really tasty with strawberries and nutella.

Romeo Tindall

Mustard Crea

Ingredients:

1. Whipped Cream Cheese, ½ cup
2. Dijon Mustard, 2 tbsp
3. Honey, 1 tbsp
4. Bagels, 4, split
5. Deli style ham, 8 slices

Directions:

1. Mix cream cheese, mustard, and honey in a bowl
2. Spread cream cheese mixture over bagel halves
3. Top evenly with ham
4. Sandwich with the remaining halves

Nate Vincent

Nate's Stew

Ingredients:

1. Ground beef, 1 pound
2. Onion, 1 whole
3. Progresso vegetable soup, 2 cans
4. Potatoes, 4 whole

Directions:

1. Dice onion coarsely
2. Cut potatoes into cubes no larger than ½ inch
3. Using a dutch oven, brown the ground beef until no red or pink is seen
4. Remove grease in oven, place in can
5. Cook onions until translucent, or about two minutes
6. Add soup and potatoes
7. Let it cook, and stir occasionally until potatoes are soft
8. Serve

Make sure your patrol gets served first, as there will not be leftovers.

Matthew Sun

Chicken Rice (and optional and assorted vegetables)

Ingredients:

1. Chicken leg or breast, boneless and cut to fillet
2. Chicken rice (commonly found at 99¢ stores under the brand of Creole Foods)
3. Mexican blend cheese
4. Butter or cooking oil of choice
5. Salt
6. Optional: Vegetables (bell peppers, broccoli, tomatoes)

Directions:

1. Heat a pot of water to boiling. Have the package of rice opened and ready.
2. Follow the instructions on the back of the package to cook rice.
3. Begin heating a pan. Add butter/oil to the pan to 1) prevent sticking and 2) allow for a nice sear.
4. Put the chicken fillets in the pan and sear until surface is golden brown and until cooked through. Make sure it is cooked through completely because raw chicken may contain salmonella and other viruses and bacteria and eating it should be avoided.
5. When the rice is ready, put aside and set chicken aside along with it.
6. Using the oil from the chicken frying pan, lightly sear and steam the vegetables of choice.
7. Place chicken and vegetables atop the rice.
8. Voila! Chicken rice!

Ideal for car camping.

Marlon Escobar

Mac and Cheese

Ingredients:

1. 3 Cups of Elbow pasta
2. 1 ½ Cups of Ham
3. 1 Cup Green peppers
4. 3 ½ - 4 Cups of Cheddar cheese

Directions:

1. Add a cup of chopped green peppers, caramelize them
2. Once ready, take them out and put them on the side
3. Add water according to serving size of pasta
4. Stir until cooked
5. Empty water
6. Mix cheese with pasta
7. Stir until all pasta is covered
8. Add 1 ½ cups of ham
9. Stir to distribute
10. Add peppers
11. Stir to distribute

Serves 2-3

Evan Zhou

One-Pot Spaghetti

Ingredients:

1. Ground beef, 1 pound
2. Pasta sauce, 2 24 oz jars
3. Water, 4 cups
4. Thin spaghetti, 1 pound
5. Salt and pepper
6. Parmesan cheese

Directions:

1. Brown ground beef, or heat up pre cooked ground beef
2. Add pasta sauce and water and bring to a boil
3. Break spaghetti noodles in half and stir
4. Cook on low for about 20 minutes, or when the water is absorbed and the noodles are tender
5. Season with salt and pepper and top with parmesan cheese (optional)

Serves 8

Darin Park

Mac n' Cheese

Ingredients:

1. Parmesan Cheese
2. Cheddar Cheese
3. Premade Alfredo Sauce
4. Salt
5. Pepper
6. Macaroni Noodles

Directions:

1. Boil water.
2. Cook pasta and taste once in a while to see if it is cooked fully.
3. Pour premade sauce in a pan and stir in cheese with salt and pepper.
4. Drain pasta and serve with sauce.

Keanu Mark

Sausage, potato and kale soup

Ingredients

1 pound bulk italian sausage
4 cups half and half
3 cups cubed potatoes
2 cups whole milk
1 onion, chopped
½ teaspoon dried oregano
½ teaspoon dried red pepper flakes
2 cups torn kale leaves

Directions

Heat a large soup pot over medium-high heat. Crumble sausage into pot; cook and stir until browned, about 10 minutes. Drain and discard grease.

Stir half-and-half, potatoes, chicken broth, milk, onion, oregano, and red pepper flakes into sausage, bring to a boil, and reduce heat to low. Simmer until potatoes are tender, about 30 minutes. Season with black pepper; stir kale into soup. Simmer until kale is tender, 10 to 15 more minutes.

Kai Yokota

Kai's Campurritos

- One dozen eggs & 1/2 cup of milk beaten together
- 1 lb breakfast sausage (remove casing if there is one)
- 3 Tbsp oil, 3 cloves of garlic, 4 stalks of green onion, 3 Tbsp fresh parsley, Salt, Pepper & 1 bag of Trader Joes frozen roasted potatoes, onion and bell pepper and cooked what they said on the bag)
- 1 bag of shredded sharp cheddar cheese
- One Burrito sized pack of flour tortillas
- foil
- 2-3 gallon sized bags

1. scramble the eggs with the milk and set aside
2. make the sausage broken up into little cooked pieces
3. heat the oil then add the garlic, green onion, parsley, salt, pepper and bag of potato mix until it is cooked
4. lay out all tortillas on a clean table. put down an equal amount of eggs, sausage, potato mix and cheese on the tortillas in a line in the center of the tortilla
5. at the bottom of the food line fold over the bottom of the tortilla
6. at the right of the food line fold over the tortilla
7. at the top of the food line fold over the tortilla
8. at the left of the food line fold over the tortilla
9. wrap each burrito in its own foil piece
10. fit 4 or 5 foiled burritos in each plastic bag and put in the freezer
11. when leaving for camping put frozen burritos on top of frozen water bottles in a cooler
12. cook burritos over a hot fire pit for 20 minutes by turning them over after 10 minutes, or you can steam them upright in a closed steamer over a camp stove for 20 minutes. Make sure you turn them over upright after 10 minutes if you are steaming them.
13. You can also bring hot sauce, salsa and sour cream if your Patrol wants them

The campurritos are breakfast burritos and can be made at home. They can be reheated at camp.

Justin Wong-Lara

INGREDIENTS

- 1 3 lb stewing chicken
- 1 large onion
- 2 ribs celery
- 1/2 green bell pepper
- salt and pepper
- 8 c chicken broth
- 2 packages flour tortillas

PREPARATION

Put the whole chicken, veggies, salt and pepper to taste into a deep Dutch oven. Bring to a boil over medium-high fire; then reduce heat and simmer for 1 hour until chicken is very tender. Remove chicken to cool. Discard the veggies. De-bone cooled chicken, tearing into small pieces, and set aside. Bring the broth to a boil. Slice flour tortillas into strips (like dumplings - not too wide) and drop one at a time into the boiling broth. Do not stir - but gently move the dumplings around. Do not be in a hurry to put all the dumplings in. Allow them to cook for a few seconds before putting more on top. Add more water to the broth as needed. Simmer about 15 minutes, slightly and gently pushing the dumplings down into broth to prevent them from sticking together. Add the chicken and gently mix - being careful not to tear up the dumplings - and serve. Serves 10 to 12.

James Johnson

Pasta With Beef and Marinara Sauce

Feeds 5-6 people

Ingredients:

- 17 ounce package penne pasta
- 1 pound ground beef
- 1 jar marinara sauce

Supplies

- Propane stove
- Skillet
- 1 pot
- Large slotted spoon

Steps

- Add water to pot and bring to a boil
- Add pasta to pot and cook for 11 minutes
- While pasta is cooking, add beef to skillet until no longer pink, about 5 minutes
- Add marinara sauce to skillet with beef
- When pasta is done, drain water
- Serve pasta with sauce and beef on top

Dylon Shiao

Fried Rice:

Ingredients:

2 cups rice (already cooked)
4 cups water
2/3 cups chopped baby carrots
1/2 cup frozen green peas
2 tbsp vegetable oil
2 eggs
soy sauce
sesame oil (optional)

Instructions:

1. boil water in a pot
2. boil carrots for 3-5 minutes
3. add frozen peas to pot
4. drain the pot
5. heat pan over high heat
6. pour in oil and stir in carrots and peas
7. cook about 30 seconds
8. crack in eggs and stir to scramble with vegetables
9. Stir in cooked rice
10. shake in soy sauce and toss rice to stir
11. drizzle with sesame oil and toss again
12. serve while still warm

David Uehara

Breakfast burritos

Ingredients

- 15 tortillas
- 5 pounds of red or yukon gold potatoes
- 2 large onions
- 12 eggs
- 2 pounds of ground bulk breakfast sausage

Steps

- Before the trip at home, skin potatoes and cut into half inch cubes. Stir fry potatoes with salt and pepper, set aside
- Cut onions into strips and caramelize
- Scramble eggs, set aside
- Stir fry sausages, set aside
- During the trip, warm everything up and combine
- Optional, add salsa, guacamole, or cheese

Danny Ma

Cowboy Stew

Ingredients:

1 lb. ground beef
1 onion
3 potatoes
(all cans are about 15 oz.)
1 can green beans
1 can baked beans
1 can black beans
1 can tomato soup
1 can corn
1 can diced tomatoes
1 tsp Chili powder
1 tsp cayenne pepper
Salt and pepper

Instructions:

Cut potatoes into 1 inch cubes.

Dice onion.

Place dutch oven over 375 degree heat for *Frying*.

Brown ground beef and onion.

Add potatoes and contents of all cans, undrained.

Fill one can about half full of water and pour it between all cans to clean them out. Pour the water into the dutch oven.

Add spices (more or less if you like bland or spicy)

Reduce heat to about 225 degrees.

Simmer until potatoes are soft (about 45 minutes), stirring every 5 or 10 minutes.

Serves about 8

Caleb Li

Ingredients:

1 box Pizza dough mix
1 can pizza sauce
1/2lb mozzarella cheese
1/2lb pepperoni
1 aluminum pie tin

Notes:

main course

Instructions:

Prepare the pizza dough per mix directions. (can do before we go to trip)
Spread dough inside pie tin and up the sides. (can do before we go to trip)
Top with sauce, cheese, pepperoni. (can do before we go to trip)
Place 4 pebbles or wads of aluminum foil in the dutch oven to raise pie tin off the bottom.
Set pizza in dutch oven.
Bake at 375 degrees for about 20 minutes.

Serves 2 or 3.

All dutch oven recipes use a 12-inch dutch oven, unless specified. If you have a 10-inch dutch oven, use about 2/3 to 3/4 of the ingredient amounts but keep the temperature and time about the same.

If no temperature is listed, use 350 degrees.

Brandon Hung

One Pot Pasta

- 1lb of boneless skinless chicken
- garlic powder
- 12oz of spaghettini
- olive oil
- 1cup of milk
- 2cups of chicken broth
- A COOKING Pot

1. Dice chicken into small pieces
2. Pour small amount of olive oil into pot
3. Put chicken into pot
4. Sprinkle garlic powder on chicken
5. Cook chicken and set aside
6. Put milk, chicken broth, and spaghettini into pot
7. Cook
8. Put Chicken in
9. Mix
10. serve

Andy Chen

Bow tie soup

Ingredients:

1 onion
4 carrots
2 stalks of celery
3 Tbsp olive oil
6 cups water, separated
2 15-ounce cans Cannellini Beans, or other white bean
1 15-ounce can petite diced tomatoes
1/2 tsp garlic powder
1/2 tsp oregano
1/2 tsp salt
1/4 tsp pepper
2 cups farfalle (bow tie shaped), or other small fancy pasta
2 scallions or chives

Instructions:

Dice onion, carrot, and celery to make about 1 1/4 cups of each.

Heat 3 tablespoons of olive oil in dutch oven over coals at about 375 degrees for *Frying*.

Add onion, carrot, and celery.

Saute for about 10 minutes.

Stir in 5 cups of water, beans, tomatoes, and spices.

Bring to a boil, and then reduce heat to about 225 degrees.

Stir occasionally for about 20 minutes.

Stir in pasta and 1 more cup of water.

Increase heat to about 300 degrees and bring to a boil.

Cook about 15 minutes, stirring occasionally, until pasta is tender. (Add more water if it becomes too thick)

Slice scallions and sprinkle on served bowls of soup.

Serves 6.

Alessandro Villain

Alessandro, quick and simple spam musubi, meant to be main dish, other stuff should be added (ie salad, fruit, etc.)

Ingredients:

- Your choice of rice (recommended in a bag that you just stick into boiling water)
- Rice vinegar
- Salt
- sugar
- spam
- nori (sheets or individual packages)
- sesame seeds (and any other toppings your patrol wants to add)
- a fresh lemon and soy sauce or ponzu sauce (a type of sour soy sauce)

Directions:

Prepare rice as instructed on package

Mix together 6 tablespoons of rice vinegar

Add one tablespoon of sugar per two people serving of rice (can vary based on personal preference)

Mix rice and vinegar sauce with rice adding salt, sesame seeds, etc. to taste

On a pan, put your ponzu or lemon juice with you sauce, let heat

Add sliced spam musubi and let saute until crispy

Remove spam and put onto a mass of rice about twice the size

Wrap in nori (seaweed)

John Pinner

Breakfast Burritos

Gear

- Large cast iron skillet with lid (any skillet will work, but a cast iron one works best)
- A sturdy spatula and a large serving spoon
- Medium to large bowl or pan, and fork to scramble eggs
- Heavy duty foil

Ingredients

- Sage sausage and/or bacon - one 16 oz package
- Hash Browns, diced - one 26 oz package frozen diced hash browns
- Eggs, one dozen
- Cheddar cheese, shredded - two cups
- Onion and green pepper, diced, 1 each, medium to large size
- Tortilla wraps - large, 8 to 10 inches, 2 per camper
- Salt and pepper - season to taste

Directions

- Cook sausage until browned. Remove and set aside. Use the spatula to chop the sausage while it cooks to avoid ending up with large chunks or semi patties. You want to end up with the texture of a cooked hamburger.
- Cook the bacon until crispy, remove and set aside. Do not drain skillet. Crumble bacon when cool
- Add hash browns to bacon grease and cook, over high heat, until browned. Don't over-stir, use spatula to turn them over at 5 minute intervals. Scramble the eggs in a bowl while the hash browns are cooking
- When the hashbrowns are browned, add diced veggies, crumbled bacon and sausage, and pour scrambled eggs in
- Cook until eggs are almost set, stirring as needed, then add shredded cheese and stir to mix. Cook until eggs are finished

Christian Ziobro

Ingredients:

Per person:

1/2 cup water

1/4lb beef cubes

1 carrot

1 potato

1/4 onion

Pour 1/2 cup of water into dutch oven.

Heat to 350 degrees for Frying.

Add beef cubes and cook covered for 20 minutes, stirring every few minutes.

Add rest of water and heat to boiling.

Cut carrots, potatoes, and onion into cubes and add to beef.

Add salt and pepper.

Cook for 20 minutes or until potatoes are soft.

Note:

All dutch oven recipes use a 12-inch dutch oven, unless specified. If you have a 10-inch dutch oven, use about 2/3 to 3/4 of the ingredient amounts but keep the temperature and time about the same.

If no temperature is listed, use 350 degrees.

See Heat Settings page for temperature and coal placement for Frying, Stewing, Roasting, Baking, and Simmering.

Weston Bragg
Beef Tacos

Ingredients:

1 lb of ground beef
1pkt of taco seasoning mix
1 dozen of crunchy taco shells or soft tortillas
1cup of shredded cheddar cheese
2 cups of chopped lettuce
1 jar of salsa
1 avocado
½ cup of Chopped cilantro

Directions:

Cook ground beef in a frying pan over medium heat until no more pink
Add taco seasoning mix
Add water if necessary
Fill taco shells with ground beef
Build tacos with condiments of your choosing
Enjoy

William Roth

Ingredients:

½ a can of Alfredo sauce

Box of pasta

2 quarts of water

1 carrot

1 potato

Black pepper

Cilantro

Supplies:

Pot

Stove

Wooden spoon

Pan

Steps:

Get pot, then add water.

Wait for water to boil

Add pasta to water

Cut carrot and potato to cubes

Then cook veggies

Pour water from pasta once done

Add Alfredo sauce to pasta

Add diced veggies to pot

Put black pepper on top

Add as much cilantro as wanted

Stir

Serve

Samuel Gadiant

Beef Tacos

- Tacos (2 Tacos)
 - ½ cup Ground Beef
 - Premade Salsa
 - ¼ cup diced tomato
 - ¼ cup diced onions
 - 1/8 cup cut cilantro
 - 1/8 cup Tabasco sauce
 - 2 Small Tortillas
- Instructions
 - Cook ground beef in a pan for 10 min or until ready to eat.
 - Pour ground beef into the tortilla
 - Follow up by putting salsa on top of the ground beef
 - Wrap the tortilla into a comfortable roll, and then eat.

Karlsun Jennings

Monterey Scrambled Eggs

Ingredients

- 2 eggs
- 1 tbsp parsley
- 1 tbsp monterey steak seasoning
- 1 slice of butter

Procedure

1. Crack and whisk eggs in mixing bowl
2. Dump parsley and seasoning into a bowl and mix. Continue to mix every 5-10 seconds to prevent seasoning to rest at top
3. Heat pan and place butter inside. Tilt pan so the butter spreads itself
4. Pour egg scramble into pan and let cook

Benjamin's Potato Casserole

2 Pounds mix colors Gourmey potatoes,
1 pound sliced mushrooms
1 chopped onion head
5 Cloves Garlic
1 cup of shredded Mexican cheese,
5 table spoons of pesto mix.

DIRECTIONS

Pre-cook the potatoes with salt till well done, saute the onions and mushrooms, Garlic and Pesto
In a Iron Cast skillet, in the same iron cast skillet or Dutch oven laid the potatoes crush them
down, add the sautéed ingredients covering the crushed potatoes, top them with cheese cover &
put 13 charcoal on top and 5 on the bottom or slowly cook it on the Burner for 10 minutes.

Serves 10

Derek Jones

Breakfast Quesadillas:

Serving Size: 1 Quesadilla

Ingredients:

1 Large flour tortilla

1/2 Cup of cheese

1 tbsp of butter (in pan)

3 strips of bacon

1 cooked egg

Sauce of choice (ketchup recommended)

Luke Machan

Spam Hash

Ingredients

1. 4-5 Slices of Bacon
2. 2 Tbs. Dried or ¼ cup Chopped Onions
3. 3-4 Medium Sized Potatoes
4. 1 Can of Spam
5. Garlic Powder

Prepping Meal

1. Peel Potatoes (or leave skin on if preferred) and dice into approx. ¼-inch chunks
2. Cube Spam into ¼- inch chunks
3. Cut slices of bacon in half

Instructions

1. Place bacon strips in a 12-inch pan and cook on medium heat
2. Remove bacon when fully cooked and leave grease in pan
3. Add cubed potatoes, cubed spam, onions, and garlic to pan
4. Cover pan and cook on medium, stirring frequently until potatoes are brown and tender
5. Serve and top with bacon slices