



# Troop 219

Plano, Texas

## Outing Menu Planner

Christ Church

Circle Ten Council  
Great Plains District

January 2011

If found please return to Troop 219  
% Christ Church  
4550 Legacy Drive  
Plano, Texas 75024



# Troop 219 Outing Manual

## Adventure through Outdoor Activities.

Fun and learning in the great outdoors are cornerstones of the scouting program. This guide is a compilation of all the tools written by members of the Troop to help prepare for those great adventures and activities we all need to participate in to enrich our scouting experience.

In this guide you will find a copy of "Outings" a section from your New Scout manual – a discussion of the process of signing up for outings, equipment to bring: the duty Roster and menu planner; the Troop 219 Camp Cooking "how to" booklet; and the Troop 219 collection of recipes.. The person selected to shop and prepare the duty roster is the **Outing Patrol Leader**. The assistant shopper is the **Assistant Patrol Leader** for that Outing. When two or more patrols are combined the patrol with the greater number of scouts will use their gear and Outing Manual.

Have your Duty Roster and Menu reviewed by your Patrol Advisor, before you collect your money from the Outings Director.

Don't forget to fill out your REPORT TO QUARTERMASTER on Sunday Morning. You must turn one in for your Outing Patrol – even if nothing is going home or nothing broke.

We would like some feedback so turning in a copy of the outing evaluation form found in the Patrol Outing Binder in your action packer at the PLC would help.

### **RETURN THIS BINDER TO THE SCOUT CLOSET!**

There is a copy of all of this in your action packer.





## OUTINGS

Troop 219 holds outings each month, along with Summer camp, Winter camp, and generally an annual high adventure trek.

Outings are where advancement and scout skills for new scouts are taught and reviewed for older scouts. Attendance is important.

At a weekly meeting, typically three weeks before the outing, a permission slip is passed out. The permission slip is also available on the website. The permission slip describes the location of the outing, selected activities, times for departure and arrival, and fees associated with each outing. More about the outing is generally described at the meeting. Most outings cost \$25.00. Some cost more when an admission fee is charged or added activities require special items to be purchased. Long term camps (summer camp and winter camp) have other fees and schedules for merit badges, training, and other activities that will be discussed in the meetings.

Return the outing permission form completely filled out and the fee on the Monday a week before the week of the outing – (two week notice). It is important that the fee be paid in **Cash**. The money will be redistributed to each outing patrol to purchase food and other expense money given to the Scoutmaster in charge of the outing. If your parents are going they need to pay as well. We will also need driver information as described on the form.

It is important to list any medications or dietary restrictions on the form. It is our and the patrol's only way to know about any special needs you may have.

During the Monday meeting before the outing, the Outing Chairperson and the Treasurer assemble a summary of all the scouts going on the outing. The Scoutmaster and the Outing Scoutmaster create Outing Patrols based upon the number of scouts going. You may be assigned camp patrols that include members of other patrols as well as members of your patrol. During meal planning at the meeting, each Outing Patrol will be assembled and the process of choosing a patrol leader and filing out a duty roster for the outing will be completed. The duty roster includes deciding:

- who will shop for food
- who will prepare the food for each meal
- who does cleanup (KP) for each meal
- who you will tent with
- who is the patrol leader and assistant patrol leader

A menu is planned by the patrol based upon the Troop 219 Guide to Camp Cooking and Cookbook. The duty roster and menu must be approved by a Patrol Advisor. The scouts assigned shopping duties will receive the money for the Patrol and take home a cooler and a tote for dry foods. These scouts need to schedule their shopping trip together. The menu and recipes will determine the shopping list. Planning and budgeting are part of learning to care for yourself and your fellow patrol members. A typical weekend menu has a hot breakfast on Saturday. Lunch may be sandwiches or a hot lunch depending upon the activities scheduled. Dinner is always a hot meal selected from the cookbook. Sunday Breakfast is usually a no fuss meal, cereal, fruit, cereal or breakfast bars.

We meet at the church at 5:30 on Friday for the outing. Your gear will be stowed in the trailer along with the food totes and coolers. Departure is usually at 6:00 PM. Drivers and car assignments are made that night during formation. You will be arriving at the camp after dark and need to be prepared to set up camp in the dark. Your tent, the dining fly, patrol kitchen and lanterns all need to be set up and the food secured before anyone goes to bed.

We camp in all kinds of weather – rain, snow, sleet and hail – as the saying goes – has not caused us to cancel an outing.

When we return to the church, the quartermasters may decide that certain gear needs to go home. If it is damp or wet the ground clothes, tents and the patrol dining fly must go home. These items need to be dried out that day – **do not delay**. Mildew can destroy a tent in less than 24 hours. Coolers and Totes regularly go home to be cleaned. If the cooking equipment in the “chuck box” is not cleaned properly before it is loaded, the entire chuck box will go home. Equipment is logged out to scouts for cleaning. Bring the equipment back, clean and dry, at the next scheduled Troop meeting. Turn it into a quartermaster.

Some things to remember:

- We **always travel** in Class A uniforms. You may leave your neckerchief and slide home - but wear your BSA shirt, Troop hat, BSA scout socks and BSA belt. If you wear shorts they must be green scout shorts. Read the Uniform Policy, please.
- Always wear closed toe shoes. Sandals are not permitted – ever.
- Electronics, games, iPods, MP3 players and cell phones are to be left at home. Some drivers permit them in their cars – but once we reach camp all electronic gear will be locked in the car. If you have them in camp they will be confiscated and returned to your parent(s).
- Carbonated beverages and candy are **not** permitted at meetings or on outings.

## Equipment

Every scout needs to have the items listed on the checklist.

**Shoes** – all scouts must wear closed toed shoes at all times. Comfortable shoes with good support are important. Depending upon the activity it might be a good idea to bring a shoe with ankle support and protection. A second pair of shoes is a good idea. Feet get wet and muddy, having something to change into on the way home or while in camp can make a big difference in how you feel. We get messy, don't bring your best sport shoes, nobody cares what style you wear. Generally for Summer camp and some outings water or swim shoes are required.

**Clothes** – always bring a change of clothes. In cold and wet weather avoid cotton. Bring a sweater or sweatshirt, it gets chilly at night even in the summer. Bring your Troop hat. If you sleep cold, bring a watch cap or stocking cap for sleeping. Watch the weather forecast. You may need a really warm jacket, gloves, and insulated underwear. Camouflage is not allowed. Class B camp T shirts should be scout themed or plain colors. Look at the uniform policy or ask if you have questions.

**Raingear** – always bring raingear. Texas weather is unpredictable and many of our camps are outside the local forecast area and have different weather than may occur at home. It is suggested to not bring ponchos or thin plastic raincoats. They tear and rip very easily,

especially in cold weather. A reasonably priced rain jacket and pants set is most effective. They also double as wind-proofing for unexpected cold snaps.

**Mess kit** – bring your own plate, bowl, cup, knife, fork and spoon. The most popular kinds are the Lexan plates and cups and utensils. Mark them in some way as yours. Many people have similar items. Don't go out and buy an aluminum mess kit. They cost a lot and are generally too hot to handle and hard to clean. Remember you are putting hot food in these and you must hold it in your hand or on your lap. We do not have tables and chairs. Some scouts use Frisbees for plates & bowls. A shallow cup can double as a bowl.

**Water bottle** – bring it and use it. Dehydration hurts!

**Sleeping bags** – People differ in how warm a bag to own. Everybody sleeps at a different temperature. A 30 degree bag may be too hot for some and not hot enough for others. Because we camp in a lot of different conditions it is suggested to approach sleeping bags as a tiered system. Get a bag – 30 or 40 degree rating – for general use. Add a fleece bag or a blanket if it gets too cold. That fleece bag or camp blanket may be all you need in the summer. What ever type of bag you bring, always bring it in a stuff sack or plastic bag to keep it dry. It might get wet in the trailer.

**Sleeping pad** – get a closed cell foam pad to give you some protection from the cold ground. There are all types and price ranges. Get one large enough for at least  $\frac{3}{4}$  of your height.

**Flashlight or Head lamp** – Bring a small flashlight or a headlamp (on a head or hat band). The LED type are real battery savers. Always pack spare batteries in your personal kit.

**Personal kit** – bring soap, toothbrush, toothpaste, deodorant, comb, a small mirror, washcloth and towel. *Remember a Scout is clean.* A partial roll of toilet paper or personal wipes and sanitizer are great. Zip bags make great personal kits. And they protect the rest of your stuff from spills and wet towels. Bring a **personal first aid / safety kit**. A small kit should have band aids, ointment, antiseptic wipes and the general items listed in the Scout Handbook. It should also have a **whistle, compass, and emergency contact information and ID**. Always bring **sunscreen** and **insect repellent**.

All of this stuff will fit into a **medium or large duffle bag**. Target has some inexpensive ones that work great. You won't need a backpack until you start high adventure. Bring a **small day pack**, like the one you take to school, to carry stuff around during the day and your lunch when we hike around. It can hold your **Scout Handbook, notebook**, water bottle, raingear, first aid kit, and a sweater or jacket along with your lunch.

Other personal gear can include cameras, books, journals, pens, art supplies any thing but electronics and games. When you earn your "totin chip" you can bring an appropriately sized pocket knife. Fixed blade knives are not allowed, ever.

Extended camps like Summer camp will require more changes of clothing and personal stuff. You will need a foot locker – one of the plastic ones from WalMart, Target or Academy – that can be locked. They fit in the bus or trailer and have room for everything you may need. Put your name on it, permanently. Now that you have your gear and know what to expect –

**Let's go camping!**





## OUTINGS – Checklist

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Shoes</b> – check if there are special needs like water shoes, hiking or climbing boots. Bring a second pair of shoes, if you can.   | <input type="checkbox"/> <b>Sleeping pad</b>  |
| <input type="checkbox"/> <b>Clothing</b><br>Class A for Travel<br>Hat<br>Extra pants or shorts<br>T shirts<br>Long sleeved shirts for cold weather<br>Underwear<br>Socks<br>Handkerchiefs<br>Jacket<br>Sweatshirt or sweater<br>Gloves<br>Stocking cap<br>Sleep wear | <input type="checkbox"/> <b>Personal Kit</b><br>Soap<br>Toothbrush<br>Toothpaste<br>Comb<br>Deodorant<br>Wash cloth<br>Towel<br>Toilet paper (just in case)<br>Small mirror |
| <input type="checkbox"/> <b>Rain gear</b>  | <input type="checkbox"/> <b>Flashlight or head lamp</b>   |
| <input type="checkbox"/> <b>Mess kit</b><br>Plate<br>Bowl (Frisbee)<br>Cup<br>Knife, Fork and Spoon  | <input type="checkbox"/> <b>Scout handbook and Notebook</b>   |
| <input type="checkbox"/> <b>Water Bottle</b>   | <input type="checkbox"/> <b>Personal First Aid and Safety Kit</b><br>Whistle<br>Compass<br>Pocket knife<br>Emergency contact information                                    |
| <input type="checkbox"/> <b>Sleeping Bag</b><br>Extra blanket if it's cold<br>Plastic bag or stuff sack  | <input type="checkbox"/> <b>Sunscreen</b>   |
|  | <input type="checkbox"/> <b>Insect repellent</b>  |
|  | <input type="checkbox"/> <b>Duffle bag – for everything</b>   |
|  | <input type="checkbox"/> <b>Day Pack</b>  |

Always check for special equipment for specific activities and personal gear likes books, card games, art supplies, pocket knives or anything needed for skits at campfires.





# Boy Scout Troop 219

4550 Legacy Drive  
 Plano, Texas 75024  
 Christ Church, Charter Organization



## Record of Outings and Menus

Patrol \_\_\_\_\_

Patrol Leader \_\_\_\_\_

Month / Date	Location of Outing	Activity	Menu	Cook
<i>List all the people who camped with your patrol as attendees</i>		<i>Focus of the Outing</i>	<i>List the entrée or main dish served mark the one evaluated on the outing evaluation form</i>	<i>Person who was lead cook.</i>
January				
Attendees			Breakfast	
			Lunch	
			Dinner	
			Breakfast	
February				
Attendees			Breakfast	
			Lunch	
			Dinner	
			Breakfast	
March				
Attendees			Breakfast	
			Lunch	
			Dinner	
			Breakfast	
Camporee				
Attendees			Breakfast	
			Lunch	
			Dinner	
			Breakfast	
May				
Attendees			Breakfast	
			Lunch	
			Dinner	
			Breakfast	



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Month / Date	Location of Outing	Activity	Menu	Cook
<i>List all the people who camped with your patrol as attendees</i>		<i>Focus of the Outing</i>	<i>List the entrée or main dish served mark the one evaluated on the outing evaluation form</i>	<i>Person who was lead cook.</i>
July			Breakfast	
Attendees			Lunch	
			Dinner	
			Breakfast	
August			Breakfast	
Attendees			Lunch	
			Dinner	
			Breakfast	
September			Breakfast	
Attendees			Lunch	
			Dinner	
			Breakfast	
October			Breakfast	
Attendees			Lunch	
			Dinner	
			Breakfast	
November			Breakfast	
Attendees			Lunch	
			Dinner	
			Breakfast	
December				
Attendees				

# Boy Scout Troop 219

4550 Legacy Drive  
 Plano, Texas 75024  
 Christ Church, Charter Organization



**Dates of campout** \_\_\_\_\_ to \_\_\_\_\_

**Patrol Members:** PL \_\_\_\_\_  
 APL \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Tent Assignments:**

(1) \_\_\_\_\_  
 (2) \_\_\_\_\_  
 (3) \_\_\_\_\_  
 (4) \_\_\_\_\_  
 (5) \_\_\_\_\_

SPL \_\_\_\_\_  
 ASPL \_\_\_\_\_  
**Troop Guide** \_\_\_\_\_  
 will eat with Patrol ? Yes No \_\_\_\_\_  
**Menu Approval** \_\_\_\_\_

Saturday - Breakfast	Duty Roster	Breakfast Menu
Cook	_____	_____
Assist. Cook	_____	_____
Cleanup	_____	_____
Cleanup	_____	_____
Cleanup	_____	_____
Water	_____	_____
Fire - Start & Tend	_____	_____
Fire extinguish	_____	_____

Saturday - Lunch	Duty Roster	Lunch Menu
Cook	_____	_____
Assist. Cook	_____	_____
Cleanup	_____	_____
Cleanup	_____	_____
Cleanup	_____	_____
Water	_____	_____
Fire - Start & Tend	_____	_____
Fire extinguish	_____	_____

Saturday - Dinner	Duty Roster	Dinner Menu
Cook	_____	_____
Assist. Cook	_____	_____
Cleanup	_____	_____
Cleanup	_____	_____
Cleanup	_____	_____
Water	_____	_____
Fire - Start & Tend	_____	_____
Fire extinguish	_____	_____

Sunday - Breakfast	Duty Roster	Breakfast Menu
Cook	_____	_____
Assist. Cook	_____	_____
Cleanup	_____	_____
Cleanup	_____	_____
Cleanup	_____	_____
Water	_____	_____
Fire - Start & Tend	_____	_____
Fire extinguish	_____	_____

**GROCERY LIST**

- Bread \_\_\_\_\_
- Milk \_\_\_\_\_
- Juice \_\_\_\_\_
- Eggs \_\_\_\_\_
- Cheese \_\_\_\_\_
- Fruit \_\_\_\_\_
- Vegetables \_\_\_\_\_
- Meat \_\_\_\_\_
- Bacon \_\_\_\_\_
- Sausage \_\_\_\_\_
- Deli - meats \_\_\_\_\_
- Cereal \_\_\_\_\_
- Pasta \_\_\_\_\_
- Canned Goods \_\_\_\_\_
- Frozen foods \_\_\_\_\_
- Snacks \_\_\_\_\_
- Desserts \_\_\_\_\_
- Paper goods \_\_\_\_\_
- Foil \_\_\_\_\_
- Snacks \_\_\_\_\_
- Spices \_\_\_\_\_
- Flour \_\_\_\_\_
- Sugar \_\_\_\_\_

**Grocery List Planner**

**Sandwiches** requires 2 times # eating divided by 22 =number of loaves

**Deli meat** - 1 to 1 1/2 ounces each Sandwich

**Salad** - 1 bag serves 6-8 big salads

**French toast** requires 1 1/2 eggs per person and three slices of bread

**Pancakes and biscuits** look at box for serving count and cooking directions

**Raw meat** - 6 to 8 ounces each person more if bone in.

Chicken - 1 breast or 2 thighs or drumsticks per person

**Milk** 8 oz a day per person - divided by 128 = number of gallons

**Juice & Drinks** - 16 ounces minimum each - each day

**Vegetables:**

Corn & Green Beans - one can serves 4

Baked Beans - one large can serves 6

Potatoes - 1 medium for each person

**Cobbler for 8 -**

2 cans of fruit filling, 2 cake mixes, 2 eggs, 3/4 cup milk, 1 stick butter

option 3 cans of fruit - no milk use juice for mixing

**Estimate your quantities and buy appropriately**

Don't forget seasonings!

# BSA Troop 219

4550 Legacy Drive  
Plano, Texas 75024  
Christ Church, Charter Organization



## Report to Quartermaster

Patrol Name: \_\_\_\_\_ Outing Patrol Leader: \_\_\_\_\_

Outing Date: \_\_\_\_\_

### Tent Assignments:

Tent Number	Tent occupant <i>circle the T if he takes tent home</i>	Tent occupant <i>circle the T if he takes ground cloth home</i>
	T	T
	T	T
	T	T
	T	T
	T	T
	T	T

Action Packer – taken home by: \_\_\_\_\_

Cooler – taken home by: \_\_\_\_\_

Dry Goods Tub – taken home by: \_\_\_\_\_

Equipment malfunctions or items broken:

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Missing Equipment:

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## TROOP 219

**PATROL:** \_\_\_\_\_

**Date:** \_\_\_\_\_

10"/12" NON-STICK SKILLET

METAL SERVING SPOON

6"/8" NON-STICK SKILLET

SLOTTED METAL SPOON

10" SAUTE PAN W/ LID

PLASTIC SLOTTED SPOON

5 1/2 QT. POT

PLASTIC SPATULA

2 3/4 QT. POT

PLASTIC PASTA HOOK

CUTTING BOARD

PLASTIC LADLE

4 KNIFE SET and HOLDER

PITCHER - JUICE CONTAINER

STAINLESS STEEL MIXING BOWLS

2 CUP MEASURING CUP

SPICE BOX

TONGS

UTENSIL BOX

BURNER

RUBBER SPATULA SET

HOSE

MEASURING CUPS

DINING FLY

MEASURING SPOONS

WISK SET

CAN OPENER

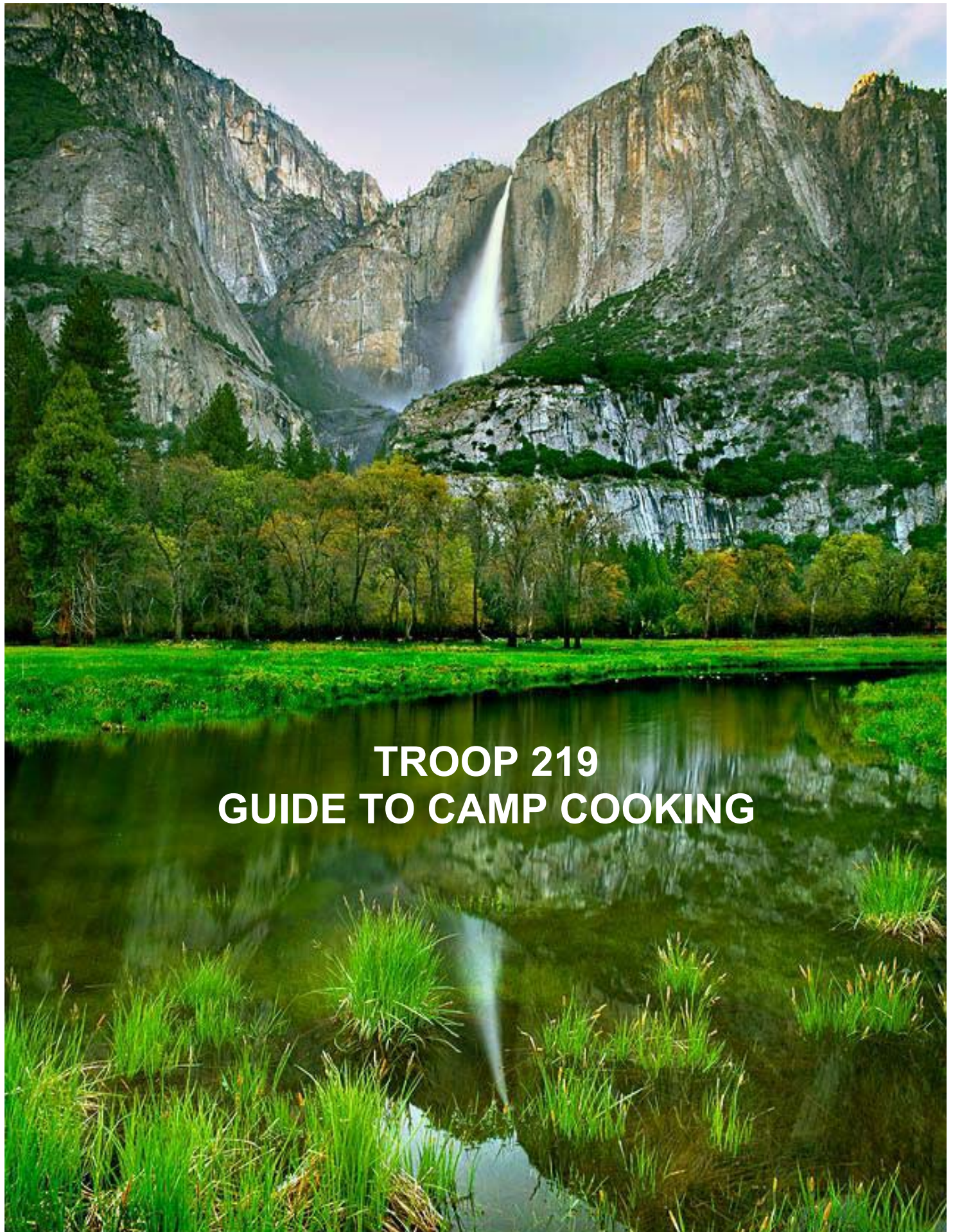
POTATO PEELER

METAL SPATULA

Stove, stove stand, water heater, lantern, gas hoses, table, and poles are all stored in the trailer separately from the Action Packer and will be assigned to your patrol by the Quartermaster.

**If anything is missing or broken, you need to notify the Quartermaster so it can be replaced.**





**TROOP 219**  
**GUIDE TO CAMP COOKING**



## **Forward**

Cooking is more than a means to fill your stomach. It teaches many personal skills; budgeting, art, manners, cleanliness, and responsibility. Our troop has made a commitment to instill the values taught by good cooking in the scouts. It just happens to be fun and extremely rewarding when it's done right.

This text is a collection of information from a variety of sources. It has been said that the strongest form of flattery in the Scouting Brotherhood is to use what others have done. Several parts of this text are copied from the efforts of other Scouters and the web pages of companies.

My thanks to the members of past Philmont Training groups for their many cook books, Dwayne Pritchett – the Old Geezer, Troop 928 of the Sam Houston Council, The Dutch Oven Cookbook by Mike Audleman and John Lyver of Troop 1577, Herndon, Va., the Texas Dutch Oven Society, and the authors of many books read and used in putting this together. Some of the books are referenced in the appendix for those wanting to find out more or just explore, as are several web sites for additional information.



**Ray Kahl**  
**Assistant Scoutmaster**  
**Troop 219**  
**Great Plains District**  
**Circle Ten Council**

## Introduction

Troop 219 has its own special application of the Patrol Method for outings and camp cooking. Each Troop in the BSA does. Our focus is on good, healthy food and the growth of the Scouts into well rounded men - men whose self confidence includes the knowledge and skills of caring for themselves and others in the kitchen and out.

This text is a collection of the lessons each Scout should learn and practice in the effort to become a well rounded cook.

- Nutrition
- Safety
- Planning and menus
- Budgeting and shopping
- Methods of food preparation

The text in Planning and Menus explains how the patrol method should work on an outing and the manner to use the Troop 219 Recipe Book.

Our Troop has a process for menu development, shopping and cooking complexity. Every Troop is different and should aim its process of teaching cooking and personal management skills toward the goals set by the Troop leadership.

**Troop 219** is chartered by Christ Church in the Great Plains District of the Circle Ten Council, Boy Scouts of America. The troop meets Monday nights at 7:00.

4550 Legacy Drive – Plano, Texas 75024

*Calvin Joyner*  
Scoutmaster



## ***Philmont Grace***

*For food, for raiment  
For life, for opportunity  
For friendship and fellowship  
We thank thee, O Lord.*



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***"Cooks are not found wandering in the woods. Nor do Scouts fry an egg on the first try. Guide them, teach them, but don't do everything for them."***

Ed Bailey, Denver Area Council, Centennial District

# 1

## **General Commandments of trail cookery:**

*Go light, no fuss, no mess*

### **Food Cooked On The Trail Should Be:**

1. Nutritious
2. Meets BSA's food safety handling standards
3. Low in weight
4. Compact
5. Cooks fast with no fuss
6. Cheap – well – inexpensive stay in our budget!
7. Tastes Great

These commandments are simple rules but have a variety of means to carry them out. In this text several alternatives will be explored for all the commandments.

Nutrition and Food safety are not to be compromised. The standards therein are true laws to maintain health and safety.

The other five commandments are really dependent upon the type of outdoor cooking you wish to use, the duration of your outing, location, resources, skill level, personal taste, and many other influences.

This text has guidelines and standards each one of you can use to accomplish your goals for pack weight, volume, level of complexity, taste and budget.

***"Scoutmaster Rule #47 - No Boy Scout ever starved to death on a weekend outing"***

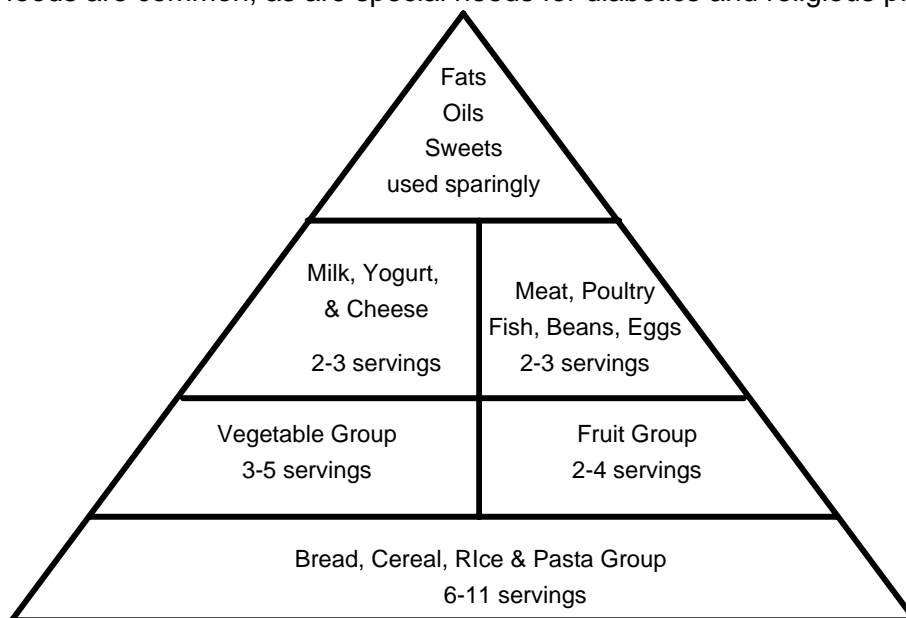
*Roger Morris, Scouter*



## 2 Good Nutrition

Eating well is not just part of the fun of camping. It is important to eat well to replace the energy used in the hiking and activities that busy Scouts are prone to do. High fluid intake and high caloric intake are needed. Seasonal changes may demand over 3,000 calories per day. The food pyramid is a guide for meal planning. The Pyramid can change with camping activities and weather conditions. The high calorie diet of campers uses more fats during colder weather. Hot weather requires more fluids and better protein and mineral intake. Try to take the bulk of the food from the carbohydrate group for really active outings.

Take special note of any dietary needs of the Scouts and adults when you are planning. Allergies to foods are common, as are special needs for diabetics and religious preferences. Be *courteous*.



The food triangle was presented by the US Department of Agriculture and the Department of Health in 1992 as a good place to start for menu planning. This triangle is based on several things. It is important to know what they are and how you should adapt them to your needs and circumstances.

The food triangle is based upon a caloric intake of about 2800 to 3200 calories. Active hiking and cold weather can use all those calories. Basic non strenuous activity and older scouts and scouters will need fewer calories. Reduce the calories by reducing the carbohydrates and fatty oils. To stay trim make your triangle more vertical and a smaller base. Cold weather and strenuous activity require more calories – don't scrimp when you need the energy. Remember this is usually only a few days to a few weeks it should not be your life style of cooking. Consult your physician or dietician for specific dietary needs. Hypothermia and exhaustion can be deadly.

Portion or serving size is referenced in the triangle and varies widely in quantity from food group to group. These ranges give you an overview of a total caloric range from 1,600 to over 3,000 calories a day. Servings are more arbitrary than you think.

**What is a serving?** It varies from food group to food group. A good thing to do is look at the package. It lists the nutritional value as a percentage of the standard daily requirements and tells

you what – for that food- is a portion size. In the absence of prepared nutritional values good guidelines for a 2,000 calorie menu are:

- Grains – eat 6 ounces a day at least half being whole grains. One slice of bread is about 1 ounce, 1 cup of breakfast cereal is one serving, ½ cup of cooked cereal like oatmeal is a serving.
- Vegetables – eat 2 ½ cups a day. Focus on green leafy vegetables and orange vegetables. Dried beans also have protein and can be carbohydrates as well.
- Fruits – eat 2 cups everyday. Limit the amount of fruit juice; it's usually mostly corn syrup. A banana or a medium apple is a cup.
- Milk and dairy – 3 cups a day. Go low fat. A yogurt, ice cream (one regular scoop), a slice of cheese (one ounce) is a serving or one cup equivalent.
- Meat and Beans – Protein – eat 5 ½ ounces every day. Fish like salmon have added oils that are good for you. Nuts, seeds, dried beans, peas, cheese are also sources of protein as well as beneficial oils, calcium and carbohydrates.
- Added sugars only contribute calories and few if any nutrients. Your body burns calories but needs nutrients and protein to replace tissue and help you grow. Watch your calories by watching what and how much you eat. Adjust your diet to your activity level.

The original Food Guide Pyramid, released in 1992, has been updated and revised. The overall purposes of the revision were 1) to improve its effectiveness in motivating consumers to make healthier food choices and 2) ensure that the U.S. Department of Agriculture's (USDA) food guidance system reflects the latest nutritional science. The revision has paralleled and been coordinated with the development of the *2005 Dietary Guidelines for Americans*, which USDA and the U.S. Department of Health and Human Services (HHS) released in January 2005.

Historically, USDA has provided consumers with dietary guidance dating back more than 100 years. Until the release of MyPyramid, the original Food Guide Pyramid was the most recent form of federal nutrition guidance for consumers.

### **Technical research – to update the science base**

MyPyramid's daily food intake patterns identify amounts to consume from each food group and subgroup at a variety of energy levels. To ensure that these patterns reflect the latest science, they were updated to meet all current nutrition standards through a technical research process.

Since the original Pyramid's publication, new nutrition standards have been published by the National Academy of Sciences' Institute of Medicine. These are now collectively titled Dietary Reference Intakes, and replace the former Recommended Dietary Allowances (RDAs). The *Dietary Guidelines for Americans*, the cornerstone of federal nutrition policy, also has been reviewed and updated. In addition, USDA's Agricultural Research Service has released new data on the nutritional content of foods and on food consumption patterns. These data were used to determine if various patterns of food intake meet the nutritional standards. All of these data were used in the technical research to update the food intake patterns.

The final updated food intake patterns were published in the *2005 Dietary Guidelines for Americans*. These food intake patterns form the technical basis for the new food guidance system, which replaces the original Pyramid.

Following is a chart for the recently published food guidelines MyPyramid food intake patterns. More about MyPyramid will follow that chart.

## MyPyramid Food Intake Patterns

The tables below include the suggested amounts of food to consume from the basic food groups, subgroups, and oils to meet recommended nutrient intakes at 12 different calorie levels. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each group (e.g., lean meats and fat-free milk). The table also shows the discretionary calorie allowance that can be accommodated within each calorie level, in addition to the suggested amounts of nutrient-dense forms of foods in each group.

**1 Calorie Levels** are set across a wide range to accommodate the needs of different individuals. The attached table “Estimated Daily Calorie Needs” can be used to help assign individuals to the food intake pattern at a particular calorie level.

Daily Amount of Food from Each Group												
Calorie Level <sup>1</sup>	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits <sup>2</sup>	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
Vegetables <sup>3</sup>	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains <sup>4</sup>	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
Meat and Beans <sup>5</sup>	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
Milk <sup>6</sup>	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils <sup>7</sup>	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
Discretionary calorie allowance <sup>8</sup>	165	171	171	132	195	267	290	362	410	426	512	648

**2 Fruit Group** includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.

**3 Vegetable Group** includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

Vegetable Subgroup Amounts are Per Week												
Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Dark green veg.	1 c/wk	1.5 c/wk	1.5 c/wk	2 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk
Orange veg.	.5 c/wk	1 c/wk	1 c/wk	1.5 c/wk	2 c/wk	2 c/wk	2 c/wk	2 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk
Legumes	.5 c/wk	1 c/wk	1 c/wk	2.5 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3.5 c/wk	3.5 c/wk	3.5 c/wk	3.5 c/wk
Starchy veg.	1.5 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk	3 c/wk	3 c/wk	6 c/wk	6 c/wk	7 c/wk	7 c/wk	9 c/wk	9 c/wk
Other veg.	3.5 c/wk	4.5 c/wk	4.5 c/wk	5.5 c/wk	6.5 c/wk	6.5 c/wk	7 c/wk	7 c/wk	8.5 c/wk	8.5 c/wk	10 c/wk	10 c/wk

**4 Grains Group** includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. **At least half of all grains consumed should be whole grains.**

**5 Meat & Beans Group** in general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

**6 Milk Group** includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most milk group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.

**7 Oils** include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.

**8 Discretionary Calorie Allowance** is the remaining amount of calories in a food intake pattern after accounting for the calories needed for all food groups—using forms of foods that are fat-free or low-fat and with no added sugars.

### Estimated Daily Calorie Needs

To determine which food intake pattern to use for an individual, the following chart gives an estimate of individual calorie needs. The calorie range for each age/sex group is based on physical activity level, from sedentary to active.

**Sedentary** means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

**Active** means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

Children	Calorie Range	
	Sedentary	Active
2-3 years	1,000	1,400
<b>Females</b>		
4 -8 years	1,200	1,800
9 -13	1,600	2,200
14 – 18	1,800	2,400
19 – 30	2,000	2,400
31 – 50	1,800	2,200
51+	1,600	2,200
<b>Males</b>		
4 -8 years	1,400	2,000
9 -13	1,800	2,600
14 – 18	2,200	3,200
19 – 30	2,400	3,000
31 – 50	2,200	3,000
51+	2,000	2,800

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# 3

## Basic Food Safety Rules

When you are cooking you are dealing with several of the most dangerous situations you can come in contact with:

- Fire**
- Knives**
- Health Risks like poisons and bacteria.**

As a Scout and Tenderfoot you earned your Fireman's Chit and your Whittlin' Chip. The rules and safety issues are all involved in cooking. Remember them and practice them faithfully. There are a few more rules you should follow to ensure a safe working area and protect yourself and fellow scouts.

- **Always have the right kind and amount of fire available** before you start cooking. Remember cooking hotter is not cooking faster or better. It usually means burned food and harder cleanup.
- **NEVER** leave the stove on unattended.
- **NEVER** leave the cooking area while food is being prepared.
- **Always put knives away** when you have finished a task. Put them where they can be seen and will not be knocked away or bumped into.
- **Do not put knives in the wash bucket** with all the other dirty utensils. Wash them individually and separate from the dirty dishes. Reaching into a hot pot of sudsy water and finding a sharp knife with your fingers will result in a serious injury.
- **Follow the food safety rules.**
- **Wash your hands and work on a clean surface!**

## Fire Safety – Cooking Temperatures

If cooking on a wood fire, wait for the flames to burn down. The coals are where the heat comes from. Also the flames will blacken the bottom and sides of the pot making clean up more difficult.

When using a propane or gas stove you have a variety of heat settings, wide open is not the best way to cook. Use the knob on your shoulders and the one on the stove. Higher temperatures don't cook food faster. They only burn the food and make it taste bad.

Just because what you are cooking is black on the outside it does not mean that it is cooked all the way through. Check the insides before serving. If you continually have burnt your food on the outside and it is raw on the inside, lower the cooking temperature so the food will cook more evenly.

Do not spray non-stick coatings for pans on a hot skillet / pan or near coals or flames. The spray can ignite causing the can to explode.

To test the griddle temperature before cooking, let a drop of water fall onto the surface. If the water simply lies there and bubbles, the griddle is too cool. If the drop pops and jumps, it's time to cook. If it splatters and disappears, the griddle is too hot and should be raised a bit from the heat source or the stove turned to a lower temperature. You need even heat for griddle cooking, so use the griddle only over coals or on a stove. It won't work successfully over a flaming campfire.

The Hand Thermometer enables you to fry on your campfire, recipes which specify a cooking temperature. Of course, the secret of any campfire cooking is to try and maintain steadily glowing coals, but once you have your fire in this state, you can gauge its approximate temperature by using your hand.

- Hold your bare hand over the coals and count off second ("1 and 2 and 3..."). Your temperature guide is the number of second you can hold your hand over the fire.
  - -If you have to remove your hand between four and five seconds, you have a low heat (about 300 degrees F)
  - -If you have to remove your hand between three and four seconds, you have a medium heat (about 350 degrees F)
  - -If you have to remove your hand before you can count to three seconds, you have a high heat (about 400 degrees F)
- To find the temperature you want, raise or lower your hand and you will know where to set your cooking utensils. No matter what you are cooking, the results will be more consistent if you maintain an even or near-even heat. And, by using your hand thermometer, you will assure that your meal cooks at the rate which will produce the tastiest results every time.

## Knife Safety

Sharpen your blade. A dull knife is a dangerous tool. Obtain the steel from the Scoutmaster and true up your edge on the knives you are using. A steel does not sharpen; it straightens the edge to its true vertical. Tell the quartermaster if your knife set requires sharpening. He will assign that task to a patrol member as a post camp activity.

Use the right knife in a proper manner.

- Chef's knives are for dicing, chopping and mincing. Use a rocking motion to be safe.
- Paring knives are for peeling and smaller cutting duties.
- The utility knife is just that – the knife that does most or all of the slicing and basic work not done with the other two.
- Keep the knives in their scabbard until needed. Always put them back in the scabbard **CLEAN**
- A clean knife cuts clean and easy. Don't let the knife gunk up while using it wipe it off – carefully.

## Clean Sweep - Food Safety

The biggest party crasher at summer picnic and camp outs is food borne bacteria. You can't see them, you can't taste them - but you sure can feel them if illness occurs hours or days later.

Each year about one in every ten Americans has an illness caused by food. Most of these cases result in simple stomachaches or diarrhea. If you prepare and then store foods properly, they will never leave their calling card behind. It's up to you to select, store, prepare, and then serve safe



foods for you and your family. The most important steps to keep these uninvited guests away are very easy to do.

## The Golden Rules of Food Safety

Always follow safe food-storage guidelines described below.

- **WASH YOUR HANDS BEFORE AND AFTER HANDLING FOOD!**
- **WASH YOUR HANDS AFTER USING THE REST ROOM, etc.!**
- **WASH YOUR HANDS BETWEEN EACH TASK!**
- **Read the preparation directions twice before beginning.**
- **WASH YOUR HANDS!**
- **Keep cold food cold and hot food hot.**
  - 140 degrees F or above and 40 degrees F or below. Do not leave food at room temperature longer than 2 hours (1 hour when summer room temperatures are hot). Thaw foods in the refrigerator, not on the counter. Also make sure that meat juices can't drip onto other foods. To store hot foods, refrigerate immediately in shallow containers to cool them more quickly.
- **Cook all the Food.** Leftover raw meats spoil faster than cooked meat.
- **Thoroughly cook** all meat and meat products, such as eggs, until well done before eating.
- Never eat **raw cookie dough**.
- **Keep chicken and chicken products, and other meat juices away from other foods.**
  - Clean cutting boards between each use. When preparing food, keep surfaces and utensils clean. Use one cutting board for raw meats, another for fruits and vegetables that won't be cooked.
  - Keep the meats in a separate closed container or zip bag sealed in the cooler. If the water in the cooler is bloody, wash everything with hot soapy water before using, peel all the fruit before eating, cook all the other food that has come in contact with the water to an internal temperature of 165°F.
- **Be considerate of the cleaning crew while cooking**, you may be next on the duty roster.
  - Pick up trash as you create it.
  - Soak pots and pans after using, Saves on that stuck on food mess after the meal. A simple trick is to fill dishpans with hot, sudsy water. This serves two purposes for me. When preparing food, you can toss the dirty dishes into the hot water to soak while you cook. This makes for easier cleanup. As you cook, stick your hands in the water to clean.
  - Keeping a clean kitchen area saves on cleaning up after the meal and keeps food related illnesses at a minimum. A clean heavy plastic sheet can declare kitchen boundaries.

- Clean the dishes with soap, sanitize, rinse **all** the soap off.
- Put utensils and pots back in the right places.
- **Keep dry items dry**; don't place wet towels in with the dry goods.
- **WASH YOUR HANDS**
- **Always serve food on clean platters.** Now, you are probably thinking - "I know that! Why are they saying that to me?" But think? Have you every taken raw meat to the barbecue on a plate and then put the cooked meat back on the same plate to serve? Don't do this unless you have washed the dish in between. Raw meat has bacteria that will spread to the cooked meat.
- **If in doubt, throw it out!** If you have any question in your mind about the freshness or safety of eating a food product, throw it out. It is better to be safe than sorry!
- **Never use foods from cans that bulge.**
- **Never used canned foods with a strange odor or appearance.**

### **Why is this more of a problem in camping?**

Did you pack the refrigerator? Temperatures are harder to control in the out-of-doors. Too Hot or Too Cold are what the campers say, but not your food. Camping temperatures usually range in the ideal temperatures for bacteria growth. Cleanliness is seldom forgotten. Also Bugs and Dirt are naturally at home at the campsite.

There are several bacteria borne illnesses that are caused by BAD food habits and preparation the culprits are:

- **Salmonella enteritis** –the most common and easiest to avoid. This is a bacteria linked to raw, uncooked eggs and poultry. Salmonella poisoning symptoms include fever, abdominal pain, nausea and vomiting, diarrhea, dehydration, weakness, and loss of appetite. Cook these foods thoroughly
- **Staphylococcal enteritis** – also common comes from dirty hands and airborne (sneezes) mists. This bacteria multiplies in warm temperatures and thrives on protein. Symptoms of infection include nausea, vomiting, diarrhea, headache, fever, chills, weakness, and dizziness. Higher temperatures kill this bacterium
- **Escherichia coli (E. coli) enteritis** – usually comes from the intestinal tract, feces and unclean work surfaces. This is a bacteria that attacks the intestinal tract. It can be transmitted person to person and grows at temperatures of 44 degrees F and above. In extreme cases, it can cause serious complications and death in children and elderly people. Symptoms include abdominal cramps, diarrhea, nausea, vomiting, and fever.
- **Botulism** This is a deadly food-borne disease caused by ingesting bacteria that can be found in many kinds of foods. Symptoms include dry mouth, double vision, nausea, diarrhea, vomiting, abdominal cramps, sore throat, dizziness, constipation, weakness, muscle paralysis, and difficulty swallowing or breathing. This is most commonly found in “spoiled” food. Do not use bulging cans or prepared food with at strong odor.
- **Trichinosis** Trichinosis is an infection caused by the parasite Trichinella spiralis. People contract trichinosis by eating undercooked or raw meat, especially pork that is infected with

the parasite. Its larvae can remain alive in human tissue for years. With today's health standards for purchased meat this is not very common. Wild game (rabbit, boar and deer) can carry this parasite

- **Hepatitis A** Hepatitis A is one of 5 viruses known to cause inflammation of the liver, the others being Hepatitis B, C, D, and E. Hepatitis A is usually a mild illness characterized by sudden onset of fever, malaise, nausea, and abdominal discomfort, followed in several days by jaundice (dark yellow urine, light-colored stools, and yellowish eyes and skin). Patients with anorexia often may have Hepatitis A. Most common food source is shellfish (oysters, clams, crawfish). This is also transmitted from person to person through contact, airborne mists and fluids. Keep your immunizations current. Wash your hands!

## **Salmonella and Food Safety**

Salmonella is the most common form of food poisoning and very debilitating. Chicken, turkey, pork, beef, and other meat and poultry products are important sources of protein and other nutrients. Unfortunately, these foods -- like eggs, raw milk, and all raw foods of animal origin -- may also carry salmonella and other bacteria. The good news is that these bacteria don't have to cause illness. Routine food safety can destroy salmonella and other bacteria.

***Hamburger and any ground meat has increased surface area and an increased risk for contamination.***

### **What is salmonella?**

The salmonella family includes about 2,000 different strains of bacteria, but only 10 strains cause most reported salmonella infections. Strains that may cause no symptoms in animals can make people sick, and vice versa. A salmonella bacterium is a one-celled organism that can't be seen, touched, or tasted. The bacteria are common in the intestinal tracts and waste of livestock, poultry, dogs, cats, rats, and other warm-blooded animals.

### **How can salmonella bacteria on raw meat, poultry make people sick?**

First, "food abuse" allows bacteria to survive and often to multiply. For example, if the meat knife is used to cut the salad lettuce without first being washed, the lettuce can be contaminated by any bacteria on the meat. The person who eats the salad then also eats the bacteria. Next, if the bacteria survive the stomach acid, they reproduce themselves in the small intestine. One cell becomes two, two become four, four become sixteen and so on. When there are "enough" bacteria, they cause a salmonella infection.

### **How many bacteria does it take to make people sick?**

There is no exact number, but the more bacteria consumed, the more likely a person is to get sick. Healthy adults have eaten food containing millions of bacteria without getting sick. Other people have gotten sick from as few as 10 bacteria in the food.

### **What are the symptoms of salmonellosis?**

According to the Centers for Disease Control, stomach pain occurs within 6 to 48 hours after the food was eaten. Most people get diarrhea, and many people have upset stomachs, chills, fever or headache. Most people feel better within 3 to 5 days. Many persons with salmonellosis may believe they have the flu and may never see a doctor.

### **How does the doctor know a person has salmonellosis?**

The only way to tell for sure is to conduct laboratory test on the stools of the person who got sick, a process that takes several days.

### **How many people die from salmonellosis?**

Salmonella infections can be life-threatening for the very young, the very old and for persons already weakened by other serious diseases, such as AIDS. Reports show about 2 deaths for every 1,000 known cases of salmonellosis, but experts believe that about 500 persons each year actually die from salmonella infections.

### **What foods are most likely to make people sick?**

Foods don't make people sick -- bacteria do. Any raw food of animal origin -- meat, poultry, raw milk, fish, and shellfish -- may carry salmonellae. The bacteria can survive to cause illness if these specific foods are not thoroughly cooked. The bacteria can also cause illness if they contaminate any other food that comes in contact with the raw food, either directly or by way of dirty hands or dirty equipment. Salmonellosis is a world- wide, food-chain problem that can't be "blamed" on any one food.

## **Anti-Salmonella Strategy**

Bacteria on raw foods of animal origin do not have to cause illness. Investigations of actual outbreaks reported to the Centers for Disease Control show that:

***bacteria + food safety mistakes can = illness.***

Errors during food shopping, transport, preparation, serving, or storage can enable bacteria to grow or even just survive. If foods are prepared a day or more ahead of time and food handlers make mistakes, the chance of illness can increase, because bacteria have more time to multiply. In outbreaks traced to bacteria or other organisms in meat or poultry, one or more of the following eight food handling mistakes enabled bacteria on raw products to survive and cause food-borne illness:

1. Improper cooling
2. Improper hot storage of cooked foods
3. Undercooked
4. Cross-contamination of cooked foods by raw foods
5. Inadequate cleaning of equipment
6. Infected person touching cooked food
7. Eating raw meat or poultry
8. Inadequate reheating of cooked and chilled foods

Therefore, the key to preventing illness -- at home, camping, in a restaurant, at a church picnic, anywhere -- is to destroy the bacteria. Below are some hints, based on information from actual outbreaks that can destroy or stop growth of salmonella bacteria and other bacteria that can cause illness.

### **Clean It.**

Salmonella bacteria can survive in water, soil, and on the kitchen counter, so sanitation can make a big difference -- especially in preventing bacteria that could be on raw products from contaminating other foods. (This is called cross-contamination.) ***USE HOT WATER, SOAP and DISINFECTANT***

**Wash your hands frequently with SOAP and water for at least 20 seconds** -- after you use the bathroom, before you start food preparation, before you start working with a new food or a new tool, when you finish food preparation, and before you serve food.

**Prevent cross-contamination.** Never let raw meat and poultry, or their juices, come into contact with cooked meat or any other food -- raw or cooked.

**If you use a dishcloth for cleaning kitchen surfaces, switch to a clean one after you work with raw meat or poultry.** Choose a type that will stand up to a laundering in hot water and bleach. Otherwise, use paper towels and throw away after use.

**Cut raw meat or poultry on a cutting board that is thoroughly cleaned after each use.**

**Wash cutting boards, knives, counter, and other implements with detergent and hot water immediately after you use them with raw meat and poultry.**

**After washing and rinsing equipment and counter, professional food service workers also sanitize and rinse them.** Consumers who want to sanitize implements after washing can use a solution of 2 to 3 teaspoons household bleach in 1 quart of water, followed by a cold water rinse. (Note: Sanitizing doesn't work on dirty surfaces, so clean them first.) The Troop supplies a dishwashing liquid that is antibacterial and has a sanitizer available for adding to the rinse water in specific quantities – See a Scout Master to have this added to your rinse water.

**Serve cooked meat and poultry on clean plates.** When you replenish the banquet, replenish the serving plates. Don't put grilled meat or poultry back on the plate with raw juices.

**Keep pets and other animals away from food,** and away from cooking and eating surfaces and equipment. Squirrels and mice contaminate, as do insects.

## **Cook It**

Salmonellae -- however many there are -- do not survive when beef or pork is cooked to an internal temperature of at least 160 degrees F, or when poultry is cooked to 185 degrees F. (Some experts believe that this country's passion for rare beef explains why beef -- which carries very low levels of salmonella bacteria -- is involved in more reported salmonellosis outbreaks than poultry.) Always cook meat and poultry thoroughly, and be just as careful when micro waving as when using traditional ovens.

**Using a meat thermometer to check "doneness."** If meat is too thin for a thermometer, follow the recipe and cook till the juices are clear.

**Use the hand method for meat doneness** as a quick check.

**Well Done** - Make a fist – clench it tightly. Push on the fleshy area between your thumb and forefinger. The hardness of the meat when cooked will match this for well done. If in doubt cut the item and see if the juices run clear. Cook all poultry and pork to well done.

**Medium** – Put your thumb and forefinger together – don't squeeze just hold your hand as if you are holding a piece of paper. Push on the fleshy area between your thumb and forefinger. The hardness of the meat will match this for medium.

**Rare** – Open your hand. Push on the fleshy area between your thumb and forefinger. The hardness of the meat will match this for rare. Only cook meat to a rare state when you know it has been prepared and stored properly. Remember improper storage can cause bacteria to grow. The worst feeling is to be alone in the woods and be sick.

**Never interrupt cooking** -- it's a "half-baked idea" that can make you sick. After thawing foods in the cooler, cook them immediately.

**If reheating leftovers, cover and reheat thoroughly to 165°F** just in case bacteria survived in the food during refrigeration or freezing. Let sauces and gravies reach a rolling boil.

**Don't store the latecomer's cooked meat and poultry dinner in an off or warm oven.** Hold the food above 140°F. (But, within 2 hours after cooking, refrigerate the food.)

## **Cool It.**

Refrigeration and even freezing do not kill all salmonella or other bacteria, but proper cooling can usually prevent salmonellae from multiplying.

**Refrigerate raw meat and poultry as soon as possible** after you take it out of the grocery meat case. Ice it down in the camp cooler

**Refrigerate food containing cooked meat or poultry within 2 hours after cooking.**

**Refrigerate or freeze cooked meat or poultry casseroles in covered shallow pans** rather than deep pots. leave space around the containers to let cold air circulate.

**Never thaw frozen meat and poultry on the kitchen counter.** Thaw it in the refrigerator or, if you are in a hurry, in a bag under cold running water. It will thaw in a cooler.

**Remember that refrigeration or freezing cannot be counted on to kill many salmonella bacteria.** It can't "fix" a mistake such as leaving cooked turkey at room temperature for more than 2 hours -- it can only postpone the risk of illness. If in doubt, throw food out.

# 4

## Planning and Menus

The Monday before any outing the patrols for the campout are formed and the process of planning begins during “patrol time” at our regular meeting. Each Patrol has both a menu and a duty roster to fill out and have reviewed by their Patrol Guide and/or Advisor.

The menu should include entrees from the selected group that the patrol chose at the first leadership PLC for the current leadership cycle. The recipes will be selected from the Troop 219 Recipe Book and reproduced on laminated cards for the patrol to use. Each menu will be reviewed for nutritional standards, complexity and appropriateness given the type of outing and location of the camp out. Care should be taken to assure that any food allergies and dietary restrictions are met in the planning. Likes and dislikes are important and the patrol should reach a consensus of what should be on the menu. This is good chance to hone our skills in dispute resolution. Every Patrol member must participate.

### Duty Roster

Fill in the tent assignments and the rest of the duty roster. Remember a duty roster is a plan of leadership not a list of sole responsibility. The entire patrol must participate in clean up and preparation. Leaders of the task are named as responsible for leading the patrol in achieving the tasks listed. Having dirty equipment at the end of an outing is not acceptable. A patrol doesn't say “So and so had KP so he was responsible.” The so and so's responsible are the patrol and the patrol leadership.

Everybody has a duty and everybody participates. The work does not get left undone.

### Choosing a Menu

**Work together.** Everyone has likes and dislikes. Some people have food allergies and dietary restrictions for religious or medical reasons. Honor those and resolve any conflicts. There are over 200 recipes in the Troop cookbook and a variety of meals that are explained later on.

Every six months that Troop elects a new leadership team. The Patrols also have new leadership and duties. As a part of refreshing the troop, each patrol can select a new group of recipes to work form for outings. Troop 219 attends between 10 and 11 outing a year where we can prepare meals. Every six months the patrols should select 10 entrees, 10 breakfasts and up to 10 other alternative methods of cooking (one pot meals, foil packs) and desserts.

**Choose these from the Troop 219 Cookbook** and ask the advisor to print recipe cards. These cards are to be used in planning meals. The patrol leadership is responsible for bringing these to the planning meeting before each outing.

**Following the outing** – at the Patrol Leaders Council – turn in the recipe cards to the advisor along with a recipe evaluation sheet or any comments. The only way to improve the recipe book is to have creative and constructive criticism.





# 5

## Budgeting and Shopping

**Each duty roster has a shopping guide** printed on the back to help you define quantities and a checklist to help you remember everything. Each patrol will have two shoppers to purchase and prepare the food for transport to the outing.

**Food safety begins here**, at the selection and preparation phase.

- Package items in clean, water tight bags.
- Keep dry stores separate from wet.
- Refrigerate all produce, meats and dairy products. Keep most fruits at room temperature.

**Review your recipes** before you go to the store.

**Make a list.**

**Check the spice box and dry stores** for items left from the previous campout. Are they fresh? Is there enough?

**Make an estimate** of the quantities needed.

**Think about your budget.** You are responsible for assuring that everybody has enough to eat. But you only have so much money, typically \$12.00 per scout for four meals. Use coupons and look at specials to adjust the menu (slightly) to accommodate your budget and the items available.

Following the Troop 219 Standard Shopping Guide may be enough will help you with simple menus.

Following the copy of the guide are several more tools you can use to estimate quantities and substitutions for ingredients not available.

***Do your homework and review the recipes and the shopping list.***

It is a long way to the grocery when you are camping.

# Standard Troop 219 Shopping Guide

## GROCERY LIST

- Bread \_\_\_\_\_
- Milk \_\_\_\_\_
- Juice \_\_\_\_\_
- Eggs \_\_\_\_\_
- Cheese \_\_\_\_\_
- Fruit \_\_\_\_\_
- Vegetables \_\_\_\_\_
- Meat \_\_\_\_\_
- Bacon \_\_\_\_\_
- Sausage \_\_\_\_\_
- Deli - meats \_\_\_\_\_
- Cereal \_\_\_\_\_
- Pasta \_\_\_\_\_
- Canned Goods \_\_\_\_\_
- Frozen foods \_\_\_\_\_
- Snacks \_\_\_\_\_
- Desserts \_\_\_\_\_
- Paper goods \_\_\_\_\_
- Foil \_\_\_\_\_
- Snacks \_\_\_\_\_
- Spices \_\_\_\_\_
- Flour \_\_\_\_\_
- Sugar \_\_\_\_\_

## Grocery List Planner

**Sandwiches** requires 2 times # eating divided by 22 = number of loaves

**Deli meat** - 1 1/2 to 2 ounces each Sandwich

**Salad** - 1 bag serves 5-6 big salads

**French toast** requires 1 1/2 eggs per person and three slices of bread

**Pancakes and biscuits** look at box for serving count and cooking directions

**Raw meat** - 6 to 8 ounces each person more if bone in.

Chicken - 1 breast or 2 thighs or drumsticks per person

**Milk** 8 oz a day per person - divided by 128 = number of gallons

**Juice & Drinks** - 16 ounces minimum each - each day

### **Vegetables:**

Corn & Green Beans - one can serves 4-5

Baked Beans - one large can serves 6

Potatoes - 1 medium for each person

### **Cobbler for 8 -**

2 cans of fruit filling, 2 cake mixes, 2 eggs, 3/4 cup milk, 1 stick butter

option 3 cans of fruit - no milk use juice for mixing

**Estimate your quantities and buy appropriately**

Don't forget seasonings!

Once you have composed a menu of the meals you plan to make, **you need to make a shopping list**. Start by listing the food items and the amount based on 1 Scout or group of Scouts. Then multiply by the number of campers. Keep items to the smallest appropriate size to reduce waste.

Here is an example of a shopping list.

		number to buy	\$\$
Hot Chocolate	4x number of Scouts	_____	_____
Cookies	4x number of Scouts	_____	_____
White Bread	4x (slices) 20-22/loaf	_____	_____
Jam	1 small jar per 8 Scouts	_____	_____
Eggs	4x number of Scouts	_____	_____
Cinnamon	1 small can per group	_____	_____
Sugar	1 pound per group	_____	_____
Oil	2 quart per group	_____	_____
Powdered sugar	1 pound per group	_____	_____
Applesauce	1 small can per 4 Scouts	_____	_____
Cinnamon red hots	1 small package 4 oz.	_____	_____
Macaroni and Cheese	1 box per 2 Scouts	_____	_____
Chunky Ham	1 can per 4 Scouts	_____	_____
Milk	1 quart (group) powdered OK	_____	_____
Lettuce	1 small head per 4 Scouts	_____	_____
French dressing	1 small bottle per 8 Scouts	_____	_____
Kool ade	3-4 quarts per Scout	_____	_____
Hamburger	1 pound per 3 Scouts	_____	_____
Pork and Beans	1 medium can per 3 Scouts	_____	_____
Brown Sugar	1 pound (group)	_____	_____
Onions	3-4 medium (group)	_____	_____
Pita Bread	2x number of Scouts	_____	_____
Watermelon	1 large (group)	_____	_____
Canned Biscuits	1/2 (5) can per Scout	_____	_____
Spiced Apple Cider packets	2x number of Scouts	_____	_____
Instant Oatmeal	1 1/2 serving per Scout	_____	_____
Syrup	1 small bottle (group)	_____	_____
Tomato Juice	8 oz per Scout	_____	_____

## Plan Your Budget

Use Coupons and leftover stock from last camp out. No one likes to dig deep out of their own money at the checkout line.

Some times you can't find the specific things listed in a recipe. Or you don't need a whole package of volume of just that one thing. There are a lot of ways to supply the same item in a recipe. Below is a list of substitutions for specific ingredients. While not exactly the same, these substitutions provide an acceptable alternative to buying too much or not having it at all.

## Substitutions for Ingredients

1 lb. butter / shortening	=	2 cup
4 oz. cheddar cheese	=	1 cup grated
1/2 pt. whipping cream	=	1 cup (2 c. whipped)
8 oz. sour cream	=	1 cup
1 lb. flour	=	app. 3 1/2 cup
1 cup marshmallows	=	11 large or 110 miniature
1 lb. brown sugar	=	2 1/4 cup (packed)
1 lb. granulated sugar	=	2 1/4 cup
1 cup milk	=	1/2 cup evaporated milk + 1/2 cup water -or-
	=	1 cup reconstituted dry milk + 2 tbs. butter
1 cup buttermilk	=	1 cup milk + 1 tbs. vinegar -or-
	=	3/4 cup milk + 1/4 cup butter + 1 1/2 tsp. corn starch
1 cup sour milk	=	1 cup sweet milk + 1 Tbs. vinegar / lemon juice
1 stick butter	=	1/4 lb. or 1/2 cup or 8 tbs.
1 lb. loaf bread	=	about 17 slices
1 1/2 tsp. cornstarch	=	1 tbs. all purpose flour
1 cup Honey	=	1 1/4c sugar + 1/4c water or other liquid
1 cup of fine crumbs	=	22 vanilla wafers, 4 slices of bread, 26 saltine crackers, 14 graham crackers
1 Tbs. instant minced onion	=	1 small fresh onion
1 Tbs. prepared mustard	=	1 tsp. dry mustard
1 cup sugar	=	2/3 to 3/4 cup honey
1 cup honey	=	1 cup molasses
1 whole egg	=	2 egg whites
	=	1/4 cup egg substitute
	=	1 egg white + 1 tsp. oil
1 cup sour cream	=	1 cup plain low-fat yogurt – 1/2 tsp vinegar
1 oz baking chocolate	=	3 Tbs. cocoa powder + 1 Tbs. oil
1 Tbs. cornstarch (for thickening)	=	2 Tbs. flour

Quantities and servings is always a challenge when scaling a recipe or trying to estimate how much a crew will eat. The shopping guide below has some basic standards for estimating several food items. Use it in planning your shopping list to insure you will have enough food for everybody.

Most of the recipes in the Troop Cookbook are scaled to feed 6 – 8 scouts. Some are only for one or two scouts and can be easily scaled. If you have a problem scaling your recipe see your advisor they can use the recipe software to scale it up to the right quantities and print a new recipe card.

# Shopping Guides

Food	Weights/Approximate Measurement	Approximate Servings
<b>Beverage</b>		
Coffee singles	3.5 ounces	19 coffee bags
Hot chocolate	12 ounces	1 serving
Kool-Aid	1 package	8 servings
Soft drink	12 ounces	1 serving
Tea	3.5 ounces	16 tea bags
<b>Bread</b>		
1 loaf	1 pound	20 to 22 slices
corn muffin mix	7 oz.	6 muffins
<b>Cereal</b>		
Ready to eat		
Flaked	18 ounces / 18 to 20 cups	18 to 20 1 -cup servings
Puffed	18 ounces/ 32 to 36 cups	26 1 1/2-cup servings
Cooked:		
Oatmeal	18 ounces / 6 cups (1 cup uncooked = 1 2/3 cooked)	12 to 14 3/4-cup servings
Rice	2 oz. / 1 cup	2 servings
Minute	4.5 oz. / 1 cup	2 servings
<b>Crackers</b>		
Graham	1 pound / 65 crackers	32 to 35 2-cracker servings
Saltine	1 pound / 130 squares	32 4-cracker servings
<b>Dairy Products</b>		
Cheddar Cheese	1 pound / 12 to 16 slices	4 cups grated      6 to 8 sandwiches (2 slices each)
Cottage cheese	1 pound / 2 cups	6 to 8 1/2-cup servings
<b>Milk:</b>		
Evaporated	14 1/2 ounces / 1 2/3 cups	1 can milk+ 1 can water = whole milk Equivalent to 3 1/3 cups milk
Whole	1 quart / 4 cups	4 servings
Nonfat dry	1 pound / 5 quarts	20 servings
<b>Fats</b>		
Butter or margarine	1 pound / 2 cups	48 pats
Shortening	1 pound / 2 1/2 cups	
	3 pounds / 7 1/2 cups	
Salad oil	1 pint / 2 cups	
<b>Flour</b>		
All-purpose	1 pound / 4 cups	
Whole wheat	1 pound / 3 1/2 cups	
<b>Fruit Juices</b>		
Frozen concentrated	6 ounces / 3 cups	6 1/2-cup servings
Canned	46 ounces / 5 3/4 cups	11 to 12 1/2-cup servings
<b>Fruits Fresh</b>		

Apples	1 pound / 3 medium	3
Bananas	1 pound / 3 medium	3
Grapefruit	1 pound / 2 medium	2
Oranges	1 pound / 2 medium	2 (1 orange = 1/3 cup juice)
Pineapple	2 pound / 1 medium	6 to 8

### Meats

Bacon	1 pound / 20 to 24 slices	10 to 12 2-slice servings
Hamburger	1 pound / 2 cups	4 to 5
General guide:	1/4 pound per serving	
Boneless meat	1 pound	4
Small-boned meat	1 pound	3
Large-boned meat	1 pound	2
Chicken, whole	2 1/2 to 3 1/2 pounds	4
Ham	1 pound	4 to 6
Fish	1 pound	2

### Pasta

Macaroni	1 pound / 4 cups uncooked 8 cups cooked	14 to 16 1/2-cup servings
Noodles	1 pound / 6 cups uncooked 8 cups cooked	14 to 16 1/2-cup servings
Spaghetti	1 pound / 4 cups uncooked 8 cups cooked	14 to 16 1/2-cup servings

### Sugar

Brown	1 pound / 2 1/4 cups packed
Granulated	1 pound / 2 1/4 cups
Confectioners	1 pound / 4 cups

### Syrup

Corn syrup	1 pint / 2 cups	
Honey	1 pound / 1 1/4 cups	20 1-tablespoon servings
Molasses	1 pint / 2 cups	16 2-tablespoon servings
Pancake	1 pint / 2 cups	16 2-tablespoon servings

### Legumes Dried

All kinds	1 pound / 2 cups uncooked 6 cups cooked	6 1-cup servings
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### Vegetables Fresh

Beans	1 pound / 3 cups	5 to 6 1/2-cup servings
Broccoli	1 pound	3 to 4 1/2-cup servings
Cabbage Raw	2-pound head / 18 to 24 leaves	14 1/2-cup servings
Cooked	2 pounds	8 1/2-cup servings
Carrots	3 mature / 2 1/2 cups	5 1/2-cup servings
Cauliflower	1 pound / 1 1/2 cups	3 1/2-cup servings
Lettuce	1 pound / 1 large head	8 to 10
Onions	3 large; 4 to 5 medium / 2 1/2 to 3 cups	
Potatoes	1 pound / 3 medium	3
instant "buds"	13.75 oz / 7 2/3 cups	17 servings
Tomatoes	1 pound / 3 to 4	5 to 8

### Miscellaneous

Marshmallows	1 pound / 64
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Peanut butter	18 ounces / 2 cups	8 to 10 2-tablespoon servings
Potato chips	1 pound	16
Walnuts	1 pound / 4 to 4 1/2 cups	8 1/2-cup servings

## Dried Beans and Peas Yield Values

<u>When you start with:</u>	<u>You will get at least:</u>
1 cup black beans	2 cups cooked beans
1 cup black-eyed beans	2 1/2 cups cooked beans
1 cup Great Northern beans	2 1/2 cups cooked beans
1 cup kidney beans	2 3/4 cups cooked beans
1 cup lentils	2 1/2 cups cooked lentils
2 cup large lima beans	2 1/2 cups cooked beans
1 cup small lima beans	2 cups cooked beans
1 cup pea (or navy) beans	2 1/2 cups cooked beans
1 cup split peas	2 1/2 cups cooked peas
1 cup pinto beans	2 1/2 cups cooked beans

*Source: Utah State Extension*

“Remember: not all beans are the same.” *Ralph's Beanery*

## Can Sizes

<u>Can Size</u>	<u>Net Weight</u>	<u>Cups</u>	<u>Servings/Can</u>
#1	10 1/2 - 12 oz.	1 1/4	1 or 2
#300	14 - 16 oz.	1 3/4	2 or 3
#303	16 - 17 oz.	2	4 or 5
#2 1/2	1 lbs 13 oz.	2 or 3	4 or 6
#3 cylinder	3 lbs 3 oz. or 1 qt 14 oz	5 3/4	12
#10	6.5 lbs to 7 lbs 5 oz.	2 - 13	25
#5	48 oz	6	

*SOURCE: Purchasing Food for 50 Servings, Cornell Ext. Bulletin 803*

## Fluid Standard Measures

3 Teaspoons	=	1 Tablespoon	=	1/2 oz	=	29.57 milliliters
16 Tablespoons	=	1 Cup	=	8 oz	=	0.236 liters
2 Cups	=	1 Pint	=	16 oz	=	0.473 liters
2 Pints	=	1 Quart	=	32 oz	=	0.946 liters
4 Quarts	=	1 Gallon	=	128 oz	=	3.785 liters
1 Gallon water	=	8 pounds	=	3.785 liters		
1.056803 Gallons	=	4 liters				

## Camper's measurements without utensils

1 Open Fistful	=	1/2 cup
Five-Finger Pinch	=	1 Tablespoon
Four-Finger Pinch	=	1 Teaspoon
One-Finger Pinch (with thumb)	=	1/8 Teaspoon
One-Finger Gob of shortening	=	1 Tablespoon
Palm of hand (center)	=	1 Tablespoon

# 6

## Methods of Cooking and Types of Meals

Each outing will have its own character and theme. Menu planning and meal type will vary from outing to outing. Besides the pre-selected recipes there are several other types of meals that can be selected and should be used for various forms of camping and outings.

- **Trail meals:** for hiking, orienteering and extended backpacking trips.
- **Car Camping:** for full menu development having a base camp with stoves, coolers and the trailer hauled chuck boxes
- **One Pot Meals:** for use in base camp for quick meals or short trips with a single stove a few utensils and pots.

### Trail Meals:

Trail foods should be quick or no-cook foods for a fast sit and eat or eat while walking meal. Here are a couple of tables for pick and mix meals. Pick and bag for each meal or keep in a large bag for the trail. Remember that what you don't eat the first couple of days will be left for the last. If you plan for 7 days, don't eat it all the first three.

The grocery is a good place to buy for the trail. You just have to imagine the food without the package. Get curious and browse through your nearby supermarket. That TRAIL PACK of pancake mix is still only pancake mix – add water only style. Instant oatmeal is just oatmeal pulsed in a food processor for a count of three. There are a lot of prepackaged prepared foods that can be Trail ready. The new prepared meats and fish in foil pouches are great for adding to basic mixes for a good - tasty dinner.

Backpacking or dehydrated prepared meals are expensive and often leave a lot to be desired in the taste department. Carry some seasonings with you – Chili, white pepper, garlic and onion powders, salt and black pepper, sugar and cocoa for the desserts. Try out those backpacking meals before you are 20 miles from a store. Of course when you are really hungry even an old boot tastes good.

### Trail Breakfast

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

<b>Dairy</b>	<b>Meat</b>	<b>Grain</b>	<b>Fruit</b>	<b>Fun</b>
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>		grits, instant cream of wheat pilot bread cereal mixes granola bar	Orange cranraisins	
water Tang tea powder mixes hot chocolate	peanut butter powder eggs Eggbeaters			



## 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
Drinks	peanut butter Jelly	flour tortillas wheat bread pilot bread Pretzels granola bar	walking apple orange	nuts sunflower seeds pumpkin seeds cereal mixes
water kool aid gator types powder mixes				

## Pick a Trail Mix

Pick 1/2 cup from each column, pack in bag.

Cereal	Nuts	Fruit	Candy
Cheerio's	Peanuts	Raisins	M&M's
Chex 's	Mixed Nuts	Fruit Bits	Chocolate chips
Grape Nuts	Macadamia	Apple chips	Reese's Pieces
Granola	Sunflower kernels	Banana chips	Peanut Butter Chips
Wheat Thins	Almond slices	Pineapple	Butterscotch chips
Snack crackers	Corn Nuts	coconut	Carob chips
Pretzels			
Fish crackers			

### Suggested Breakfast items

Breakfast Bars, Granola Bars  
Pop Tarts  
Canned juice / Dry juice mixes  
Pancake Mix  
Granola Mix (see recipe)  
Powdered Milk  
Melba Toast  
Bakery Goods  
English Muffins w/ butter & Jam  
Fresh fruit - oranges - grapefruit  
Hard boiled eggs (done in advance)  
Milk gravy on pancakes  
Hot Chocolate  
Instant Oatmeal (add raisins, brown sugar)  
Instant Grits  
Sausage and bacon - precooked

### Suggested Lunch Items

Dried fruit  
Fresh fruit  
Triscuit – Wheat thins - pilot biscuits  
Cheese  
Squeeze Cheese  
Hard Boiled eggs (done in advance)  
Raw Carrots / Broccoli / Cauliflower  
Peanut Butter  
Salami or Sausage  
Meat sticks or Beef Jerky  
Canned chicken / SPAM / Tuna  
Spreadables / Vienna Sausages  
Canned turkey / Ham spreads  
Chocolate bars  
Chewy brownies or cookies  
Drink Mix

## Car Camping Suggestions

Car camping allows greater use of fresh foods. You can have elaborate kitchens and expanded menus. But it is a great time to try variety of cooking styles and techniques. Propane, open fire pit, or charcoal, it is still cooking. Try out those recipes before you leave home.

## One Pot Dinners

The first restaurants, as we know them today, were French soup kitchens. Workers and aristocrats would come into a shop and sit – rest – for a bowl of nutritious broth, instead of wine or tea. Broth began to have vegetables as soups. Soups became stews with braised meats – basically one pot meals. One pot meals are classics.

The idea is to create a stew or casserole in one pot. A mixture of starches, proteins, vegetables, and spices or a delectable sauce can become a grommet feast. The following combinations are examples. Use the Chart to help create your own specialties.

One pot dinners can be easy to prepare with a little thought before hand.

- Which foods need to cook longer? - Start them first.
- How much water is needed? Generally just cover the meat and vegetables. Vegetables release water when cooked, unless you want a soup, don't add too much water. Remember concentrated flavors taste better. Reducing the fluids by boiling will over cook the vegetables.
- Is the pot big enough? – a 4 1/2 quart pot will feed 8 people without over filling the pot.
- Try to maintain texture in the food. Mush is mush and no amount of spices will dress it up. Time what you add and when, harder vegetables (potatoes and carrots) and pasta take 20-25 minutes. Softer vegetables (fresh beans squash, onions, peppers) only need 10 -15 minutes.
- Plastic freezer bags can serve for carrying and mixing items such as instant potatoes. Reduce the cleanup; add the boiling water to the bag and mix. This works with quick rice as well.

## Directions:

1. Select and assemble your ingredients from the grocery store, camping outlet or food co-op. Amounts of each ingredient can be adjusted to suit individual preferences and appetites.
2. Determine the order of preparation based on the cooking times of each ingredient. Items with similar cooking times and methods may be dumped together in a plastic bag. Put the bulkiest or main items in a large bag, and put the other items in smaller bags and seal them. Place these smaller bags inside the large bag and seal it.
3. Check the instructions for each component to be sure you include any extra items such as butter, dry milk, etc. that are needed.
4. Decide how much water you need to start with based on what is needed for each ingredient.
5. Write instructions for each package in the meal down, based on the items determined above. Include order of preparation, cooking times, ingredients not included in the bags, etc.
6. Include the instructions for each package with the package. Include the instructions for the whole meal with the large bag, in addition to the instructions for that bag.
7. Label each bag. (i.e. Large bag can be labeled "dinner Day 3" with list of contents) Orange drink, chicken soup, Mac & cheese, chocolate pudding. You might include separate bags for

drink, soup, and pudding. Instructions can be written on bags with a marker that will not wash off or cut labels and directions from boxes and place in the bag.

## One Pot Dinners

Take one from each column

BASE	VEGETABLE	MEAT	SAUCE	SPICE	TOPPING
Spaghetti	<b>Fresh</b>	ground beef	cheese	oregano	Nuts
Thin Spaghetti	Carrots	can beef	sour-cream	herbs	Bread Crumbs
Vermicelli	Potatoes	can chicken	stroganoff	sage	Sunflower seed
Capellini	summer squash	can turkey	spaghetti	basil	Pumpkin seeds
Fettuccini	Onions	dried chipped beef	dry soup mix	salt, pepper	Coconut
Macaroni Ribbons	Cauliflower – Broccoli	can meat spread	miso powder	poultry seasoning	Sesame seeds
Egg Noodles	<b>Frozen</b>	stew meat	gravy mixes	garlic powder	Margarine
Linguine	for short trips & cold weather	hard salami	curry	onion powder	Cheese
Elbow Macaroni	<b>freeze dried</b>	Vienna sausage	sweet & sour	chili powder	Catsup packets
Rotini	Peas	SPAM	au jus	butter buds	Bacon bits
Small Shells	Green Beans	Jerky	teriyaki	soy sauce	Croutons
Juniorettes	Corn	Pepperoni		<b>Bouillon</b>	Dumplings
Pasta Nuggets	Carrots	<b>canned fish</b>	<b>thickeners</b>	Chicken	Butter
Kluski noodles	Onions	Clams	cornstarch	Beef	Wheat germ
Rigatoni	<b>home dried</b>	Tuna	flour	Vegetable	Dried fruit bits
Mostaccioli	Mushrooms	Salmon	cornmeal	<b>mixes</b>	Raisins
Ziti	Mixed vegetable Flakes	Sardines	<b>Soups</b>	Chili	
Ready-cut Spaghetti	Soup blends	Crab	Cream of Mushroom	Taco	
Rotelle	Pepper flakes	Shrimp	Tomato	Sloppy Joe	
Rainbow Rotini		<b>Vacuum pack foil wrapped</b>	Creamed Corn		
Medium Shells	Celery flakes	Tuna	Tomato juice		
Cous Cous	Canned onion rings	Beef	Cream of Celery soup		
Acini di Pepe		Chicken or Turkey	Cheddar Cheese soup		
Rosmarina		<b>freeze dried</b>			
A-B-C- noodles		Ham			
Rings	<b>box mixes</b>	Beef			
Ramen noodles	### Helper's	Chicken			
Quick Rice	rice & ###	Shrimp			
Rice-A-Roni	noodles & ###	dried fish			
Instant potatoes		smoked fish			
Chow mein noodles		bacon bar			
Stuffing		<b>TVP</b>			
Mac & cheese					

## Mac and....

*Kraft Foods Recipes*

1 box macaroni and cheese, 1 can of tuna, chicken, or turkey, 1 small can vegetable. Cook the macaroni and add some onion flakes, drain and add the cheese mix, add the can meat and vegetable, add pepper. Heat and eat. ~ **4 servings**

MAC and .....	1 cup Meat	1 cup Vegetables	some EXTRAS
1 box of Mac & Cheese	ground beef	Stewed tomatoes	1 t. chili powder
	chicken	broccoli	2 t. mustard
	ham or SPAM	red pepper	1/4 cup Miracle Whip
	tuna	Peas	1/4 t. Italian seasoning
	ground beef or turkey	peas & carrots	1/8 t. pepper

## Just a Minute....

*Minute Rice General Foods*

A cup of Minute Rice or other quick cooking rice can be made in a freezer bag. But add a equally quick instant soup mix and you can create a meal.

Rice	Soup Mix	Protein
	vegetable soup mix	can tuna
1/2 cup Minute Rice	onion soup mix	can ham
= 1 serving	chicken bouillon	can chicken
	gravy mix	TVP
	vegetable beef soup mix	can turkey

## Cooking at Altitude

The boiling point of water decreases with increasing elevation due to decreasing air pressure. The boiling point of water decreases 1 degree Centigrade for each 1,000 feet of elevation. Cooking times increase with increasing elevation at 6,000 feet to about 125% of the time needed to cook at sea level. Time is dependent on the type of food and the method of cooking.

## Water Boiling Temperature

Altitude	Fahrenheit	Celsius
Sea Level	212	100
2,000 ft	208	98
5,000 ft	203	95
7,500 ft	198	92
10,000 ft	194	90
15,000 ft	185	85

Very high altitudes may increase boiling times to 30% more than at sea level. Therefore quick cooking foods such as minute or quick rice and instant noodle soups are easier to use than raw foods.

## Cooking with coals.

Coals are produced in two ways. Charcoal comes in bags not suited for backpacking but great for car camping. Place the Bag in a 5 gal. bucket to keep dry. The other method is producing coals from a wood fire. Hardwoods make better coals than softwoods such as pine. Twigs do not produce coals very well, if at all. 1 1/2 - 2 inch thick limbs make better coals. They are small enough to burn down, and large enough to make coals. The cooking can be done directly on the coals using foil wrapped food or Dutch Oven, or use a grate over the coals. The temperature can be determined by holding the back of your hand over the coals. Allow 30-40 minutes to get the coals ready before cooking

All Dutch oven cooking is done by hot coals, never in a flaming fire. The coals may be from hardwoods like oak and hickory or from charcoal. Hardwoods yield long-burning coals which are necessary for the lengthy cooking process in most Dutch oven recipes. Soft woods like pine are unsatisfactory.

Charcoal is more convenient to use and is necessary in areas where there is no downed hardwood. Use a fire pan under the coals to prevent killing ground cover. The pan can be metal or plywood with a thick layer of mineral soil (sand). Three or four stones can be used to prop up the pan above the ground.

The amount of charcoal needed will vary with the weather (wind and temperature). If it is windy or colder than 60 degrees increase the amount of coals by 1/3 with the same distribution (approximately 30 degrees per coal). Have more lighted for longer cooking times.

Approximate Temperature	Type of Fire	8" cast iron 12"				Hand Thermometer Seconds over fire
		coals		coals		
		Under / Top	Under / Top	Under / Top	Under / Top	
250-325 degrees	Slow	2	4	3	5	6-8
325-400	Medium	3	5	4	6	4-5
400-500	Hot	4	6	5	7	2-3
> 500	Very Hot	5	7	6	8	1

As with any cook worth their "beans", each has their own methods of cooking and preparing items to be cooked. Almost all "Dutch Oven" cooks agree that coals should be placed both on top, and on the bottom of Dutch Ovens, but the real controversy is HOW MANY coals to put on. Some say that 8 coals on the bottom and 12 coals on the top will cook a cake to perfection in about 20 - 30 minutes, others of us believe in the 9 on bottom - 12 on top rule. In any case, experimentation with different numbers of coals, types of food, and whether or not it's on the Dutch oven directly, lined, or wrapped in aluminum foil will be the true test.

Basically anything a recipe calls for as baked, that will fit inside a Dutch oven, can be "baked" in a Dutch Oven. Use the chart as a basis for determining temperatures. Preheat the oven if the items are placed in inserts or pans inside the Dutch oven. Always rotate the Oven over the coals and the lid over the oven to insure even heating. Don't be afraid to look inside but keep it to a minimum the heat will escape.

To use the Dutch Oven to cook a batter mixed Cake in a pan - first placing three small rocks in the bottom of the Dutch Oven – preheat the oven. Then make up the cake mix according to the directions on the box, placed the contents in a small round cake pan, and placed the cake pan on top of the rocks in the Dutch oven. (This allows the heat to flow around the cake pan and cook the batter

evenly) It takes approximately 30 minutes to cook. Almost any type of cake, biscuits, bread, cookies, or brownies can be made in this way. The troop has inserts which will do the same thing. Dump cakes and cobblers can be cooked directly in the Dutch oven or (to reduce clean up) in a foil lining.

## How do I clean my Dutch oven?

I've heard you just scrape it out and turn it upside down in the fire. **Wrong!** That is how the early pioneers and mountain men cleaned their ovens. A Dutch oven can be cleaned like that, but it burns out all of the seasoning. And since we don't use them everyday they will rust.

Scrape the oven out, and boil an inch or two of water in the oven to steam it out. This also gives you time to eat with your guests. After the oven has steamed a while, scrub it with a green scrubby pad or a soft wire kitchen brush and pour out the water. Then wipe it dry and coat it lightly with a high temperature vegetable oil while the oven is still hot. Place a wadded up newspaper or a couple of paper towels inside the oven so they hang out a little. Then place the lid on the oven and put it away. The paper helps keep the lid slightly ajar for air movement. It also collects moisture to keep the oven dry.

## Look Mom no Pots!

### Dinner Items: Foil Meals

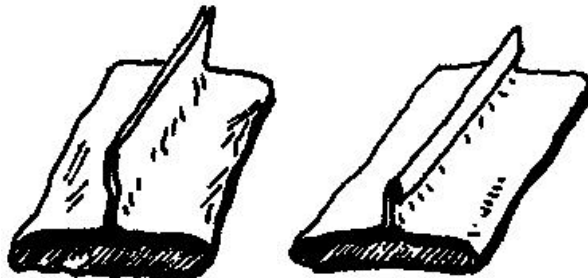
Hot meals are great but who wants to wash dishes. Try these **Foil meal ideas** or try a seal-a-meal or freezer zip bag in boiling water .

#### Drugstore wrap: *Not a Drug Rap..*

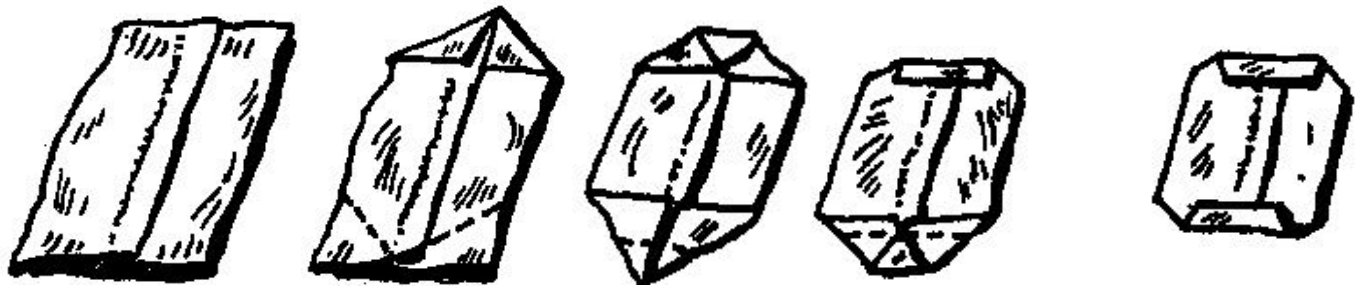
1. Cut 2 pieces of lightweight foil or 1 piece of heavy-duty foil, twice the circumference of the item to be wrapped.
2. Place food in middle of foil, shiny side in. Food must be moist or add 4 T. of fluid.



3. Bring opposite sides of foil together, and fold 1/2 inch, repeat turning down to item.



4. Flatten top of package, Fold corners of open ends in and roll ends in small folds into center. The edges must seal to keep steam in.



5. Use a permanent marker or nail polish to mark the pack. What's inside or who the dinner belongs to, are important coals and ash obscure regular pencil or felt marker.

For recipes suggestions and more on the technique visit the Reynolds Aluminum website: <http://www.reynoldskitchens.com/reynoldskitchens/kitchenconnection/search/results3.asp>

## Foil Box Ovens

Foil lined box ovens can be used to cook larger batches of biscuits, cookies and cakes than you can in Dutch Oven – at one time. Use this box oven only if the weather does not pose a risk of the oven blowing away. They are light and present a large area that can be tipped over or scattered in a moderate breeze. Weight the box oven down.

### Box Size

A fruit box or a paper supply box (10 reams size), the type where the top fits over the bottom is a practical, sturdy choice.

### Construction

Take a box, with the top on, and lay on one of the long sides. Cut around three sides of the box, leaving it attached on the long side on the bottom. This will be the oven "door"

Cover the interior and the "door" with heavy-duty foil, shiny side out. Tape in place on the outside of the box. Two layers of foil make a safer oven.

Find a rack that fits inside the box and support the rack on four **empty** cans. Empty fruit or soup cans are excellent – wash out the insides and remove the labels or your cookies will taste like burned paper or worse – soup. There must be sufficient space between the cans for a pie plate or multiple layered foil pan, which will hold the burning charcoal.

Devise a fastener for the door. A wire hoop on the door can be caught on a wire hook on the top of the box. An alternate method is to have the door open up, rather than down. In this case, the door would have to be held closed with a rock placed against the base of the door.

### To Use the Oven

Start charcoal on the pie plate or 4 or more sheets of foil folded with a rim – shiny side up, outside the oven, using as a rule of thumb one briquette for every 40°F wanted. When the briquettes are white, place pie plate and coals in the box oven. Care must be taken when handling hot coals and plate.

Use the hand thermometer technique to approximate the internal temperature.

After the oven has been preheated, add items to be baked. Timing is dependent on the amount of heat produced by the charcoal.

This oven is useful for cakes, biscuits, cookies and other baked goods with shorter time frames for cooking. Cook for amount of time called for in recipe. If cooking for much more than 30 minutes replenish charcoal. It may be necessary to add more charcoal (already started) to the oven tray.

Note: Be sure and lift box straight up or you will "dump" the heat. No peeking allowed! Anything you can cook in an oven at home can be done in a box though I prefer things that can be done in 30 min or so."

## **Box oven without the box**

When you don't have a box or empty cans but a good amount of foil, try this.

1. Pound four one inch + diameter by about 1.5 ft length sticks into the ground in the shape of a square about 1.5 – 2 feet per side and wrap them with heavy duty foil.
2. Wrap aluminum foil around stakes to make a box. Line the floor with foil. Make the leeward side have a slot to slide in the charcoal tray.
3. Drive three or four stakes into the ground through the foil floor to hold up the baking dish or biscuit pan.
4. Put the charcoal (already started) and tray inside.
5. Cover lightly to build up some heat.
6. Quickly place the baking dish and food inside the oven.
7. Drape 2 layers of foil over the top of the foil box and crimp to hold in place.

It looks kind of ugly but works pretty well for baking the biscuits and cookies or warming prepared foods. If you make it this way, you don't have to take up room with a bulky box.



# 7

## Cooking Hints

### Pre-Camp Advice

Get copies of your selected recipes. Read them twice at home and before shopping.

Do as much preparation as possible at home.

- Dice your onions, green peppers, etc. at home and store them in plastic bags. Place in the cooler before leaving.
- Pre-mix dry ingredients for cakes and breads.

Some yeast breads can be made 24 to 48 hours in advance if kept dry and cold before their second rise.

### Basic Cooking Tips

Follow the recipe and box directions to prepare food.

By using lids whenever possible, you will greatly reduce the cooking time required for many foods,

To cut down on grease in camp food, fry meats in a fine dusting of salt in the skillet instead of fat or shortening.

Vegetables such as celery carrots, radishes, cabbage, and lettuce will keep fresh longer if wrapped in foil and several layers of brown paper bag or paper toweling.

Pancakes are less likely to stick if you add a tablespoon of melted fat to each 1.5 cups of batter. They tend to be less tender and more like a waffle in texture, but the clean up is easier and won't tear or break as easy.

Bullion cubes can be substituted for meat stocks when making camp soup, stews, and gravies.

Stir pancake batter instead of beating it, and don't worry about the lumps. They will disappear. The same is true with muffin mix.

On a cold day, butter may be too hard to spread easily. Invert a heated bowl or pan over the butter dish for a few minutes. This will soften the butter but not melt it.

A piece of apple or orange inside a covered container of brown sugar will keep it soft. Do not leave this in the sugar for the next camp out. It will mold.

To keep salt shaker from spilling while traveling, Screw a piece of plastic wrap under the lid. Add a few grains of rice to keep it from clumping in moist weather.

Place bread in a shoe box to keep it from being smashed.

Lightly grease a cast-iron griddle before making first pancakes. Then rub a raw peeled potato to the warm griddle between batches. The starch and oil will add to the seasoning coating on the cast iron. This will produce golden brown flapjacks that will not stick.

Cheese cut in small strips or narrow slices will keep well in a covered glass jar.

A can or bottle can be used as a rolling pin.

Use fingernail polish to mark foil dinners. It won't burn off in the coals.

Vegetables can be warmed directly in their own can, but you must first open the lid part way to vent off steam. Otherwise, the can might explode.

A small soft drink bottle can be used as a potato masher.

A pinch of flour sprinkled on fat while frying will stop the spattering.

Removing a single strip of bacon from a package is difficult. Roll the packaged tightly. The slices will come off easily.

Slab bacon will keep without molding for long periods if first washed in water and a small amount of baking soda, then dried over a smoky fire.

Biscuits, breads and corn cakes which are dried out can be freshened by placing in a brown paper bag after sprinkling lightly with water. Place the bag near the heat or in a reflector oven for a few minutes.

If vegetables or cereal scorch, plunge the pan and all into cold water for a few minutes. Much of the burned taste will be dissipated.

If your stew or gravy is too salty, cut pieces of raw potato and add to the mix. Remove after a few minutes - before they cook entirely. The potato will absorb the salt.

Use plastic bags for mixing foods. You can cook dehydrated foods in freezer weight zip bags.

A maple syrup substitute can be made by heating brown sugar and a little water while stirring constantly.

Keep water boiled over a wood fire free of that smoky taste by throwing a clean sliver of wood into the water while you're boiling it.

The day is hot and breezy and you want to keep your drinking water cold. Wrap the water container in a wet cloth and hang it in the open from a branch of a tree. It's good as putting it in a regular refrigerator

When you've finished cooking, set your cook pot off to one side. Perhaps if you give them their own plate, the bees, wasps, flies and other pests will stay away from yours.

Avoid "burnt offerings from a Dutch oven by placing the baking pan 4 to 5 cm above the bottom of the oven.

To refresh a pack of marshmallows place them in a brown paper bag and place in a warm oven for a few minutes.

To keep marshmallows from burning dip them in water before holding them over the flame.

Cover the ice in a picnic cooler with foil to help it last longer. Keep the water in your canteen cooler by wrapping the canteen in foil.

Toast sandwiches by wrapping them in a foil envelope and placing them on the embers or a hot plate for a few seconds.

Because foil-wrapped foods tend to scorch where they are in direct contact with the coals, use a double wrapping of heavy duty foil and turn food frequently during cooking.

To make a sprinkler top for vinegar or oil bottle, shape a piece of foil over the bottle opening, secure with a rubber band, and punch small holes in the foil.

## **Tips about eggs**

Use foil ring dividers for frying eggs. Put rings in the greased pan and drop eggs into each ring.

Eggs can be removed from the shell, whole, and stored in an oiled jar with lid. They won't break and can still be poured out one at a time – as long as they are cold.

You say that some of the eggs you carried along acquired a crack en route? You can still boil them successfully if you first wrap them in tissue, Use string to tie the tissue closed like a purse around the egg.

Adding a pinch or two of salt to water when boiling a cracked egg will prevent the whites from running out, or wrap the eggs tightly in aluminum foil.

If you carry along eggs, avoid cracks (and worse) by packing them in your flour or sugar.

Eggs dipped in boiling water for 10 seconds will last for weeks in a camp ice chest.

To check if an egg is fresh place it in water, if it sinks it is fresh. If it floats it is bad.

Boiled eggs spin like tops fresh eggs won't.

Store eggs with large end up, they will stay fresh longer.

## **Clean Up**

Soap the bottom and side of your pots and pans before putting on the fire. This will reduce the amount of scouring you will need to do when cleaning up. Liquid soap is easier to use than bar soap.

Wipe dishes and pans with a paper towel, to get the grease off before cleaning.

Save clean-up time by lining casserole, baking and frying pan with heavy duty foil before cooking in them.

When it is time for washing up, a crumpled ball of foil makes an excellent scouring pad for pots and pans.

If you burn the inside of a cook pot, shake cream of tarter into the pot, fill with water and bring to a boil. Boil for a few minutes, pour out water, and wipe clean.

If you're having a problem cleaning a pan, rub the area with salt.

Take the backache out of washing messy pans by always filling used pans with cold water straight away.

A little vinegar or lemon juice will remove onion and fish odor from a skillet.

To remove fishy odor from your hands, rub a little vinegar or lemon juice on them and rinse with cold water.

A little dab of butter in oatmeal while it's cooking will make pot easier to clean.

Enjoy scrambled eggs but don't get stuck with a hard-to-clean pan. Rinse it out with cold water first and leave a very thin layer of water at the bottom before adding egg.

### **Camper's measurements without utensils** (It's worth repeating)

1 Open Fistful	=	1/2 cup
Five-Finger Pinch	=	1 Tablespoon
Four-Finger Pinch	=	1 Teaspoon
One-Finger Pinch(with thumb)	=	1/8 Teaspoon
One-Finger Gob of shortening	=	1 Tablespoon
Palm of hand (center)	=	1 Tablespoon

# APPENDIX

## ADDITIONAL READING

*\* Available at a reasonable price at the Scout Shop*

\* Camp Cookery for Small Groups, Arthur J. Walrath, ed., 1967, BSA

\* Dutch Oven Cooking, John G. Ragsdale

\* Camper's Guide to Outdoor Cooking, John G. Ragsdale,

\* Merit Badge books: Cooking, Camping, Backpacking

\* Outdoor Skills Instruction manuals Cooking, Camping, Backpacking

\* Venture manuals: Winter Camping, Backpacking, Canoe Camping

\* Woods Wisdom

\* Boy Scout Roundtable Planning Guide

\* Fieldbook - Boy Scouts of America

Axcell, Claudia; Simple Foods for the Pack; Sierra Club; 1986

Baker, Harriett; Supermarket Backpacker; Contemporary Books, Inc.; 1977

Baker, Harriett; The One Burner Gourmet, Contemporary Books, Inc.; 1981

Dutch Oven Outdoor Cooking, *Y2K Edition* \$12.95 plus \$2.00 S&H for the first book. Add \$1.50 S&H for each additional cookbook.; WH Publishing; P.O. 824; American Fork, UT 84003

Fleming, June, 1986, The Well Fed Backpacker, Vintage Books

Miller, Dorcas S.: BACKPACKER – More Backcountry Cooking; The Mountaineers, 1001 SW Klickitat Way, Suite 201, Seattle, WA 98134; \$16.95

Ririe, Robert L.; Let's Cook Dutch, A Complete Guide for the Dutch Oven Chef; Horizon Publishers and Distributors, Inc., 1979

Thomas, Dian; Roughing It Easy; 2nd edition; 1994,

Ubaldi, Jack; Meat Book, A Butcher's Guide to Buying, Cutting and Cooking Meat; Macmillan Publishing Co., New York; 1987

Viehman, John; Trailside's Trail Food , Rodale Press; 1993

Zayac, Roger and Annette; Texas Campground Guide and Cookbook; TGI Printed, Inc., PO Box 370 Bacliff, TX. 78006

## WEB SITES

## **Dutch Oven Cooking**

MacScouter -- Scouting Resources Online <http://www.macscouter.com/Cooking/DutchOven.html>  
Mike Audleman's Dutch Oven Cookbook v 2.3.

Happy Camper - <http://www.ahappycamper.com> Source for Dutch ovens, cook books and other supplies.

International Dutch Oven Society - <http://www.idos.com/> Non-profit organization based in Logan, Utah whose mission is to promote Dutch oven cooking.

Just Crockpot Recipes - <http://www.justcrockpotrecipes.com/> Features archive with large chicken, beef, soup, chili, chowder and turkey recipes indexes that adapt well to cooking in a Dutch oven.

Camp Chef Dutch Ovens - <http://www.campchef.com> The Ultimate Dutch Oven is the hottest, fastest cooking accessory on the market. Combining old-style outdoor flavor and modern cooking technology, this advanced cast iron black pot is quickly becoming known as "the outdoor microwave." Recipes at <http://www.iliveoutdoors.com/recipes/index.php>

Dutch Oven Cooking Information and Recipes - <http://www.isu.edu/outdoor/dutch.html>  
Dutch Oven Cooking is Back! Dutch Oven information and tasty recipes.

Lone Star Dutch Oven Society - <http://www.lsdos.com/> Home of Lone Star Dutch Oven Society. Dedicated to promoting Dutch Oven Cooking in Texas.

Cookoff Locations - <http://www.idos.com/Locations/locate.html> Calendar of Dutch oven cook-offs. Maintained by the International Dutch Oven Society.

Outdoor Cooking with the Dutch Oven - <http://www.outdoorcampus.org/kidscan.htm> Outdoor Cooking recipes for Dutch ovens, camping, wild game recipes and easy camping recipes for kids.

Cee Dub Dutch Oven and Camp Cooking - <http://www.ceedubs.com/> Recipes, Dutch ovens and equipment, videos, books, classes. \$18.95

Just Dutch Oven Recipes - <http://www.justdutchovenrecipes.com/index.shtml> Dutch oven recipes in over 20 categories.

Lodge Cast Iron - <http://www.lodgemfg.com/> Manufacturer of camp cookware offers Dutch oven recipes.

## **General Recipes**

Better Homes and Gardens <http://www.bhg.com/bhg/recipe/>

Just Recipes

<http://www.melborponsti.com> – [www.kitchenmixes.com](http://www.kitchenmixes.com) – <http://www.kitchenmixes.com>

Recipe Goldmine - <http://www.recipegoldmine.com>

RecipeSource - <http://www.recipesource.com/>

Recipe zaar - <http://www.recipezaar.com>

Camping Recipes from the Camping Source

[http://www.thecampingsource.com/Delicious\\_recipes.htm](http://www.thecampingsource.com/Delicious_recipes.htm) Feel free to search our online recipes.

They are sorted by category such as main dish, beverage, dessert and such. Submit your favorite recipes and you may win a free Camping Source tee-shirt.

## **FREQUENTLY ASKED QUESTIONS ABOUT the NEW FOOD GUIDANCE SYSTEM - 2005**

### **What is the relationship between the Dietary Guidelines and MyPyramid?**

- The *Dietary Guidelines for Americans* represent federal nutrition policy.
- MyPyramid is the educational tool designed to help consumers make healthier food and physical activity choices for a healthy lifestyle that are consistent with the guidelines.
- The U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) publish the Dietary Guidelines for Americans, first released in 1980 and revised in 1985, 1990, 1995, 2000 and most recently in January 2005, jointly.
- MyPyramid translates the principles of the *2005 Dietary Guidelines for Americans* and other nutritional standards to assist consumers in making healthier food and physical activity choices.
- MyPyramid was developed and issued by USDA.

### **The MyPyramid symbol in its simplest form has no foods pictured in it. How will consumers know what to eat?**

- One symbol can't carry all the nutrition guidance. The new symbol was designed to be simple. It reminds consumers to make healthy food and physical activity choices and be physically active every day. Each person has a Pyramid that is right for them based on their age, sex and physical activity level. Consumers are encouraged to find out what they need to eat each day and their physical activity level at [MyPyramid.gov](http://MyPyramid.gov).

### **Why revise the original Pyramid?**

- USDA has been providing nutrition guidance for over 100 years. USDA released the original Food Guide Pyramid in 1992. MyPyramid reflects the most current science; and the updated tools are designed for ease of use by consumers.

### **What's different about MyPyramid?**

- The MyPyramid symbol is one part of the food guidance system, an update to the Food Guide Pyramid. The new MyPyramid offers consumers a more personalized approach to healthy eating and physical activity.

### **What is the food guidance system?**

- The food guidance system is MyPyramid. The name food guidance system was used as a working title before the name MyPyramid was selected. MyPyramid is made up of motivational and educational tools designed to help consumers make healthier food choices. The motivational tools are the new MyPyramid symbol and slogan, "Steps to a Healthier You." The educational tools are the educational framework, consumer messages found on the new poster and the interactive activities that will help consumers find the Pyramid that is right for them. These tools provide personalization and information on demand.

### **What are discretionary calories?**

- Individuals need a certain number of calories to keep their bodies functioning and to provide energy for physical activities – this is the total energy requirement. The energy requirement depends upon a person's age, gender, body size and physical activity level. If an individual chose to eat all foods in their lowest fat form and with no added sugars, they could meet their nutrient needs using fewer calories than the calories in their total energy requirement. This would leave a remaining balance of calories needed to meet energy needs, but not needed to meet specific nutrient needs. This balance is the discretionary calorie allowance. In other words, the discretionary calorie allowance is the balance of calories remaining in a person's total energy requirement after accounting for the calories needed to meet nutrient needs by eating foods in low-fat or no added sugar forms.
- Each person has an allowance for some discretionary calories, but most discretionary calorie allowances are very small, between 100 and 300 calories, especially for those who are not physically active. The discretionary calorie allowance can be used to increase the amount of nutrient-dense foods or to select foods that are not in their most nutrient-dense form, sweetened beverages, additional foods, or additions to foods (e.g., salad dressing, sugar, butter). For many people, the discretionary calorie allowance is totally used by the foods they choose in each food group.

### **What are the shortfalls of the American diet?**

- The American diet is not in balance. On average, Americans don't eat enough dark greens, orange vegetables and legumes, fruits, whole grains and low-fat milk products. They eat more fats and added sugars. To bring the diet into balance, MyPyramid recommends eating more of the under-consumed foods and less solid fats, added sugars, and caloric sweeteners and foods rich in these.

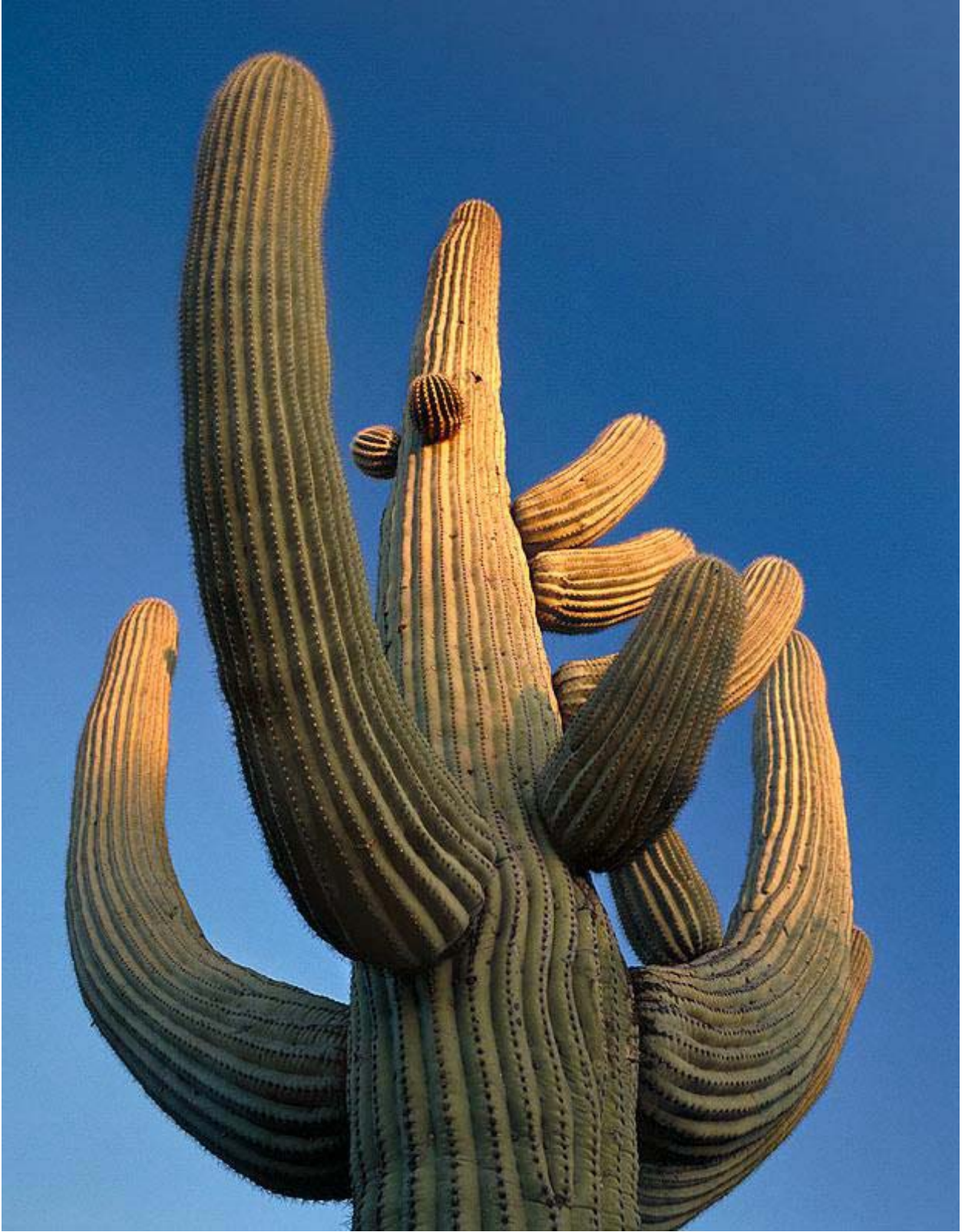
### **How do you use the Food Guidance System?**

- There are many ways to use the Food Guidance System. One way is to follow the food group recommendations found on the [MyPyramid.gov](http://MyPyramid.gov) Web site or on the poster. Also, consumers can find out what and how much they need to eat each day by going to the Web site and plugging in their height, weight and age to get more personal recommendations. For consumers who want to evaluate their current diet and physical activity pattern, they can go to the Web site and click on the MyPyramid Tracker.

### **Does MyPyramid address the obesity epidemic?**

- USDA is committed to combating obesity. MyPyramid helps consumers find the right amount of food needed to balance with their daily physical activity.
- MyPyramid encourages consumers to shift their focus on more nutrient-dense foods that are now under-consumed. This should help them meet their nutrient needs within their calorie level.





## **Troop 219 Recipes**

*A tasty collection of tried and true camp recipes.*

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A

Dessert

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# Almond Honey Crunch

**Servings: 7**

**1 Cup Slivered Almonds**  
**1/4 Cup Honey**  
**1 Tablespoon Butter**  
**1 Tablespoon Grated Orange Peel**  
**Dash Salt**  
**2 1/2 Cups Corn Flakes**

Combine almonds, honey, butter, orange peel and salt in heavy frying pan. Cook over low heat, stirring constantly, until almonds are golden. Remove from heat. Add corn flakes and mix carefully. Spread on buttered baking sheet. When cool, break into small pieces.

Yield: 3 1/2 Cups

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Per Serving (excluding unknown items): 210 Calories; 13g Fat (50.6% calories from fat); 5g Protein; 23g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 126mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates.

**Main Dish, Soup**

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# Ancho Chili Chicken Chowder

Judith Eidam

**Servings: 8**

**Preparation Time: 30 minutes**

**Start to Finish Time: 1 hour 15 minutes**

*A smokey southwestern flavored chowder with cheddar cheese.*

**1 1/3 Slices Bacon, diced small**  
**2/3 Cup Carrot, diced**  
**2/3 Cup Onion, diced**  
**2 Whole Dried Ancho Peppers**  
**1 1/3 Tablespoons Serrano Peppers, minced**  
**2/3 Teaspoon Cumin Powder**  
**2 Cloves Garlic, minced**  
**2 2/3 Cups Chicken Broth**  
**3 1/3 Cups Potatoes, diced**  
**2 2/3 Boneless Skinless Chicken Breasts, diced**  
**2/3 Teaspoon Salt**  
**1/4 Cup Flour, All-purpose**  
**1 2/3 Cups Milk**  
**1/2 Cup Monterey Jack Cheese With Jalapeños, grated**  
**1/3 Cup Sharp Cheddar Cheese, grated**  
**1/2 Cup Sliced Green Onions**

Cover ancho peppers with boiling water and let sit for 15 minutes.

Cook the bacon in a stock pot on medium heat until crisp. Remove with slotted spoon and reserve.

Add carrot, onion, peppers, cumin and garlic to pot. Stir and let brown. While browning drain the ancho peppers and seed and chop them. Add the ancho peppers to the pot with the carrot melange and continue browning.

Pour the chicken broth into the pot and deglaze the pan. Add the potatoes and salt, bring to a boil, cover and simmer 15 minutes or until potatoes are tender. Add the chicken, bring back to simmer, cover and cook 10 minutes



more.

Combine the flour and the milk with a whisk. Add to the pot and stir until soup thickens, about 10 more minutes. Remove from heat.

Stir in the cheeses until melted. Taste to adjust the seasonings. To serve, sprinkle with chopped green onion.

Store in freezer. Store onion in refrigerator.

Reheating instructions: Thaw overnight in refrigerator. Heat on the stove in a pot very slowly. Don't let it come to a complete boil. Or heat in the microwave until warm through.

---

Per Serving (excluding unknown items): 270 Calories; 8g Fat (26.5% calories from fat); 27g Protein; 22g Carbohydrate; 3g Dietary Fiber; 65mg Cholesterol; 603mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.

Main Dish

---

## Angel Hair With Tomatoes, Basil and Garlic

Servings: 6

**1 Pound Angel Hair or Capellini Pasta, uncooked**  
**2 Tablespoons Vegetable Oil**  
**1 Tablespoon Minced Garlic**  
**5 Cups Tomatoes, diced**  
**1/2 Teaspoon Basil**  
**3/4 Cup Low-sodium Chicken Broth**  
**5 Tablespoons Parmesan Cheese**  
**Salt and Freshly Ground Pepper, to taste**

Prepare pasta according to package directions; drain. Heat oil in a large skillet over medium-high heat. Add garlic and cook for one minute. Add tomatoes, basil, salt and pepper. Cook for 3 minutes. Add hot pasta to skillet; toss well. Add chicken broth and stir. Toss with Parmesan cheese and serve immediately.

---

Per Serving (excluding unknown items): 378 Calories; 8g Fat (18.2% calories from fat); 14g Protein; 64g Carbohydrate; 4g Dietary Fiber; 3mg Cholesterol; 102mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.

Breakfast, Dessert

---

## Apple Brown Betty

Servings: 8

**8 Cups Small Bread Cubes, 1/2"**  
**1 Cup Butter or Margarine, melted**  
**1 Teaspoon Cinnamon**  
**1/2 Teaspoon Nutmeg**  
**1/4 Teaspoon Salt**  
**1 1/2 Cups Firmly Packed Brown Sugar**  
**8 Cups Cooking Apples, peeled, chopped**

Mix bread cubes with butter, cinnamon, nutmeg, salt and brown sugar. Arrange in alternate layers with apples in Dutch Oven

Cover and cook on high for 1 1/2 to 2 1/2 hours or until apples are tender. Serve warm with cream, hard sauce or ice cream. Makes 6 to 8 servings.

---

Per Serving (excluding unknown items): 528 Calories; 25g Fat (41.3% calories from fat); 4g Protein; 75g Carbohydrate; 3g Dietary Fiber; 62mg Cholesterol; 578mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Fruit; 5 Fat; 2 1/2 Other Carbohydrates.

Dessert, Dutch Oven

---

# Apple Cinnamon Bars

**Servings: 9**

**2/3 Cup All-purpose Flour**  
**2/3 Cup Powdered Sugar**  
**3/8 Cup Softened Butter**  
**1/2 Cup Granulated Sugar**  
**1/2 8-ounce Package Cream Cheese**  
**1 1/8 Eggs**  
**1/4 Teaspoon Baking Powder**  
**1/8 Teaspoon Salt**  
**1/2 Tablespoon Water**  
**6 3/4 Stash Apple Cinnamon Tea Bags**

Mix 1 cup flour with 1/4 cup powdered sugar and 1/2 cup butter until crumbly. Pat into a greased 13 x 9-inch baking pan or Dutch Oven. Bake at 375 degrees for 7 to 10 minutes or until lightly browned.

---

For the Filling

Combine 1 cup granulated sugar and cream cheese. Blend well. Beat in eggs, 2 tablespoons of flour, 1/2 teaspoon baking powder, salt, contents of 10 Stash Apple Cinnamon tea bags and 2 tablespoons melted butter until mixture is well blended. Spread over crust in pan. Return to oven for 15 to 20 minutes or until set.

---

For Frosting

Mix 1 cup powdered sugar, 1 tablespoon soft butter, 1 tablespoon water and the contents of 2 Stash Apple Cinnamon tea bags until smooth. Spread over the filled crust while still warm. Let cool.

Yield: 9 bars

---

Per Serving (excluding unknown items): 259 Calories; 14g Fat (48.8% calories from fat); 3g Protein; 31g Carbohydrate; trace Dietary Fiber; 65mg Cholesterol; 189mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

**Breakfast, Dessert, Dutch Oven**

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# Apple Cobbler

Ruth B, Rinker, Rinker Orchards, Stephens City, VA

**Servings: 8**

*The addition of a handful of black walnuts to the apples makes for mighty good eating!*

**1/2 Cup Sugar**  
**1/2 Teaspoon Cinnamon**  
**4 Cups Thinly-sliced Pared Apples**  
**1 Cup Sifted All-purpose Flour**  
**1 Cup Sugar**  
**1 Teaspoon Baking Powder**  
**1/4 Teaspoon Salt**  
**1 Well-beaten Egg**  
**1/2 Cup Evaporated Milk**  
**1/3 Cup Melted Butter**

Place apples in bottom of a greased 8 1/4 x 1 3/4-inch round baking dish or lined Dutch Oven. Sprinkle with a mixture of the sugar and cinnamon. Mix dry ingredients together.

Combine egg, milk and butter. Add dry ingredients all at once, and mix until smooth. Pour over apples. Bake at 325° degrees for about 1 hour, or until a toothpick inserted in the middle comes out clean. Serve warm.

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Per Serving (excluding unknown items): 328 Calories; 10g Fat (26.2% calories from fat); 4g Protein; 58g Carbohydrate; 2g Dietary Fiber;

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52mg Cholesterol; 232mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 2 1/2 Other Carbohydrates.

Dessert, Dutch Oven

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## Apple Cobbler - Cake Mix Version

**Servings: 8**

**20 Ounces Apple Pie Filling**

**1 Stick Butter**

**1 Teaspoon Lemon Juice**

**Dash of Cinnamon**

**1 Box Yellow Cake Mix**

**1/3 Cup Milk**

**2 Ea Eggs**

Pour apple pie filling into foil lined Dutch Oven. Dot with 1/4 of the stick of butter; sprinkle with lemon juice and cinnamon.

Mix 1/2 cake mix , eggs and milk to a stiff batter.

Pour batter over fruit, pour remaining dry batter on top of wet batter, dot remaining butter on top of dry batter.

Bake at 375 for 20 - 30 minutes. Serve warm with cream.

---

Per Serving (excluding unknown items): 258 Calories; 15g Fat (51.7% calories from fat); 3g Protein; 29g Carbohydrate; 1g Dietary Fiber; 85mg Cholesterol; 346mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.

Dessert, Dutch Oven

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## Apple Crisp

**Servings: 8**

**5 Apples, sliced and peeled**

**1 Cup Brown Sugar**

**3/4 Cup Rolled Oats**

**3/4 Cup Flour**

**1 Teaspoon Cinnamon**

**1 Teaspoon Nutmeg**

**1/2 Cup Butter, softened**

**1/4 Cup Apple Juice or Water**

Preheat oven to 375F.

Put half of the apples in a greased 9"x 9" pan or Dutch Oven.

Blend together remaining ingredients, except juice, and crumble half the flour mixture over the apples. Cover with remaining apples and flour mixture. Pour juice over top.

Bake 35 minutes. Great with vanilla ice cream.

---

Per Serving (excluding unknown items): 298 Calories; 13g Fat (36.6% calories from fat); 3g Protein; 46g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 125mg Sodium. Exchanges: 1 Grain(Starch); 1 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.

Breakfast

---

## Apple Pancakes

**Servings: 6**

**3 Cups Flour, sifted**

**3 Teaspoons Baking Powder**

**3/8 Teaspoon Salt**

**3/4 Teaspoon Cinnamon**  
**3/8 Teaspoon Cloves**  
**9 Tablespoons Butter**  
**3 Egg**  
**1 Cup Milk**  
**6 Tablespoons Powdered Milk**  
**1 1/2 Cups Applesauce**

Mix together flour, baking powder, salt, cinnamon and cloves. Cut butter into flour mixture.

In a small bowl, beat together egg, milk, powdered milk and apple sauce. Combine flour mixture with egg mixture until well mixed.

Bake on hot griddle. Serve with butter and syrup or fruit.

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Per Serving (excluding unknown items): 532 Calories; 24g Fat (40.3% calories from fat); 13g Protein; 66g Carbohydrate; 3g Dietary Fiber; 166mg Cholesterol; 641mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.

Breakfast

---

## Apple Streusel Coffee Cake

**Servings: 6**

**2 Cups Bisquick® Baking Mix**  
**1 Teaspoon Ground Cinnamon**  
**2/3 Cup Sweetened Applesauce**  
**1 Teaspoon Vanilla**  
**1/4 Cup Sugar**  
**1 Egg**

**1/4 Cup Vegetable Oil**

**STREUSEL TOPPING:**

**1/4 Cup Bisquick® Baking Mix**  
**2 Teaspoons Firm Butter or Margarine**  
**1/4 Cup Packed Brown Sugar**  
**1/2 Teaspoon Ground Cinnamon**  
**2 Teaspoons Finely Chopped Nuts**

Grease 9-inch round pan.

Streusel Topping: Mix all ingredients until crumbly.

Mix all ingredients except Streusel Topping until moistened. Spread batter in pan; sprinkle with Streusel Topping.

Bake in a 400F oven or Dutch Oven until wooden toothpick inserted in center comes out clean, about 20-25 minutes. Serves warm.

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Per Serving (excluding unknown items): 382 Calories; 18g Fat (41.4% calories from fat); 4g Protein; 52g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 554mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 3 1/2 Fat; 1 Other Carbohydrates.

Dessert

---

## Apple-sausage Coffeecake

**Servings: 8**

**Preparation Time: 15 minutes**

**4 Sausage Patties**  
**2 Tart Apples, peeled, cored and sliced 1/4-inch thick**  
**2 Tablespoons Brown Sugar**  
**1 Teaspoon Cinnamon**  
**1 1/2 Cups Pancake Batter**

## 1 Tablespoon Butter

Preheat oven to 450°F.

In a large skillet, sauté sausage until browned. Pour off any fat from skillet, add apple slices, sprinkle with sugar and cinnamon. Sauté 1-2 minutes until apples just lose their crispness. Set aside.

Place the butter in a well-seasoned 9-inch iron skillet and heat in preheated oven until bubbly and hot. Arrange the sausage in the pan, cover with apples, distributing evenly.

Pour the batter over the apples and bake until nicely browned, about 8-10 minutes. Cut into pie-shaped wedges and serve immediately.

Yield: 1 cake

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Per Serving (excluding unknown items): 173 Calories; 7g Fat (35.4% calories from fat); 5g Protein; 23g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 470mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Dutch Oven, Main Dish

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# Apple-stuffed Pork Chops

**Servings: 6**

**Preparation Time: 20 minutes**

**6 Pork Loin Rib Chops, cut 1 1/4-inches thick**

**3 Orange**

**3 Tablespoons Butter or Margarine**

**6 Tablespoons Finely Chopped Onion**

**1 1/2 Cups Soft Breadcrumbs**

**1 Cup Coarsely Chopped Apple**

**3/8 Teaspoon Rubbed Sage**

**3 Dashes Pepper**

**3 Tablespoons Butter or Margarine**

**6 Teaspoons Cornstarch**

**3/8 Teaspoon Ground Cinnamon**

**2 Cups Apple Juice or Cider**

**6 Tablespoons Raisins**

Cut an opening in each chop from the rib side, widening the pocket without cutting through to the other side of the chop. Set aside.

Shred 1 teaspoon orange peel; set peel aside. Squeeze orange, reserving juice.

For stuffing, in a medium saucepan cook onion in hot butter till tender. Remove from heat; stir in breadcrumbs, apple, 1 tablespoon of the orange juice, sage and pepper. Fill pocket in each chop with an equal amount of stuffing. Brush both sides of chops with some of the remaining orange juice. Place chops in an 8-inch square baking dish. Bake in a 325°F Dutch oven for 25-30 minutes or till tender, basting occasionally with orange juice.

For sauce, in a small saucepan melt 1 tablespoon butter; stir in cornstarch and cinnamon, mixing well. Gradually stir in apple juice. Add raisins and the shredded orange peel. Cook over medium heat till thickened and bubbly, stirring constantly. Serve sauce with chops.

---

Per Serving (excluding unknown items): 384 Calories; 17g Fat (40.3% calories from fat); 21g Protein; 37g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 221mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 2 1/2 Fat.

Dessert, Dutch Oven

---

# Applesauce Cake

**Servings: 18**

**1 3/4 Cups Sugar**

**1/2 Teaspoon Allspice**

**1 1/2 Cups Unbleached Flour**  
**1/2 Teaspoon Nutmeg**  
**1 Cup Soy Flour**  
**1/4 Teaspoon Baking Powder**  
**1 1/2 Teaspoons Baking Soda**  
**2 Cups Applesauce**  
**1 1/2 Teaspoons Salt**  
**1/2 Cup Vegetable Oil**  
**1 Teaspoon Cinnamon**  
**1/2 Cup Soft Tofu**  
**1/2 Teaspoon Cloves**  
**1 Cup Raisins, chopped**

Preheat the oven to 350°F. In a large bowl, combine the sugar, unbleached flour, soy flour, baking soda, salt, cinnamon, cloves, allspice, nutmeg, and baking powder; mix thoroughly. Add the applesauce and vegetable oil; mix well, then beat about 300 strokes.

In a small bowl, mash the tofu until creamy; add to the batter. Beat the batter about 300 strokes. Fold the raisins into the batter. Pour the batter into a 9-by-13-inch nonstick baking pan. Bake for 45-50 minutes. Cool before serving.

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Per Serving (excluding unknown items): 239 Calories; 8g Fat (27.5% calories from fat); 4g Protein; 41g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 293mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Main Dish

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## Asian-style Vegetable Stir Fry

**Servings: 8**

**Preparation Time: 10 minutes**

**1/2 Cup Honey**  
**1/2 Cup Prepared Stir Fry Sauce**  
**1/2 Teaspoon Crushed Red Pepper Flakes (1/4 to 1/2 Teaspoon)**  
**8 Teaspoons Peanut Oil**  
**OR**  
**8 Teaspoons Vegetable Oil**  
**4 Cups Small Broccoli Florets**  
**4 Cups Small Mushrooms**  
**2 Small Onion, cut into wedges and separated into 1-inch strips**  
**2 Medium Carrot, cut diagonally into 1/3 inch slices**

Combine honey, stir-fry sauce and pepper flakes in small bowl; set aside. In wok or large skillet, heat oil over medium-high heat; add vegetables and toss while cooking, about 2-3 minutes. Add honey sauce, stir until all vegetables are glazed and sauce is bubbly hot, about 1 minute. Serve as a vegetable side dish or over steamed rice or noodles for a main dish.

Cuisine: Asian

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Per Serving (excluding unknown items): 157 Calories; 5g Fat (25.6% calories from fat); 3g Protein; 28g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 549mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 Fat; 1 Other Carbohydrates.

**B**

Main Dish

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## B L T Burgers

**Servings: 8**

**Preparation Time: 15 minutes**

**1 1/2 Pounds Ground Pork**

**1 Teaspoon Black Pepper**  
**2 Teaspoons Garlic Powder**  
**1/2 Teaspoon Salt**  
**8 Slices Canadian-style Bacon**  
**8 Lettuce Leaves**  
**8 Tomato Slices**  
**8 Toasted Sandwich Buns**

Mix first four ingredients and shape into 4 patties, about 1/2-inch thick. Grill or broil for 4 minutes on each side. Place patties on bottom half of toasted sandwich bun. Layer on Canadian-style bacon, lettuce and tomato. Top with remaining half of bun.

---

Per Serving (excluding unknown items): 362 Calories; 19g Fat (47.7% calories from fat); 23g Protein; 24g Carbohydrate; 2g Dietary Fiber; 63mg Cholesterol; 786mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 2 Fat.

**Breakfast, Dutch Oven**

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## Bacon 'n Eggs Crescent Sandwich

**Servings: 8**

**2 8-oz Packages Refrigerated Crescent Rolls**  
**2 Tablespoons Chopped Onion**  
**8 Cheddar Cheese Slices**  
**1 Cup Milk**  
**1 Pound Bacon**  
**4 Eggs**

Cook the bacon crisp; crumble. Heat Dutch oven to 375F.

Separate dough into 4 rectangles. Place 2 rectangles in ungreased 8" square pan; press over bottom and 1/2" up sides to form crust, sealing perforations. Place cheese slices over dough. Sprinkle bacon and onions over evenly. Blend milk and eggs; pour over bacon. Separate remaining dough into triangles; arrange triangles over bacon-egg mix; do not seal.

Bake for 30-35 minutes or until golden brown and filling is set.

---

Per Serving (excluding unknown items): 720 Calories; 53g Fat (67.6% calories from fat); 32g Protein; 25g Carbohydrate; trace Dietary Fiber; 188mg Cholesterol; 1577mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 8 Fat.

**Dutch Oven, Side Dish**

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## Baked Beans

**Servings: 8**

**1/2 Pound Great Northern Beans, soaked**  
**2 Ounces Onion, small dice**  
**1/2 Ounce Anaheim Chili Pepper, small dice**  
**1 1/2 Fluid Ounces Molasses**  
**1 1/2 Ounces Brown Sugar**  
**4 Fluid Ounces Catsup**  
**1 Tablespoon Prepared Mustard**  
**1/2 Tablespoon Cider Vinegar**  
**1 Tablespoon Worcestershire Sauce**  
**tabasco sauce, to taste**  
**salt and pepper, to taste**

1. Simmer the beans in water until almost tender, approximately 45 minutes. Drain well.
2. Combine the remaining ingredients, blending well.

3. Add the sauce to the beans, tossing to coat thoroughly. Adjust the seasonings.
4. Place the beans in a hotel pan or a 1-1/2-quart (2-liter) baking dish. Cover and bake in a 350°F (180°C) Dutch oven until the beans are completely tender, approximately 30-40 minutes.

Yield: 3/4 quarts - approx 8 servings

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Per Serving (excluding unknown items): 158 Calories; trace Fat (2.6% calories from fat); 7g Protein; 33g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 229mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1 Other Carbohydrates.

Dutch Oven, Main Dish

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## Baked Brisket of Beef

**Servings: 8**

**3 3/4 Pounds Brisket**

**3/8 Cup Water**

**3/8 Cup Ketchup**

**1 5/8 Medium Onions, sliced**

**1 1/16 Teaspoons Worcestershire Sauce**

**1/2 Tablespoon Chili Powder**

**1 1/16 Teaspoons Vinegar**

**1/2 Teaspoon Salt**

**1/2 Teaspoon Paprika**

**1/16 Teaspoon Ground Red Pepper**

Brown meat under broiler on both sides.

Combine water, ketchup, onions, Worcestershire sauce, chili powder, vinegar, 1 teaspoon salt, paprika, and red pepper. Pour over beef in Dutch Oven.

Bake, covered, for 3 1/2 to 4 hours at 325F. Check to see if done after 3 hours. Bake only until meat is tender. Check occasionally to see that liquid is still there, adding if necessary. Do not allow juices to cover the meat.

---

Per Serving (excluding unknown items): 685 Calories; 56g Fat (75.1% calories from fat); 36g Protein; 6g Carbohydrate; 1g Dietary Fiber; 127mg Cholesterol; 433mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 8 Fat; 0 Other Carbohydrates.

Side Dish

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## Baked Potatoes

**Servings: 8**

**8 7 1/2 Ounce Russet Potatoes**

**3 Tablespoons Vegetable Oil**

**3 Tablespoons Kosher Salt**

1. Scrub the potatoes well, but do not peel them. Pierce the skin of each potato to allow steam to escape.
2. Rub the potatoes with the oil, then sprinkle with kosher salt.
3. Place the potato on a rack over a sheet pan. Bake in a 400°F (200°C) oven until done, approximately 1 hour. The potatoes should yield to gentle pressure, and a paring knife inserted in the thickest part should meet little resistance.
4. Hold uncovered in a warm spot and serve within 1 hour.

Alternate method of cooking - Wrap in two layers of heavy duty foil and place in coals of fire for 20 minutes. A fork should easily penetrate th potato if done.

---

Per Serving (excluding unknown items): 213 Calories; 5g Fat (21.9% calories from fat); 4g Protein; 38g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2128mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Fat.

Dutch Oven, Side Dish

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# Baked Ziti With Four Cheeses

**Servings: 8**

**1 Pound Ziti, Mostaccioli, or Other Medium Pasta Shape, uncooked**  
**1 32-ounce Jar Pasta Sauce**  
**1 Cup Low-fat Cottage Cheese**  
**3/4 Cup Chopped Parsley**  
**4 Ounces Grated Parmesan Cheese**  
**8 Ounces Part-skim Mozzarella Cheese**  
**4 Ounces Provolone Cheese, cut in quarters**

Cook pasta according to package directions; drain.

Coat 13 x 9 x 2-inch baking dish with cooking spray; set aside. Place a thin layer of sauce in bottom of prepared dish. Continue making layers of pasta, cottage cheese, parsley, sauce, pasta, Parmesan cheese, pasta, Mozzarella, parsley, pasta, sauce and parsley. Sprinkle Provolone on top. Cover and bake in a 375°F Dutch oven for about 30 minutes or until cheese melts.

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Per Serving (excluding unknown items): 427 Calories; 14g Fat (30.2% calories from fat); 28g Protein; 45g Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 659mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1 Fat.

**Dutch Oven, Side Dish**

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# Baked Ziti With Fresh Tomato Sauce

**Servings: 8**

**1 Egg - Add a Yolk if You Like It Richer**  
**1 Lb Ricotta Cheese**  
**1/2 Tablespoon Fresh Thyme**  
**1/2 Tablespoon Fresh Oregano**  
**1/2 Tablespoon Fresh Basil**  
**Salt and Pepper, to taste**  
**3/4 Pound Italian Sausage Links**  
**1 Lb Ziti Pasta, cooked, refreshed and drained**  
**2 Ozs Parmesan Cheese, grated**  
**3/4 Quart Fresh Tomato Sauce (see recipe)**  
**1/2 Pound Mozzarella Cheese, shredded**

1. Combine the eggs, ricotta cheese, thyme, oregano, basil, salt and pepper. Mix well and refrigerate.
2. Place the sausage links in a 2-inch (5-centimeter) deep pan; cook in a 350°F (180°C) oven for 20 minutes. Remove and drain the sausage. Slice the links into rounds and reserve.
3. Pour off the sausage fat, then place the ziti in the pan. Top with an even coating of the cheese mixture, sausage slices and Parmesan.
4. Pour the tomato sauce over the top layer and stir slightly to distribute the sauce.
5. Bake at 375°F (190°C) for 1 hour. Sprinkle the mozzarella evenly over the pasta and return to the oven for 10 minutes. Serve.
6. Ziti may also be prepared in individual casseroles. Decrease baking time as necessary.

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Per Serving (excluding unknown items): 465 Calories; 32g Fat (61.6% calories from fat); 25g Protein; 19g Carbohydrate; 1g Dietary Fiber; 96mg Cholesterol; 638mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 0 Vegetable; 4 1/2 Fat.

**Dessert, Dutch Oven**

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# Banana Nut Cake

**Servings: 6**

**1 1/2 Cups Bananas**  
**1 Cup Sugar**  
**1 Cup Flour**  
**1 Teaspoon Cinnamon**  
**3/4 Cup Vegetable Oil**  
**1/2 Teaspoon Salt**  
**1 Teaspoon Baking Soda**  
**2 Eggs**  
**1/2 Cup Nuts**

Mix and bake at 350° degrees for 40 minutes or until done.

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Per Serving (excluding unknown items): 598 Calories; 36g Fat (52.8% calories from fat); 7g Protein; 66g Carbohydrate; 3g Dietary Fiber; 71mg Cholesterol; 413mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 7 Fat; 2 Other Carbohydrates.

**Dutch Oven, Main Dish**

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## Barbecue Beef Sandwiches

**Servings: 8**

**2 1/2 Lbs Beef Rump Roast**  
**2 1/2 Tbsps Flour**  
**12 Fluid Ounces Tomato Sauce**  
**1/2 C Chopped Onions**  
**1/4 Cup Packed Brown Sugar**  
**1 Tsp Onion Powder**  
**1 1/2 Tbsps Lemon Juice**  
**1 Tbsp Instant Beef Bouillon**  
**1 1/2 Tbsps Chili Powder**  
**2 Garlic Cloves, chopped fine**  
**1 Tsp Dry Mustard**  
**Hamburger Buns**

Rub flour into roast. Place in bottom of dutch oven and add remaining ingredients, except buns. Cook at 325 degrees for 4 - six hours. check at 4 hours for tenderness. Add water if it begins to dry out.

Serve over buns.

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Per Serving (excluding unknown items): 260 Calories; 7g Fat (26.0% calories from fat); 33g Protein; 15g Carbohydrate; 1g Dietary Fiber; 82mg Cholesterol; 504mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

**Main Dish**

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## Barbecue Ground Beef

**Servings: 8**

**1 Pound Ground Beef**  
**1 Tablespoon Shortening**  
**1 Cup Finely Chopped Onion**  
**1 Cup Finely Chopped Green Pepper**  
**1 Tablespoon Sugar**  
**2 Tablespoons Prepared Mustard**  
**1 Tablespoon Vinegar**  
**1 Tablespoon Salt**  
**1 Cup Catsup**  
**1/2 Teaspoon Ground Cloves**

## Hamburger Buns

Brown meat in shortening slowly until crumbly. Combine remaining ingredients and add to meat. Cover and simmer about 30 minutes.

Serve on Hamburger Buns

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Per Serving (excluding unknown items): 243 Calories; 17g Fat (61.9% calories from fat); 10g Protein; 13g Carbohydrate; 1g Dietary Fiber; 48mg Cholesterol; 1242mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.

Main Dish

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## Barbecued Chicken Pasta

Servings: 6

**15 Ounces Rigatoni, Mostaccioli or Other Medium Pasta Shape, uncooked**  
**1 1/2 Tablespoons Vegetable Oil**  
**6 Ounces Boneless, Skinless Chicken Breast, cut into 1/2-inch cubes**  
**3/8 Cup Thin Julienne of Green Bell Pepper**  
**3/8 Cup Thin Julienne of Red Onion**  
**1 1/2 Teaspoons Finely Chopped Garlic**  
**3/4 Cup Marinara or Tomato Sauce, preferably homemade**  
**3/8 Cup Hickory-smoked Barbecue Sauce**  
**3/4 Cup Grated Provolone Cheese**  
**3/4 Cup Grated Smoked Gouda Cheese**  
**4 1/2 Scallions, trimmed and sliced thin**  
**3/8 Cup Whole Cilantro Leaves (loosely Packed)**

Prepare pasta according to package directions. Meanwhile, heat oil in a large skillet over medium heat. Add chicken and sauté, stirring occasionally, until browned on all sides, about 3 minutes. Add bell pepper, onion and garlic and cook until pepper turns bright green, about 1 minute. Add Marinara sauce and barbecue sauce and heat just to boiling. Remove from heat.

Drain pasta, reserving 1/4 cup of water and return pasta to the pot. Add chicken mixture and cheese to the pot. Stir over low heat until pasta is coated with sauce. Add enough of reserved cooking liquid, if necessary, to make the sauce lightly coat the pasta. Transfer pasta to a serving bowl and top with scallions and cilantro.

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Per Serving (excluding unknown items): 464 Calories; 14g Fat (26.5% calories from fat); 24g Protein; 60g Carbohydrate; 3g Dietary Fiber; 44mg Cholesterol; 601mg Sodium. Exchanges: 3 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates.

Breakfast, Dessert, Dutch Oven

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## Basic Breakfast Dough

Servings: 8

*\*To use instant potatoes: Combine 3/4 cup water and 1/4 cup milk in saucepan; bring to boil. Remove from heat and stir in 3/4 cup instant potato flakes or buds. Cool to room temperature.*

**1 1/2 C All-purpose Flour (5 3/4 to 6 1/4 Cups)**  
**1/4 C Sugar**  
**1/2 Package Fleischmann's® Active Dry Yeast**  
**1/4 Teaspoon Salt**  
**1/4 C Water (reserved From Boiling Potatoes or Tap Water)**  
**2 Tbsps Butter or Margarine**  
**1 Eggs, at room temperature**  
**1/4 Cup Mashed Boiled Potato - Use Left Overs, at room temperature\***  
**CINNAMON STREUSEL TOPPING**  
**1/2 C Packed Light Brown Sugar**  
**1/2 Tsp Ground Cinnamon**

### **3 Tbsps Butter or Margarine, softened**

In large bowl, combine 1 1/2 cups flour, sugar, undissolved yeast and salt. Heat water and butter until very warm (120° to 130°F). Gradually add to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and potato; beat at high speed 2 minutes, scraping bowl occasionally. With spoon, stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes.

Place in greased bowl, turning to grease top. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour. (For Rapid Rise Yeast, cover kneaded dough; let rest on floured surface 10 minutes. Proceed with recipe.)

Meanwhile, combine ingredients for topping. Blend well.

Punch dough down and turn out onto lightly floured surface. Divide into 2 equal pieces. Roll to fit 2 greased 9- x 13-inch baking pans or 2 greased 12-inch pizza pans. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes. With finger, make indentations in dough at 1-inch intervals.

Sprinkle topping evenly over dough, filling indentations. Bake at 375°F for 15 to 20 minutes or until done. Switch positions of pans on oven racks halfway through baking time for even browning. Remove from pans and cool on wire racks. Makes 2 coffeecakes.

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#### **DATE NUT LOAVES**

Prepare dough as directed and let rise (or rest) once. Omit topping. Punch dough down and turn out onto lightly floured surface. Knead in 1/2 cup toasted, blanched slivered almonds and 1/2 cup chopped dates. Divide dough in half. Roll each to 6- x 9-inches. Roll up from short sides and pinch seams and ends to seal. Place in greased 8 1/2- x 4 1/2-inch loaf pans. Cover; let rise in warm, draft-free place until doubled in size, about 45 to 60 minutes. With sharp knife, make lengthwise slash (1/8-inch deep) on top of loaves.

Brush with 1 lightly beaten egg white and sprinkle with 1 tablespoon sugar and 2 tablespoons blanched, slivered almonds, dividing evenly.

Bake at 375°F for 40 minutes or until done. Remove from pans and cool on wire racks. Makes 2 loaves

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#### **ORANGE DATE BUNS**

Prepare dough as directed except add 1 tablespoons grated orange peel along with water. After first rise (or rest), punch dough down. Divide dough into 24 equal pieces. Form into balls. Place 1-inch apart on greased baking sheets. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes. Prepare topping as directed. Pat 1 scant tablespoon topping on each roll. Bake at 375°F for 20 minutes or until done. Switch position of pans on oven racks halfway through baking time for even browning. Remove from sheets and cool on wire racks. Makes 8 rolls

Yield: 1/2 coffee cakes

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Per Serving (excluding unknown items): 241 Calories; 8g Fat (30.4% calories from fat); 4g Protein; 39g Carbohydrate; 1g Dietary Fiber; 46mg Cholesterol; 170mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Side Dish

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## **Basic Mashed Potatoes**

**Servings: 8**

**Preparation Time: 10 minutes**

**Start to Finish Time: 21 minutes**

**6 Medium Potatoes (5 to 6 ounce)**

**6 Tablespoons Butter or Margarine**

**1/4 Cup Milk or Other Savoy Liquid Like Broth**

**Salt and Pepper**

Leave skin on or peel potatoes. Cut into 1-inch chunks. Place potato pieces in medium pot and pour over enough water (or reduced-sodium broth) to cover. Set pan over high heat and bring to a boil. Boil 10 minutes, or until tender. Drain, then shake potatoes over low heat 1 minute to dry. .

Add Butter or margarine and liquid while still very warm

Mash with a potato masher or fork

Add salt and pepper to taste

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Per Serving (excluding unknown items): 149 Calories; 9g Fat (51.5% calories from fat); 2g Protein; 16g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 93mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Fat.

Dutch Oven, Main Dish

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## Basic Meat Loaf

**Servings: 6**

**1 1/2 Pounds Lean Ground Beef**  
**3 Bread Slices, or substitute 1/2 cup of dry bread crumbs or 1/2 cup of wheat**  
**1 Large Egg**  
**1 Cup Milk**  
**1/4 Cup Chopped Onion, 1 small**  
**1 Tablespoon Worcestershire Sauce**  
**1 Teaspoon Salt**  
**1/2 Teaspoon Dry Mustard**  
**1/4 Teaspoon Pepper**  
**1/4 Teaspoon Sage**  
**1/4 Tsp Garlic Powder**  
**1/2 Cup Chili Sauce, or catsup or barbecue sauce**

Pre heat the dutch oven to 350 degrees F.

Mix all the ingredients except the catsup together. Spread the meat mixture into an ungreased loaf pan, 9 X 5 X 3-inches or shape into a loaf in an ungreased baking pan. Spoon catsup onto the loaf and bake, uncovered, for 1 to 1 1/4 hours or until done.

Drain off the excess fat and serve sliced on a heated platter.

LEFTOVER IDEAS: For leftover meat loaf, try the following.

**BARBECUED MEAT LOAF:** For four 1/2-inch slices of meat loaf, mix 1/2 cup of barbecue sauce and 2 tablespoons of water in a skillet. Place the slices of meatloaf in the skillet, turning to coat all sides with the barbecue sauce. Cover and cook over low heat, brushing the sauce on the slices occasionally, until the meat is hot, about 10 to 15 minutes.

**POTATO-TOPPED MEAT LOAF:** For four 1/2-inch slices of meat loaf, prepare some instant mashed potatoes, enough for 4 servings, as directed on the package and set aside. Set the oven control at broil/or 550 degrees F. Broil the slices with the tops 3 to 4 inches from the heat for 5 minutes. Spread the potatoes on the slices and sprinkle with shredded Cheddar cheese. Broil until the cheese is melted, about 2 minutes and serve hot.

**SOUPED-UP MEAT LOAF:** For four 1/2-inch slices of meat loaf, mix 1/2 to 1 can of your favorite condensed cream soup, such as cream of mushroom, (10 3/4 oz size) and 1/4 to 1/2 cup of milk in a skillet. Heat to boiling, stirring frequently. Reduce the heat and place the slices in the skillet, turning to coat all sides with the sauce. Cover and simmer until the meat is hot, 10 to 15 minutes and serve.

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Per Serving (excluding unknown items): 397 Calories; 26g Fat (60.3% calories from fat); 24g Protein; 15g Carbohydrate; 1g Dietary Fiber; 126mg Cholesterol; 794mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 1/2 Other Carbohydrates.

Main Dish

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## Basic Meatballs

**Servings: 6**

**1 Pound Ground Beef**  
**1 Large Egg**  
**1/4 Cup Chopped Onion, 1 small**  
**1/3 Cup Dry Bread Crumbs**  
**1/4 Cup Milk**

**3/4 Teaspoon Salt**  
**1/8 Teaspoon Pepper**  
**1 Teaspoon Worcestershire Sauce**

Mix all the ingredients together. Shape mixture by tablespoonfuls into 1 1/2-inch balls. (For ease in shaping the meatball, occasionally wet your hands with cold water.)

TO COOK IN A SKILLET: Heat 1 tablespoon salad oil in a large skillet, cook the meatballs over medium heat until brown, about 20 minutes. Drain off excess fat.

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Per Serving (excluding unknown items): 280 Calories; 22g Fat (70.4% calories from fat); 15g Protein; 6g Carbohydrate; trace Dietary Fiber; 101mg Cholesterol; 395mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Breakfast

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## Basic Omelet

**Servings: 6**

**12 Eggs**  
**1/4 C Milk**  
**3/4 Teaspoon Salt**  
**Pinch Pepper**  
**3 Tbsps Butter**  
**3/4 Teaspoon Dried Tarragon**

In a small 1 qt. bowl beat eggs milk, salt and pepper.

In a medium bowl melt butter. Pour egg mixture into a shallow fry pan. With a rubber spatula or fork, move cooked eggs toward center. Cook until the top is soft and glossy.

Let stand covered at least 1 1/2 minutes. Loosen egg from dish with a rubber spatula. (If omelet is not cooked enough, return it to pan for an additional 30 - 45 seconds.)

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Per Serving (excluding unknown items): 206 Calories; 16g Fat (71.5% calories from fat); 13g Protein; 1g Carbohydrate; trace Dietary Fiber; 441mg Cholesterol; 470mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat.

Dutch Oven, Main Dish

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## Basic Pizza Dough (1 1/2-pound Recipe)

**Servings: 12**

**1 Cup Water**  
**2 Tablespoons Olive or Vegetable Oil**  
**3/4 Teaspoon Salt**  
**3 Cups Bread Flour**  
**2 Teaspoons Fleischmann's® Bread Machine Yeast**  
**1 Tablespoon Cornmeal**

Add water, oil, salt, bread flour, and yeast to bread machine pan in the order suggested by manufacturer. Select dough/manual cycle. When cycle is complete, remove dough from machine to a lightly floured surface. If necessary, knead in enough flour to make dough easy to handle.

For each pizza, grease pan and sprinkle with cornmeal. Roll out dough and place on pan or pat dough in pan. Top each pizza with 1/2 to 3/4 cup sauce, 1/2 to 3/4 pound cooked meat or 3 1/2 to 5 ounces pepperoni, 1/2 to 1 cup sliced or chopped onion or green bell pepper and/or other vegetable, and 1 to 1 1/2 cups shredded cheese. Bake at 425°F for 15 to 25 minutes or until done - pizza is done when edges of crust are golden and cheese is bubbly.

Makes 1 or 2 pizzas

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WHOLE WHEAT PIZZA DOUGH: Prepare as above, except use 1 1/2 cups whole wheat flour and 1 1/2 cups bread flour instead of all bread flour.

BASIL-PARMESAN PIZZA DOUGH: Prepare as above, except add 1/4 cup grated Parmesan cheese and 1 teaspoon sweet basil to machine pan with flour.

TACO PIZZA DOUGH: Prepare as above, except add 3 tablespoons cornmeal and 4 tablespoons taco seasoning mix with the flour; omit the salt.

Yield: 1 pizza

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Per Serving (excluding unknown items): 148 Calories; 3g Fat (17.6% calories from fat); 4g Protein; 26g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 135mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.

Dutch Oven, Main Dish

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## Basic Pizza Dough (1-pound Recipe)

**Servings: 8**

**2/3 Cup Water**

**4 Teaspoons Olive or Vegetable Oil**

**1/2 Teaspoon Salt**

**2 Cups Bread Flour**

**1 1/2 Teaspoons Fleischmann's® Bread Machine Yeast**

**1 Tablespoon Cornmeal**

Add water, oil, salt, bread flour, and yeast to bread machine pan in the order suggested by manufacturer. Select dough/manual cycle. When cycle is complete, remove dough from machine to a lightly floured surface. If necessary, knead in enough flour to make dough easy to handle.

For each pizza, grease pan and sprinkle with cornmeal. Roll out dough and place on pan or pat dough in pan. Top each pizza with 1/2 to 3/4 cup sauce, 1/2 to 3/4 pound cooked meat or 3 1/2 to 5 ounces pepperoni, 1/2 to 1 cup sliced or chopped onion or green bell pepper and/or other vegetable, and 1 to 1 1/2 cups shredded cheese. Bake at 425°F for 15 to 25 minutes or until done - pizza is done when edges of crust are golden and cheese is bubbly.

Makes 1 or 2 pizzas

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WHOLE WHEAT PIZZA DOUGH: Prepare as above, except use 1 cup whole wheat flour and 1 cup bread flour instead of all bread flour.

BASIL-PARMESAN PIZZA DOUGH: Prepare as above, except add 3 tablespoons grated Parmesan cheese and 3/4 teaspoon sweet basil to machine pan with flour.

TACO PIZZA DOUGH: Prepare as above, except add 2 tablespoons cornmeal and 1 tablespoon taco seasoning mix with the flour; omit the salt.

Yield: 1 pizza

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Per Serving (excluding unknown items): 150 Calories; 3g Fat (17.5% calories from fat); 4g Protein; 26g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 135mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.

Main Dish

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## Beef and Bean Burritos

**Servings: 8**

**Start to Finish Time: 25 minutes**

*Simmer lean ground beef and Spicy Seasoning Mix 10 minutes, then combine with convenient canned pinto beans. Spoon into tortillas and serve with fresh vegetable accompaniments.*

**1 Pound Lean Ground Beef**

**1 Medium Onion, chopped**  
**1 Tablespoon Spicy Seasoning Mix (see Recipe)**  
**1/2 Teaspoon Salt**  
**1 8-ounce Can Tomato Sauce**  
**1 15-ounce Can Pinto Beans, drained and mashed**  
**8 Flour Tortillas (each 8 Inches), warmed**  
**OPTIONAL**  
**Lettuce, chopped**  
**Tomatoes, chopped**  
**Green Onion, sliced**

In large nonstick skillet, brown ground beef and onion over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into 3/4-inch crumbles. Pour off drippings.

Sprinkle seasoning mix and salt over beef. Stir in tomato sauce. Simmer 10 minutes, stirring occasionally. Stir in beans; heat through.

To assemble, spoon equal amounts of beef mixture in center of each tortilla. Add lettuce, tomatoes and green onions, if desired. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges.

Cuisine: Tex-mex

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Per Serving (excluding unknown items): 377 Calories; 16g Fat (38.3% calories from fat); 18g Protein; 40g Carbohydrate; 5g Dietary Fiber; 43mg Cholesterol; 829mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Condiment

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## Spicy Seasoning Mix

The Texas Beef Council

**3 Tablespoons Chili Powder**  
**2 Teaspoons Ground Cumin**  
**1 1/2 Teaspoons Garlic Powder**  
**3/4 Teaspoon Dried Oregano Leaves**  
**1/2 Teaspoon Ground Red Pepper**

Combine all ingredients. Cover and store in airtight container. Shake before using to blend.

Cuisine: Tex-mex

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Per Serving (excluding unknown items): 103 Calories; 5g Fat (32.7% calories from fat); 4g Protein; 18g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 235mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Fat.

Main Dish

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## Beef and Macaroni

**Servings: 6**

**1 Pound Ground Beef**  
**30 Ounces Spaghetti Sauce**  
**7 Ounces Dry Elbow Macaroni, cooked**  
**1/2 Cup Miracle Whip®**  
**1 Cup Shredded Cheddar Cheese**

Brown beef. Drain. Stir in spaghetti sauce, macaroni and Miracle Whip. Heat. Top with Cheese.

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Per Serving (excluding unknown items): 681 Calories; 43g Fat (56.5% calories from fat); 24g Protein; 50g Carbohydrate; 6g Dietary Fiber; 91mg Cholesterol; 1000mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 4 1/2 Vegetable; 7 Fat; 0 Other Carbohydrates.

Main Dish

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## Beef Burritos



**Servings: 8**

**2 Cups Cooked Shredded Beef**  
**8 10-inch Flour Tortillas, warmed**  
**2 Cups Shredded Lettuce**  
**2 Cups Chopped Tomatoes, 2 medium**  
**1 Cup Shredded Cheddar Cheese**  
**REFRIED BEANS:**  
**1/2 Cup Lard or Vegetable Oil**  
**2 Cups Cooked Pinto Beans**  
**2 Tablespoons Chili Powder**  
**1 Tablespoon Ground Cumin**  
**1 Teaspoon Salt**  
**1/8 Teaspoon Pepper**

Heat beef and refried beans separately.

REFRIED BEANS: Heat lard in 10-inch skillet over medium heat until hot. Add pinto beans; cook for 5 minutes, stirring occasionally. Mash beans; stir in remaining ingredients. Add oil to skillet if necessary; cook and stir until smooth paste forms, about 5 minutes. Garnish with shredded cheese, if desired.

Place about 1/4 cup of the beef on the center of each tortilla. Spoon about 2 tablespoons of the beans onto the beef. Top with 1/4 cup of the lettuce and about 2 tablespoons each of tomatoes and cheese. Fold one end of the tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold down remaining end, and serve.

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Per Serving (excluding unknown items): 600 Calories; 32g Fat (48.0% calories from fat); 23g Protein; 55g Carbohydrate; 7g Dietary Fiber; 49mg Cholesterol; 756mg Sodium. Exchanges: 3 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 5 Fat.

Soup

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## Beef Chili With Navy Beans

**1 Pound Navy Beans**  
**1 Pound Lean Beef Stew, trimmed of fat and cut into 1/4 to 1/2 inch pieces**  
**2 Onions, cut into 1/2 inch pieces**  
**1 Tablespoon Chopped Garlic**  
**2 Tbsps Chili Powder**  
**1 Teaspoon Salt**  
**2 Tablespoons Tomato Paste**  
**1 Large Tomato (1/2 Lb) or 1 Regular Can of Diced Tomatoes, cut into 1/2" inch pieces**

Remove any stones from the beans and wash them thoroughly in a sieve.

Place the beans in a pot with beef, onions, garlic, chili powder, salt, tomato paste, tomato and add 6 cups of water.

Bring to a boil, reduce the heat to very low and simmer 2 to 2 1/2 hours.

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Per Serving (excluding unknown items): 2510 Calories; 42g Fat (14.7% calories from fat); 224g Protein; 320g Carbohydrate; 123g Dietary Fiber; 286mg Cholesterol; 2793mg Sodium. Exchanges: 18 1/2 Grain(Starch); 22 Lean Meat; 6 1/2 Vegetable; 1/2 Fat.

Main Dish

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## Beef Goulash

**Servings: 8**

**6 Pounds Beef, cubed**  
**9 Tablespoons Oil**  
**3 Cups Sliced Mushrooms**  
**3 Small Onion, chopped**  
**3 10 3/4 Ounce Cans Condensed Tomato Soup**

**3/4 Cup Water**  
**3 Bay Leaf**  
**1 1/2 Teaspoons Salt**  
**3/4 Teaspoon Pepper**  
**3 Teaspoons Paprika**  
**3/4 Pint Sour Cream**

Heat oil in skillet and brown meat on all sides.

Place meat in dutch oven and saute mushrooms and onion a few minutes in a skillet.

To the dutch oven, add all remaining ingredients except sour cream and onions. Pour mixture over meat and stir together. Cook for 3 1/2 - 4 hours averaging 300 degrees.

At serving time, spoon on sour cream and serve with noodles or rice.

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Per Serving (excluding unknown items): 1186 Calories; 92g Fat (69.9% calories from fat); 66g Protein; 22g Carbohydrate; 2g Dietary Fiber; 247mg Cholesterol; 1250mg Sodium. Exchanges: 1 Grain(Starch); 9 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 13 Fat.

Main Dish

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## Beef Pot Roast

**Servings: 6**

**2 Pounds Pot Roast**  
**1 Tablespoon Oil**  
**1 Onion, diced**  
**1 Cup Thinly Sliced Carrots**  
**2 Cups Cola**  
**2 Cups Chicken Stock or Canned Low-sodium Chicken Broth**  
**1 Teaspoon Salt**  
**1 Cup Frozen Peas, defrosted**

Heat oil in a pot, add the meat and brown well on both sides. Remove the meat and pour out the fat.

Replace the meat and add onion, carrot and Coca-Cola. Place over medium heat and cook 5 minutes. Add stock and salt, cover and cook for 1 1/4 hours or until meat is tender.

Add the peas and cook another 5 minutes.

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Per Serving (excluding unknown items): 302 Calories; 10g Fat (29.9% calories from fat); 36g Protein; 16g Carbohydrate; 2g Dietary Fiber; 88mg Cholesterol; 686mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

Soup

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## Beef Stew

**Servings: 5**

**1 Tablespoon Flour**  
**3/4 Teaspoon Salt**  
**Dash of Pepper**  
**1 1/2 Pounds Stew Meat (1 to 2)**  
**10 1/2 Ounces Tomato Soup**  
**1 1/4 Cups Water**  
**1 Onion (to taste) chopped**  
**1/4 Teaspoon Dried Basil, crushed**  
**4 Medium Potatoes, pared and cubed**  
**3 Medium Carrots, cut in 1 inch pieces**  
**1/4 Cup Dry Red Wine or Water**

Meat can be browned or just added raw.

Mix soup, water, basil, salt, pepper and onion. Add meat, potatoes, and carrots.

Bake at 325 degrees for 3 1/2 to 4 hours.

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Per Serving (excluding unknown items): 574 Calories; 29g Fat (46.8% calories from fat); 42g Protein; 33g Carbohydrate; 4g Dietary Fiber; 136mg Cholesterol; 1080mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat.

**Main Dish**

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## Beef Stroganoff

**Servings: 8**

**2 1/2 Lbs Tenderloin or Sirloin Tips, émincé**

**1 1/2 Ounces Clarified Butter**

**4 Ounces Onion, medium dice**

**1 Pound Mushrooms, halved**

**10 Ounces Beef Consomme**

**1 Tbsp Concentrated Beef Stock or Broth**

**10 Ounces Heavy Cream**

**8 Ounces Sour Cream**

**1 Tablespoon Dijon Mustard**

**1 Tablespoon Fresh Dill, chopped**

**1 Tablespoon Fresh Parsley, chopped**

**salt and pepper, to taste**

**24 Ounces Cooked Egg Noodles**

1. Sauté the tenderloin tips in the butter, searing on all sides. Remove the meat and set aside. If using sirloin continue to braise the tips in the broth to tenderize them.
2. Add the onion to the pan and sauté lightly. Add the mushrooms and sauté until dry.
3. Add the consomme and concentrated broth. Bring to a boil, reduce to a simmer and cook 10 minutes.
4. Add the cream, sour cream, mustard and any meat juices that accumulated while holding the meat.
5. Return the meat to the sauce to reheat. Stir in the dill and parsley. Adjust the seasonings and serve over egg noodles.

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Per Serving (excluding unknown items): 586 Calories; 35g Fat (54.4% calories from fat); 39g Protein; 28g Carbohydrate; 2g Dietary Fiber; 177mg Cholesterol; 330mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.

**Dutch Oven, Main Dish**

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## Beef Stroganoff a La 219

**Servings: 8**

*Troop 219 Classic*

**1 Pound Sirloin Steak, 1" strips**

**1/2 Can Water**

**1 Can Cream of Mushroom Soup, Condensed**

**1 Envelope Dry Onion Soup Mix**

**1 Pint Sour Cream**

**12 Ounces Egg Noodles**

**Salt and Pepper, to taste**

**1 Tbls Vegetable Oil**

Brown steak in oil. Put steak, soups, water, and seasoning in dutch oven. Cook over coals with many coals on top. Check in 1 hour to see if meat is tender. If so, prepare egg noodles according to the directions on the package.

Add sour cream to dutch oven when ready. Serve over egg noodles.

Can be made in 5 quart pot over low flame on a stove as well.

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Per Serving (excluding unknown items): 695 Calories; 52g Fat (67.1% calories from fat); 19g Protein; 38g Carbohydrate; 2g Dietary Fiber; 102mg Cholesterol; 815mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 9 Fat.

**Dutch Oven, Main Dish**

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## Beefy Chili Mac

**Servings: 8**

**Start to Finish Time: 30 minutes**

**2 Pounds Beef Cubed Steaks**  
**2 Tablespoons Vegetable Oil**  
**2 Medium Onion, coarsely chopped**  
**4 Cans Chili-seasoned Diced Tomatoes, undrained**  
**3 Cups Rotini (spiral) Pasta, uncooked**  
**1 Cup Water**  
**1 Cup Cheddar Cheese, shredded**

Cut beef steaks lengthwise into 1" wide strips and then crosswise into 1" pieces. Heat oil in Dutch oven over medium-high heat until hot. Add beef and onion; cook and stir 3 minutes.

Stir tomatoes, pasta and water into beef. Bring to a boil; reduce heat to low. Cover tightly and simmer 20 minutes or until pasta is tender. Sprinkle with cheese before serving.

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Per Serving (excluding unknown items): 453 Calories; 23g Fat (47.5% calories from fat); 30g Protein; 28g Carbohydrate; 2g Dietary Fiber; 85mg Cholesterol; 337mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 2 Fat.

**Dessert, Dutch Oven**

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## Blackberry Peach Crisp

**Servings: 8**

*This juicy and highly flavored crisp becomes thicker upon cooling. Delicious served with vanilla ice cream or frozen yogurt.*

**1 Cup Rolled Oats**  
**1 Cup Brown Sugar**  
**3/4 Cup Flour, divided**  
**1/2 Cup Butter or Margarine**  
**4 Cups Blackberries, fresh, whole frozen or canned**  
**2 Cups Sliced Peaches**

Combine oats, brown sugar and 1/2 cup flour. Cut in butter with pastry blender or two knives until well blended and moist enough to form a ball. Place well drained berries in bottom of 8" X 8" baking dish or directly in the dutch oven and toss with remaining 1/4 cup flour. Add peaches to baking dish. Sprinkle crumb mixture evenly over fruit and bake in 350° oven for 35-40 minutes or until golden brown.

Serves 6-8

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Per Serving (excluding unknown items): 307 Calories; 13g Fat (35.6% calories from fat); 4g Protein; 47g Carbohydrate; 6g Dietary Fiber; 31mg Cholesterol; 125mg Sodium. Exchanges: 1 Grain(Starch); 1 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.

**Dessert**

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## Blueberry Crumble

**Servings: 6**

**1 Tablespoon (1 to 2 Tablespoons) Sugar**  
**3 Tablespoons Butter, softened**  
**3 (1.5-ounce) Packages Instant Oatmeal With Maple and Brown Sugar**

Preheat Dutch oven to 375°F. In a 9-inch pie plate, toss blueberries with sugar. In a small bowl, combine butter and instant oatmeal until mixture forms coarse crumbs; sprinkle over blueberries. Bake until mixture bubbles around the edge and topping is light brown, 30 to 35 minutes.

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Per Serving (excluding unknown items): 191 Calories; 7g Fat (33.3% calories from fat); 4g Protein; 29g Carbohydrate; 5g Dietary Fiber; 16mg Cholesterol; 279mg Sodium. Exchanges: 1 Grain(Starch); 1 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Dessert

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## Blueberry-apple Tortillas

**Servings: 6**

**1 21-ounce Can Apple Pie Filling**  
**1 Cup Fresh or Frozen, Thawed Blueberries**  
**1 Teaspoon Vanilla Extract**  
**2 Tablespoons Sugar**  
**1/2 Teaspoon Ground Cinnamon**  
**6 Large (7-inch) Flour Tortillas**  
**2 Tablespoons Butter or Margarine, melted**

In a medium saucepan over medium-low heat, heat apple filling until warm. Stir in blueberries and vanilla; cover to keep warm. In a small bowl mix sugar and cinnamon until combined; set aside. To assemble: Brush each tortilla generously with melted butter; sprinkle with sugar-cinnamon mixture. Place 1/6 blueberry-apple mixture down center. Fold bottom of the tortilla to partially cover the filling, fold in sides to enclose filling completely. Garnish with additional blueberries and powdered sugar, if desired.

Yield: 6 tortillas

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Per Serving (excluding unknown items): 270 Calories; 6g Fat (20.5% calories from fat); 3g Protein; 52g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 237mg Sodium. Exchanges: 1 Grain(Starch); 0 Fruit; 1 Fat; 2 Other Carbohydrates.

Breakfast

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## Bologna Omelet

**Servings: 2**

**4 Eggs, well beaten**  
**1/4 Teaspoon Baking Powder**  
**2 Tablespoons Diced Onion**  
**2 Tablespoons Diced Green Peppers**  
**2 Tablespoons Diced Celery**  
**1/2 Bologna Slice, cut into small pieces**  
**1 American Cheese Slice, cut into small pieces**

Mix all ingredients together in bowl. Fry over medium heat in preheated, greased frying pan, turning once.

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Per Serving (excluding unknown items): 231 Calories; 16g Fat (65.0% calories from fat); 17g Protein; 3g Carbohydrate; trace Dietary Fiber; 441mg Cholesterol; 483mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Main Dish

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## Bouillabaisse

**Servings: 6**

**1 Large Onion, chopped**

**3 Celery Stalks and Leaves, chopped**  
**2 Cloves Garlic, minced**  
**1/2 Cup Olive Oil**  
**2 Cups Clam Juice**  
**1/4 Cup Chopped Parsley**  
**3 Large Tomatoes, diced**  
**2 Teaspoons Salt**  
**1/2 Teaspoon Thyme**  
**1 Tablespoon Paprika**  
**Pinch of Saffron**  
**Dash of Hot Pepper Sauce**  
**3 Pounds Mixed Fish (halibut, Etc.)**  
**1 Pound Crabmeat (optional)**  
**1 Pound Shrimp, shelled, deveined**  
**2 Dozen Clams, Mussels or Scallops**

Put all ingredients, except seafood, in stock. Cover and cook on low to medium low heat for 2 to 4 hours.

Add seafood. Cover and cook on Medium high for 20 minutes. Less if no shell fish are used. Serve in heated large bowls garnished with fresh parsley with crusty bread on the side.

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Per Serving (excluding unknown items): 544 Calories; 25g Fat (42.5% calories from fat); 69g Protein; 8g Carbohydrate; 2g Dietary Fiber; 202mg Cholesterol; 1163mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fat.

**Main Dish**

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## Braised Beef Short Ribs With Vegetables

**Servings: 6**

**3 Pounds Beef Short Ribs, cut into 3-inch pieces**  
**3 Tablespoons Unbleached Flour**  
**3 Teaspoons Salt**  
**3/4 Teaspoon Pepper**  
**6 Teaspoons Fat or Vegetable Oil**  
**2 1/4 Cups Boiling Water**  
**6 Medium White Potatoes, pared and halved**  
**9 Small Onions**  
**6 Medium Carrots, pared and quartered**

Dredge the meat with the combined flour, salt and pepper, then brown well on all sides in the fat in a deep skillet or Dutch oven. Add the water, cover, simmer over low heat for 2 hours.

Add the vegetables and cook, covered, 20 minutes or until both the meat and vegetables are tender.

Remove to a heated platter, thicken the gravy, if necessary, using 1 tablespoon of flour blended with 1 1/2 tablespoons of water for each cup of gravy.

Add more water, if necessary, when the vegetables are added.

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Per Serving (excluding unknown items): 1122 Calories; 87g Fat (69.8% calories from fat); 38g Protein; 46g Carbohydrate; 7g Dietary Fiber; 177mg Cholesterol; 1217mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 4 Vegetable; 12 Fat.

**Dutch Oven, Main Dish**

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## Braised Short Ribs of Beef

**Servings: 8**

**4 Ounces Flour**  
**1 Tablespoon Salt**  
**1 Teaspoon Pepper**

**1/2 Teaspoon Dried Rosemary**  
**6 Pounds Beef Short Ribs, cut in 2-in. (5-cm) portions**  
**1 Ounce Vegetable Oil**  
**6 Ounces Onion, chopped**  
**4 Ounces Celery, chopped**  
**24 Ounces Brown Beef Stock**  
**Roux or Slurry, as needed**  
**salt and pepper, to taste**

1. Combine the flour, salt, pepper and rosemary. Dredge the ribs in the seasoned flour.
2. Heat the oil and brown the ribs well in a heavy brazier. Remove and hold in a warm place.
3. Add the vegetables to the brazier and sauté lightly.
4. Return the ribs to the pan, add the stock and cook in a 300°F (150°C) dutch oven until done, approximately 2 1/2 hours.
5. Remove the ribs from the liquid and skim off the excess fat.
6. Bring the liquid to a boil on the stove top; thicken it with roux to the desired consistency and simmer for 15 minutes. Strain the sauce and adjust the seasonings. Return the ribs to the sauce and simmer for 5 minutes.

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Per Serving (excluding unknown items): 1422 Calories; 127g Fat (81.6% calories from fat); 51g Protein; 13g Carbohydrate; 1g Dietary Fiber; 259mg Cholesterol; 1727mg Sodium. Exchanges: 1/2 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 17 1/2 Fat.

Main Dish

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## Breaded Pork Chops

**Servings: 8**

**Preparation Time: 10 minutes**

**8 Boneless Pork Loin Chops, 3/4-inch thick**  
**4 Tablespoons Flour**  
**1 Teaspoon Salt**  
**1 Teaspoon Paprika**  
**1/4 Teaspoon Pepper**  
**2 Egg, slightly beaten**  
**2 Teaspoons Worcestershire Sauce**  
**1 Cup Dry Bread Crumbs**  
**2 Tablespoons Vegetable Oil**

In small bowl, combine flour, salt, paprika and pepper.

In another small bowl, combine egg and Worcestershire sauce. Coat chops with seasoned flour; dip in egg mixture, and coat with crumbs. In large skillet, heat oil over medium-high heat.

Brown chops on one side until golden brown (about 4 minutes); turn and continue cooking for another 4 minutes. Serve hot.

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Per Serving (excluding unknown items): 249 Calories; 10g Fat (38.5% calories from fat); 24g Protein; 13g Carbohydrate; 1g Dietary Fiber; 104mg Cholesterol; 455mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 Fat; 0 Other Carbohydrates.

Breakfast, Dutch Oven

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## Breakfast Pie

**Servings: 8**

**1/2 Pound Bacon, diced**  
**1/4 Green Bell Peppers, diced**

**1/4 Red Bell Peppers, diced**  
**1 Small Onion, chopped**  
**8 Large California Fresh Eggs**  
**1 Pound Russet Potatoes, peeled and grated**  
**2 3/4 Cups Shredded Sharp Cheddar Cheese**  
**1/2 Teaspoon Pepper**  
**Salt, to taste**

Preheat oven to 350°. Grease a large quiche dish or 6 to 8 individual ramekins. Sauté bacon, peppers and onion until soft. Drain on paper towels.

Whisk eggs with potatoes, cheese, salt and pepper. Mix in bacon and vegetable mixture. Pour into prepared pan spreading mixture evenly. Bake for 45 minutes, until center is set or knife inserted in center comes out clean. Bake 20-30 minutes for individual ramekins.

Makes 6-8 servings.

Yield: 1 pie

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Per Serving (excluding unknown items): 447 Calories; 32g Fat (64.7% calories from fat); 26g Protein; 13g Carbohydrate; 1g Dietary Fiber; 281mg Cholesterol; 762mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 4 Fat.

**Breakfast**

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## Breakfast Tortillas

**Servings: 8**

*Troop 219 Classic*

**1 Bag Frozen Hashbrowns**  
**1 Cup Cheddar Cheese, grated**  
**8 Egg**  
**8 Flour Tortilla**  
**1 Pound Sausage Meat**  
**Picante Sauce**

Follow directions on the package of hash browns and cook them until they start to brown, set aside. At the same time, have someone brown the sausage thoroughly in another skillet. Use the empty hash brown skillet now to scramble the eggs, then add hash browns back and mix. Add salt and pepper to taste.

Drain sausage on paper towels and either add to the egg/hash brown mixture or set aside. Wrap the tortillas in foil and warm them in the sausage pan. Fill warmed tortillas with egg/hash brown/sausage mixture, top with cheese and picante, salsa or hot sauce.

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Per Serving (excluding unknown items): 602 Calories; 38g Fat (57.0% calories from fat); 23g Protein; 41g Carbohydrate; 2g Dietary Fiber; 265mg Cholesterol; 881mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 6 Fat.

**Breakfast**

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## Breakfast Wraps

**Servings: 1**

**1 Flour Tortilla**  
**2 Large Eggs**  
**2 Ounces Hash Browns**  
**1 Ounce Jack Cheese, grated**  
**Add Any Other Ingredients - Bacon, Sausage, Tomatoes, Mushrooms, Onions, Etc.**

Warm tortilla.



Scramble eggs.

Fill tortilla with hash browns, scrambled eggs and cheese.

Fold and close wrap.

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Per Serving (excluding unknown items): 499 Calories; 18g Fat (34.2% calories from fat); 28g Protein; 52g Carbohydrate; 3g Dietary Fiber; 434mg Cholesterol; 648mg Sodium. Exchanges: 3 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Fat.

Dessert, Dutch Oven

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## Brown Bears in an Orchard

Sam Tinsley, Quartermaster, Wood Badge 56

**Servings: 16**

*Troop 219 Classic*

**1 Box Gingerbread Cake Mix**

**2 Cans Applesauce**

**Ingredients to Make Cake Mix See Box for List**

Pour applesauce into greased or foil lined dutch oven.

Prepare gingerbread mix as directed on package.

Pour on top of applesauce. DO NOT STIR!

Cover and surround with coals Cooking time is approximately 30 minutes, depending on heat of coals

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Per Serving (excluding unknown items): 166 Calories; 5g Fat (24.1% calories from fat); 1g Protein; 30g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 213mg Sodium. Exchanges: 1/2 Fruit; 1 Fat; 1 1/2 Other Carbohydrates.

Breakfast, Dutch Oven

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## Brown Sugar Coffee Cake

**Servings: 8**

**2 Cups Flour, sifted**

**2 Cups Packed Brown Sugar**

**1/2 Teaspoon Salt**

**1/2 Cup Butter**

**1/2 Teaspoon Baking Soda**

**1/2 Teaspoon Nutmeg**

**Egg, beaten**

**1 Cup Sour Cream**

**1/2 Cup Finely Chopped Nuts**

Combine flour, sugar, and salt. Cut in butter until mixture resembles fine meal.

Spread 2 1/2 cups of mixture in bottom of greased dutch oven.

Blend baking soda and nutmeg into remaining mixture. Combine egg and sour cream. Stir into mixture until just blended.

Spoon over crumb mixture and spread evenly. Sprinkle nuts on top. Bake 350 degrees for 40 minutes.

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Per Serving (excluding unknown items): 539 Calories; 23g Fat (37.4% calories from fat); 6g Protein; 81g Carbohydrate; 2g Dietary Fiber; 44mg Cholesterol; 367mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 4 1/2 Fat; 3 1/2 Other Carbohydrates.

Main Dish

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## Buffalo Chicken Pasta

**Servings: 8**

*\*Serve with additional hot sauce if desired.*

**1 Pound Mostaccioli, Penne or Other Medium Pasta Shapes, uncooked**  
**1 Teaspoon Paprika**  
**1/2 Teaspoon Salt**  
**1/2 Teaspoon Garlic Powder**  
**1/2 Teaspoon Black Pepper**  
**1 Pound Boneless, Skinless Chicken Breasts, cut into 1/2-inch pieces**  
**2 Teaspoons Vegetable Oil, divided**  
**1 Teaspoon Hot Sauce (1 to 2 Teaspoons)**  
**1 Cup Sliced Celery**  
**1/2 Cup Chopped Red Onion**  
**1 Cup Low-fat Mayonnaise**  
**1/2 Cup Low-fat Blue Cheese Salad Dressing**  
**3/4 Cup Skim Milk**  
**2 Tablespoons Blue Cheese, crumbled**

Prepare pasta according to package directions. While pasta is cooking, combine paprika, salt, garlic powder and pepper; sprinkle over chicken, stirring to coat. Add 1 teaspoon oil to a large skillet and heat over medium-high heat. Add chicken to skillet and sauté over medium-high heat, stirring frequently, until chicken is golden brown and cooked through, about 4 minutes. Add hot sauce; cook 1 minute. Remove chicken from skillet. Add remaining teaspoon of oil to skillet; add celery and onion and sauté 2 minutes.

Combine mayonnaise, dressing and milk in a small bowl. Add to vegetables in skillet. Add chicken. Stir constantly and cook over medium-low heat until thoroughly heated. When pasta is done, drain and return to pot. Add contents of skillet to pot and mix well. Transfer to serving dish and sprinkle with cheese. Serve immediately.

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Per Serving (excluding unknown items): 411 Calories; 11g Fat (25.4% calories from fat); 22g Protein; 54g Carbohydrate; 2g Dietary Fiber; 45mg Cholesterol; 564mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

**Main Dish**

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## Bunyan Burgers

**Servings: 1**

*Troop 219 classic*

**1/3 Pound Ground Beef**

**Optional - Any Topping or Condiment You Like - Onions, Ketchup, Relish, Mustard, Cooked Potatos, Avocado, Cooked Bacon, Mushrooms, Tomatoes, Cheese**

Split your ground beef into 2 equal parts. Mash each part as flat as possible. Put ½ the ground beef in one patty on the foil (this is the bottom of the Bunyan). Place whatever you usually put on your burger. Place other 1/2 of the meat in a patty on top and connect top and bottom around edges. Cook over coals as a foil pack or on an open grill.

You can use ground turkey, lamb or ground pork with some spices as well.

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Per Serving (excluding unknown items): 469 Calories; 40g Fat (78.2% calories from fat); 25g Protein; 0g Carbohydrate; 0g Dietary Fiber; 129mg Cholesterol; 103mg Sodium. Exchanges: 3 1/2 Lean Meat; 6 Fat.

**Dessert, Dutch Oven**

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## Butter Cookies in a Box Oven

Sam Tinsley, Quartermaster, Wood Badge 56

**Servings: 10**

*Troop 219 Classic*

**1 Pound Butter**  
**1 Cup Sugar**

**3 Teaspoons Vanilla Extract**  
**1 1/2 Cups Crushed Potato Chips**  
**3 Cups Flour**  
**Powdered Sugar**

Soften butter and beat until creamy. Add sugar and vanilla.

Add 1/2 cup of flour at a time. Add chips a little at a time and stir gently.

Drop heaping teaspoons onto greased baking sheet.

Bake in a box oven 10-12 minutes at 350 degrees (12 - 14 coals).

Gently remove to wax paper and cool. Dust with powdered sugar.

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Per Serving (excluding unknown items): 605 Calories; 41g Fat (60.6% calories from fat); 5g Protein; 55g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 444mg Sodium. Exchanges: 2 1/2 Grain(Starch); 8 Fat; 1 1/2 Other Carbohydrates.

Breakfast, Dutch Oven

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## Buttermilk Cinnamon Coffee Cake

**Servings: 12**

**2 1/4 Cups Flour**  
**1 Cup Brown Sugar**  
**3/4 Cup Granulated Sugar**  
**2 Teaspoons Cinnamon**  
**1/2 Teaspoon Salt**  
**1/4 Teaspoon Ginger**  
**3/4 Cup Vegetable Oil**  
**1 Cup Chopped Walnuts or Pecans**  
**1 Teaspoon Baking Powder**  
**1 Teaspoon Baking Soda**  
**1 Cup Buttermilk**  
**1 Large Egg**

Preheat oven to 350 degrees F. Lightly grease a 9" x 13" pan.

Mix flour, sugars, 1 teaspoon spoon cinnamon, salt and ginger. Stir in oil until mixture is crumbly and evenly moistened.

For cake topping, put 3/4 cup flour mixture into a small bowl. Stir in nuts and remaining cinnamon. Stir baking powder and soda into remaining mixture.

Beat buttermilk and egg to blend. Add to flour mix, stirring until batter just forms.

Pour mixture into prepared pan. Sprinkle topping over pan evenly. Bake at 350 degrees F. For 40 to 45 minutes or until pick inserted in the center comes out clean. Cool completely, in the pan, on a wire rack.

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Per Serving (excluding unknown items): 379 Calories; 20g Fat (47.3% calories from fat); 6g Protein; 45g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 267mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 4 Fat; 1 1/2 Other Carbohydrates.

C

Main Dish

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## Cabbage Rolls

**Servings: 6**

**1 1/2 Pounds Ground Beef**  
**1 7/8 Teaspoons Salt**  
**1/8 Teaspoon Pepper**  
**1 1/2 Egg, beaten**

**3/4 Cup Cooked Rice**  
**1 1/2 Onion, chopped fine**  
**1 1/2 Medium Cabbage**  
**3 Tablespoons Butter**  
**3 Cups Chicken Stock**  
**3/4 Teaspoon Caraway Seeds**  
**3 Tomatoes, peeled and cut**

Mix together, lightly and thoroughly, the ground beef, salt, pepper and egg. Mix in the cooked rice and chopped onion.

Steam the cabbage or place in boiling salted water, then drop in cold water. Carefully remove leaves and cut thick ribs so they will lie flat.

Stack 2 to 3 cabbage leaves and place about 1/4 cup of meat mixture on the center of leaves. Roll up leaves and tuck the ends in toward the center. Use wooden picks or skewers to fasten leaves securely or tie with string.

Melt butter in heavy skillet and brown cabbage lightly on all sides. Add stock as needed. Add caraway seeds. Simmer for 45 minutes, adding tomatoes. If desired, thicken gravy with a flour and cold water paste. Season to taste.

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Per Serving (excluding unknown items): 492 Calories; 38g Fat (69.9% calories from fat); 23g Protein; 14g Carbohydrate; 2g Dietary Fiber; 165mg Cholesterol; 1904mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 6 Fat.

Breakfast

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## Calamity

**Servings: 6**

*Troop 219 Classic*

**6 Eggs**  
**1 Bag Frozen Hash Browns**  
**1 Small Onion, Diced**  
**1 Pound Bacon**  
**10 Ounces Cheese**

In fry pan, fry bacon and onion. Add hash browns. Add eggs. Add cheese.

Called Calamity because it looks like a mess, but it is a delicious breakfast.

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Per Serving (excluding unknown items): 517 Calories; 42g Fat (74.9% calories from fat); 29g Protein; 2g Carbohydrate; trace Dietary Fiber; 276mg Cholesterol; 1278mg Sodium. Exchanges: 4 Lean Meat; 1/2 Vegetable; 6 Fat.

Dutch Oven, Main Dish

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## Calzone

Fred Maslan

**Servings: 8**

*Troop 219 Classic*

*This recipe yields one per person - you may need to make more!*

**2 Cups Warm Water**  
**1 Tablespoon Sugar**  
**1 Package Yeast**  
**1 Teaspoon Salt**  
**1/4 Cup Olive Oil**  
**6 Cups Flour**

**Filling: Your Choice - Pepperoni, Cooked Sausage, Vegetables, Onions, Peppers, Mozzarella Cheese, Spaghetti Sauce, Mushrooms, Black Olives, Canadian Bacon, Cooked Chicken, Bacon - Whatever You**

## Like!

Mix water, yeast and sugar and let bubble.

Add salt, 2 cups flour, olive oil and mix.

Add approximately 4 more cups of flour, ½ cup at a time, till you have a workable dough. Let it rest about 20 minutes.

Divide into eighths. Flatten into pizza thin rounds on floured board.

Put ¼ cup pizza filing of your choice on each round. Fold over and seal.

Bake in the middle of a very hot dutch oven with coals piled on the lid for approximately 15 minutes.

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Per Serving (excluding unknown items): 410 Calories; 8g Fat (17.2% calories from fat); 10g Protein; 73g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 271mg Sodium. Exchanges: 4 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.

## Main Dish

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# Camp Cook's Casserole

## Servings: 5

- 1 1/4 Pounds Lean Ground Beef, crumbled**
- 1/2 Cup Onion, chopped**
- 3 Tablespoons Dry Taco Seasoning Mix**
- 14 1/2 Ounces Mexican Tomatoes (discard 2 Tablespoons Liquid), chopped**
- 2 15-ounce Cans Pinto Beans**
- 1/3 Cup Ripe Olives, sliced**
- 3 Tablespoons Fresh Parsley, chopped**
- 4 Ounces Monterey Jack Cheese, shredded**
- 1 Can Cornbread Twists**
- 1 Egg Yolk, slightly beaten**
- 1 Tablespoon Water**

Sauté beef and onion in a 12" cast-iron skillet over medium heat; drain.

Add taco seasoning, tomatoes, beans, olives and parsley. Sprinkle with cheese.

Twist cornbread strips while shaping in lattice pattern over mixture, making sure strips adhere to sides of dish. Brush twists with mixture of egg and water.

Bake at 350°F for 15 minutes, or until lightly browned.

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Per Serving (excluding unknown items): 532 Calories; 25g Fat (43.0% calories from fat); 37g Protein; 38g Carbohydrate; 8g Dietary Fiber; 133mg Cholesterol; 1389mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

## Dessert, Dutch Oven

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# Candy Bar Cookies

## Servings: 24

*These not-too-sweet butter cookies are filled with chunks of candy bars that melt into the cookies as they bake. Vary the flavor of the cookies by changing the candy bar.*

- 1 1/4 Cups All-purpose Flour**
- 3/4 Teaspoon Baking Powder**
- 1/4 Teaspoon Salt**
- 1/2 Cup Unsalted Butter (1 Stick), softened**
- 1/2 Cup Sugar**
- 1 Large Egg**
- 1 Teaspoon Vanilla Extract**
- 1 Cup Chocolate-covered Candy Bars (5 to 6 Ounces), cut into 1/2-inch pieces**

Preheat oven to 325°F.

Sift flour, baking powder and salt. Set aside. In large bowl using an electric mixer, beat butter and sugar on medium speed and until mixture looks fluffy and smooth, about 30 seconds. Mix in egg and vanilla extract. Stop the mixer and scrape bowl with rubber spatula once during this mixing. Decrease speed to low and add flour mixture, mixing just until flour is incorporated. Gently mix in candy bar pieces.

Drop batter by large tablespoons on baking sheets. Bake 15 minutes, until tops of cookies are light golden. Reverse baking sheets from top to bottom and front to back after 7 minutes to ensure even baking.

Cool cookies 1 minute on baking sheets. Remove while warm to prevent sticking. Cool on wire racks.

Yield: 24 cookies

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Per Serving (excluding unknown items): 123 Calories; 6g Fat (44.2% calories from fat); 1g Protein; 16g Carbohydrate; trace Dietary Fiber; 20mg Cholesterol; 47mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Dutch Oven, Main Dish

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## Cheese "steak" Pizza

**Servings: 8**

**Preparation Time: 30 minutes**

**1 Pound Ground Beef**

**1 Small Green or Red Bell Pepper, thin strips**

**1 Small Onion (separated Into Rings), thinly sliced**

**16 Ounces Italian Bread Shell (approximately 12" Diameter)**

**2 Cups Low-moisture Part-skim Mozzarella Cheese, shredded**

Heat oven to 400°F. In large skillet, brown ground beef over medium heat 6 minutes. Add bell pepper and onion; cook 3 to 4 minutes or until beef is no longer pink and vegetables are crisp-tender. Season with 3/4 teaspoon salt and 1/2 teaspoon pepper.

Place bread shell on baking sheet. Remove beef and vegetables from skillet with slotted spoon; arrange on top of bread shell. Sprinkle with cheese. Bake 8 to 10 minutes or until cheese is melted; cut into 8 wedges.

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Per Serving (excluding unknown items): 413 Calories; 23g Fat (50.1% calories from fat); 23g Protein; 28g Carbohydrate; 2g Dietary Fiber; 63mg Cholesterol; 487mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.

Main Dish

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## Cheese and Wiener Burritos

**Servings: 8**

**8 (6-inch) Flour Tortillas**

**8 Wieners**

**8 Ounces Shredded Cheddar Cheese**

**1/2 Cup Sliced Green Onions**

**1/2 Cup Taco Sauce**

Heat wieners as directed on package. Heat tortillas. Place 1 hot wiener on lower third of each tortilla. Sprinkle each wiener with 1/4 cup of the cheese, about 1 tablespoon of green onions and about 1 tablespoon taco sauce. Fold in sides and roll up.

Grill on foil-lined grate over medium heat for 2 to 3 minutes or until cheese is melted. Serve immediately with additional taco sauce.

Yield: 8 burritos

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Per Serving (excluding unknown items): 327 Calories; 20g Fat (54.9% calories from fat); 17g Protein; 20g Carbohydrate; 1g Dietary Fiber; 78mg Cholesterol; 1036mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 3 Fat.

Soup

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# Cheeseburger Chowder

**1 Pound Ground Beef**  
**2 Medium Potatoes, peeled and cubed**  
**1/2 Cup Onion, chop**  
**1/2 Cup Celery**  
**2 Tablespoons Green Pepper, chopped**  
**1 Tablespoon Beef Base**  
**1/2 Teaspoon Salt**  
**2 1/2 Cups Milk**  
**3 Tablespoons Flour**  
**1 Cup Shredded Cheddar Cheese**

In large pot brown beef, drain. Stir in veggies, base, salt, and 1 1/2 cups water. Cover and cook til veggies are tender. 15-20 minutes.

Blend 1/2 cup milk with the flour. Add to saucepan along with remaining milk. Cook and stir til thickened and bubbly. Add cheese. Heat and stir til cheese melts.

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Per Serving (excluding unknown items): 2575 Calories; 179g Fat (62.9% calories from fat); 133g Protein; 105g Carbohydrate; 7g Dietary Fiber; 587mg Cholesterol; 2452mg Sodium. Exchanges: 4 1/2 Grain(Starch); 15 Lean Meat; 1 1/2 Vegetable; 2 1/2 Non-Fat Milk; 27 Fat.

Main Dish

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# Cheesy Ham and Macaroni

**Servings: 6**

*\*If you want to make a white sauce from scratch, melt 3 tablespoons butter in a sauce pan. Stir in 1/4 cup flour and cook until mixture bubbles. Stir in 2 cups milk and cook, stirring until thickened.*

**1 1.8-ounce Package White Sauce Mix\***  
**2 Cups Milk**  
**1/2 Cup Grated Parmesan Cheese (2 Ounces)**  
**1/2 Cup American Cheese (2 Ounces), cubed**  
**1/8 Teaspoon Ground Pepper**  
**1 7-ounce Package Macaroni, cooked according to package directions, drained**  
**1 1/2 Cups Cubed Full-cooked Ham (use Leftover Ham if Available)**  
**1 Cup Frozen Green Peas, thawed (optional)**

In a large saucepan stir together white sauce mix and milk. Following package directions, cook until thickened.

Stir in cheeses and pepper. Add macaroni, ham and peas and cook, stirring until heated through. Serve hot.

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Per Serving (excluding unknown items): 358 Calories; 14g Fat (35.6% calories from fat); 20g Protein; 38g Carbohydrate; 2g Dietary Fiber; 45mg Cholesterol; 1062mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat.

Side Dish

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# Cheesy Mashed Potatoes

**Servings: 6**

**6 Medium Potatoes**  
**1 Tablespoon Salt**  
**1/2 Teaspoon Pepper**  
**1/4 Cup Butter**  
**1/2 Teaspoon Baking Powder**  
**3 Tablespoons Light Cream**  
**1/4 Cup Milk**

**1 1/2 Ounces Cream Cheese**  
**4 Ounces Old English Cheese**  
**2 Egg Yolks**  
**2 Egg Whites**  
**2 Tablespoons Grated Parmesan Cheese**

Boil potatoes in jackets. Peel and force through a sieve or ricer. Add salt, pepper, butter, baking powder, and cream. Beat until well blended and butter is melted and absorbed in potatoes.

Combine milk, cream cheese and Old English cheese in a saucepan. Heat, stirring, until cheese melts. Add 2 tablespoons at a time to potatoes, beating after each addition until all is used and potatoes are light and fluffy. Stir beaten egg yolks into potatoes and mix well. Beat egg whites until consistency of meringue and fold into potatoes.

Pour into a 2-qt. ovenproof casserole, sprinkle with Parmesan cheese, and place in a hot 450 degree oven to brown beautifully (approx. 15 min.)

VARIATION: Add 1 teaspoon lemon juice to meringue just before folding into potatoes. You'll like it.

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Per Serving (excluding unknown items): 319 Calories; 21g Fat (57.0% calories from fat); 11g Protein; 24g Carbohydrate; 2g Dietary Fiber; 127mg Cholesterol; 1390mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Dessert, Dutch Oven

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## Cherry Good Cobbler

**Servings: 12**

*Great tasting dessert with less than 1 gram of fat per serving.*

**2 21-ounce Cans Cherry Filling and Topping**

**1 Teaspoon Almond Extract**

**1 Cup All-purpose Flour**

**2 Tablespoons Granulated Sugar**

**2 Teaspoons Baking Powder**

**1/2 Cup Orange Juice**

**TOPPING**

**1 Tablespoon Slivered Almonds, coarsely chopped**

**1 Tablespoon Granulated Sugar**

**1 Teaspoon Grated Orange Peel**

**1/2 Teaspoon Ground Cinnamon**

Combine cherry filling and almond extract in an ungreased 8 x 8 x 2-inch baking pan.

Combine flour, sugar and baking powder in a medium mixing bowl; mix well. Add orange juice, stirring just until dry ingredients are moistened. Drop batter by tablespoonfuls over cherry filling, making at least 8 dumplings.

For the topping: Combine almonds, sugar, orange peel and cinnamon in a small bowl; mix well. Sprinkle on top of cobbler.

Bake in a preheated 350° oven 30 to 35 minutes, or until filling is bubbly and dumplings are brown.

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Per Serving (excluding unknown items): 175 Calories; 1g Fat (3.6% calories from fat); 2g Protein; 42g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 91mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 2 Other Carbohydrates.

Dessert, Dutch Oven

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## Cherry-apple Pie

**Servings: 8**

*What better way to celebrate fall than with an all-American favorite.*

**1 Cup Dried Tart Cherries**

**4 Cups Peeled, Cored and Sliced Apples**

**1 Cup Granulated Sugar**



**1/4 Cup All-purpose Flour**  
**1/2 Teaspoon Ground Cinnamon**  
**1 Tablespoon Butter or Margarine**  
**1 Pastry for 9-inch 2-crust Pie**

Combine cherries and apple slices in a large bowl. Stir together sugar, flour and cinnamon. Pour over fruit mixture; mix well. Let stand 15 minutes.

Put fruit mixture into pastry-lined 9-inch pie pan; dot with butter. Cover with top crust which has slits cut in it. Seal and flute.

Bake in a preheated 425° oven 40 to 50 minutes, or until edge is golden brown and apples are tender.

Makes 6 to 8 servings.

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Per Serving (excluding unknown items): 349 Calories; 8g Fat (19.7% calories from fat); 2g Protein; 69g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 170mg Sodium. Exchanges: 1 Grain(Starch); 2 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Main Dish

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## Chicken and Dumplings

Fred Maslan

**Servings: 6**

*Troop 219 Classic*

**2 Envelopes Chicken Noodle Soup, Packet, not personal size**  
**20 Ounces Chicken, Canned, 2 cans**  
**2 1/2 Cups Bisquick® Baking Mix, 2 single size envelopes**  
**1 Cup Baby Carrots, or as many as you will eat.**

Mix soup mix with about half the normal water, add carrots and chicken and bring to a boil. Mix the biscuit mix and drop by spoonfuls on the chicken mix. Cover tightly and simmer (not too hot) until dumplings are done (usually takes 12-20 minutes).

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Per Serving (excluding unknown items): 456 Calories; 16g Fat (32.5% calories from fat); 29g Protein; 47g Carbohydrate; 3g Dietary Fiber; 62mg Cholesterol; 3153mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Soup

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## Chicken and Sausage Gumbo

**Servings: 20**

**1 Tablespoon Cayenne Pepper**  
**1 Tablespoon Paprika**  
**1 Tablespoon White Pepper**  
**1 Tablespoon Black Pepper**  
**4 Pounds Chicken, Boneless, Skinless, cut in 1-in. (2.5-cm) pieces**  
**3 Tablespoons Salt**  
**20 Ounces Flour**  
**28 Fluid Ounces Vegetable Oil**  
**1 Pint Onions, medium dice**  
**1 Pint Celery, medium dice**  
**1 Pint Green Bell Peppers, medium dice**  
**2 Tablespoons Garlic, chopped**  
**2 Tablespoons Filé Powder**  
**4 Bay Leaves**  
**4 Quarts Chicken Stock**  
**2 Pounds Andouille Sausage, sliced, cut in half circles**  
**1 Pound Okra**

**3 Cups Long-grain White Rice, cooked**  
**1 Pint Green Onion Tops, sliced**

Combine the cayenne pepper, paprika, white pepper and black pepper. Season the chicken with 1 tablespoon (15 milliliters) of salt and 1 tablespoon (15 milliliters) of the pepper mix. Dust the chicken with some of the flour. Pan-fry the chicken in 8 fluid ounce (240 milliliters) of the vegetable oil until well browned. Remove the chicken from the pan and reserve.

Strain the oil used to brown the chicken in order to remove burnt particles. Return the strained oil to the pan. Add 16 fluid ounces (450 milliliters) or fresh vegetable oil. Over medium heat, add the remaining flour while stirring with a whisk to make a roux. Cook the roux very slowly over medium heat, stirring often, until it becomes a copper-brown color, approximately 45 minutes to 1 hour.

Add the onions, celery, bell pepper, garlic, filé powder, bay leaves and the remaining salt and pepper mix. Cook for 5 minutes. Add the chicken stock and bring to a simmer. Skim the fat from the surface and cook for approximately 1 1/2 hours, skimming occasionally.

Yield: 5 quarts

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Per Serving (excluding unknown items): 884 Calories; 60g Fat (61.6% calories from fat); 32g Protein; 51g Carbohydrate; 3g Dietary Fiber; 86mg Cholesterol; 3045mg Sodium. Exchanges: 3 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 11 Fat.

**Dutch Oven, Main Dish**

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## Chicken Cacciatore

**Servings: 6**

**4 1/2 Pounds Chicken Pieces**  
**3/8 Cup Oil**  
**Salt to Taste**  
**Pepper to Taste**  
**1 1/2 Teaspoons Garlic Powder**  
**3 Teaspoons Italian Seasoning**  
**3 Teaspoons Onion Powder**  
**1 1/2 Bay Leaf**  
**1 1/2 Packets Spaghetti Sauce Mix**  
**1 1/2 Pounds Canned Tomatoes**  
**3/8 Cup Dry White Wine**

Heat the oil in a skillet and quickly brown the chicken in the oil.

Place the chicken in the dutch oven. Combine the remaining ingredients in the skillet and stir until blended and hot. Add to the dutch oven. Cover and cook on LOW coals 3-4 hours.

Serve over spaghetti or hot rice.

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Per Serving (excluding unknown items): 690 Calories; 49g Fat (65.1% calories from fat); 45g Protein; 14g Carbohydrate; 2g Dietary Fiber; 211mg Cholesterol; 1225mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 1 Vegetable; 6 Fat.

**Main Dish**

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## Chicken Caribbean

**Servings: 4**

*Foil Wrap dinner*

**4 Sheets Each Heavy Duty and Non-stick Aluminum Foil**  
**4 Cups Cooked Rice**  
**1 Medium Red Bell Pepper, chopped**  
**1/4 Cup Flaked Coconut, could be omitted**  
**1/4 Cup Green Onions, chopped**  
**1 Can (15 Oz.) Pineapple Tidbits in Juice - Do Not Drain**

**2 Tablespoons Packed Brown Sugar**  
**3 Tablespoons Lime Juice**  
**4 Boneless, Skinless Chicken Breast Halves (1 to 1 1/4 Lbs.)**  
**1 Tablespoon Caribbean Jerk Seasoning**  
**Caribbean Jerk Seasoning - Combine**  
**1 Teaspoon Ground Allspice**  
**1/2 Teaspoon Dried Thyme**  
**1/2 Teaspoon Paprika**  
**1/4 Teaspoon Hot Pepper Sauce or Cayenne**  
**2 Teaspoons Vegetable Oil**

Start medium high charcoal fire.

Combine rice, red pepper, onions, coconut, pineapple, brown sugar and lime juice. Center one-fourth of rice mixture on each sheet of foil - dull (non-stick) side toward food. Rub Jerk seasoning over chicken; place on top of ingredients on foil sheet.

Make 4 foil packets with double folds and sealed ends.

Grill 16 to 20 minutes turning once.

Caribbean Jerk Seasoning - see above

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Per Serving (excluding unknown items): 487 Calories; 6g Fat (11.5% calories from fat); 33g Protein; 73g Carbohydrate; 3g Dietary Fiber; 68mg Cholesterol; 87mg Sodium. Exchanges: 3 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Main Dish

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## Chicken Chowder

**Servings: 6**

*pre-prepare the chicken or buy canned cooked chicken*

**2 Tablespoons Butter**  
**1 Medium Onion, chopped**  
**2 Cans (10 3/4 Oz. Each) Condensed Chicken Noodle Soup**  
**1 Can Water**  
**1 Cup Cooked Chicken - or 8 Oz Can of Chicken, cubed**  
**1 Can (16 Oz) Cream Style Corn**  
**1 Can Evaporated Milk**  
**1/4 Teaspoon White Pepper**  
**2 Tablespoons Parsley, chopped**

Heat deep skillet to medium. Saute onion in butter until soft.

Stir in soup water, chicken, corn, milk and pepper. Heat until just boiling - stirring constantly - simmer 5 minutes.

serve topped with parsley

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Per Serving (excluding unknown items): 200 Calories; 12g Fat (55.1% calories from fat); 10g Protein; 13g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 535mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat.

Dutch Oven, Main Dish

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## Chicken Enchilada Casserole

**Servings: 5**

*Troop 219 Classic*

**2 Cans Chicken Canned, 10 oz size**  
**1 Cup Onions, chopped**  
**1 Can Cream of Mushroom Soup**  
**2 Tablespoons Chili Powder**

**1 Can Cream of Chicken Soup**  
**1 Can Rotelle**  
**1 Cup Grated Cheddar Cheese**  
**12 Flour Tortillas**

Line the dutch oven with foil. Cover the bottom with 6 flour tortillas. Layer ½ of the other ingredients in the following order: chicken, onions, soups, tomatoes, chili powder, cheese. Repeat process.

Bake 25 minutes.

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Per Serving (excluding unknown items): 859 Calories; 28g Fat (29.9% calories from fat); 36g Protein; 113g Carbohydrate; 7g Dietary Fiber; 61mg Cholesterol; 1688mg Sodium. Exchanges: 7 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 4 Fat.

Main Dish

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## Chicken Fricassee

**Servings: 8**

**2 2 1/2-pound Frying Chickens (2 1/2 - 3 Lbs), cut into 8 pieces**  
**salt and white pepper, to taste**  
**3 Ounces Clarified Butter**  
**10 Ounces Onion, medium dice**  
**3 Ounces Flour**  
**8 Ounces Dry White Wine**  
**1 Quart Chicken Stock**  
**SACHET:**  
**bay leaf**  
**1/2 Teaspoon Dried Thyme**  
**1/2 Teaspoon Peppercorns, cracked**  
**parsley stems**  
**garlic clove, crushed**  
**8 Ounces Heavy Cream**  
**nutmeg, to taste**

1. Season the chicken with salt and white pepper.
2. Sauté the chicken in the butter without browning. Add the onions and continue to sauté until they are translucent.
3. Sprinkle the flour over the chicken and onions and stir to make a roux. Cook the roux for 2 minutes without browning.
4. Deglaze the pan with white wine. Add the chicken stock and sachet; season with salt. Cover and simmer until done, approximately 30-45 minutes.
5. Remove the chicken from the pan and hold in a warm place. Strain the sauce through cheesecloth and return it to a clean pan.
6. Add the cream and bring the sauce to a simmer. Add the nutmeg and adjust the seasonings. Return the chicken to the sauce to reheat it for service.

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Per Serving (excluding unknown items): 714 Calories; 53g Fat (70.3% calories from fat); 38g Protein; 13g Carbohydrate; 1g Dietary Fiber; 253mg Cholesterol; 1230mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat.

Soup

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## Chicken Gumbo

**Servings: 8**

**2 Chickens, cut into 8 pieces each, wing tips trimmed**  
**2 Teaspoons Dried Mustard**

**2 Teaspoons Sweet Paprika**  
**1/4 Teaspoon Salt**  
**1/4 Teaspoon Freshly Ground Pepper**  
**1/8 Teaspoon Ground Allspice**  
**Pinch of Cayenne Pepper**  
**2 Tablespoons Olive Oil**  
**4 Celery Stalks, cut into 1/2" dice**  
**2 Medium Onions, coarsely chopped**  
**2 Red Bell Peppers, cored and cut into 1/2" dice**  
**1 Green Bell Pepper, cored and cut into 1/2" dice**  
**1 Tablespoon Finely Chopped Garlic**  
**4 Cups Fresh or Frozen Sliced Okra**  
**1 Can Plum Tomatoes, drained (reserve tomato juices), with tomatoes coarsely chopped**  
**2 Tablespoons Tomato Paste**  
**1 Teaspoon Dried Thyme**  
**1 Bay Leaf**  
**1/4 Cup Chopped Flat-leaf Parsley**  
**Cooked White Rice (optional)**

Fresh okra is not wide available, but frozen okra is sold in most supermarkets and makes a perfectly acceptable substitute. When cooking up this gumbo, I've only called for a pinch of cayenne pepper, but you can add as much heat as you like. If using frozen okra, defrost it or rinse under cold water, then proceed.

Rinse chicken pieces and pat dry. Preheat oven to 400F.

Combine first 6 seasonings in a small bowl and rub into chicken pieces.

Place chicken in a shallow baking pan and bake for 15 minutes. Set aside.

Place oil in a large, heavy pot. Add celery, onions, red and green peppers and garlic; cook over low heat, stirring, for 10 minutes. Raise heat to medium, add okra and cook, stirring, an additional 5 minutes.

Add tomatoes, tomato paste, thyme and bay leaf. Add chicken and any pan juices to the pot. Cover with reserved tomato juices, making sure that all the chicken pieces are covered in liquid.

Simmer over medium-low heat, partially covered, until chicken is tender, about 30 minutes. Stir in 2 tablespoons parsley. Cook, uncovered, for 15 minutes longer. If gumbo begins to boil, reduce heat. Adjust seasonings to taste. Garnish with remaining parsley. If desired, serve hot over cooked rice.

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Per Serving (excluding unknown items): 889 Calories; 62g Fat (63.8% calories from fat); 67g Protein; 12g Carbohydrate; 4g Dietary Fiber; 340mg Cholesterol; 385mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 2 Vegetable; 6 1/2 Fat.

**Main Dish**

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## Chicken Lickin'

**Servings: 6**

**8 Chicken Legs, Thighs And/or Breasts**  
**1/2 Teaspoon Ground Ginger**  
**1/2 Teaspoon Chili Powder**  
**3 Tablespoons Butter**  
**16 Ounces Canned Whole Tomatoes**  
**1 Large Onion, chopped**  
**4 Ounces Mushrooms, sliced and drained**  
**1 Clove Garlic, minced**  
**1 1/2 Teaspoons Salt**  
**1/2 Cup Heavy Cream**  
**2 Teaspoons Paprika**

Rinse the chicken parts and pat dry.

Melt the butter in a skillet. Brown the chicken on all sides in the butter. Place the chicken in the slow cooker.

Combine all the other ingredients except the cream together. Mix well. Pour over the chicken.  
Cook on LOW for 8 to 10 hours. Stir in the heavy cream just before serving. Serve over hot spaghetti.

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Per Serving (excluding unknown items): 566 Calories; 40g Fat (64.8% calories from fat); 42g Protein; 7g Carbohydrate; 2g Dietary Fiber; 228mg Cholesterol; 890mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

### Soup

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## Chicken Noodle Soup

**Servings: 8**

**3 Pounds Chicken Pieces**  
**6 Cups Hot Water, divided**  
**2 Large Celery Stalks, thin slice**  
**1 Cup Sliced Carrots, thin sliced**  
**1/2 Teaspoon Dried Basil**  
**1/4 Teaspoon Rosemary**  
**1/4 Teaspoon Pepper**  
**1 Teaspoon Salt (optional)**  
**1/2 Cup Thin Egg Noodles**

In a 5-qt casserole combine chicken, 4 cups hot water, celery, carrots, basil, rosemary, pepper and salt. Microwave at high 30-40 minutes, or until chicken falls easily from the bone, stirring twice during cooking.

Remove chicken from the bones. Discard bones and skin. Dice meat and return to casserole. Add 2 cups hot water and noodles. Cover.

Microwave at high 8-10 minutes, or until water boils. Then, microwave at high 7-10 minutes, or until noodles are tender.

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Per Serving (excluding unknown items): 268 Calories; 18g Fat (60.3% calories from fat); 22g Protein; 4g Carbohydrate; 1g Dietary Fiber; 108mg Cholesterol; 102mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

### Main Dish

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## Chicken Parmesan - Foil Packs

Fred Maslan

**Servings: 8**

*Troop 219 Classic*

**48 Ounces Chicken Pieces, Pre-cooked**  
**1 Cup Shredded Mozzarella Cheese**  
**1 Jar Spaghetti Sauce**  
**1 Tablespoon Oregano**  
**1 Tablespoon Black Pepper**  
**Optional: Mushrooms, Green Pepper, Onions, Garlic**

Lightly oil the foil square. Put the chicken on the foil with sauce, seasonings, a sprinkle of mozzarella cheese, and a little water. Wrap gingerly allowing an air pocket above the chicken. Heat on coals no more than 5 minutes per side. Serve with spaghetti you make on the stove, or salad or garlic bread.

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Per Serving (excluding unknown items): 333 Calories; 22g Fat (61.5% calories from fat); 25g Protein; 6g Carbohydrate; 2g Dietary Fiber; 118mg Cholesterol; 296mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat.

### Main Dish

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## Chicken Polynesian - Foil Pack

Sam Tinsley, Quartermaster, Wood Badge 56

**Servings: 1***Troop 219 Classic***1 Chicken Pieces, a Breast or Two Thighs - Raw****1 Tablespoon Honey****3 Tablespoons Crushed Pineapple****2 Tablespoons Soy Sauce****2 Tablespoons Sweet and Sour Sauce****1 Dash Lemon Juice****Salt and Pepper****Carrots, Water Chestnuts, Snow Peas, Celery or Bell Pepper, Optional sliced thin**

Wrap all the above ingredients in individual foil packets, Place on hot coals until chicken is done (check at 30 minutes, and again at 45.)

Cuisine: Asian

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Per Serving (excluding unknown items): 383 Calories; 16g Fat (38.2% calories from fat); 22g Protein; 37g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 2233mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat; 2 Other Carbohydrates.

**Dutch Oven, Main Dish**

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## Chicken Pot Pie

**Servings: 15**

*Variation: Turkey Pot Pie—Substitute an equal amount of turkey for the chicken.*

*Approximate values per serving, without crust: Calories 330, Total fat 18 g, Saturated fat 9 g, Cholesterol 110 mg, Sodium 530 mg, Total carbohydrates 16 g, Protein 27 g, Vitamin A 70%*

**1 Ounce Butter****8 Ounces White Mushrooms, quartered****Salt and Pepper, to taste****6 Ounces Red Potatoes, medium dice****6 Ounces Carrots, medium dice****6 Ounces Pearl Onions****6 Ounces Peas****6 Ounces Corn Kernels****3 Pints Chicken Velouté Sauce****8 Fluid Ounces Heavy Cream****2 1/2 Pounds Chicken, Cooked, large dice****Flaky Pie Dough or Puff Pastry, as needed****Egg Wash, as needed**

Heat the butter in a small sauté pan and sauté the mushrooms. Season with salt and pepper.

Blanch or steam the potatoes, carrots, onions, peas and corn separately until tender.

Bring the velouté to a simmer. Add the cream and simmer for 5 minutes.

Add the chicken, potatoes and vegetables to the sauce, season with salt and pepper and ladle into a shallow half-size hotel pan.

Brush the edges of the pan with egg wash and cover the pan with the pie dough or puff pastry. Egg wash the top of the dough or pastry and make one or two small slice sin the top of the dough to allow steam to escape as the pie cooks. Bake at 400°F (200°C) until the top is well browned, approximately 15 minutes.

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Per Serving (excluding unknown items): 313 Calories; 16g Fat (47.4% calories from fat); 27g Protein; 14g Carbohydrate; 3g Dietary Fiber; 92mg Cholesterol; 663mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

**Main Dish**

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## Chicken Taco Casserole

**Servings: 6**

*Troop 219 Classic*

- 2 Pounds Cooked Chicken or Canned**
- 1 Onion, Chopped**
- 1 Green Pepper, Chopped**
- 1 Cup Grated Cheese**
- 1 Can Cream of Mushroom Soup**
- 1 Can Cream of Chicken Soup**
- 1 Can Ranch-style Beans**

Mix all except cheese and chips. Place ½ of crushed chips on bottom of pan. Pour on mixture. Cover with cheese and chips. Heat in covered skillet on open fire or bake in box oven. Done when heated through and cheese melts.

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Per Serving (excluding unknown items): 386 Calories; 27g Fat (62.7% calories from fat); 26g Protein; 10g Carbohydrate; 2g Dietary Fiber; 121mg Cholesterol; 629mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.

**Dutch Oven, Main Dish**

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## Chicken Tortilla Casserole

**Servings: 8**

- 1 1/2 Pounds Boneless Chicken Breasts, sliced in thick strips**
- 1 Tablespoon Vegetable Oil**
- 2 Cloves Garlic, minced**
- 1 Medium Onion, chopped**
- 1 Jar Chicken Tonight Cooking Sauce for Chicken — Cacciatore**
- 1 2 1/4-ounce Can Sliced Black Olives, drained**
- 1 4-ounce Can Mild Green Chilies, drained and chopped**
- 1 9-ounce Package Frozen Corn Niblets**
- 1 Tablespoon Chili Powder**
- 1 Teaspoon Oregano**
- 2 Cups Crushed Tortilla Chips**
- 2 Cups Shredded Cheddar Cheese**

Preheat oven to 375 degrees F.

In a large skillet, thoroughly brown chicken strips in vegetable oil; drain fat. Add garlic and onion; sauté until tender. Add sauce, olives, chilies, corn, chili powder and oregano. Simmer, covered, 15 minutes, stirring occasionally.

Spoon mixture into a 13 x 9-inch baking dish. Evenly top casserole with crushed tortilla chips and cheese. Bake, uncovered, 10 minutes or until bubbly.

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Per Serving (excluding unknown items): 378 Calories; 19g Fat (44.3% calories from fat); 30g Protein; 23g Carbohydrate; 3g Dietary Fiber; 79mg Cholesterol; 478mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat.

**Main Dish, Soup**

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## Chili - Quick

**Servings: 6**

- 2 Tablespoons Oil**
- 1 Medium Onion (1/2 Cup), chopped**
- 12 Ounces Spam or Prepared Vacuum Packed Beef, cubed - small**
- 1 Pound Canned Kidney Beans or Pinto Beans, rinsed and drained**
- 1 Teaspoon Salt, to taste**
- 2 Tsps Chili Powder**



**1/2 Tsp Ground Cumin**  
**1/2 Tsp Garlic Powder**  
**2 Tbsps Tomato Paste**  
**1/2 C Water**

Heat oil in a heavy saucepan. Add onion and meat. Cook over medium heat until onion is tender. Add remaining ingredients. Mix well. Cover and simmer for 30 minutes.

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Per Serving (excluding unknown items): 149 Calories; 7g Fat (42.4% calories from fat); 16g Protein; 5g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 1224mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1 Fat.

Soup

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## Chili - Texas Style

**Servings: 12**

**3 1/2 Pounds Beef Chuck Blade Steak, cut into 1/2" cubes**  
**1/4 Cup Salad Oil**  
**2 Cups Chopped Onion, divided use**  
**3 Medium Green Peppers, diced**  
**16 Ounces Canned Tomatoes**  
**4 Garlic Cloves**  
**2 Ounces Tomato Paste**  
**1/3 Cup Chili Powder**  
**1/4 Cup Sugar**  
**2 Tablespoons Salt**  
**2 Teaspoons Oregano**  
**3/4 Teaspoon Pepper**  
**1/2 Cup Monterey Jack Cheese (for garnish)**

Brown meat in oil in Dutch oven, remove to bowl and set aside.

Reserve 1/2 cup onions, cover and set aside.

Add remaining onions, peppers, and garlic to drippings in pan over medium heat. Cook 10 minutes stirring occasionally. Add more oil if necessary.

Return meat to pan add tomato and their liquid and remaining ingredients, except cheese and onions. Heat to boiling. Reduce heat to low, cover and simmer 1 1/2 hours or until meat is fork tender, stirring occasionally.

Spoon chili into large bowl sprinkle cheese on top for garnish. Pass reserved onion to sprinkle over each serving.

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Per Serving (excluding unknown items): 388 Calories; 28g Fat (64.9% calories from fat); 21g Protein; 13g Carbohydrate; 3g Dietary Fiber; 81mg Cholesterol; 1292mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 4 Fat; 1/2 Other Carbohydrates.

Dutch Oven, Main Dish, Soup

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## Chili - White Bean With Chicken

Chef: Amy Chenevey

**Servings: 8**

**2 Pounds Dried White Beans**  
**3 Quarts Chicken Stock**  
**3 Medium Onions, chopped**  
**4 Cloves Garlic, chopped**  
**2 Teaspoons Vegetable Oil**  
**2 (4-ounce) Cans Diced Green Chilies**  
**4 Teaspoons Ground Cumin**  
**4 Teaspoons Dried Oregano, crushed**  
**4 Teaspoons Ground Coriander**

**2 Pinches Cloves**  
**2 Pinches Cayenne**  
**8 Boneless, Skinless Chicken Breasts, cooked and diced**  
**1 Cup Grated Monterey Jack Cheese**  
**8 Green Onions, thinly sliced**

In large kettle, combine beans, stock, half the onions, garlic and salt; bring to boil. Reduce heat; cover and simmer 1 1/2 hours or until beans are very tender, adding more chicken stock as needed. Heat oil in skillet. Add remaining chopped onions and cook about 5 minutes, until tender and clear. Add chilies, cumin, oregano, coriander, cloves, and cayenne; mix into bean mixture. Portion chicken into 8 servings. For each serving, put chicken in bottom of bowl, spoon chili over top and sprinkle with grated cheese and sliced onion.

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Per Serving (excluding unknown items): 772 Calories; 10g Fat (12.4% calories from fat); 87g Protein; 78g Carbohydrate; 20g Dietary Fiber; 149mg Cholesterol; 3948mg Sodium. Exchanges: 4 1/2 Grain(Starch); 9 1/2 Lean Meat; 1 Vegetable; 1 Fat.

Soup

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## Chili and Veggies

**Servings: 6**

**2 Teaspoons Olive Oil**  
**1 Large Onion, chopped**  
**1 Medium Green Bell Pepper, chopped**  
**1 Zucchini, thinly sliced**  
**1 Cup Corn Kernels**  
**14 Ounces Canned Tomatoes**  
**3 Teaspoons Tamari Soy Sauce**  
**2 Teaspoons Chili Powder**  
**1 Teaspoon Cumin**  
**1/2 Teaspoon Coriander**  
**1/2 Teaspoon Oregano**  
**1/4 Teaspoon Thyme**  
**Dash of Cayenne**  
**2 1/2 Cups Kidney Beans (1 cup raw)**  
**Green Chiles, as relish**  
**Cheese Wedges, as side**  
**Chopped Onions, as topping**

Use cooked beans, or cook one cup of dry kidneys (or pintos) beans in 3 cups of water in a pressure cooker. Add a bay leaf or two, some chili powder, cumin, a chopped onion, and perhaps a green pepper to the water. Clean the dry beans and cook about 30-40 minutes in a pressure cooker.

Heat the oil in very large skillet. When it is hot, add the onion and saute over moderately low heat until the onion is translucent. Add the green pepper and saute until it softens somewhat. Add the remaining ingredients, including the beans, and simmer over very low heat for 15 minutes stirring occasionally.

Serve on its own in bowls garnished with a chili and cheese, or even better over brown rice.

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Per Serving (excluding unknown items): 329 Calories; 3g Fat (7.0% calories from fat); 21g Protein; 60g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 296mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.

Main Dish

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## Chili Bean Tacos

**Servings: 8**

**2 Tablespoons Olive Oil**  
**1 Pound Pork Sausage, crumbled**  
**1 Onion, chopped**

**1 Garlic Clove, crushed**  
**1/2 Teaspoon Ground Cumin**  
**1 Teaspoon Hot Chili Powder**  
**1 Tomato, peeled, chopped**  
**3 Tablespoons Tomato Paste**  
**1/2 Red Bell Pepper, seeded, diced**  
**10 Ounces Canned Kidney Beans, drained**  
**Salt to Taste**  
**8 Taco Shells**  
**Sour Cream**  
**Paprika**  
**Lettuce Leaves**  
**Radish Roses**

Preheat oven to 350F.

Heat oil in a saucepan. Add sausage, onion, garlic, cumin and chili powder; fry gently 5 minutes, stirring to break up sausage. Add tomato, tomato paste, bell pepper and kidney beans. Stir well and cook gently 15 minutes, stirring frequently to prevent mixture sticking. Season with salt.

Meanwhile, heat taco shells following package instructions. Fill hot taco shells with sausage mixture. Top each taco with sour cream and sprinkle with paprika. Serve with lettuce leaves and radish roses.

VARIATION: Substitute lean ground beef for sausage, if desired.

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Per Serving (excluding unknown items): 376 Calories; 30g Fat (70.1% calories from fat); 10g Protein; 18g Carbohydrate; 4g Dietary Fiber; 39mg Cholesterol; 602mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 5 1/2 Fat.

**Main Dish, Soup**

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## Chili Con Carne

**Servings: 8**

*With Beans*

**3/4 Pound Onion, medium dice**  
**3/4 Tablespoon Vegetable Oil**  
**3/8 Ounce Chopped Garlic**  
**2 Pounds Ground Beef**  
**1 5/8 Pounds Crushed Tomatoes**  
**3 1/4 Pounds Diced Tomatoes**  
**3 1/4 Fluid Ounces Tomato Paste**  
**3/4 Pint Brown Stock**  
**3/4 Ounce Chili Powder**  
**1 5/8 Teaspoons Cumin**  
**3 1/4 Bay Leaves**  
**Salt and Pepper, to taste**  
**9 5/8 Ounces Dry Kidney Beans - or Use One Can Drained, soaked, simmered in water until tender**

1. Sauté the onions in the oil until tender. Add the garlic and sauté 1 minute.
2. Add the beef and brown, stirring occasionally. Drain off the excess fat.
3. Add the remaining ingredients, bring to a simmer, cover and cook for 1 hour.
4. Remove the bay leaves and adjust the seasonings.

Yield: 3 1/2 quarts approx.

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Per Serving (excluding unknown items): 489 Calories; 21g Fat (38.1% calories from fat); 34g Protein; 44g Carbohydrate; 14g Dietary Fiber; 78mg Cholesterol; 778mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 4 Vegetable; 2 Fat.

**Main Dish**

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# Chili Crusted Turkey Cutlets With Enchilada Sauce

**Servings: 7**

**1 12-ounce Package Fresh Boneless Turkey Breast Cutlets**  
**1/2 Cup Cornmeal**  
**2 Teaspoons Chili Powder (2 to 3 Teaspoons)**  
**1 Tablespoon Olive Oil**  
**1 10-ounce Can Enchilada Sauce**  
**1/2 Cup Fine Shredded Taco Cheese**

Combine cornmeal and chili powder; dip cutlets to coat both sides. Heat olive oil in large skillet over high heat until hot; brown cutlets 1 minutes on each side. Pour enchilada sauce over cutlets. Cover and heat for 3 to 4 minutes. Top with cheese; serve.

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Per Serving (excluding unknown items): 207 Calories; 13g Fat (54.6% calories from fat); 13g Protein; 10g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 130mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Main Dish

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## Chili Dip

**Servings: 6**

*Troop 219 Classic*

**2 Cans Prepared Chili**  
**2 Cups Grated Cheddar Cheese**  
**2 Cups Minute Rice**  
**Nacho Chips**  
**Water for Rice**

Prepare rice as directed on box. When rice is cooked, stir in chili. Heat until hot; then stir in cheese to taste. Serve with nacho chips.

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Per Serving (excluding unknown items): 369 Calories; 16g Fat (39.2% calories from fat); 20g Protein; 36g Carbohydrate; 2g Dietary Fiber; 60mg Cholesterol; 572mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 2 Fat.

Main Dish

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## Chili Pasta - Quick

**Servings: 6**

*May be frozen. To reheat, thaw completely and heat in large saucepan over medium-high heat until warmed through.*

**8 Ounces Medium Shells, Elbow Macaroni, or Other Medium Pasta Shape, uncooked**  
**1 Small Onion, peeled and finely diced**  
**1 12-ounce Can Corn, drained**  
**1 Jalapeño, cored and thinly sliced**  
**1 Tablespoon Chili Powder**  
**1 Teaspoon Cumin**  
**2 Cloves Garlic, finely chopped**  
**1 16-ounce Can Red Kidney Beans, rinsed and drained**  
**1 12-ounce Jar Salsa**  
**1/2 Cup Shredded Low-sodium Cheddar Cheese**

Prepare pasta according to package directions. While pasta is cooking, combine remaining ingredients in large pot and heat until onion is cooked.

When pasta is done, drain well. Transfer to a serving bowl. Add contents of pot and toss gently until well combined. Sprinkle Cheddar on top and serve immediately.

Serves 4 to 6

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Per Serving (excluding unknown items): 305 Calories; 5g Fat (13.3% calories from fat); 13g Protein; 55g Carbohydrate; 6g Dietary Fiber; 9mg Cholesterol; 648mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.

**Dutch Oven, Main Dish**

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## Chili Relleno Casserole

**Servings: 8**

*Troop 219 Classic*

**2 Cans Whole Green Chiles - Large Cans**  
**1 Pound Shredded Monterey Jack Cheese**  
**2 Tablespoons Flour**  
**1 Pound Grated Cheddar Cheese**  
**1 Can Evaporated Milk, 13 oz**  
**4 Eggs, Separated**  
**Salt and Pepper, to taste**

Place ½ of chilies in bottom of greased dutch oven. Cover with all of cheddar cheese. Top with the rest of the chilies. Cover with all of the jack cheese.

Beat egg whites until stiff.

Beat yolks with flour, milk, salt and pepper in large bowl. Fold egg whites into yolk mixture. Pour over casserole.

Bake in dutch oven for 45 minutes or until knife inserted in center comes out clean.

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Per Serving (excluding unknown items): 531 Calories; 41g Fat (69.3% calories from fat); 34g Protein; 7g Carbohydrate; trace Dietary Fiber; 225mg Cholesterol; 726mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat.

**Dutch Oven, Main Dish**

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## Chili-mac

**Servings: 8**

**1 Pound Elbow Macaroni, Rotini or Other Medium Pasta Shape, uncooked**  
**1 Pound Lean Ground Beef**  
**3 Tablespoons Olive Oil**  
**OR**  
**3 Tablespoons Vegetable Oil**  
**1 28-ounce Can Tomatoes With Juice**  
**1 Quart Tomato Juice**  
**2 Cups Chopped Onions**  
**3 Cloves Garlic**  
**1 Teaspoon Salt**  
**1 Tablespoon Chili Powder**  
**1 Teaspoon Ground Cumin**  
**1/2 Teaspoon Dried Oregano**  
**1/2 Teaspoon Pepper**  
**1 Bay Leaf**  
**1 20-ounce Can Red Kidney Beans, rinsed and drained**

Cook pasta according to package directions; drain. In a Dutch oven or large skillet, brown beef in oil, stirring

frequently. Add undrained tomatoes, tomato juice, onions, garlic, salt and remaining seasonings. Cover and simmer for 45 minutes. Stir in kidney beans. Cook for an additional 30 minutes. Remove bay leaf.

Meanwhile, gradually add cooked pasta to the chili. Serve in bowls.

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Per Serving (excluding unknown items): 484 Calories; 14g Fat (24.9% calories from fat); 24g Protein; 68g Carbohydrate; 10g Dietary Fiber; 35mg Cholesterol; 1140mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat.

### Main Dish

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## Chip 'n Dip Chicken

Fred Maslan

**Servings: 6**

*Troop 219 Classic*

**2 Pounds Chicken Breasts or Thighs**  
**8 Ounces French Onion Dip**  
**1 1/2 Cups Crushed Potato Chips**  
**1 Tablespoon Ground Pepper, to taste**

Season pieces of chicken with pepper.

Spread each piece generously with chip dip and roll in crushed potato chips.

Place two servings on a 12 x 18 inch piece of foil and wrap.

Place on a wire rack 3-4 inches above the glowing coals or charcoal; or wrap in insulated foil package and cook directly on coals or 20 minutes each side.

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Per Serving (excluding unknown items): 466 Calories; 36g Fat (69.9% calories from fat); 21g Protein; 13g Carbohydrate; 1g Dietary Fiber; 82mg Cholesterol; 398mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 5 1/2 Fat.

### Dessert, Dutch Oven

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## Chocolate Applesauce Cake

**Servings: 16**

**1/2 Cup Shortening**  
**1 1/2 Cups Sugar**  
**2 Eggs**  
**2 Tablespoons Cocoa**  
**2 Cups Flour**  
**1 1/2 Teaspoons Baking Soda**  
**1 Teaspoon Salt**  
**1/2 Teaspoon Cinnamon**  
**2 Cups Applesauce**  
**1 6-ounce Package Chocolate Chips**  
**2 Tablespoons More Sugar, for topping**  
**1/2 Cup Nuts**

Cream shortening and 1 1/2 cups sugar. Add eggs, then add next five ingredients. Mix well. Add applesauce. Mix. Pour into greased or lined Dutch oven. Sprinkle with remaining sugar, chocolate chips and chopped nuts. Bake for 30 minutes at 350° degrees. Test - Bake longer if needed.

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Per Serving (excluding unknown items): 305 Calories; 13g Fat (36.7% calories from fat); 4g Protein; 47g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 263mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 2 1/2 Fat; 2 Other Carbohydrates.

### Dessert, Dutch Oven

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## Chocolate Cherry Cobbler

**Servings: 8**

*Troop 219 Classic*

*Recipe by Rick Case, Coach Counselor for the Antelope Patrol, Wood Badge 56.*

**4 Ounces Butter, sliced into pats (12)**

**2 Cans Cherry Pie Filling, 21 oz size**

**1 Box Chocolate Cake Mix**

**6 Ounces Apple Juice**

**Ice Cream or Cool Whip**

**Dutch Oven - Charcoal - Foil**

Light charcoal and get it hot. Line dutch oven with foil.

Pour cherry pie filling and apple juice, level with spoon. Carefully cover the pie filling with the dry cake mix and level out. Cut the stick of butter into twelve pats and distribute these pats of butter evenly over the dry cake mix. Do not mix.

Put the lid on the dutch oven. Place 6-7 pieces of white coals on the ground. Set the oven over them. Place 6 or 7 pieces of coals on the lid. Bake approximately 40 minutes.

The cake is done when the cherries are bubbling and the cake mix is firm. Top with ice cream or whipped cream.

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Per Serving (excluding unknown items): 448 Calories; 19g Fat (35.9% calories from fat); 3g Protein; 72g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 498mg Sodium. Exchanges: 0 Fruit; 3 1/2 Fat; 4 1/2 Other Carbohydrates.

**Breakfast, Dutch Oven**

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## Chocolate Chip Muffin Tops - From Scratch

**Servings: 25**

**1/2 Pound Butter, softened**

**1 C Granulated Sugar**

**3 1/4 C All Purpose Flour**

**10 Ounces (weight) Liquid or Frozen Whole Eggs**

**OR**

**6 Lg Eggs**

**3 Tsp Baking Powder**

**1/2 Teaspoon Salt**

**1/2 Quart Buttermilk**

**1 Lb Chocolate Chips**

Grease muffin top pans.

Cream butter and sugar together. Add eggs and beat until smooth.

Separately mix flour, baking powder and salt.

Gradually add dry ingredients and buttermilk and blend well.

Fold in chocolate chips.

Fill muffin cups with batter.

Bake 20-25 minutes at 350 degrees

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Per Serving (excluding unknown items): 261 Calories; 14g Fat (44.9% calories from fat); 5g Protein; 33g Carbohydrate; 2g Dietary Fiber; 70mg Cholesterol; 202mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

**Dessert, Dutch Oven**

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## Chocolate Divine Cake

**Servings: 14**

**1 Cup Sifted All-purpose Unbleached Flour**

**3/4 Cup Sifted Stone-ground Whole Wheat Flour**  
**1/2 Cup Unsweetened Cocoa Powder**  
**1 1/2 Teaspoons Baking Soda**  
**1/4 Teaspoon Salt (optional)**  
**1 Cup Granulated Sugar**  
**1/4 Cup Lightly Packed Brown Sugar**  
**2 Tablespoons Lightly Packed Brown Sugar**  
**1 Medium Baking Potato (4 Oz.) Peeled and Quartered**  
**1 Pint Nonfat Plain Yogurt or Nonfat Sour Cream**  
**2 Tablespoons Mild Honey**  
**1/4 Teaspoon Vanilla Extract**  
**1/4 Teaspoon Chocolate Flavor (optional)**  
**1/3 Cup Canola Oil**  
**3 Large Egg Whites, at room temp**

Preheat oven to 350F. Grease a 12-cup Bundt pan and dust with unsweetened cocoa powder.

Over a large bowl, sift both flours, cocoa powder, baking soda, and salt. Mix in both sugars until there are no lumps. Set aside.

Put the peeled potato into a large food processor. Using the steel blade, process the potato until finely minced. Drain the yogurt of all excess liquid. Discard excess liquid. Add the drained yogurt, honey, vanilla, chocolate flavor, and vegetable oil to the minced potato in the food processor and mix on high for 60 seconds. Be sure to scrape the sides of the bowl while processing.

Pour this mixture into the bowl of dry ingredients and beat with an electric beater on high for 60 seconds. Be sure to scrape the sides of the bowl while beating. Clean and dry the beaters well.

In another bowl, beat the egg whites until soft peaks form. Fold the egg whites into the batter until everything is mixed well. Pour the batter into the prepared Bundt pan. Bake in a Dutch or under a box oven for 55 to 65 minutes or until a cake tester comes out clean. Remove the cake from the oven and let cool for 25 minutes. Do not be concerned if the cake falls slightly. Using a knife, go around inside and out side edges of cake. Invert the Bundt pan over a plate and carefully shake the cake loose. Let the cake cool completely and frost with a chocolate glaze.

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Per Serving (excluding unknown items): 224 Calories; 6g Fat (22.6% calories from fat); 5g Protein; 40g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 176mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 1/2 Other Carbohydrates.

Dessert

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## Chocolate Rice Ruination

**Servings: 8**

**14 Ounces Sweetened Condensed Milk**  
**2 Ounces Semisweet Chocolate, chopped**  
**4 Tablespoons Unsalted Butter**  
**1/2 Cup Milk**  
**2 Egg Yolks**  
**3 Teaspoons Vanilla Extract**  
**2 Cups Cooked Long-grained Rice**  
**1 Teaspoon Confectioner's Sugar**  
**1 Cup Heavy or Whipping Cream**  
**1 Piece Semi-sweet Chocolate**

Butter a shallow souffle dish.

Combine the condensed milk with the chocolate in a medium-sized saucepan over low heat. Cook, stirring constantly, until the chocolate has melted, 5 minutes. Gradually add the butter, and stir until melted. Remove the pan from the heat.

Whisk the milk into the chocolate mixture. Beat in the egg yolks and 2 teaspoons of the vanilla. Then stir in the rice. Pour the mixture into the prepared souffle dish, and bake at 325 for 30 minutes. The middle will be slightly loose. Cool on a wire rack. Refrigerate, covered, until well chilled.



Before serving, beat the cream in a large bowl until slightly thickened. Add the remaining 1 teaspoon vanilla and the confectioners' sugar, and beat until stiff. Pile the whipped cream on top of the pudding. Using a vegetable peeler, scrape the piece of semi-sweet chocolate over the top to make chocolate curls. Refrigerate until ready to serve.

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Per Serving (excluding unknown items): 453 Calories; 26g Fat (51.0% calories from fat); 7g Protein; 49g Carbohydrate; trace Dietary Fiber; 128mg Cholesterol; 86mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 5 Fat; 2 1/2 Other Carbohydrates.

Main Dish

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## Chopped Chicken With Mixed Vegetables

Servings: 6

### REQUIRED INGREDIENTS

5 Can 5 Oz Each Chopped/minced Chicken

1/2 Cup Oil

1 1/2 Teaspoons Sugar

2 1/4 Teaspoons Red Chili Powder

3/8 Teaspoon Turmeric

1 1/2 Pieces Julienned Ginger (2 Inch)

1 Cup Cashew Nut Pieces

1 1/2 Teaspoons Minced Garlic

1 1/2 Medium Onion, chopped

1 1/2 Teaspoons Cumin Seeds

6 Whole Cloves

Salt, to taste

### SET ONE

4 1/2 Cups Altogether of the Following Vegetables, cut into bite-size pieces

Broccoli

Cauliflower

Carrots

French Beans

Peas

Heat oil on medium in a skillet and when oil is hot add cumin seeds, cashew nuts and cloves. Fry until the nuts turn light brown and then add onion, ginger pieces, garlic paste, salt, turmeric and red chili powder. Fry for three minutes.

Next add vegetables and sugar. Fry for 5 minutes on medium heat and later add chicken pieces, stir well, cover and let cook on low heat for 15 minutes.

Cuisine: Indian

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Per Serving (excluding unknown items): 734 Calories; 59g Fat (70.8% calories from fat); 40g Protein; 15g Carbohydrate; 4g Dietary Fiber; 142mg Cholesterol; 163mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 8 1/2 Fat; 0 Other Carbohydrates.

Breakfast, Dessert, Dutch Oven

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## Cinnamon Buns

Servings: 12

1/4 Cup Warm Water (105° to 115°f)

1 Envelope Fleischmann's® Traditional Active Dry Yeast

3/4 Cup 2% Milk (105° to 115°)

2/3 Cup Soft Butter

1/4 Cup Granulated Sugar

1/2 Teaspoon Salt

1 Egg, lightly beaten

3 1/4 Cups All-purpose Flour

**2/3 Cup Firmly Packed Brown Sugar**  
**1 Tablespoon Ground Cinnamon**  
**1/2 Cup Raisins**  
**1/2 Cup Chopped Pecans**  
**All-natural Cooking Spray**

Place water in large warm bowl. Sprinkle in yeast; stir until dissolved. Stir in milk, 1/4 cup butter, sugar, salt, egg and enough flour to make soft dough.

Knead on lightly floured surface until smooth and elastic, about 5 minutes. Place in bowl coated with cooking spray; spray top of dough with. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

Punch dough down. On lightly floured surface, roll dough to a 14-inch square. Spread with remaining butter. Combine brown sugar and cinnamon; sprinkle over dough along with raisins and pecans. Roll up dough; pinch seam to seal, cut into 12 slices.

Spray large muffins cups or rectangular baking pan with cooking spray. Place slices in cups or pan; spray tops of buns with cooking spray. Cover; let rise in warm, draft-free place until doubled in size, about 30 minutes.

Bake in 375°F oven about 20 minutes or until brown. Remove from pans to wire rack to cool. Glaze with honey if desired. Serve warm.

Yield: 12 Buns

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Per Serving (excluding unknown items): 313 Calories; 11g Fat (31.7% calories from fat); 5g Protein; 49g Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 178mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.

[Breakfast, Dessert, Dutch Oven](#)

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## Cinnamon Rolls

**Servings: 15**

**5 Cups All-purpose Flour (5 to 5 1/2 Cups)**  
**1 1/2 Cups Sugar**  
**2 Packages Fleischmann's® Rapid Rise Yeast**  
**1 Teaspoon Salt**  
**1/2 Cup Water**  
**1/2 Cup Milk**  
**3/4 Cup Butter or Margarine, softened**  
**2 Eggs**  
**1 1/2 Tablespoons Ground Cinnamon**  
**1 1/2 Cups Raisins**  
**POWDERED SUGAR FROSTING**  
**1 Cup Sifted Powdered Sugar**  
**5 Teaspoons Milk**  
**1/2 Teaspoon Pure Vanilla Extract**

In large bowl, combine 2 cups flour, 1/2 cup sugar, undissolved yeast and salt. Heat water, milk and 1/2 cup butter until very warm (120 to 130°F). Stir into dry ingredients. Stir in eggs and enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 4 to 6 minutes. Cover; let rest 10 minutes.

On lightly floured surface, roll dough to 22- x 10-inch rectangle. Melt remaining 1/4 cup butter; brush on dough. Sprinkle evenly with remaining 1 cup sugar, cinnamon and raisins. Roll up tightly from long side. Pinch seam to seal; cut roll into 15 equal pieces. Place, cut sides up, in greased 13- x 9- inch baking pan. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 60 minutes.

Bake at 375°F for 30 to 35 minutes or until done. Remove from pan and cool on wire racks. Drizzle with Powdered Sugar Frosting.

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Powdered Sugar Frosting: In small bowl, combine sifted powdered sugar, 4 to 5 teaspoons milk and vanilla extract. Stir until smooth.

Yield: 15 Rolls

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Per Serving (excluding unknown items): 401 Calories; 11g Fat (23.7% calories from fat); 6g Protein; 71g Carbohydrate; 2g Dietary Fiber; 54mg Cholesterol; 254mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 2 Fat; 2 Other Carbohydrates.

Main Dish, Soup

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## Clam Chowder

**1/2 Pound Bacon**  
**1 Large Onion, chopped**  
**2 Celery Ribs, peeled and diced**  
**51 Ounces Canned Minced Clams**  
**2 Teaspoons Old Bay-style Seafood Seasoning**  
**1 Quart Half and Half, divided**  
**2 Tablespoons Flour**  
**3 Med Red Skinned Potatos, diced**

The day before you wish to serve the soup, fry the bacon until crisp and remove.

In bacon drippings, saute onion, celery with leaves and potatoes for 10-15 minutes at medium heat. Add the minced clams, not clam soup but clams, with their juice. Crumble the bacon and add. Cover soup and simmer over low heat, stirring occasionally, for several hours - up to three hours won't hurt. Cool down and place in refrigerator at night.

On the day of serving, skim grease off top. Transfer soup to larger pot. Heat soup until bubbling and add the seafood seasoning. Mix 2 cups of the half and half with the flour. Add to the chowder and stir until it bubbles again. Mix in remaining half and half and simmer, stirring constantly, until soup is desired thickness. Serve hot with garlic bread and a green salad.

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Per Serving (excluding unknown items): 4775 Calories; 271g Fat (52.0% calories from fat); 421g Protein; 140g Carbohydrate; 4g Dietary Fiber; 1478mg Cholesterol; 3876mg Sodium. Exchanges: 1 Grain(Starch); 55 Lean Meat; 2 Vegetable; 4 Non-Fat Milk; 47 1/2 Fat; 4 1/2 Other Carbohydrates.

Main Dish, Side Dish

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## Cobb Salad

**Servings: 8**

**8 Ounces Romaine Lettuce**  
**4 Ounces Green Leaf Lettuce**  
**4 Ounces Watercress**  
**4 Each Avocados**  
**16 Ounces Bacon Slices**  
**1 Pound Roquefort Cheese, crumbled**  
**1 Pound Turkey Breast, roasted, julienne**  
**1 Pound Tomato, concassé**  
**4 Each Eggs, hard-cooked, chopped**  
**24 Ounces Dijon Mustard Vinaigrette**

1. Tear, wash and dry the lettuces. Pick over and wash the watercress.
2. Pit, peel and cut the avocados into wedges.
3. Dice the bacon and cook in a sauté pan until crisp. Remove and drain well.
4. Toss the salad greens together and arrange each of the garnishes on top in an artistic fashion.
5. Prepare a simple vinaigrette dressing using Dijon mustard; serve on the side.

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Per Serving (excluding unknown items): 1215 Calories; 110g Fat (80.0% calories from fat); 47g Protein; 15g Carbohydrate; 4g Dietary Fiber; 238mg Cholesterol; 2021mg Sodium. Exchanges: 6 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 18 Fat.

Dessert, Dutch Oven

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# Coffee Cake in a Box Oven

Sam Tinsley, Quartermaster, Wood Badge 56

**Servings: 8**

*Troop 219 Classic*

**1 Box Blueberry Muffin Mix**  
**1 Egg**  
**1/4 Cup Water**  
**1/4 Pound Butter**  
**1 Cup Brown Sugar**  
**9" Cake Pan**

Melt butter and brown sugar and put in cake pan.

In a Ziploc bag, mix water and egg. Add mix and squeeze to blend. Squeeze batter to one corner. Cut off tip and squeeze into 9" cake pan.

Cook in box oven using 7 charcoal briquettes,

When almost done, cover cake with flat pan lined with foil and add hot briquettes to brown the top of the cake.

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Per Serving (excluding unknown items): 347 Calories; 17g Fat (43.0% calories from fat); 3g Protein; 47g Carbohydrate; 0g Dietary Fiber; 58mg Cholesterol; 385mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 3 Fat; 1 Other Carbohydrates.

**Breakfast, Dessert, Dutch Oven**

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## Coffee Cakes - From Scratch

**Servings: 8**

### **COFFEE CAKE**

**2 Cups All-purpose Flour**  
**2 Tablespoons Sugar**  
**1 Package Yeast**  
**1/2 Teaspoon Salt**  
**1/3 Cup Milk**  
**1/3 Cup Water**  
**2 Tablespoons Butter or Margarine**  
**1 Egg, at room temperature**

### **TOPPING**

**1/2 Cup Firmly Packed Brown Sugar**  
**1/2 Cup All-purpose Flour**  
**1/4 Cup Flaked Coconut**  
**3 Tablespoons Butter or Margarine, melted**  
**1/2 Teaspoon Ground Cinnamon**  
**1/2 Cup Preserves**

Set aside 1 cup flour. In large bowl, mix remaining flour, sugar, Fleischmann's® Active Dry Yeast and salt. Heat milk, water and butter until hot to touch (120 to 130 degrees F); add to dry mixture. Beat 2 minutes to blend well. Add egg. Stir in enough remaining flour to make a soft batter.

Spread batter in greased 9-inch square pan. Cover; let rise in warm draft-free place until doubled in size, about 35 to 40 minutes.

In medium bowl, stir together brown sugar, flour, coconut, butter and cinnamon until well combined. Carefully spread preserves over batter; sprinkle with coconut mixture. Bake at 350 degrees for 35 to 40 minutes, until done. Serve warm.

Yield: 1 Coffee Cake

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Per Serving (excluding unknown items): 347 Calories; 9g Fat (23.9% calories from fat); 6g Protein; 61g Carbohydrate; 2g Dietary Fiber; 47mg

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Cholesterol; 241mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 2 Other Carbohydrates.

Main Dish

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## Country Pork and Noodles

**Servings: 6**

**Preparation Time: 20 minutes**

**1 Pound Roasted Pork Tenderloin - Pre Cooked, diced (about 2 cups)**

**4 Cups Chicken Stock, divided**

**2 Tablespoons Cornstarch**

**1 Tsp Onion Flakes**

**1/2 Red Bell Pepper, diced**

**3/4 Cup Frozen Peas (about 4 Ounces)**

**1/8 Teaspoon Black Pepper**

**2 Teaspoons Butter**

**8 Ozs Dry Egg Noodles**

In small bowl stir together 1/4 cup stock and cornstarch, set aside. In 4-quart saucepan, bring remaining stock to a boil; add noodles and cook for 5 minutes.

Stir in bell pepper, onion flakes, peas and black pepper. When noodles are soft, stir in cornstarch slurry. Cook and stir until slightly thickened; stir in pork and butter. Heat through.

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Per Serving (excluding unknown items): 289 Calories; 6g Fat (18.5% calories from fat); 23g Protein; 33g Carbohydrate; 2g Dietary Fiber; 89mg Cholesterol; 1511mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Dutch Oven, Main Dish

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## Cowboy's Brisket

**Servings: 4**

**4 Pounds Flat Cut Brisket of Beef**

**3 Cloves Garlic, slivered**

**3 Cloves Garlic, crushed**

**4 Large Onions, thinly sliced**

**1 Cup Apple Cider Vinegar**

**1 1/2 Tablespoons Bacon Fat**

**1 Cup Strong Black Coffee**

**Salt and Pepper to Taste**

**1/2 Cup Water**

With a long thin, sharp knife, make slits in the meat and insert the slivers of garlic. Place the meat in a bowl, spread 1 sliced onion and the crushed garlic over the meat, and pour in the vinegar. Marinate for 6 hours at room temperature or overnight in the refrigerator, turning several times.

When ready to cook, fry the bacon fat in a dutch oven large enough to hold the brisket. Remove the brisket from the marinade and discard the onion and vinegar. Dry with paper towels. Brown the meat well on all sides. Remove brisket to a platter.

In the fat remaining in the skillet, saute the remaining sliced onions until deeply browned. Pour in 1/2 cup coffee. Bring to a boil, stirring and scraping the bottom of the skillet to loosen the browned bits.

Place the brisket on the onions. Season with salt and freshly ground pepper to taste. Pour in the remaining coffee and water. Cover tightly with foil and bake at 350 degrees for 1/2 hour. allow the coals to urn down or remove enough to reach 250 degrees F. and bake for an additional 2 hours or until meat is very tender.

Slice the brisket thinly against the grain. Skim the fat from the pan liquid. Return the meat slices to the pan. Serve at once or refrigerate for later use.

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Per Serving (excluding unknown items): 821 Calories; 39g Fat (43.2% calories from fat); 96g Protein; 18g Carbohydrate; 3g Dietary Fiber;

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286mg Cholesterol; 393mg Sodium. Exchanges: 13 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 Fat.

Breakfast

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## Crepe Blintzes

**Servings: 8**

**8 Prepared Crepes or Eggroll Wraps**  
**1 1/2 Cups Lowfat Cottage Cheese**  
**3 Ounces Neufchatel Cheese**  
**1/3 Cup Sugar or Less**  
**1 Teaspoon Vanilla**  
**1 Tablespoon Fresh Squeezed Lemon Juice**  
**1/2 Teaspoon Lemon Zest**  
**1 Tablespoon Canola Oil**  
**1 Cup Nonfat Yogurt**  
**4 Cups Sliced Fruit or Berries**  
**2 Tablespoons Powdered Sugar or Less**

Mix cottage cheese, Neufchatel cheese, sugar, vanilla, lemon juice and zest. Fill each crepe. Fold. Saute in oil until slightly browned.

Serve with non-fat yogurt, fresh berries or fruit and sprinkle with powdered sugar.

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Per Serving (excluding unknown items): 156 Calories; 5g Fat (28.3% calories from fat); 8g Protein; 20g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 237mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Breakfast, Dutch Oven, Main Dish

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## Crustless Quiche Dutch Oven Style

**Servings: 8**

*Troop 219 Classic*

*Recipe compliments of Jeanne Tunks, Quartermaster, Wood Badge 56 Staff*

**1 Dozen Eggs**  
**8 Ounces Cheddar Cheese, Grated**  
**1 Small Onion, Finely chopped**  
**8 Ounces Ham, Chopped**  
**1/3 Cup Flour**  
**1/3 Cup Milk**  
**2 Tablespoons Margarine**  
**Salt and Pepper to Taste**  
**Aluminum Foil**  
**8" Round Pan, 2" Deep Greased**

Tear three medium pieces of aluminum foil and crumple each into a similar size ball. Place the three balls in the bottom of the dutch oven. Preheat the dutch oven. Prepare the quiche mixture.

Whip eggs until frothy. Combine all other ingredients into the whipped eggs, adding salt and pepper to preferred amounts. Pour ingredients into the prepared pie pan. Carefully lower the pan into the dutch oven onto the aluminum balls. Cover the dutch oven and bake for 20 minutes or until the eggs solidify.

Alternate plan: Eliminate the flour and use ready-made biscuits by pressing them into an aluminum foil-lined dutch oven. Pour the egg/cheese/ham/ spice mixture onto the biscuits. Cook until the biscuits cook and the eggs solidify.

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Per Serving (excluding unknown items): 333 Calories; 23g Fat (63.4% calories from fat); 23g Protein; 7g Carbohydrate; trace Dietary Fiber; 365mg Cholesterol; 693mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Main Dish, Soup

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# Curried Chicken and Potato Stew

**Servings: 4**

**Preparation Time: 7 minutes**

**Start to Finish Time: 30 minutes**

**1 Tablespoon Vegetable Oil**  
**1 Medium Onion, thinly sliced**  
**1 1/4 Pounds Boneless Skinless Chicken Thighs, trimmed and cubed**  
**2 Cloves Garlic, minced**  
**2 Teaspoons Freshly Grated Ginger**  
**2 Teaspoons Red Curry Powder**  
**16 Ounces Refrigerated Pre-cubed Potatoes**  
**14 Ounces Lite Coconut Milk**  
**1 Cup Frozen Peas**  
**Salt, to taste**  
**2 Tablespoons Chopped Fresh Cilantro**

Heat the oil in a large saucepan over medium-high heat. Add the onion and chicken; cook until the onion softens, about 5 minutes. Add the garlic, ginger and curry; cook 1 minute longer.

Stir in the potatoes and milk. Increase the heat to high and bring to a boil. Reduce the heat to medium-low. Cover the stew and simmer 15 minutes.

Stir in the peas and cook 3 minutes longer. Just before serving, season the stew with salt to taste and stir in the cilantro.

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Per Serving (excluding unknown items): 462 Calories; 31g Fat (58.6% calories from fat); 16g Protein; 33g Carbohydrate; 6g Dietary Fiber; 33mg Cholesterol; 116mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 5 1/2 Fat.

**D**

**Breakfast, Dessert, Dutch Oven**

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# Dad's Blonde Brownies

Trent Snyder

**Servings: 24**

**1 Stick Butter, melted**  
**2 Eggs, beaten slightly**  
**1 Teaspoon Baking Powder**  
**1 Teaspoon Salt**  
**1 Teaspoon Vanilla**  
**1 1/2 Cups Flour**  
**1 Cup Sugar**  
**1/2 Cup Brown Sugar**  
**1/2 Cup Chopped Nuts**  
**FROSTING**  
**2 Tablespoons Butter, melted**  
**2 Cups Powdered Sugar**  
**1/4 Teaspoon Vanilla**  
**3 Tablespoons Milk (or to Desired Consistency)**

Combine ingredients, except those for frosting, and place in greased 10 round baking dish. Bake at 350°F for 1 hour. After cooled, spread frosting over top equally. Cut into bars and serve.

**FROSTING:**

Mix ingredients until smooth.

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Per Serving (excluding unknown items): 180 Calories; 7g Fat (34.5% calories from fat); 2g Protein; 28g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 167mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Dessert, Dutch Oven

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## Dad's Chocolate Chip Cookies

Trent Snyder

**Servings: 36**

**Preparation Time: 20 minutes**

**2 1/4 Cups Flour**  
**2 Cups Oats**  
**1 Cup Brown Sugar**  
**1 Cup White Sugar**  
**1 Cup Chocolate Chips**  
**1/2 Cup Heath Bits**  
**1/2 Cup Chopped Nuts**  
**1 Teaspoon Baking Soda**  
**1 Teaspoon Salt**  
**1 Cup Butter, melted**  
**2 Teaspoons Vanilla**  
**2 Eggs**

Combine flour, sugars, salt, baking soda, margarine, eggs, and vanilla. Mix thoroughly. Stir in oats, chocolate chips, Heath bits and nuts. Put mixture in refrigerator for 1/2 hour. Drop round tablespoonfuls 2 inches apart onto cookie sheets. Bake at 350°F degrees for 12-15 minutes until golden brown.

Yield: 3 dozen

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Per Serving (excluding unknown items): 204 Calories; 10g Fat (42.3% calories from fat); 3g Protein; 27g Carbohydrate; 2g Dietary Fiber; 28mg Cholesterol; 170mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 2 Fat; 1 Other Carbohydrates.

Breakfast, Dessert, Dutch Oven

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## Dad's Easy Chocolate Brownies

Trent Snyder

**Servings: 12**

**Preparation Time: 10 minutes**

*Chef's Comments: For a 9x13-inch pan, the ingredients increase as follows: 1-1/2, 2, 4, 2, 1, 1, 3/4, 7, 1.*

**1 1/4 Cups Flour**  
**1 1/2 Cups Sugar**  
**3 Eggs**  
**1 1/2 Teaspoons Vanilla**  
**3/4 Teaspoon Salt**  
**3/4 Cup Margarine**  
**1/2 Cup Chopped Nuts**  
**5 Tablespoons Cocoa**  
**3/4 Teaspoon Baking Powder**

Melt margarine, mix all ingredients together.

Pour into greased 9-inch cake pan, silicon works best. Bake at 350°F for 28 minutes.

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Per Serving (excluding unknown items): 308 Calories; 16g Fat (46.5% calories from fat); 4g Protein; 38g Carbohydrate; 2g Dietary Fiber; 53mg Cholesterol; 316mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 3 Fat; 1 1/2 Other Carbohydrates.

Main Dish

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# Dijon Chicken - Foil Packs

Sam Tinsley, Quartermaster, Wood Badge 56

**Servings: 4**

*Troop 219 Classic*

**4 Chicken Breasts Without Skin, halved**  
**1/3 Cup Dijon Mustard**  
**2 Cups Green Beans, fresh**  
**3 Tablespoons Honey**  
**1/4 Teaspoon Ground Pepper**

Center chicken on each of four foil pieces. Combine all other ingredients except beans and spoon over chicken. Top with beans. Wrap in foil and cook for 13-15 minutes on coals.

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Per Serving (excluding unknown items): 340 Calories; 4g Fat (10.4% calories from fat); 56g Protein; 18g Carbohydrate; 2g Dietary Fiber; 137mg Cholesterol; 408mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 1 Vegetable; 0 Fat; 1 Other Carbohydrates.

Side Dish

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# Dirty Rice

**Servings: 6**

**1/2 Tablespoon Vegetable Oil**  
**1/4 Cup Chicken Livers, chopped**  
**1/4 Lb Pork or Beef, chopped**  
**1 Ounce Onion, small dice**  
**1/2 Teaspoon Garlic, minced**  
**Pinch Salt**  
**Heavy Pinch Pepper**  
**Pinch Cayenne Pepper**  
**Pinch Paprika**  
**12 Fl Ozs Chicken Stock**  
**3/4 C Long-grain White Rice, cooked**  
**2 Tablespoons Green Onion, sliced**  
**2 Tablespoons Parsley, chopped**

Heat the oil in a heavy-bottomed saucepan until smoking. Add the livers and the pork or beef and saute until well browned.

Add the onions, garlic and spices and continue to cook and brown the mixture. Deglaze with a little chicken stock and continue to cook until all the ingredients are well browned.

Add the remaining chicken stock, the cooked rice, green onions and parsley. Stir and cook until the rice is hot and then serve.

Yield: 2 1/2 C

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Per Serving (excluding unknown items): 165 Calories; 6g Fat (32.6% calories from fat); 7g Protein; 20g Carbohydrate; trace Dietary Fiber; 57mg Cholesterol; 558mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.

E

Main Dish

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# Easy Sloppy Joes

**Servings: 8**

**1 Pound Extra-lean Ground Beef**

**1 Medium Onion, chopped**  
**1/4 Cup Chopped Green Bell Pepper**  
**2 Cups Ragú Pasta Sauce**  
**2 Tablespoons Sweet Relish**  
**1 Tablespoon Chili Powder**  
**8 Sandwich Rolls, split and toasted**

In a large skillet, thoroughly brown beef; drain fat. Add onion and green pepper; sauté lightly. Add sauce, relish and chili powder. Simmer 15 minutes.

Serve on rolls.

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Per Serving (excluding unknown items): 592 Calories; 15g Fat (22.6% calories from fat); 24g Protein; 89g Carbohydrate; 6g Dietary Fiber; 39mg Cholesterol; 1095mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

**Dutch Oven, Main Dish**

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## Easy Taco Pizza

**Servings: 6**

**Preparation Time: 20 minutes**

*\*May substitute homemade 12-inch pizza crust.*

**1/2 Pound Ground Pork**  
**1/2 Packet Taco Seasoning (2 Tablespoons)**  
**1 Package Pizza Crust Mix\***  
**1 Cup Salsa**  
**1 Cup Reduced-fat Shredded Colby Jack Cheese (4 Ounces)**  
**2/3 Cup Coarsely Crushed Low-fat Tortilla Chips**  
**1 1/2 Cups Shredded Lettuce**  
**2 Tablespoons Sliced Ripe Olives, optional**

Cook ground pork with taco seasoning mix in large skillet over medium heat for approximately 5 minutes or until pork is no longer pink.

Prepare pizza crust according to package directions. Spread crust evenly on greased 12-inch pizza pan and top evenly with salsa. Sprinkle on taco meat, cheese, and tortilla chips. Bake in 400°F oven for 18-22 minutes or until crust is golden brown. Remove from oven, top with shredded lettuce and olives and serve.

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Per Serving (excluding unknown items): 326 Calories; 10g Fat (27.8% calories from fat); 14g Protein; 46g Carbohydrate; 4g Dietary Fiber; 27mg Cholesterol; 648mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

**Breakfast**

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## Egg and Muffin Sandwich

**Servings: 1**

*Troop 219 Classic*

**1 Egg**  
**1 English Muffin**  
**1 Sausage Patty**  
**1 Slice American Cheese**

Cook sausages until thoroughly browned and drain on paper towels. Fry eggs in slightly browned butter in another skillet while sausage is cooking, over-easy or over-well works best.

Butter English muffins and brown the buttered side in the sausage skillet. Put muffin on plate and insert slice of cheese, egg, and sausage patty between the halves.

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Per Serving (excluding unknown items): 632 Calories; 41g Fat (59.2% calories from fat); 36g Protein; 28g Carbohydrate; 2g Dietary Fiber; 319mg Cholesterol; 1950mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 5 1/2 Fat.

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# Eggs - Scambled

**Servings: 1**

*Troop 219 Classic*

**2 Egg**

**Water**

**Milk, Optional**

**Butter**

**Salt and Pepper, Grated Cheese, Crumbled Bacon or Sausage Is Optional**

Carefully crack open eggs into a bowl without dropping in eggshells. Either with an eggbeater or fork, whip the egg into a batter. Add a drop or two of water, this will fluff your eggs up when cooking. Add milk for a creamier texture. Beat for 2-3 minutes. Heat butter in skillet until slightly browned and a drop of water hisses when thrown into the pan. Add the egg batter and with spatula, gently move around the pan trying to keep the eggs as fairly intact and fluffy as possible, turning when necessary to cook any liquid. Do not overcook. Remove from flame when at desired consistency and remove from pan as it will continue to cook even when removed from flame. Season with salt n' pepper. Eat with hash browns, or bacon, sausage or grits.

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Per Serving (excluding unknown items): 148 Calories; 10g Fat (62.6% calories from fat); 13g Protein; 1g Carbohydrate; 0g Dietary Fiber; 424mg Cholesterol; 140mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Fat.

**Breakfast, Dutch Oven, Main Dish**

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# Eggs Bubba

**Servings: 8**

*Dutch oven breakfast or lunch if served over toast.*

*This is an anytime meal if you add some broccoli or carrots and peas.*

**2 Tablespoons Butter**

**1/2 Cup Green Onions Sliced**

**12 Eggs**

**1/2 Cup Half and Half**

**1 1/2 Cups Cooked Ham - Chopped**

**1 Can (10 1/2 Ounces) Condensed Cream of Mushroom Soup**

**1/2 Cup Cheddar Cheese - Shredded**

Melt butter in Dutch Oven and saute onions until crisp tender - slightly brown

Meanwhile, in a large bowl, beat eggs; stir in half and half and ham. Pour egg mixture into Dutch Oven with onions; mix well. Cook over medium heat. As mixture begins to set, gently lift cooked portions with a spatula so the thin uncooked portions can flow to the bottom. Avoid constant stirring. Cook until eggs are thickened throughout.

Pour soup evenly over top. Bake at 250 degrees (13 coals, 9/4 ratio) for 20 minutes; sprinkle with cheddar cheese and bake 10 minutes longer.

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Per Serving (excluding unknown items): 156 Calories; 12g Fat (70.9% calories from fat); 10g Protein; 1g Carbohydrate; 0g Dietary Fiber; 331mg Cholesterol; 140mg Sodium. Exchanges: 1 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.

**F**

**Main Dish**

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# Fajitas With Pico De Gallo

**Servings: 6**

**Start to Finish Time: 45 minutes**

**1 1/2 Pounds Well-trimmed Beef Top Round or Top Sirloin, cut 3/4 inch thick**

**12 Small Flour Tortillas**  
**Lime Wedges (optional)**  
**Cilantro Sprig (optional)**

**MARINADE**

**3 Tablespoons Fresh Lime Juice**  
**3 Teaspoons Vegetable Oil**  
**3 Large Garlic Cloves, crushed**

**PICO DE GALLO**

**1 1/2 Cups Tomato, seeded and chopped**  
**3/4 Cup Zucchini, diced**  
**3/8 Cup Fresh Cilantro, chopped**  
**3/8 Cup Prepared Picante Sauce or Salsa**  
**1 1/2 Tablespoons Fresh Lime Juice**

Place beef steak in plastic bag; add marinade ingredients, turning to coat. Close bag securely and marinate in refrigerator 20 to 30 minutes, turning once.

Wrap tortillas securely in heavy-duty aluminum foil. Meanwhile in medium bowl, combine Pico de Gallo ingredients; mix well.

Remove steak from marinade; discard marinade. Place steak on grid over medium ash-covered coals. Grill top round steak, uncovered, 8 to 9 minutes (10 to 12 minutes for top sirloin steak) for medium-rare to medium doneness, turning occasionally. During last 5 minutes, place tortilla packet on outer edge of grid, turning occasionally.

Trim fat from steak; carve crosswise into very thin slices. Garnish with lime and cilantro, if desired.

Cuisine: Tex-mex

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Per Serving (excluding unknown items): 411 Calories; 13g Fat (29.4% calories from fat); 31g Protein; 41g Carbohydrate; 3g Dietary Fiber; 67mg Cholesterol; 497mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.

Main Dish

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## Firecracker Shrimp

**Servings: 4**

**1/3 Cup Honey**  
**1/4 Cup Soy Sauce**  
**1 Tablespoon Rice Wine Vinegar**  
**2 Teaspoons Cornstarch**  
**2 Teaspoons Grated Orange Peel**  
**1/4 Teaspoon Crushed Red Pepper Flakes, or to taste**  
**1 Tablespoon Vegetable Oil**  
**4 Garlic Cloves, minced**  
**2 Teaspoons Minced Fresh Ginger**  
**1 Red Bell Pepper, seeded and chopped**  
**1 Cup Snow Peas, cut into 1-inch pieces**  
**1 1/2 Pounds Shrimp, peeled and deveined**  
**3 Green Onions, cut into 1-inch pieces**  
**6 Cups Cooked White Rice, optional**

In small bowl, whisk together honey, soy sauce, vinegar, cornstarch, orange peel and red pepper flakes until thoroughly mixed and cornstarch is dissolved. Set aside. Heat oil in wok or large, heavy skillet over medium-high heat. Stir in garlic and ginger; stir-fry until fragrant, about 1 minute. Add bell pepper and snow peas; stir-fry 1 minute until crisp-tender. Add shrimp and green onions; stir-fry until shrimp just turns pink, about 1 minute. Stir in reserved soy sauce mixture; cook and stir until sauce boils and thickens. Serve over cooked rice, if desired.

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Per Serving (excluding unknown items): 696 Calories; 7g Fat (9.4% calories from fat); 44g Protein; 111g Carbohydrate; 3g Dietary Fiber; 259mg Cholesterol; 1291mg Sodium. Exchanges: 5 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates.

Breakfast

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# Flapjacks

**Servings: 5**

**3 Cups Flour**  
**3 Egg**  
**3 Tablespoons Butter or Margarine, melted**  
**2 Cups Milk**  
**4 1/2 Teaspoons Baking Powder**  
**9 Tablespoons Sugar**  
**3/4 Teaspoon Salt**

Sift the dry ingredients together, add the egg and mix it in until it is almost absorbed. Add the milk and mix until semi-smooth. Mix in the melted butter or margarine.

It should make about 15 pancakes 7 inches in diameter.

Use less sugar if you like to use a lot of syrup.

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Per Serving (excluding unknown items): 528 Calories; 14g Fat (23.7% calories from fat); 15g Protein; 85g Carbohydrate; 2g Dietary Fiber; 159mg Cholesterol; 920mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.

Breakfast

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# French Pancakes

**Servings: 6**

**2 1/4 Cups Flour**  
**1 1/2 Teaspoons Salt**  
**3 Teaspoons Baking Powder**  
**6 Tablespoons Powdered Sugar (optional)**  
**6 Eggs**  
**1 Cup Water**  
**2 Cups Milk**  
**1 1/2 Teaspoons Vanilla**

Mix dry ingredients, beat the eggs and add the liquid ingredients. Make a well in dry ingredients and add the liquids, combine with little mixing and ignore any lumps, they will take care of themselves.

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Per Serving (excluding unknown items): 299 Calories; 8g Fat (25.1% calories from fat); 14g Protein; 41g Carbohydrate; 1g Dietary Fiber; 223mg Cholesterol; 889mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Dessert

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# French Pecan Pie

Sam Tinsley, Quartermaster, Wood Badge 56

**Servings: 6**

*Troop 219 Classic*

**22 Ritz Crackers, Crumbled**  
**3 Egg Whites, Beaten slightly**  
**1 Cup Sugar**  
**1 Cup Pecan Pieces**

Mix together. Pour into frying pan which has been greased well. Place on embers, cover with foil. Wait 30 minutes.

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Per Serving (excluding unknown items): 305 Calories; 13g Fat (38.3% calories from fat); 4g Protein; 45g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 171mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat; 2 Other Carbohydrates.

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# French Toast

**Servings: 1**

*Troop 219 Classic*

**2 Slices Bread - Thick Texas Toast Per Person**

**1 Each Egg**

**1/4 Cup Milk, or less**

**1 Drop Vanilla Extract, optional**

**Cinnamon, optional**

**1 Ounce Maple Syrup, optional**

**Butter**

If you are eating this with bacon or sausage, have someone else start cooking that, while you cook the french toast. Preheat the griddle or frying pan until a drop of water on it hisses. Beat eggs in a bowl that will be large enough to dip the bread in. Add some milk, just a little, to thin out the batter and beat again to blend. Add the vanilla if you like. Generously put some butter on the griddle or in the pan to melt. Turn the heat down to low. Dip the bread into the batter to coat both sides, and sprinkle one side with cinnamon. When the butter is starting to brown, put bread cinnamon side down on griddle or in pan. Put cinnamon on top side now. Lift with spatula to check after a few minutes, and when desired doneness, flip over. Serve with powdered sugar, syrup, or you could add fruit.

---

Per Serving (excluding unknown items): 186 Calories; 7g Fat (34.2% calories from fat); 8g Protein; 22g Carbohydrate; 0g Dietary Fiber; 220mg Cholesterol; 102mg Sodium. Exchanges: 1 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 1/2 Other Carbohydrates.

**Breakfast, Dutch Oven**

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# French Toast - Stuffed

**Servings: 6**

**8 Slices Bread**

**2 8-ounce Packages Cream Cheese, cubed**

**8 Ounces Ham Steak, cubed**

**12 Large Eggs**

**1 Cup Milk**

**1/3 Cup Maple Syrup**

Grease a 9"× 13" casserole dish. Cut crusts from bread and cut into 1" cubes; spread 1/2 bread cubes in bottom of dish. Sprinkle cream cheese and ham over bread. Cover with remaining bread cubes. Whisk together eggs, milk and maple syrup; pour over bread mixture and refrigerate overnight. Next morning bake for 45 minutes at 375 degrees.

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Per Serving (excluding unknown items): 619 Calories; 41g Fat (59.2% calories from fat); 30g Protein; 33g Carbohydrate; 1g Dietary Fiber; 537mg Cholesterol; 1030mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 0 Non-Fat Milk; 6 1/2 Fat; 1 Other Carbohydrates.

**Dessert**

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# Fried Bananas

**Servings: 8**

*Troop 219 Classic*

*Recipe by Gina Hedgecock, Quartermaster at Wood Badge 56.*

**4 Peeled Bananas**

**1 Teaspoon Cinnamon**

**1 Cup Shredded Coconut Meat**

**1 Cup Mini-chocolate Chips**

## 1 Tablespoon Butter

Melt butter in skillet and pan-fry the bananas until softened. Dust bananas with cinnamon  
Add coconut and chocolate chips. Continue to cook until chocolate melts. Serve immediately.

Variation: Use apples, marshmallows, butterscotch, nuts, etc.

Baked version: Split one side of bananas, skin and all, and fill with coconut, chips and top with butter. Wrap in foil and put in coals for a few minutes. Eat out of foil with spoon.

---

Per Serving (excluding unknown items): 206 Calories; 11g Fat (45.4% calories from fat); 2g Protein; 29g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 32mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 2 Fat; 1 Other Carbohydrates.

Dutch Oven, Main Dish

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# Fried Chicken - Dutch Oven Style

Fred Maslan

**Servings: 1**

*Troop 219 Classic*

**6 Ounces Chicken, 2 pieces per person**

**1 Egg, per person**

**1/4 Cup Seasoned Bread Crumbs, or fish fry mix - per person**

**1 Cup Vegetable Oil**

Line the dutch oven with foil.

Beat the eggs into a small bowl or container.

Empty seasoned bread crumbs or fish fry seasonings into a similar bowl or container.

Dredge chicken in coating, then egg, then coating again.

Heat the oil slowly on medium heat in a skillet. Brown the chicken well on both sides.

Place in dutch oven and cook over coals for 30 minutes or until tender - juices run clear - when pierced with a knife.

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Per Serving (excluding unknown items): 449 Calories; 25g Fat (51.3% calories from fat); 32g Protein; 22g Carbohydrate; 1g Dietary Fiber; 324mg Cholesterol; 951mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 2 1/2 Fat.

Dessert, Side Dish

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# Fruit Salad With Honey-orange Dressing

**Servings: 8**

**1 Cup Low-fat Plain Yogurt**

**1/2 Cup Nonfat Mayonnaise**

**1/2 Cup Honey**

**1 1/2 Teaspoons Grated Orange Peel**

**1/2 Teaspoon Dry Mustard**

**6 Tablespoons Orange Juice**

**3 Teaspoons Vinegar**

**8 Cups Assorted Fruit**

Whisk together yogurt, mayonnaise, honey, orange peel and mustard in small bowl until blended. Gradually mix in orange juice and vinegar. Toss fruit gently with dressing. Cover and refrigerate until ready to serve.

---

Per Serving (excluding unknown items): 167 Calories; 1g Fat (4.4% calories from fat); 2g Protein; 41g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 212mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 0 Fat; 1 1/2 Other Carbohydrates.

**G**

Breakfast, Dutch Oven

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# German French Toast

**Servings: 8**

**2 Cups Milk**  
**3 Large California Fresh Eggs, separated**  
**1 Tablespoon Lemon Rind, grated**  
**8 Thick Slices French Bread**  
**1 Cup Bread Crumbs**  
**2 Large Tart Apples, peeled, cored and sliced**  
**2 Cups Water**  
**1 Tablespoon Lemon Juice**  
**3 8-ounce Links Smoked Bratwurst, sliced**  
**1/4 Cup Onion, minced**  
**8 Teaspoons Sugar/cinnamon Mixture**  
**Maple Syrup**

Preheat dutch oven to 425°. Whisk together milk, egg yolks and lemon rind. Soak bread slices in egg mixture until saturated. Whisk egg whites until frothy. Dip soaked bread in whites and then dredge in bread crumbs. Arrange on greased cooked sheet and bake for 15 minutes. Remove, turn over and return to oven for 10 minutes longer.

While toast is baking, place apple slices in small saucepan with 2 cups water and lemon juice. Bring to a boil and remove from heat. Sauté bratwurst and onions together until crispy brown. To serve: sprinkle toast with sugar/cinnamon mixture, cover with cooked, drained apple slices, sautéed bratwurst and onions. Serve with maple syrup.

Cuisine: German

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Per Serving (excluding unknown items): 477 Calories; 27g Fat (52.2% calories from fat); 20g Protein; 36g Carbohydrate; 2g Dietary Fiber; 139mg Cholesterol; 801mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 4 Fat; 1/2 Other Carbohydrates.

Main Dish

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# Ginger-mustard Pork Chops

**Servings: 8**

**Preparation Time: 12 minutes**

**8 4 Ounce Boneless Pork Loin Chops, 1/2-inch thick**  
**4 Tablespoons Flour**  
**2 Teaspoons Butter**  
**1 1/2 Cups Chicken Broth**  
**4 Teaspoons Minced Fresh Ginger**  
**4 Teaspoons Dijon-style Mustard**  
**4 Teaspoons Grainy Mustard**  
**8 Scallions, minced**  
**Salt and Freshly Ground Pepper, to taste**

Dust chops lightly with flour. Melt butter in nonstick fry pan and sauté chops over medium-high heat until brown on both sides, about 2-3 minutes per side. Remove chops and keep warm.

Pour broth into skillet, increase heat and deglaze skillet by boiling and scraping loose browned bits on bottom of pan. Add ginger and cook, stirring frequently, 2 minutes. Stir in mustards and scallions. Season with salt and pepper. Spoon sauce under chops.

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Per Serving (excluding unknown items): 191 Calories; 10g Fat (43.0% calories from fat); 24g Protein; 5g Carbohydrate; 1g Dietary Fiber; 38mg Cholesterol; 687mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Breakfast, Dessert, Dutch Oven



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# Grandma's Best Cinnamon Rolls

**Servings: 9**

## **OATMEAL DOUGH**

**2 1/4 Cups All-purpose Flour (2 1/4 to 2 3/4 Cups)**  
**1/3 Cup Quick Oats**  
**1/4 Cup Granulated Sugar**  
**1 Package Fleischmann's® Active Dry or Rapid Rise Yeast**  
**1/2 Teaspoon Salt**  
**1/4 Cup Butter or Margarine (1/2 Stick), cut up**  
**1/4 Cup Milk**  
**1/4 Cup Water**

**1 Egg**

## **FILLING**

**2 Tablespoons Butter or Margarine, melted**  
**1/2 Cup Packed Brown Sugar**  
**1 1/2 Teaspoons Ground Cinnamon**  
**1/2 Cup Raisins (optional)**

## **HONEY BUTTER ICING**

**1/3 Cup Sifted Powdered Sugar**  
**2 Tablespoons Butter or Margarine, softened**  
**2 Tablespoons Honey**

In large bowl, combine 3/4 cup flour, oats, granulated sugar, undissolved yeast and salt. Heat 1/4 cup butter, milk, and water until very warm (120° to 130°F). Gradually add to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg and 1/2 cup flour; beat 2 minutes at high speed. With spoon, stir in enough remaining flour to make soft dough.

Knead on lightly floured surface until smooth, about 5 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm, draft-free place 45 to 60 minutes or until doubled. Punch down dough. (With Rapid Rise Yeast, cover kneaded dough and let rest 10 minutes. Proceed with recipe.)

On lightly floured surface, roll dough to 18 x 8 inches; brush with melted butter. Sprinkle with brown sugar, cinnamon and raisins, if desired, to within 1/2 inch of edges. Roll up tightly from long side, pinching seam to seal; cut into 9 equal pieces. Place, cut sides up, in greased 8 x 8-inch pan. Cover; let rise in warm place 45 to 60 minutes or until doubled.

Bake at 350°F for 25 to 30 minutes or until done. Remove from pan; cool on wire rack.

In small bowl, mix powdered sugar and softened butter with fork until blended; stir in honey until smooth. Drizzle or spread on rolls.

Yield: 9 Rolls

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Per Serving (excluding unknown items): 352 Calories; 12g Fat (29.0% calories from fat); 5g Protein; 58g Carbohydrate; 2g Dietary Fiber; 38mg Cholesterol; 248mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.

Soup

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# Green Chili

**Servings: 6**

**2 1/2 Pounds Pork Roast (fresh Shoulder Preferred)**  
**1 Pound Pork Soup Bones**  
**44 Ounces Canned Tomatoes or Processed Tomatillos**  
**23 Ounces Tomato Sauce**  
**28 Ounces Hot Water**  
**21 Ounces Diced Green Chili Strips**  
**3/4 Ounce Diced Hot Peppers, 3/4 to 1 oz.**

**1/2 Cup Diced Green Bell Pepper**  
**1 Tablespoon Sugar**  
**1 1/2 Tablespoons Salt**  
**1 Tablespoon Garlic**  
**1 Teaspoon Cumin Powder**  
**1/2 Teaspoon Ground Ginger**  
**3 Tablespoons Minced Cilantro**

Cut pork into 1/2-inch squares and with the pork bones, fry over low heat until brown and the meat is slightly dry. If pork is very fat, pour off all but 4 or 5 tablespoons of the grease.

Using a colander, strain tomatoes into an 8-quart saucepan and coarsely chop tomatoes.

Combine tomatoes, tomato sauce, hot water and cooked pork and pork bones in the same saucepan. Bring to a rapid boil and continue boiling for 20 minutes. Add spices, hot peppers, and chili strips. Continue boiling for another 20 minutes. Finish by cooking on medium heat until desired thickness, usually another 20 minutes. Reduce broth to 3/4 volume. Or add flour and water slurry to thicken.

Remove bones and serve over enchiladas, burritos, or by the bowlful.

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Per Serving (excluding unknown items): 709 Calories; 44g Fat (56.6% calories from fat); 57g Protein; 18g Carbohydrate; 2g Dietary Fiber; 184mg Cholesterol; 2547mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 3 Vegetable; 4 Fat; 0 Other Carbohydrates.

Main Dish

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## Grilled Fish Fillets

**Servings: 1**

*Troop 219 Classic*

*Use fo most mild non-oily fish.*

*It is light and good for warm weather.*

**6 Ounces Fish Fillet, catfish, redfish, trout, snapper, talapia**

**3 Ounces Butter**

**1/2 Teaspoon Garlic Powder, to taste**

**1/4 Teaspoon Salt and Pepper, to taste**

**1 Ounce Lemon Juice, squeeze or bottled**

**Grill for Charcoal**

Salt and pepper filets on both sides and sprinkle with garlic powder. Squeeze 1/2 lemon into melted butter (you can add garlic powder to this too!). Put filets ion grille. Baste with lemon butter and place over fire.

Cook approximately 5 minutes on 1 side, turn, baste and cook approximately 3 minutes on the other side. Baste both sides again and serve.

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Per Serving (excluding unknown items): 761 Calories; 70g Fat (81.8% calories from fat); 31g Protein; 4g Carbohydrate; trace Dietary Fiber; 259mg Cholesterol; 1150mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Fruit; 14 Fat.

H

Breakfast, Dutch Oven

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## Ham and Cheese Breakfast Loaf

**Servings: 12**

**DOUGH**

**2 3/4 Cups All-purpose Flour (2 3/4 to 3 1/4 Cups)**

**1 Package Fleischmann's® Rapid Rise Yeast**

**1 Tablespoon Sugar**

**1 Teaspoon Salt**

**1 Cup Very Warm Water (120° to 130°f)**

**1 Tablespoon Butter or Margarine**

**2 Tablespoons Dijon-style Mustard**  
**2 Tablespoons Mayonnaise**  
**12 Ounces Sliced Fully-cooked Lean Ham**  
**8 Ounces Sliced Sharp Cheddar or Swiss Cheese**  
**TOPPING**  
**1 Egg, lightly beaten**  
**Sesame Seeds**

To make dough: In large bowl, combine 1 1/2 cups flour, undissolved yeast, sugar and salt. Stir water and butter into dry ingredients. Stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 4 to 6 minutes. Cover; let rest 10 minutes.

Combine mustard and mayonnaise; reserve.

To shape: On lightly floured surface, roll dough to 14 x 10 inches. Transfer to greased large baking sheet. Evenly layer 1/3 ham slices, 1/2 cheese slices and 1/2 mustard mixture on center third length of dough. Repeat with 1/3 ham slices, remaining cheese slices and mustard mixture. Top with remaining ham. Make cuts from filling to dough edges at 1-inch intervals along sides of filling.

Alternating sides, fold strips at an angle across filling. Pinch both ends to enclose filling. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes.

Brush with egg; sprinkle with sesame seed. Bake at 400°F for 30 to 35 minutes or until done. Remove to wire rack. Makes 12 slices. Serve warm.

Yield: 1 Loaf

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Per Serving (excluding unknown items): 251 Calories; 10g Fat (37.4% calories from fat); 15g Protein; 24g Carbohydrate; 1g Dietary Fiber; 52mg Cholesterol; 693mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Fat; 0 Other Carbohydrates.

**Main Dish**

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## Hawaiian Fish Foil Packs

**Servings: 4**

*Troop 219 Classic*

**24 Ounces Fish Fillets**  
**3 Tablespoons Teriyaki Sauce**  
**1 Can Pineapple Chunks in Juice, drain save juice**  
**1 Tablespoon Brown Sugar, Packed**  
**1/4 Teaspoon Ginger**  
**1 Medium Green Pepper, sliced**  
**1 Carrot, sliced thin**  
**Heavy duty foil**

Start charcoal 20 minutes before you are ready to cook.

Center one fish fillet on each piece of foil. Top with pineapple, carrot and green pepper. Combine 3 Tbsp. pineapple juice, teriyaki sauce, brown sugar and ginger. Spoon over fish and green pepper. Wrap in foil and cook on coals for 8-10 minutes.

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Per Serving (excluding unknown items): 217 Calories; 1g Fat (5.3% calories from fat); 32g Protein; 19g Carbohydrate; 2g Dietary Fiber; 73mg Cholesterol; 618mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

**Side Dish**

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## Honey Balsamic Vinaigrette

**Servings: 4**

**Preparation Time: 10 minutes**

**1/2 Cup Canned Apricots, drained**  
**1/3 Cup Balsamic Vinegar**

OR

**1/3 Cup Red Wine Vinegar**  
**1/4 Cup Honey**  
**2 Teaspoons Dijon Mustard**  
**1 Clove Garlic, minced**  
**1 Teaspoon Dry Italian Seasoning**  
**1/4 Teaspoon Salt and Pepper**  
**1 Tablespoon Olive Oil**

In blender or food processor, combine apricots, vinegar, honey, mustard, garlic and seasonings; blend until smooth. With motor running, slowly drizzle in olive oil until combined.

Yield: 1 Cup

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Per Serving (excluding unknown items): 121 Calories; 4g Fat (24.2% calories from fat); trace Protein; 24g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 123mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 1 Other Carbohydrates.

Dessert, Dutch Oven

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## Honey Bread Pudding

**Servings: 8**

**8 Cups Egg Bread, cubed**  
**1 Cup Raisins**  
**3 Cups 2% Low-fat Milk**  
**1 Cup Evaporated Low-fat Milk**  
**6 Eggs, beaten**  
**1/2 Cup Honey**  
**1 Tablespoon Grated Orange Peel**  
**1 Teaspoon Vanilla**  
**1 Teaspoon Ground Cinnamon**

Arrange bread and raisins in bottom of lightly greased shallow 2 quart baking dish. Beat remaining ingredients in large bowl until well blended; pour over bread cubes in baking dish and let stand 1 hour or until liquid is absorbed. Bake at 375°F 45 to 50 minutes or until knife inserted near center comes out clean.

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Per Serving (excluding unknown items): 368 Calories; 7g Fat (17.4% calories from fat); 15g Protein; 63g Carbohydrate; 2g Dietary Fiber; 167mg Cholesterol; 380mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Side Dish

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## Hoppin' John

**Servings: 12**

**1 Pound Dried Black-eyed or Field Peas**  
**3 Ounces Bacon Slices, chopped**  
**8 Ounces Onions, chopped**  
**1 Can Chicken Stock, as needed**  
**2 Cups Long-grain Rice**  
**salt and pepper, to taste**

Rinse, sort and soak the peas. Cook until tender, according to the procedures found on page XX. Drain the peas, reserving the cooking liquid.

Fry the bacon in a large sauté pan. Add the onions and cook until tender. Add 28 fluid ounces (840 milliliters) of the reserved cooking liquid from the peas. If there is not enough cooking liquid available, use chicken stock as necessary.

Stir in the rice and the cooked peas. Bring to a boil, reduce the heat, cover and simmer without stirring until the rice is cooked and the liquid is absorbed, approximately 20 minutes.

Season to taste with salt and pepper. Stir well before serving.

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Per Serving (excluding unknown items): 289 Calories; 4g Fat (13.2% calories from fat); 14g Protein; 49g Carbohydrate; 5g Dietary Fiber; 6mg Cholesterol; 300mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Main Dish

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## Hungarian Goulash

Servings: 10

**2 Ounces Lard or Vegetable Oil**  
**2 Pounds Onion, medium dice**  
**4 Tablespoons Hungarian Paprika**  
**1 Tablespoon Garlic, chopped**  
**1/2 Teaspoon Caraway Seeds**  
**salt, to taste**  
**1/2 Teaspoon Pepper**  
**1 Quart White Stock**  
**4 Ounces Tomato Paste**  
**5 Pounds Beef Stew Meat, cut in 1 1/2-in. (4-cm) cubes**

1. Sauté the onions in the lard or oil, browning lightly.
2. Add the paprika, garlic, caraway seeds, salt and pepper; mix well.
3. Add the white stock and tomato paste. Bring to a boil, then reduce to a simmer.
4. Add the meat and continue simmering until the meat is very tender, approximately 1 1/2 hours. Adjust the seasonings and serve.

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Per Serving (excluding unknown items): 494 Calories; 26g Fat (48.6% calories from fat); 50g Protein; 12g Carbohydrate; 3g Dietary Fiber; 130mg Cholesterol; 1086mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1 1/2 Vegetable; 1 Fat.

I

Main Dish

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## Iron Skillet Spaghetti

Servings: 6

**1 Pound Spaghetti or Linguine, uncooked**  
**1 1/2 Pounds Ground Beef**  
**1 Large Onion, minced**  
**2 Tablespoons Vegetable Oil**  
**1 Large Clove Garlic, minced**  
**1 28-ounce Can Crushed Tomatoes**  
**2 Teaspoons Dried Oregano**  
**1/4 Cup Fresh Parsley, finely chopped**  
**2 Cups Low-fat Cheddar Cheese, grated**

Prepare pasta according to package directions; drain. Brown beef in large skillet, drain and set aside. In skillet, sauté onion and garlic in oil. Return beef to skillet and add tomatoes, oregano and parsley. Simmer 10 minutes. Add pasta and 1 cup of cheese to simmering tomato mixture; stir. Cover mixture with remaining cheese. over on low heat for 15 minutes or until top is bubbly.

Serves 6-8

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Per Serving (excluding unknown items): 790 Calories; 39g Fat (44.5% calories from fat); 40g Protein; 69g Carbohydrate; 5g Dietary Fiber; 104mg Cholesterol; 490mg Sodium. Exchanges: 4 Grain(Starch); 4 Lean Meat; 2 Vegetable; 5 1/2 Fat.

Main Dish

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# Italian Breaded Pork Chops

**Servings: 6**

**Preparation Time: 15 minutes**

**6 Pork Chops, 3/4-inch thick**  
**3/8 Cup Italian-seasoned Bread Crumbs**  
**1 1/2 Tablespoons Grated Parmesan Cheese**  
**1 1/2 Egg White, beaten**  
**1 1/2 Teaspoons Oil**

In a shallow bowl combine crumbs and cheese.

Dip chops in egg white and coat with crumb mixture.

Heat oil in nonstick skillet over medium-high heat. Add chops. Reduce heat to medium-low and cook for 8-10 minutes, turning once, until evenly browned.

Serve with tomato and cucumber salad with Italian dressing and crusty breadsticks.

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Per Serving (excluding unknown items): 201 Calories; 10g Fat (45.5% calories from fat); 21g Protein; 5g Carbohydrate; trace Dietary Fiber; 42mg Cholesterol; 277mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Fat.

**Dutch Oven, Main Dish**

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# Italian Style Meat Loaf

**Servings: 6**

**1 Pound Lean Ground Beef**  
**6 Ounces Italian Sausage or Spicy Bulk Sausage**  
**14 1/2 Ounces Italian Style Stewed Tomatoes**  
**1 Cup Fresh Bread Crumbs**  
**1/2 Cup Chopped Onion**  
**1/2 Cup Chopped Green Bell Pepper**  
**1 Egg, beaten**

In a large bowl, combine all ingredients; mix well.

Place in a 4 1/2 x 8" loaf pan. Bake at 350F for 1 hour; drain.

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Per Serving (excluding unknown items): 358 Calories; 26g Fat (66.0% calories from fat); 20g Protein; 10g Carbohydrate; 2g Dietary Fiber; 114mg Cholesterol; 462mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fat.

**J**

**Main Dish**

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# Jambalaya With Red Beans and Rice

**Servings: 6**

*Troop 219 Classic*

**2 Cans Diced Tomatoes**  
**1 Pound Andouille Sausage or Italian Sausage**  
**1/2 Cup Green Pepper, diced**  
**1 Small Onion, diced**  
**1 Can Chicken, Canned**  
**Optional to Add Shrimp**  
**Tabasco Sauce**

Brown the sausage first.

Make the rice mixture and boil, reduce to a simmer, add the rest of the ingredients before the water is absorbed.

Put a lid or tightly covering on it, such as foil, and do not peek for 20 minutes as it simmers.

Check it after 20 minutes and serve when liquid is absorbed.

---

Per Serving (excluding unknown items): 316 Calories; 25g Fat (71.6% calories from fat); 16g Protein; 6g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 840mg Sodium. Exchanges: 2 Lean Meat; 1 Vegetable; 4 Fat.

Main Dish

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## Jim's Enchilada Casserole

Jim & Jeanette Gaston

**Servings: 10**

**2 Pounds Ground Beef**

**OR**

**2 Pounds Ground Turkey**

**2 Tablespoons Oil (2 to 3)**

**2 (14 1/2-ounce) Cans Diced Tomatoes**

**1 (15-ounce) Can Tomato Sauce**

**2 Tablespoons Chili Powder**

**2 Teaspoons Cumin**

**1 (7-ounce) Can Ortega Diced Chiles**

**1 (15 1/4-ounce) Can Kidney Beans With Liquid**

**1 Large Onion, chopped**

**1 (6-ounce) Can Black Olives**

**Garlic, as much as you like**

**Salt and black pepper**

**2 Teaspoons Cilantro (add More if You Like)**

**2 Cups (or More) Shredded Cheddar Cheese**

**OR**

**2 Cups (or More) Monterey Jack Cheese**

**20 Corn Tortillas (about 20)**

**Sour Cream & Salsa**

In a large skillet brown meat, onions and garlic in oil. Drain fat.

ADD: Tomato sauce, tomatoes, chile powder, cumin, chilies, and kidney beans.

Bring to a boil, cover and simmer for 20 minutes. Season to taste with salt and pepper. Add olives and cilantro.

LINE: 9 x 13 x 2-inch baking pan with one-third of the tortillas. Top with one-third of the meat sauce and one-third of the cheese. Repeat with the remaining ingredients, making two more layers but reserving one-third of the cheese.

BAKE UNCOVERED, in a 350°F box oven for 30 minutes. Sprinkle the remaining cheese on top of the casserole. Let casserole rest for 15 minutes before serving.

SERVE: With salsa and sour cream.

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Per Serving (excluding unknown items): 609 Calories; 38g Fat (55.5% calories from fat); 28g Protein; 41g Carbohydrate; 8g Dietary Fiber; 101mg Cholesterol; 1093mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 6 Fat.

L

Dutch Oven, Main Dish

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## Lasagna - Dutch Oven Style

Fred Maslan

**Servings: 10**

*Troop 219 Classic*

**12 Ounces Lasagna Noodles**  
**12 Ounces Italian Sausage Links**  
**4 Cups Shredded Mozzarella Cheese**  
**1 Pound Ground Beef**  
**2 Jars Spaghetti Sauce**  
**16 Ounces Ricotta Cheese**  
**4 Ounces Grated Parmesan Cheese**  
**Oregano, Garlic Powder, Salt and Pepper - to Taste.**

Line the dutch oven with foil.

Brown the ground beef, drain grease and set aside. Slit the casing of the sausage from end to end and remove. Brown the sausage thoroughly. Set aside.

Boil the pasta until nearly soft and remove, drain through a colander.

Put a layer of sauce on the bottom of the dutch oven. Layer noodles, meat, mozzarella, ricotta, parmesan cheese and sauce with a pinch of the seasonings, begin again with noodles, meat, etc. repeat until you run out of room or ingredients.

Bake over coals with most of the coals on top for 20 minutes. - at about 300 degrees.

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Per Serving (excluding unknown items): 714 Calories; 46g Fat (58.5% calories from fat); 37g Protein; 36g Carbohydrate; 3g Dietary Fiber; 137mg Cholesterol; 966mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 6 1/2 Fat.

**Dutch Oven, Main Dish**

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## Lasagne - Vegetable

**Servings: 12**

**1 16-ounce Package Lasagne, uncooked**  
**1 3/4 Cups Part-skim Ricotta Cheese (15 Oz.)**  
**1 Egg**  
**OR**  
**Egg Substitute Equivalent**  
**1/2 Teaspoon Garlic Powder**  
**1 Small Red Bell Pepper, thinly sliced**  
**1 Small Green Bell Pepper, thinly sliced**  
**1 Cup Thinly Sliced Onion**  
**1 16-ounce Package Frozen Broccoli, Cauliflower and Carrot Mix**  
**2 27 1/2-ounce Jars Ragú Light Pasta Sauce — Chunky Mushroom**  
**2 Cups Shredded Part-skim Mozzarella Cheese (8 Oz )**

Cook pasta according to package directions; drain. Lay flat on foil to cool. Heat oven to 375 degrees F.

In small bowl, stir together Ricotta cheese, egg, parsley and garlic powder.

In medium microwave-safe bowl, stir together all vegetables; cover with plastic wrap and vent. Cook on HIGH (100%) 8 to 10 minutes or until vegetables are tender; drain.

In 13 x 9 x 2-inch pan, spread 1/2 cup pasta sauce. Arrange 4 pasta pieces lengthwise over sauce, overlapping edges. Spread one-third Ricotta mixture evenly over pasta; spread 1 1/3 cups pasta sauce evenly over Ricotta. Spoon one-fourth vegetables evenly over sauce; sprinkle with 1/2 cup Mozzarella cheese.

Repeat layers TWICE, beginning and ending with pasta. Spoon remaining vegetables over pasta; spread remaining sauce evenly over top. Sprinkle with remaining cheese; cover with foil.

Bake 50 minutes, remove foil. Bake 10 minutes or until hot and bubbly. Let stand 10 minutes before serving.

12 servings (each piece about 3 x 3 1/2 inches)

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Per Serving (excluding unknown items): 317 Calories; 7g Fat (19.1% calories from fat); 17g Protein; 46g Carbohydrate; 5g Dietary Fiber;



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21mg Cholesterol; 561mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.

Dutch Oven, Main Dish

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## Lasagne - Vegetable Pesto

**Servings: 10**

*This lasagne is especially quick, because you don't need to cook the lasagne before assembling!*

**12 Pieces Lasagne Noodles, uncooked**  
**3 Cups Low-fat, Chunky Vegetable Spaghetti Sauce**  
**1 1/2 Cups Water**  
**1 15-ounce Container Part-skim Ricotta Cheese**  
**1/2 Cup Egg Substitute**  
**1/2 Cup Grated Part-skim Mozzarella Cheese, divided**  
**1/4 Teaspoon Black Pepper**  
**1 Cup Packed Fresh Basil**  
**1/4 Cup Grated Parmesan Cheese**  
**2 Cloves Garlic**  
**1/4 Cup Fat-free Italian Salad Dressing**  
**Vegetable Oil Cooking Spray**

In a medium bowl, stir together the spaghetti sauce and water.

Combine Ricotta cheese, egg substitute, 1/4 cup of the Mozzarella cheese and pepper in a bowl. In a food processor or blender, add basil, Parmesan cheese and garlic; process until smooth. Add Italian dressing; process until blended. Fold basil mixture (pesto) into Ricotta mixture.

Spray a 9 x 12-inch baking pan with cooking spray. Spread 1 cup of the sauce over the bottom of the pan. Arrange 4 pieces of lasagne (3 lengthwise, 1 widthwise) over the sauce. Cover with 1 1/2 cups of the sauce. Spread half the Ricotta mixture on top. Arrange another 4 pieces of lasagne over Ricotta, and top with another cup of the sauce. Spread remaining Ricotta mixture on top. Arrange final 4 pieces of lasagne over Ricotta mixture and cover with remaining sauce.

Cover lasagne with foil and bake at 350°F. for 1 hour and 5 minutes. Uncover lasagne, sprinkle remaining Mozzarella cheese on top and bake an additional 5 minutes uncovered. Cover and let stand 15 minutes before serving.

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Per Serving (excluding unknown items): 167 Calories; 7g Fat (35.5% calories from fat); 11g Protein; 16g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 230mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Main Dish

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## Layered Tortilla Pie

**Servings: 8**

**2/3 Cup Vegetable Oil**  
**10 (8-inch) Flour Tortillas**  
**2 14-ounce Cans Beans in Sauce**  
**4 Teaspoons Chili Powder (2 to 3 Teaspoons)**  
**2 Teaspoons Oregano**  
**1 Teaspoon Garlic Powder**  
**1 Teaspoon Onion Powder**  
**1/2 Teaspoon Cumin**  
**2 4-ounce Cans Chopped Green Chiles, drained**  
**OR**  
**2 4-ounce Cans Chopped Jalapeño Peppers, drained**  
**3 Cups Grated Monterey Jack Cheese**  
**OR**  
**3 Cups Grated Mozzarella Cheese**

**1 Cup Grated Cheddar Cheese**  
**Shredded Lettuce**  
**Chopped Tomatoes**  
**Taco Sauce or Mexican Salsa**

In a 10" (25 cm) skillet heat oil over medium heat. Fry tortillas in hot oil 5 to 10 seconds each side until lightly browned and blistered. Drain on paper towels.

Purée beans and sauce in blender with seasonings until smooth.

Place one tortilla on ungreased cookie sheet; top with 1/4 bean mixture, 1/4 chilies, and 1/4 Mozzarella cheese. Repeat layers 3 more times ending with last tortilla on top; sprinkle with Cheddar cheese. Bake in 375 degrees F (190 degrees C) oven 20-25 minutes until heated through and cheese melts. Let stand 5 minutes.

Garnish with lettuce, tomatoes; place on warm serving plate. Cut in wedges, serve with taco sauce or salsa and raw vegetable crudites for lunch, or with Mexican rice for a supper dish.

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Per Serving (excluding unknown items): 759 Calories; 41g Fat (48.1% calories from fat); 26g Protein; 74g Carbohydrate; 9g Dietary Fiber; 60mg Cholesterol; 1145mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 7 Fat.

Main Dish

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## Lemon Chicken Rice

**Servings: 8**

**2 Tablespoons Olive Oil**  
**2 Pounds Boneless, Skinless Chicken Breast, cut into strips**  
**2 Cloves Garlic, crushed**  
**2 Cups Uncooked Rice\***  
**2 14 1/2 Ounce Cans Chicken Broth**  
**2 Tablespoons Grated Lemon Peel**  
**1 Teaspoon Ground Black Pepper**

Heat oil in large skillet over medium-high heat until hot. Add chicken and garlic; cook and stir until browned. Stir in rice and broth. Cover and cook 15 minutes or until liquid is absorbed. Stir in lemon peel and pepper.

Serve immediately.

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Per Serving (excluding unknown items): 343 Calories; 6g Fat (15.5% calories from fat); 32g Protein; 38g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 403mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

Dessert

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## Lemon Pie a La 219

**Servings: 8**

*Troop 219 Classic*

*Recipe appears in Wood Badge 56 Cookbook, from unknown source.*

**1 8" Graham Cracker Crumb Pie Crust**  
**2 Cans Condensed Milk, Sweetened**  
**8 Ounces Lemon Juice**  
**16 Ounces Whipped Topping**

Mix milk with lemon juice until liquids blend. Pour mix into shell.

Place in ice chest for 2 hours, or until congealed. Serve with whipped cream on top.

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Per Serving (excluding unknown items): 581 Calories; 28g Fat (43.0% calories from fat); 8g Protein; 77g Carbohydrate; 1g Dietary Fiber; 26mg Cholesterol; 282mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 5 1/2 Fat; 5 Other Carbohydrates.

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# Macarama

**Servings: 8**

*Troop 219 classic*

**3 Pounds Hamburger**  
**1 Large Onion, chopped**  
**1 Green Pepper, chopped**  
**2 Cans Tomato Soup, Condensed**  
**2 Pounds Macaroni, Cooked, Elbow**  
**Salt and Pepper, to taste**

Brown meat with onion and green pepper. Drain grease, season.

Add soup and macaroni.

Simmer ingredients or 20-30 minutes until thick enough to serve

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Per Serving (excluding unknown items): 731 Calories; 24g Fat (29.4% calories from fat); 30g Protein; 100g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 1082mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.

**Main Dish**

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# Macaroni and Cheese With Tomatoes

**Servings: 8**

**16 Ounces Elbow Macaroni, uncooked**  
**4 Ripe Tomatoes, sliced**  
**4 Tablespoons Butter or Margarine**  
**2 Tablespoons Flour**  
**1/2 Teaspoon Dry Mustard**  
**1 Teaspoon Salt**  
**4 Cups Skim Milk**  
**4 Cups Grated Hard Cheese (such as Cheddar)**  
**1 Cup Fresh Bread Crumbs**

Prepare pasta according to package directions; drain in colander. Preheat oven to 375°F. Slice the tomatoes into 1/2-inch-thick slices. Set aside on a small plate. Crumble the bread crumbs with your fingertips. Set aside on another small plate.

Into a 2-quart saucepan over medium heat, melt the butter or margarine. Add the flour, dry mustard and salt, then cook together for 2 to 3 minutes. Add the milk little by little and continue stirring until mixture thickens. Add cheese and stir until melted. Place two slices of tomato in bottom of pan, then half the pasta. Place another two slices of tomato, the remainder of the pasta, and pour the sauce over all. Arrange three slices of tomato on top and sprinkle with bread crumbs. Bake for 20 minutes. Serve immediately.

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Per Serving (excluding unknown items): 568 Calories; 26g Fat (41.4% calories from fat); 27g Protein; 56g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 780mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 3 1/2 Fat.

**Soup**

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# Meat and Potato Stew

**Servings: 8**

**2 1/2 Pounds Top Round Steak, cut into 1" cubes**  
**6 Ounces Tomato Paste**  
**8 Large White Potatoes, quartered**  
**1/4 Cup Olive Oil**

**1/2 Teaspoon Oregano**

**1/2 Cup Red or White Wine - Use 1/4 Cup Grape Juice W/ 1 Tbs Cider Vinegar and 1 Tsp Sugar as Alternate salt and pepper**

Heat olive oil in 6 quart pot; add beef, salt, pepper, and oregano. Brown well.

Add tomato paste, wine, and water until meat is almost covered. Mix liquids well until gravy thickens slightly. Simmer 45 minutes.

Add potatoes and simmer until fork tender, stirring occasionally about 15-20 minutes.

Serve hot with fresh Italian bread.

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Per Serving (excluding unknown items): 429 Calories; 20g Fat (43.1% calories from fat); 33g Protein; 26g Carbohydrate; 3g Dietary Fiber; 67mg Cholesterol; 254mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Main Dish

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## Meatball Hero Sandwiches

**Servings: 6**

**1 Pound Extra-lean Ground Beef**

**1 Egg, beaten**

**1/2 Cup Italian Seasoned Bread Crumbs**

**2 Tablespoons Minced Fresh Parsley**

**1/8 Teaspoon Black Pepper**

**2 Tablespoons Vegetable Oil**

**1 30-ounce Jar Ragú Spaghetti Sauce**

**6 Crusty Rolls, split and toasted**

**6 Slices Part-skim Mozzarella Cheese**

In a large bowl, thoroughly combine meat, egg, bread crumbs and seasonings. Shape into 1 1/2" meatballs. In a large skillet, thoroughly brown meatballs on all sides in vegetable oil; drain fat. Add sauce; cover and simmer 30 minutes.

Fill rolls with sliced meatballs. Top with cheese.

Cuisine: Italian

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Per Serving (excluding unknown items): 750 Calories; 40g Fat (49.1% calories from fat); 53g Protein; 41g Carbohydrate; 2g Dietary Fiber; 149mg Cholesterol; 1234mg Sodium. Exchanges: 2 1/2 Grain(Starch); 6 1/2 Lean Meat; 0 Vegetable; 4 Fat.

Main Dish

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## Mexican Beef Stir Fry

**Servings: 4**

**Start to Finish Time: 25 minutes**

*\* Remove interior ribs and seeds if a milder flavor is desired.*

*Recipe may also be prepared using beef top sirloin or top round steak cut 1 inch thick.*

**1 Pound Beef Flank Steak**

**2 Tablespoons Vegetable Oil**

**1 Teaspoon Ground Cumin**

**1 Teaspoon Dried Oregano Leaves**

**1 Clove Garlic, crushed**

**1 Red or Green Bell Pepper, cut in thin strips**

**1 Medium Onion, cut in thin wedges**

**2 Jalapeño Peppers\*, thinly sliced**

**3 Cups Lettuce, thinly sliced**

Cut beef steak into 1/8 inch thick strips.

Combine oil, cumin, oregano and garlic; reserve half.

Heat half the seasoned oil in large nonstick skillet over medium-high heat. Add bell pepper, onion and jalapeño pepper; stir-fry 2 to 3 minutes or until crisp-tender. Remove and reserve.

In same skillet, stir-fry beef strips (1/2 at a time) in remaining oil 1 to 2 minutes. Return vegetables to skillet and heat through.

Serve beef mixture over lettuce.

Cuisine: Tex-mex

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Per Serving (excluding unknown items): 293 Calories; 19g Fat (58.7% calories from fat); 23g Protein; 7g Carbohydrate; 2g Dietary Fiber; 58mg Cholesterol; 85mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 2 Fat.

Main Dish, Side Dish

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## Mexican Chef Salad

**Servings: 4**

*Troop 219 Classic*

**2 Whole Tomatoes, Chopped**  
**1 Head Lettuce, Iceberg, Shredded**  
**1/4 Cup French Dressing**  
**1 Pound Ground Chuck**  
**1/2 Cup Onion, Chopped**  
**1 Cup Grated Cheese**  
**1 Whole Avocado, sliced**  
**1 Can Ranch-style Beans, drained**  
**Corn Chips**

Mix all ingredients except ground chuck, beans and chips. Chill in ice chest. Brown meat and drain. Add beans to beef. Salt to taste. Add to cold salad and toss with corn chips.

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Per Serving (excluding unknown items): 631 Calories; 48g Fat (67.9% calories from fat); 32g Protein; 19g Carbohydrate; 6g Dietary Fiber; 117mg Cholesterol; 639mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 7 Fat.

Breakfast

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## Migas

**Servings: 6**

*Troop 219 Classic*

**1 Dozen Eggs**  
**3 Corn Tortilla, torn into small pieces**  
**1 Cup Picante Sauce**  
**1 Pound Ham Cubes, Bacon or sausage**  
**1 Cup Green Onions, chopped**  
**1 Large Green Pepper, chopped**  
**1 Cup Tomatillos, chopped**  
**Salt and Pepper, to taste**  
**1/2 Pound Cheese Grated, cheddar, monterey ajck, and parmesan**  
**6 Flour Tortillas**

Break eggs into bowl, beat, add corn tortillas, salsa, water and mix. Brown meat and drain. Add vegetables and sauté until wilted. Add salt and pepper to taste. Spread meat/vegetable mixture in bottom of pan. Pour egg mixture on top. As you heat, Allow the egg mixture to settle to the bottom and begin to cook. DO NOT STIR. At this time add the cheese. Allow the cheese to melt. Stir all ingredients together until suited to taste. Roll mixture into flour tortillas.

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Per Serving (excluding unknown items): 730 Calories; 36g Fat (45.2% calories from fat); 43g Protein; 56g Carbohydrate; 4g Dietary Fiber; 507mg Cholesterol; 2055mg Sodium. Exchanges: 3 Grain(Starch); 5 Lean Meat; 1 Vegetable; 4 Fat.

Soup

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## Minestrone

**Servings: 10**

**1/2 Cup Olive Oil**  
**1 Clove Garlic**  
**2 Cups Onion, chopped**  
**1 Cup Celery, chopped**  
**4 Parsley Sprigs, chopped**  
**1 Can Tomato Paste, small can**  
**10 Ounces Beef Broth**  
**9 Cups Water**  
**1 Cup Cabbage, chopped**  
**2 Carrots, sliced**  
**2 Teaspoons Salt**  
**1/4 Teaspoon Pepper**  
**1/8 Teaspoon Sage**  
**1 Pound Canned Red Kidney Beans**  
**1 Zucchini, sliced**  
**1 Cup Green Beans**  
**1 Cup Elbow Macaroni**  
**Parmesan Cheese, grated**

Saute first 4 ingredients in oil until soft. Add tomato paste and next seven ingredients. Stir. Bring to a boil. Simmer 1 hour. Add all ingredients except cheese. Cook 10-15 minutes. Serve topped with grated cheese.

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Per Serving (excluding unknown items): 202 Calories; 11g Fat (48.5% calories from fat); 6g Protein; 21g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 858mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 Fat.

Main Dish

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## Mock Jambalaya

**Servings: 4**

*Troop 219 Classic*

**1 Small Onion, chopped**  
**3 Stalks Celery, minced**  
**2 Cans Chicken, Canned, 7 oz size**  
**1 Box Rice and Vermicelli Mix With Chicken Broth, "Rice a Roni"**

Brown a small amount of onion and the three stalks of celery. Add chicken flavored Rice-A-Roni following the directions on the package. Add the can of chicken when you add the flavor packet. (Variations: you could cook up some sausage and add that too, or shrimp)

Added spices like more garlic and hot peppers or hot sauce can be added when you add the flavor pack.

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Per Serving (excluding unknown items): 180 Calories; 6g Fat (30.2% calories from fat); 17g Protein; 13g Carbohydrate; 2g Dietary Fiber; 44mg Cholesterol; 622mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fat.

Soup

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## Mulligatawny Soup - Curry

Ken Morlino

**Servings: 4**

**2 Tablespoons Unsalted Butter**  
**12 Ounces Mirepoix - 1/2 Part Carrots 1/2 Part Celery - 1 Part Onion**  
**2 Tablespoons Flour**  
**2 Teaspoons Curry Powder**  
**1 Quart Chicken Stock**  
**1/2 Cup Chicken Meat - or Prepared Pork, cooked, diced**  
**1/4 Cup Green Apple, diced**  
**1/2 Cup Sliced Mushrooms**  
**4 Fluid Ounces Milk, warm**  
**salt and pepper, to taste**

In a saucepot, heat the butter over medium heat, add the mirepoix and sauté for 5 minutes.

Add the flour and curry powder and cook to form a blond roux.

Add the chicken stock. Bring to a simmer and cook for 15 minutes.

Add the chicken, apple and mushrooms and cook for 15 more minutes.

Finish with the warm milk and season with salt and white pepper.

Yield: 1 quart

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Per Serving (excluding unknown items): 177 Calories; 8g Fat (43.5% calories from fat); 9g Protein; 15g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 2204mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.

**N**

**Dessert**

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## Never Fail-fudge

**Servings: 20**

**2 1/2 Cups Sugar**  
**1/2 Stick Butter or Margarine**  
**1 5.33-ounce Can Evaporated Milk (3/4 Cup)**  
**1 7 1/2-ounce Jar Marshmallow Fluff®**  
**3/4 Teaspoon Salt**  
**3/4 Teaspoon Vanilla**  
**1 12-ounce Package Semisweet-chocolate Pieces**  
**1/2 Cup Chopped Walnuts**

Grease a 9-inch square baking pan; set aside. In large saucepan combine first 5 ingredients. Stir over low heat until blended. Heat to a full-rolling boil being careful not to mistake escaping air bubbles for boiling. Boil slowly, stirring constantly, 5 minutes. Remove from heat, stir in vanilla and chocolate until chocolate is melted. Add nuts. Turn into greased pan and cool.

Yield: 2 1/2 Pounds

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Per Serving (excluding unknown items): 264 Calories; 10g Fat (31.4% calories from fat); 2g Protein; 46g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 119mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 Fat; 3 Other Carbohydrates.

**Soup**

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## New England Corn Chowder

**Servings: 6**

**Preparation Time: 10 minutes**

**8 Ounces Canadian-style Bacon (1 1/2 Cups), cubed**  
**1/4 Cup Butter or Margarine**  
**1/4 Cup Flour**

**1/4 Teaspoon Basil Leaves**  
**1/4 Teaspoon Salt**  
**1/8 Teaspoon White Pepper, ground**  
**1 14 1/2-ounce Can Chicken Broth**  
**1/2 Cup Water**  
**2 Cups Cubed, Peeled Potatoes**  
**1 Cup Chopped Carrots**  
**1/2 Cup Sliced Green Onions**  
**1 1/2 Cups Frozen Whole Kernel Corn**  
**2 Cups Half and Half**

Melt butter in large saucepan over medium heat. Stir in flour, seasonings, chicken broth and water. Cook and stir until mixture thickens and boils. Stir in potatoes, carrots and onions. Bring to a boil; simmer 5-10 minutes or until vegetables are crisp-tender. Stir in corn, Canadian-style bacon and half and half. Cook until very hot but not boiling.

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Per Serving (excluding unknown items): 350 Calories; 20g Fat (51.4% calories from fat); 15g Protein; 29g Carbohydrate; 3g Dietary Fiber; 69mg Cholesterol; 964mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 3 1/2 Fat.

Dessert

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## No-bake Cherry Cheese Squares

**Servings: 18**

*Fluffy, light and just a hint of lemon.*

**1 1/4 Cups Graham Cracker Crumbs**  
**1/2 Cup Granulated Sugar, divided**  
**1/3 Cup Butter or Margarine, melted**  
**1 3-ounce Package Cream Cheese, softened**  
**2 Teaspoons Grated Lemon Peel**  
**1 Teaspoon Vanilla Extract**  
**2 Cups Frozen Whipped Topping, thawed**  
**1 21-ounce Can Cherry Filling and Topping**  
**1/2 Teaspoon Almond Extract**

In a medium bowl, combine graham cracker crumbs, 1/4 cup sugar and melted butter; mix well. Press crumb mixture firmly into the bottom of a 9 x 9 x 2-inch baking pan. Let crust chill while preparing the rest of the ingredients.

In a mixing bowl with an electric mixer, combine cream cheese, remaining 1/4 cup sugar, lemon peel and vanilla; beat until light and fluffy. Fold in whipped topping. Pour into prepared crust.

Combine cherry filling and almond extract. Pour over cheese filling. Let chill until ready to serve.

Serving size: 1 (3-inch) square

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Per Serving (excluding unknown items): 158 Calories; 8g Fat (43.4% calories from fat); 1g Protein; 22g Carbohydrate; trace Dietary Fiber; 14mg Cholesterol; 89mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

P

Main Dish

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## Pan-fried Chicken With Pan Gravy

**Servings: 8**

**2 2 1/2-pound Frying Chickens (2 1/2 - 3 Lbs.) (1.1-1.4 kg each), cut in 8 pieces**  
**salt and pepper, to taste**  
**2 Teaspoons Garlic Powder**  
**2 Teaspoons Onion Powder**



**1 Teaspoon Dried Oregano**  
**1 Teaspoon Dried Basil**  
**8 Ounces Flour, plus**  
**1 1/2 Ounces Flour**  
**8 Ounces Buttermilk**  
**Oil for Frying - Discard All but 1 Tbs., as needed**  
**4 Ounces Onion, small dice**  
**1 1/2 Pints Half and Half or Chicken Stock**

1. Season the chicken with salt and pepper.
2. Add the herbs and spices to 8 ounces (250 grams) of the flour.
3. Dip the chicken pieces in the buttermilk.
4. Dredge the chicken in the seasoned flour.
5. Pan-fry the chicken in 1/4 to 1/3 inch (1 centimeter) of oil until done, approximately 40 minutes, turning so that it cooks evenly. Reduce the heat as necessary to prevent the chicken from becoming too dark.
6. To make the pan gravy, pour off all but 1 1/2 ounces (45 grams) of oil from the pan, carefully reserving the fond.
7. Add the diced onions and sauté until translucent.
8. Add 1 1/2 ounces (45 grams) of flour and cook to make a blond roux.
9. Whisk in the liquid and simmer approximately 15 minutes.
10. Strain through cheesecloth and adjust the seasonings.
11. Serve 1/4 chicken (2 pieces) per person with 4 ounces (120 milliliters) gravy.

Yield: 8 2-piece servings

Yield: 56 ounces

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Per Serving (excluding unknown items): 479 Calories; 32g Fat (62.5% calories from fat); 37g Protein; 7g Carbohydrate; 1g Dietary Fiber; 186mg Cholesterol; 949mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 3 1/2 Fat.

## Breakfast

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# Pancakes

*Troop 219 Classic*

**Pancake Mix, Complete**

**Butter**

**Syrups**

**Canned or Fresh Berries, Optional**

Follow directions on the box being careful not to overmix the batter. Preheat griddle or pan and add butter. Drop spoonfuls of batter onto hot griddle and wait for pancake to dimple or bubble. Edges should be firm. Use spatula to gently flip. Keep warm in separate container covered with foil. Serve with syrup, butter, berries, sausage or bacon.

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

## Side Dish

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# Pasta and Vegetables With Spaghetti Sauce

**Servings: 6**

**2 Tablespoons Oil**

**1 Cup Diced Onion**

**1 Cup Diced Zucchini**

**1 Cup Diced Red Pepper**  
**1 Cup Sliced Button Mushrooms**  
**1 3 Oz Can Sliced Black Olives**  
**1 16-ounce Jar Spaghetti Sauce**  
**1/2 Teaspoon Italian Seasonings and Salt**  
**1/8 Teaspoon Crushed Red Pepper Flakes**  
**4 Cups Cooked Corkscrew Pasta**

Heat oil in large nonstick skillet over medium-high heat; stir in onion, zucchini, pepper and mushrooms. Sauté until vegetables are crisp-tender. Add olives, spaghetti sauce and seasonings; mix well. Bring mixture to boil, reduce heat and simmer 5 minutes. Stir in pasta.

Makes 4 to 6 servings.

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Per Serving (excluding unknown items): 293 Calories; 10g Fat (31.4% calories from fat); 7g Protein; 44g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 502mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Vegetable; 0 Fruit; 2 Fat.

Main Dish

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## Pasta Del Mar

**Servings: 6**

*Substitute 1/2-pound shrimp instead of clams and fish for an all-shrimp dish.*

**1 Tablespoon 70% Vegetable Oil Spread**  
**1/2 Cup Chopped Onion**  
**2 Cloves Garlic, minced**  
**1/2 Lb Small Fresh Shrimp (about 6 Oz.), peeled and deveined**  
**1 27 1/2-ounce Jar Pasta Sauce —tomato and Herb**  
**1/4 Teaspoon Crushed Dried Red Pepper**  
**1/2 Teaspoon Freshly Grated Lemon Peel**  
**8 Ounce Vermicelli, uncooked**  
**1 Cup Canned Crabmeat (6 Oz.) or Clams, drained and rinsed**  
**1/2 Pound Fish Fillet - Diced**

In 3-quart saucepan over medium heat, melt vegetable oil spread; add onion. Cook 5 minutes or until tender.

Stir in garlic and shrimp; cook, stirring frequently, until shrimp just turn pink.

Stir in pasta sauce, red pepper and lemon peel; heat to boiling. Reduce heat; simmer 3 minutes.

Meanwhile, cook pasta according to package directions; drain. Add crabmeat to sauce; heat through, stirring gently. Spoon sauce over hot pasta; serve immediately.

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Per Serving (excluding unknown items): 270 Calories; 3g Fat (9.2% calories from fat); 18g Protein; 43g Carbohydrate; 2g Dietary Fiber; 78mg Cholesterol; 550mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Main Dish

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## Pasta Hoppin' John

**Servings: 8**

*vegetarian pasta*

**1 Pound Bow Ties, Wagon Wheels, or Other Medium Pasta Shape, uncooked**  
**1 Tablespoon Vegetable Oil**  
**1 Medium Onion, chopped**  
**1 Jalapeño Pepper, seeded and chopped**  
**OR**  
**1/2 Teaspoon Dried Jalapeño Flakes**  
**3 Cloves Garlic, chopped**

**1 Green Bell Pepper, seeded and chopped**  
**1 28-ounce Can Crushed Tomatoes**  
**1 10-ounce Package Frozen Black-eyed Peas, prepared according to directions**  
**OR**  
**1 16-ounce Can Black-eyed Peas, rinsed and drained**  
**1 Tablespoon Cider Vinegar**  
**3 Tablespoons Chopped Fresh Cilantro**  
**OR**  
**1 Tablespoon Dried Cilantro**  
**Salt and Black Pepper, to taste**

Cook pasta according to package directions; drain. In large sauté pan, heat oil over medium heat. Sauté the onion, jalapeño, garlic and pepper until softened, about three minutes. Add tomatoes. Simmer 10 minutes partially covered. Stir occasionally. Add the black-eyed peas, vinegar and cilantro. Cover and simmer an additional 10 minutes. Season with salt and black pepper. Toss gently with cooked pasta and serve immediately.

Serves 6-8

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Per Serving (excluding unknown items): 318 Calories; 3g Fat (8.9% calories from fat); 12g Protein; 61g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 138mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Main Dish

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## Pasta With Chunky Tomato Sauce

**Servings: 4**

**1 Pound Linguine, Spaghetti, or Thin Spaghetti, uncooked**  
**1/4 Cup Olive Oil**  
**OR**  
**1/4 Cup Vegetable Oil**  
**1 Cup Chopped Onion**  
**1 Cup Chopped Carrot**  
**1 Cup Chopped Celery**  
**2 Tablespoons Finely Chopped Parsley**  
**1 1/2 Teaspoons Salt**  
**1/2 Teaspoon Sugar**  
**1/4 Teaspoon Pepper**  
**2 16-ounce Cans Peeled Crushed Tomatoes**  
**Optional Seasonings**  
**1/2 Tsp Crushed Red Pepper**  
**1 Tsp Oregano**  
**Or**  
**1 Tsp Basil - Minced**

In a large skillet, heat oil; add onion, carrot and celery. Cook and stir just until vegetables are tender. Add next five ingredients, simmer on low heat 20 minutes, stirring frequently.

Cook pasta according to package directions; drain. Toss pasta with sauce and serve.

Serves 4-6

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Per Serving (excluding unknown items): 620 Calories; 16g Fat (22.7% calories from fat); 18g Protein; 103g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1183mg Sodium. Exchanges: 5 1/2 Grain(Starch); 3 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Dessert, Dutch Oven

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## Peach Cobbler - Fresh Peaches

**Servings: 6**

*A crowd-pleasing pastry delight.*

**3 1/2 C Fresh Peaches, peeled and sliced**  
**Cinnamon, to taste**  
**1 Cup Granulated Sugar**  
**1/2 Cup Butter**  
**1 1/2 Cups Flour**  
**3/4 Teaspoon Salt**  
**1/2 Cup Vegetable Shortening**  
**1/4 Cup Plus 1 Tablespoon Cold Water**

Combine peaches, cinnamon, sugar and butter in medium saucepan. Bring to boil and immediately reduce heat. Simmer until peaches are tender and mixture thickens, about 20 minutes. Pour mixture into buttered 9 inch round deep cake pan. Set aside.

In mixing bowl, combine flour and salt. Cut in shortening with 2 knives until mixture resembles coarse crumbs. Sprinkle water over flour mixture until ingredients are moistened. Shape pastry into ball. Roll out to 1/8 inch thickness on lightly floured board. Cut into 1 inch strips. Arrange 1/2 strips in lattice design over peaches. Bake 35 minutes at 350 degrees. Remove from oven. Gently press remaining strips over baked strips in lattice pattern. Press pastry into peach mixture. Return to oven and bake for 40 minutes more. Serve with ice cream.

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Per Serving (excluding unknown items): 574 Calories; 33g Fat (50.6% calories from fat); 4g Protein; 68g Carbohydrate; 3g Dietary Fiber; 41mg Cholesterol; 424mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Fruit; 6 1/2 Fat; 2 Other Carbohydrates.

**Breakfast, Dessert, Dutch Oven**

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## Peanut Butter and Chocolate Pull-apart Rolls

**Servings: 12**

### **DOUGH**

**4 Cups All-purpose Flour (4 to 4 1/2 Cups)**  
**1/2 Cup Sugar**  
**2 Packages Fleischmann's® Rapid Rise Yeast**  
**1 Teaspoon Salt**  
**1 Cup Milk**  
**1/2 Cup Water**  
**1/2 Cup Creamy Peanut Butter, at room temperature**

### **FILLING**

**1 Cup Semisweet Chocolate Pieces (6 Ounces)**  
**1/4 Cup Creamy Peanut Butter**

### **ICING**

**1 Cup Sifted Powdered Sugar**  
**2 Tablespoons Creamy Peanut Butter or Cocoa Powder**  
**1 Tablespoon Milk (1 to 2 Tablespoons)**

To make dough: In large bowl, combine flour, sugar, undissolved yeast and salt. Heat milk and water until very warm (120° to 130°F); stir into dry ingredients. Stir in peanut butter and enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 6 to 8 minutes. Cover; let rest 10 minutes.

To make filling: In small bowl, combine filling ingredients; blend well. Set aside.

To shape and fill: Divide dough in half; roll each to 14-inch circle. Cut each into 6 wedges; place filling, dividing evenly, at wide end of each wedge. Beginning at wide end, roll up tightly; curve to form crescent. Arrange six crescents, seam side down, spoke fashion, on greased large baking sheet. Pinch ends at center to seal. Repeat with remaining crescents on separate pan. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes.

Bake at 375°F for 15 to 20 minutes or until done, switching position of pans halfway through baking for even browning. Remove from pans; cool on wire racks.

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To Make Icing: In small bowl, combine icing ingredients; stir until smooth. Drizzle on rolls.

Yield: 12 Rolls

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Per Serving (excluding unknown items): 396 Calories; 14g Fat (29.9% calories from fat); 10g Protein; 62g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 357mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Dessert

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## Peanut Butter Balls

**Servings: 6**

**1 1/2 Cups Peanut Butter**  
**2 Cups Icing Sugar**  
**1/4 Cup Butter or Margarine, softened**  
**1 Teaspoon Vanilla**  
**2 Cups Semisweet Chocolate Chips**  
**1/4 C Grated Parowax (edible Sealing Wax)**

Mix first 4 ingredients together. Shape into 1 inch balls. (may be shaped into logs). Melt chocolate chips and wax in small heavy saucepan over low heat. Dip balls into choc/wax. Drain and place on waxed paper. Let cool and harden.

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Per Serving (excluding unknown items): 876 Calories; 57g Fat (54.8% calories from fat); 19g Protein; 88g Carbohydrate; 7g Dietary Fiber; 21mg Cholesterol; 386mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 10 1/2 Fat; 5 Other Carbohydrates.

Breakfast, Dessert, Dutch Oven

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## Pecan Crescents - Pull-apart

**Servings: 12**

**4 3/4 Cups All-purpose Flour**  
**1/3 Cup Sugar**  
**1 Teaspoon Salt**  
**2 Packages Dry Yeast**  
**3/4 Cup Milk**  
**3/4 Cup Butter or Margarine**  
**1/2 Cup Water**  
**3 Each Eggs, at room temperature**  
**PECAN DATE FILLING**  
**1 Package Chopped or Pitted Dates (8 Ounce), snipped**  
**3/4 Cup Orange Juice**  
**1 Tablespoon Lemon Juice**  
**1/2 Cup Chopped Pecans, toasted**  
**OR**  
**Pecan Poppy Seed Filling (recipe Follows)**  
**1/3 Cup Chopped Pecans, lightly toasted**  
**PECAN-POPPY SEED FILLING**  
**3/4 Cup Poppy Seeds (3 3/4-ounces)**  
**1/3 Cup Confectioners' Sugars, unsifted**  
**3 Tablespoons Honey**  
**1/2 Cup Chopped Pecans**

In large bowl mix 1 1/2 cups flour, sugar, salt and undissolved yeast.

Heat milk, butter and water until very warm (125° to 130°F). Gradually add to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 2 eggs and 1/2 cup flour; beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make very stiff batter. Cover tightly. Refrigerate dough at least 2 hours or up to 2 days.

Prepare Pecan Date Filling: Combine 1 (8-ounce) package chopped dates or pitted dates (snipped) and orange juice in saucepan over medium heat. Simmer 15 minutes, stirring occasionally, until very thick. Stir in lemon juice and chopped, toasted pecans. Cool.

Punch dough down. Turn out onto lightly floured surface. Divide dough into two equal pieces; roll each piece to 15-inch circle. Cut each piece into 6 pie-shaped wedges. Place 1 rounded tablespoon filling at wide end of each wedge; roll up from wide end to make crescent. Arrange 6 crescents on greased baking sheet in a circle, spoke-fashion, with one end of each crescent meeting at center. Pinch ends at center to seal. Curve each crescent slightly. Repeat with remaining crescents on separate greased baking sheet. Cover; let rise in warm, draft-free place until doubled in size, about 30 minutes.

Lightly beat remaining egg; brush on crescents. Sprinkle with chopped pecans. Bake at 375°F for 15 minutes or until done. Carefully slide cakes onto wire racks to cool. Makes 2 coffee cakes.

Pecan-Poppy Seed Filling: Combine 3/4 cup (3 3/4-ounces) poppy seeds, 1/3 cup unsifted confectioners' sugar and 3 tablespoons honey until well blended. Stir in 1/2 cup chopped, toasted pecans.

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Per Serving (excluding unknown items): 501 Calories; 23g Fat (41.1% calories from fat); 10g Protein; 65g Carbohydrate; 4g Dietary Fiber; 86mg Cholesterol; 324mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 4 Fat; 1/2 Other Carbohydrates.

Breakfast

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## Pigs N' a Blanket

**Servings: 2**

*Troop 219 Classic*

**Pancake Mix, Complete**

**2 Each Link Sausages**

**Butter**

**Maple Syrup**

Cook sausages in a pan separately. Make pancakes according to directions on the package. Drain sausages on paper towels to degrease, then roll up in the pancake. Enjoy with butter and syrup.

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Dutch Oven, Main Dish

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## Pizza - Primavera

**Servings: 8**

**2 Tablespoons Olive or Vegetable Oil**

**2 Medium Red or Green Bell Pepper, seeded, cut in strips**

**2 Onion, thinly sliced**

**2 Medium Carrot, thinly sliced**

**2 Cloves Garlic, pressed**

**1 Classic Pizza Dough**

**3 Cups Shredded Mozzarella Cheese (6 Ounces)**

**3 Cups Mushroom Slices (1/4-inch Thick)**

**1 1/2 Cups Spaghetti Sauce**

**1/2 Cup Grated Parmesan Cheese (1 Ounce)**

**1 Teaspoon Crushed Red Pepper (flakes), optional**

Place oil, pepper, onion, carrot and garlic in large skillet over medium-high heat; stir and cook 4 minutes or until tender-crisp; remove from heat.

Roll dough to 12 inch circle; fit into bottom and up sides of greased Dutch oven. Sprinkle 1 cup Mozzarella cheese over dough. Arrange mushroom slices over cheese; drizzle with spaghetti sauce. Top with bell pepper mixture, remaining Mozzarella and Parmesan cheeses. Sprinkle with red pepper.

Bake at 425°F for 30 minutes or until crust is crisp and lightly browned. Place 1/4 of the coals under and 3/4 on top.

Yield: 2 (13 × 9-inch) pizza

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Per Serving (excluding unknown items): 446 Calories; 22g Fat (43.2% calories from fat); 18g Protein; 46g Carbohydrate; 5g Dietary Fiber; 42mg Cholesterol; 712mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 3 Vegetable; 3 1/2 Fat.

## Dough

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# Classic Pizza Dough

Fleischmann's Yeast

### Servings: 16

*\*To use Fleischmann's® Fast Rising Active Dry Yeast, combine yeast and warm water (105° to 115°F) in large bowl; stir until dissolved. Stir in salt, oil and 2 cups flour to yeast mixture; blend well. Stir in enough remaining flour to make soft dough. Knead as directed. Cover; let rest 20 minutes. Or if desired, place in greased bowl, turning to grease top. Cover; let rise in warm, draft-free place until doubled in size, about 45 minutes. Punch dough down; prepare according to selected recipe or freeze.*

*\*\*To freeze pizza dough: Flatten each dough half into 8-inch disk. Wrap airtight in double thickness plastic freezer bags or aluminium foil. Freeze up to 2 months. Thaw at room temperature or in refrigerator.*

**5 Cups All-purpose Flour (5 to 5 1/2 Cups)**

**1 1/2 Teaspoons Salt**

**1 Package Fleischmann's® Quick-rise Instant Yeast, \*see notes**

**2 Cups Water**

**1/4 Cup Olive Oil or Vegetable Oil**

Set aside 1 cup flour from total amount. Mix remaining flour, salt and yeast in large bowl. Heat water and olive oil to 125° to 130°F. Add to dry ingredients; blend well. Stir in enough additional flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 4 to 6 minutes. Cover; let rest 10 minutes. Divide dough in half; prepare according to selected recipe or freeze.\*\*

Makes 2 thin-crust 14-inch pizzas, 8 individual 8-inch pizzas or 2 thick-crust 13 × 9-inch pizzas.

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## VARIATIONS

Herb Dough - Follow above recipe adding 2 teaspoons sweet basil, oregano or rosemary to dry ingredients.

Cheese Dough - Follow above recipe adding 1/2 cup grated Parmesan cheese to dry ingredients.

Yield: 2 crusts

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Per Serving (excluding unknown items): 173 Calories; 4g Fat (19.9% calories from fat); 4g Protein; 30g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 202mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Fat.

## Dutch Oven, Main Dish

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# Pizza - Sausage

**Servings: 6**

**Preparation Time: 35 minutes**

**1 Package Active Dry Yeast**

**2/3 Cup Warm Water**

**2 Teaspoons Sugar**

**1 1/2 Teaspoons Cooking Oil**

**1/2 Teaspoon Salt**

**2 Cups All-purpose Flour**

## **Cornmeal**

- 1 Pound Bulk Pork Sausage**
- 2 Large Tomatoes, peeled, seeded and chopped**
- 1/4 Cup Grated Parmesan Cheese**
- 1 Tablespoon Snipped Parsley**
- 1 Teaspoon Dried Oregano, crushed**
- 1/4 Teaspoon Salt**
- 1 1/2 Cups Shredded Mozzarella Cheese**

For crust, in a mixing bowl soften yeast in warm water. Stir in sugar, oil, salt and 1 cup of the flour. Stir in the remaining flour. Turn out onto a lightly floured surface; knead dough till smooth and elastic (6-8 minutes). Cover dough and let rest 10 minutes.

On a lightly floured surface roll dough into a 13-inch circle. Sprinkle corn meal on a lightly greased 12-inch pizza pan. Transfer circle of dough to pizza pan. Build up edges slightly. Bake in a 425°F oven for 10-12 minutes or till lightly browned.

In a large skillet cook sausage over medium-high heat till browned; drain. In a saucepan cook chopped tomatoes over medium-high heat for 5 minutes; drain. Stir in Parmesan cheese, parsley, oregano and salt. Spread tomato mixture over crust. Sprinkle sausage and shredded Mozzarella cheese atop. Return to the oven; bake for 10-12 minutes longer or until bubbly.

Yield: 1 12-inch Pizza

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Per Serving (excluding unknown items): 453 Calories; 23g Fat (45.7% calories from fat); 24g Protein; 37g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 496mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.

**Dutch Oven, Main Dish**

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# Pizza - Thick-crust Pepperoni

**Servings: 6**

- 3 Cups All-purpose Flour (3 to 3 1/2 Cups)**
- 1 Package Fleischmann's® Active Dry Yeast**
- 1 Teaspoon Oregano (leaves)**
- 1 Teaspoon Thyme**
- 1/2 Teaspoon Salt**
- 1 Cup Very Warm Water (120° to 130°f)**
- 2 Tablespoons Olive Oil**
- 1 Egg**
- 1/2 Cup Tomato Sauce**
- 2 Cups Grated Mozzarella Cheese (8 Ounces)**
- 1/2 Cup Thinly Sliced Pepperoni or Salami (2 Ounces)**
- 1 4-ounce Jar Diced Pimientos, well drained**

In large bowl, combine 1 1/2 cups flour, undissolved yeast, oregano, thyme and salt. Gradually add water and oil to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg and 1/2 cup flour; beat 2 minutes at high speed. With spoon, stir in enough remaining flour to make soft dough.

Knead on floured surface until smooth, about 6 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place until doubled in size, about 30 to 45 minutes.

Punch dough down. On floured surface; roll dough to fit greased 10- x 15-inch baking sheet. Spread evenly with tomato sauce; top with cheese and meat. Sprinkle with pimientos. Cover; let rise in warm place until almost doubled in size, about 20 to 30 minutes.

Bake at 400°F for 25 minutes or until done. Remove from sheet. Cut into squares. Serve warm.

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Per Serving (excluding unknown items): 509 Calories; 24g Fat (42.9% calories from fat); 21g Protein; 51g Carbohydrate; 2g Dietary Fiber; 85mg Cholesterol; 875mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 0 Vegetable; 3 1/2 Fat.

**Dutch Oven, Main Dish**

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# Pizza Dough - Classic

**Servings: 6**

*Make the dough before leaving*

**1 Package Dry Active Yeast**  
**1/2 Cup Warm Water (105-115F)**  
**1/8 Teaspoon Sugar**  
**3/4 Cup Cold Milk**  
**2 Tablespoons Olive Oil**  
**3 Cups All-purpose Flour**  
**1 1/2 Teaspoons Salt**

Directions for two 16 inch crusts.

Mix the yeast and 1/4 tsp sugar in the 1/2 cup of warm water. Let stand for 10 minutes, until bubbly.

Measure the DRY ingredients into the bowl of the processor.

Stir the 3/4 cup milk into the finished yeast mixture.

Turn on the processor and pour in the yeast mixture, then the oil, stop the machine when the dough has massed on the blade. The dough will be soft. Allow it to rest 5 minutes.

Turn on the processor for a few seconds more (no more than 5).

Turn the dough out onto a lightly floured surface and knead by hand about 60 strokes. Let the dough rise in a covered bowl until doubled (about 1 hr.)

Divide the dough in half. The dough may be kept covered in a cool place (up to an hour).

Use it immediately, refrigerated it or even freeze it.

Yield: 2 pieces

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Per Serving (excluding unknown items): 290 Calories; 6g Fat (19.5% calories from fat); 8g Protein; 50g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 550mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

**Dutch Oven, Main Dish**

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# Pizza Hot Dish

**Servings: 6**

*Troop 219 Classic*

**2 Packages Crescent Rolls**  
**8 Ounces Shredded Cheddar Cheese**  
**1 Jar Pizza Sauce**  
**8 Ounces Shredded Mozzarella Cheese**  
**1 1/2 Pounds Ground Beef**  
**Optional to Use Italian Sausage or Pepperoni Chunks**

Brown ground beef in pan, drain. Spread pizza sauce on dough.

Line dutch oven with 1 pkg of crescent rolls. They are already buttered, so do not pre-grease dutch oven.

Add browned beef, the cheeses and use second pkg of rolls to form a top crust

Bake 30 min. at 350 .

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Per Serving (excluding unknown items): 689 Calories; 55g Fat (72.6% calories from fat); 38g Protein; 9g Carbohydrate; 0g Dietary Fiber; 170mg Cholesterol; 804mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 8 Fat.

**Main Dish**

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# Pizza in a Mess Kit

**Servings: 4**

*Troop 219 classic*

**3 Cans Biscuit Dough**  
**10 Ounces Pizza or Tomato Sauce**  
**1 Cup Shredded Mozzarella Cheese**  
**Topping of Choice**  
**Mess Kit (pan With Lid)**  
**Pam or Vegetable Oil**

Spray Pam or coat mess kit with vegetable oil. Place biscuits in mess kit pan with handle attached. Mash biscuits together to make bottom layer of crust. Spread pizza sauce. Add mozzarella cheese. Place toppings of choice. Cook on grill over fire until crust is done.

---

Per Serving (excluding unknown items): 247 Calories; 14g Fat (49.4% calories from fat); 9g Protein; 23g Carbohydrate; 1g Dietary Fiber; 25mg Cholesterol; 940mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat.

Main Dish

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# Pork Chops and Beans

**Servings: 4**

**4 Pork Chops, Loin or Shoulder**  
**30 Ounces Beans in Tomato Sauce**  
**1 Medium Onion, minced**  
**1/2 Teaspoon Salt**  
**6 Tablespoons Ketchup or Chili Sauce**  
**1/4 C Water**

Brown chops lightly. Mix beans and remaining ingredients. Place in a 9 inch square pan or casserole. Top with chops and simmer 1 - 1 1/2 hours. Optional - place in a Dutch oven and bake 1 - 1/2 hours at 350 F.

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Per Serving (excluding unknown items): 494 Calories; 24g Fat (42.1% calories from fat); 30g Protein; 44g Carbohydrate; 11g Dietary Fiber; 90mg Cholesterol; 1256mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Main Dish

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# Pork Cutlets Tosca

**Servings: 4**

**Preparation Time: 15 minutes**

**1 Pound Boneless Pork Leg Cutlets, pounded to 1/8" inch thick**  
**2 Eggs, beaten**  
**2 Cloves Garlic, minced**  
**2 Tablespoons Grated Parmesan Cheese**  
**1 Tablespoon Chopped Parsley**  
**1/8 Teaspoon Salt**  
**Dash Black Pepper**  
**4 Teaspoons Butter**  
**3 Tablespoons All-purpose Flour**  
**1 Tablespoon Lemon Juice**

Combine eggs, garlic, cheese, parsley, salt and pepper. Heat butter in large skillet over medium-high heat. Dip pork cutlets in flour, then into egg batter. Sauté cutlets quickly until golden brown, about 2-3 minutes per side,

turning once. Serve sprinkled with lemon juice.

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Per Serving (excluding unknown items): 296 Calories; 18g Fat (56.6% calories from fat); 26g Protein; 6g Carbohydrate; trace Dietary Fiber; 178mg Cholesterol; 232mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

Main Dish

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## Pork Dumplings

**Servings: 8**

**8 Dried Black Mushrooms**  
**1 Pound Lean Ground Pork**  
**1/2 Cup Chopped Bamboo Shoots**  
**1/4 Cup Chopped Green Onions With Tops**  
**1 Egg White**  
**2 Tablespoons Cornstarch**  
**2 Teaspoons Salt**  
**2 Teaspoons Light Soy Sauce**  
**1/2 Teaspoon Sesame Oil**  
**1/4 Teaspoon White Pepper**  
**1 Pound Siu Mai Skins**  
**1/4 Cup Light Soy Sauce**  
**1/8 Teaspoon Sesame Oil**

Wonton skins can be substituted for siu mai skins. Cut off corners to make a circle.

Soak mushrooms in hot water 20 minutes or until soft. Drain. Rinse in warm water. Drain. Squeeze out excess moisture. Remove and discard stems. Chop caps finely.

Mix together mushrooms, pork, bamboo shoots, green onions, egg white, cornstarch, salt, 2 teaspoons soy sauce, 1/2 teaspoon sesame oil and white pepper.

Hold siu mai skin in hand. (Cover remaining skins with plastic wrap to keep them pliable.) Place 1 tablespoon pork mixture in center of skin. Bring edge of skin up side of filling, leaving top open. Repeat with remaining skins. (Cover filled dumplings with plastic wrap to keep them from drying out.)

Place dumplings in single layer on rack in steamer. Cover and steam over boiling water 20 minutes. (Add boiling water if necessary.) Repeat with remaining dumplings.

Mix together 1/4 cup soy sauce and 1/8 teaspoon sesame oil. Serve with dumplings.

---

Per Serving (excluding unknown items): 346 Calories; 13g Fat (35.1% calories from fat); 17g Protein; 39g Carbohydrate; 2g Dietary Fiber; 46mg Cholesterol; 1251mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Main Dish

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## Pork Pack - Foil Packs

Sam Tinsley, Quartermaster, Wood Badge 56

**Servings: 8**

*Troop 219 Classic*

**2 Small Onions, thinly sliced**  
**8 Boneless Pork Chops, 1/2" Thick**  
**2 Cans Cream of Mushroom Soup**  
**4 Tablespoons Soy Sauce**  
**2 Medium Green Pepper, sliced**  
**4 Cups Cooked Rice**  
**Salt and Pepper, to taste**

Place onion slices on 4 foil pieces, top with chops, sprinkle with salt and pepper.

Combine soup, soy sauce and spoon over chops. Top with green pepper slices (for flavor or can eat later).

Wrap in foil and cook on coals 10-12 minutes.

Serve rice on the side.

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Per Serving (excluding unknown items): 407 Calories; 17g Fat (39.2% calories from fat); 27g Protein; 33g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 834mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Main Dish

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## Pork Tenderloin - Diane

**Servings: 4**

**Preparation Time: 30 minutes**

**1 Pound Pork Tenderloin, cut into 8 crosswise pieces**

**2 Teaspoons Lemon Pepper**

**2 Tablespoons Butter**

**2 Tablespoons Lemon Juice**

**1 Tablespoon Worcestershire Sauce - or White Worcestershire Sauce**

**1 Teaspoon Dijon-style Mustard or Other Coarse Grained Mustard**

**1 Tablespoon Minced Parsley**

**OR**

**1 Tablespoon Chives**

Press each tenderloin slice to a 1-in. thickness. Sprinkle surfaces of medallions with lemon pepper. Heat butter in heavy skillet, cook tenderloin medallions 3-4 minutes on each side. Remove medallions to serving platter, keep warm. Add lemon juice, Worcestershire sauce, and mustard to skillet. Cook, stirring with pan juices, until heated through. Pour sauce over medallions, sprinkle with parsley and serve.

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Per Serving (excluding unknown items): 192 Calories; 10g Fat (46.2% calories from fat); 24g Protein; 1g Carbohydrate; trace Dietary Fiber; 89mg Cholesterol; 286mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat.

Main Dish

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## Pork With Rosemary & Apples

**Servings: 8**

*If the roast is not room temperature when you are ready to cook, cut it in half so that it will cook in 30 minutes and the inside and outside will attain the same doneness.*

**3 1/2 Pounds Pork Shoulder Roast, room temperature**

**2 Tart Apples, peeled and quartered**

**1/2 Cup Water or Grape or Apple Juice**

**5 Cloves Garlic - Peeled, peeled**

**3 Sprigs Fresh Rosemary**

**3 Tablespoons Dijon Mustard or Other Coarse Grained Mustard**

**1 Tablespoon Olive Oil**

**Salt and Pepper, to taste**

Spread the pork roast with the mustard and brown the roast in the bottom of a dutch oven over medium high heat. Remove the meat and pour out excess fat. Deglaze the pan with water or fruit juice, scraping up the brown bits. Add the apple, garlic, salt and pepper. Replace the roast on top of the apples and scatter the rosemary and close the lid.

Cook for 40-50 minutes. Open the cooker and test for doneness 150°-160° with a meat thermometer. If the roast is not yet done, close and cook an additional 10 -15 minutes until the meat tests at 160 degrees. Pork is best when moist and medium doneness.

Remove the roast and mash the apples and garlic. Nap the sauce onto a plate, place a slice of the roast on the sauce and garnish with some clean, fresh rosemary.

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Per Serving (excluding unknown items): 383 Calories; 29g Fat (68.3% calories from fat); 26g Protein; 4g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 98mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Fruit; 3 1/2 Fat.

**Dutch Oven, Main Dish**

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## Pot Roast

**Servings: 6**

**4 Pounds Roast (chuck or Cross Cut)**

**1/4 Cup Dry Red Wine or White**

**1 Tablespoon Brandy, 1 to 2**

**1 Large Onion, peeled**

**1/4 Teaspoon Thyme**

**1/4 Teaspoon Rosemary**

**8 Potatoes, peeled and quartered**

**Sage**

**Basil**

**Flour**

**Garlic Powder**

**Bay Leaves**

**Salt**

**Pepper**

**12 Ounces Water**

Salt and pepper roast, sprinkle with garlic powder and a little flour. Brown in large skillet, then place in dutch oven. Crush herbs and sprinkle over roast. Place bay leaves (1-2 broken in-half) in bottom. Cover roast with onions. Combine water and wine, then pour this over the roast, without washing off too many herbs.

Cover and bake at 350F for 1 1/2 hrs. Add potatoes and bake another 30-45 minutes, or until tender. Remove roast, discard bay leaves and make gravy.

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Per Serving (excluding unknown items): 569 Calories; 15g Fat (24.9% calories from fat); 70g Protein; 32g Carbohydrate; 3g Dietary Fiber; 176mg Cholesterol; 191mg Sodium. Exchanges: 2 Grain(Starch); 9 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

**Side Dish**

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## Potato Pancakes

**Servings: 6**

**4 Potatoes, peeled**

**1 Small Onion**

**2 Eggs**

**1/3 Cup All-purpose Flour**

**1 Teaspoon Baking Powder**

**1 Teaspoon Salt**

**Pinch of Fresh Ground Black Pepper**

**Oil for Frying**

Grate potatoes, place in a colander and rinse under cold water to remove starch. Drain well.

Grate onion, place in a colander and press with the back of a wooden spoon to remove excess moisture.

Combine potatoes and onion in a large bowl. Beat eggs into mixture. Stir in flour, baking powder, salt and pepper.

Heat 1/8 inch oil in a large skillet. Drop about 2 tablespoonful of batter into the oil and flatten with the back of a wooden spoon. The flatter the pancake the crisper it will be.

Brown well on both sides. Drain on paper towel. Keep cooked pancakes warm wrapped in foil.

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Per Serving (excluding unknown items): 122 Calories; 2g Fat (13.5% calories from fat); 5g Protein; 22g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 465mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

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# Potato Salad

**Servings: 6**

**Preparation Time: 25 minutes**

**Start to Finish Time: 45 minutes**

**1 1/3 Pounds Potatoes (4 medium) cut into 1-inch pieces**

**Salt**

**2 Ounces Bacon, cooked and crumbled**

**2 Hard-cooked Eggs, coarsely chopped**

**2 Ounces Crumbled Blue Cheese**

**DRESSING:**

**1 Cup Lowfat Sour Cream**

**1/2 Cup Lowfat Mayonnaise**

**1 Tablespoon Dijon Mustard**

**1/2 Teaspoon Finely Chopped Garlic**

**1/4 Teaspoon Cayenne Pepper**

**1/8 Teaspoon White Pepper (1/8 to 1/4)**

In large saucepan, combine 5 cups water, potatoes and 2 teaspoons of salt; bring to a boil. Reduce heat to medium; cover and cook 12 to 15 minutes or until potatoes are tender when pierced with a fork. Meanwhile, in blender container, combine all dressing ingredients; process until blended. When potatoes are done, drain well. In large bowl, combine potatoes, bacon, eggs and blue cheese. Add dressing; toss to coat. Season with additional salt, as desired. Cover and refrigerate.

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Per Serving (excluding unknown items): 297 Calories; 17g Fat (50.7% calories from fat); 11g Protein; 25g Carbohydrate; 2g Dietary Fiber; 101mg Cholesterol; 480mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.

**Main Dish**

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# Potatoes and Chicken Santa Fe - One Pan

**Servings: 8**

**Preparation Time: 10 minutes**

**Start to Finish Time: 25 minutes**

**2 1/2 Pounds Potatoes (4 medium) cut into 3/4-inch cubes**

**2 Pounds Boned and Skinned Chicken Breasts, cut into 3/4-inch cubes**

**4 Tablespoons Olive Oil**

**2 Cups Prepared Tomato Salsa**

**17 1/2 Fluid Ounces Canned Whole Kernel Corn, drained**

Place potatoes in shallow 1 1/2- to 2-quart microwave-safe dish. Cover with plastic wrap, venting one corner. Microwave on HIGH 8 to 10 minutes until just tender. While potatoes cook, in a large nonstick skillet over high heat toss and brown chicken in oil 5 minutes. Add potatoes; toss until potatoes are lightly browned. Add salsa and corn; toss until heated through.

---

Per Serving (excluding unknown items): 360 Calories; 9g Fat (21.6% calories from fat); 31g Protein; 40g Carbohydrate; 4g Dietary Fiber; 66mg Cholesterol; 512mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

**Dessert**

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# Pudding Pie

Sam Tinsley, Quartermaster, Wood Badge 56

**Servings: 8**

*Award Winning Troop 219 Classic*

*This recipe was prepared by Jeff Smith, Taylor McCorkle, and Kenny Hughes, Troop 261, and won First Place at*

*the Taste of Cherokee competition at Winter Camp 2000.*

**3 Boxes Instant Pudding Mix, Large size**  
**6 Cups Milk**  
**16 Ounces Cookies, nilla wafers - choc chip - oreos**  
**Optional**  
**Chocolate Chips, Reeses Peces, M&m's, Bananas or Gummies**

Layer instant pudding and cookies in a very large bowl or pot. Banana with vanilla wafers is good. Also Chocolate and Oreos, vanilla with vanilla wafers, or try pistachio with vanilla wafers. Chill in ice chest after covering top until ready to serve.

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Per Serving (excluding unknown items): 525 Calories; 18g Fat (31.0% calories from fat); 9g Protein; 83g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 847mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Non-Fat Milk; 3 Fat; 5 Other Carbohydrates.

Dessert, Dutch Oven

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## Pumpkin Spice Cake

**Servings: 8**

*Troop 219 Classic*  
*Recipe by Joe Estes, Quartermaster at Wood Badge 56.*

**1 Box Yellow Cake Mix**  
**1 Teaspoon Allspice**  
**2 Teaspoons Cinnamon**  
**1 Teaspoon Nutmeg**  
**1/4 Cup Vegetable Oil**  
**1 Cup Canned Pumpkin**  
**1 Cup Brown Sugar**  
**4 Whole Eggs**  
**Glaze:**  
**1 Cup Butter**  
**1/2 Cup Pecans**  
**1 Cup Brown Sugar**

Beat all ingredients, except for eggs for 1 minute. Add eggs and beat for 2 minutes.

Pour into aluminum foil-lined dutch oven. Bake 30-45 minutes.

For Glaze:

Melt butter and slowly add brown sugar. Stir constantly on low heat till the sugar is melted and slightly thickened. Add pecans. Pour over warm cake.

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Per Serving (excluding unknown items): 775 Calories; 45g Fat (50.7% calories from fat); 7g Protein; 90g Carbohydrate; 3g Dietary Fiber; 169mg Cholesterol; 710mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 8 1/2 Fat; 5 1/2 Other Carbohydrates.

R

Side Dish

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## Red Beans and Rice With Andouille

**Servings: 10**

**1 Pound Red Kidney Beans**  
**water, as needed**  
**SPICE MIX:**  
**bay leaves**  
**2 Teaspoons Dried Thyme**  
**2 Teaspoons Dried Oregano**

**1/2 Teaspoon Cayenne Pepper, `**  
**1/2 Teaspoon Black Pepper**  
**1 Gallon Water**  
**2 Smoked Ham Hocks**  
**1 Pint Celery, small dice**  
**1 Pint Onions, small dice**  
**1 Cup Green Bell Peppers, small dice**  
**garlic cloves**  
**1 Pound Andouille, sliced on the bias 1/4 in. (6 mm) thick**  
**salt and pepper, to taste**  
**2 Pints Simmered Rice**

Soak the beans in water overnight and drain.

Combine the spice mix ingredients and reserve.

In a heavy-bottomed saucepot, combine 1 gallon (4 liters) of water with the ham hocks, beans, celery, onions, bell peppers, garlic and spice mix. Bring to a boil, reduce to a simmer and cook for 1 hour.

Remove the ham hocks from the pot. Separate the meat from the bones and discard the skin, bones and cartilage. Cut the meat medium dice. Add the meat and the andouille slices to the pot and simmer, stirring often, until the beans are very tender and begin to break up, approximately 30 minutes. Add more water if necessary to prevent the beans from burning. Remove the bay leaves and adjust the seasonings.

To serve, mound a portion of the rice on a soup plate and ladle the red beans around it.

Yield: 10 servings of beans (8 ounces each)

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Per Serving (excluding unknown items): 448 Calories; 23g Fat (46.0% calories from fat); 27g Protein; 34g Carbohydrate; 8g Dietary Fiber; 80mg Cholesterol; 496mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 3 Fat.

Side Dish

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## Red Rice

**Servings: 16**

**1 Tablespoon Butter**  
**4 Tablespoons Shallots, minced**  
**1 Pound Red Rice**  
**2 Quarts Chicken Stock**  
**2 Bay Leaves**  
**2 Teaspoons Salt**

In a heavy-bottomed pot, melt the butter and sweat the shallots, without coloring for approximately 10 minutes. Add the rice and stir to coat.

Add the chicken stock, bay leaves and salt and bring to a boil. Cover, reduce the heat to a simmer and cook until the liquid is absorbed, approximately 20 minutes.

Spread the cooked rice on a sheet pan, remove the bay leaves and refrigerate.

Yield: 2 quarts

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Per Serving (excluding unknown items): 123 Calories; 1g Fat (8.0% calories from fat); 3g Protein; 24g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 1349mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Fat.

Dutch Oven, Side Dish

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## Rigatoni Vegetable Casserole

**Servings: 4**

**8 Ounces Rigatoni, Ziti, or Other Medium Pasta Shape, uncooked**  
**3 Cups Broccoli Florets**



**3 Carrots, thinly sliced diagonally**  
**Vegetable Oil Cooking Spray**  
**3 Tablespoons Margarine**  
**2 Tablespoons Minced Onion**  
**3 Tablespoons Flour**  
**2 1/4 Cups Skim Milk**  
**1/2 Cup Grated Edam Cheese**  
**Salt and Freshly Ground Black Pepper, to taste**

Prepare pasta according to package directions. Five minutes before pasta is done, add carrots to pasta. Cook 3 minutes; add broccoli to pasta. Cook remaining 2 minutes. When pasta and vegetables are done, drain well. Lightly spray a 2-quart casserole dish with cooking spray; set aside.

Preheat oven to 375°F. In a medium saucepan, melt margarine over low heat. Add onion and sauté about 2 minutes. Stir in flour and continue cooking and stirring until mixture thickens. Add milk and cheese and cook until cheese is melted. Season with salt and pepper to taste. Mix pasta and vegetables with sauce. Transfer to casserole dish. Bake for 25 to 30 minutes or until heated through.

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Per Serving (excluding unknown items): 450 Calories; 14g Fat (27.6% calories from fat); 19g Protein; 63g Carbohydrate; 5g Dietary Fiber; 15mg Cholesterol; 246mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat.

**S**

**Dutch Oven, Main Dish**

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## Salisbury Steak

Mike Artlip

**Servings: 8**

*Approximate values per serving, without sauce: Calories 410, total fat 25 g, Saturated fat 9 g, Cholesterol 135 mg, Sodium 180 mg, Total carbohydrates 12 g, Protein 32 g, Vitamin A 90%, Vitamin C 16%, Calcium, Iron 30%*

**1 Medium Onion, diced fine**  
**3/4 Cup Celery, diced fine**  
**3/4 Cup Carrot, diced fine**  
**2 Tablespoons Olive Oil**  
**1/4 Teaspoon Dried Thyme**  
**1 Teaspoon Dried Marjoram**  
**1/3 Teaspoon Black Pepper**  
**Salt, to taste**  
**3 Ounces Cornflake Crumbs**  
**1 Eggs, beaten**  
**3/4 Teaspoon Worcestershire Sauce**  
**1 Fluid Ounce Milk**  
**2 3/4 Pounds Ground Beef**  
**Mushroom Sauce, as needed**

Sauté the onion celery carrot (mirepoix) in the olive oil until tender. Add the thyme, marjoram, pepper and salt. Remove from the pan, cool, and refrigerate until cold.

Combine the mirepoix with the cornflake crumbs, eggs, Worcestershire sauce and milk and mix well.

Add the beef, adjust the seasonings and mix well.

Make a small patty and cook it. Taste it to check the seasonings and adjust them if necessary.

Scale 8 5-ounce (150-gram) portions of the mixture. Alternatively, use a slightly rounded #8 scoop to portion the mixture. Form each portion into a flattened football-shaped patty and place on a baking sheet.

Bake the Salisbury steaks at 325°F (160°C) until done, approximately 10 to 15 minutes. Serve with mushroom sauce.

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Per Serving (excluding unknown items): 457 Calories; 31g Fat (61.6% calories from fat); 31g Protein; 12g Carbohydrate; 1g Dietary Fiber; 135mg Cholesterol; 249mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other

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Carbohydrates.

Breakfast

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## Scrambled Eggs With Bacon

**Servings: 6**

**Preparation Time: 10 minutes**

**12 Slices Bacon, cut in 1/2-inch pieces, cooked and drained**

**12 Eggs, beaten**

**1/2 Cup Milk**

**Salt and Pepper, to Taste**

**4 Slices American Cheese, cut up (optional)**

Cut up bacon and cook; drain. Beat together eggs, milk, salt and pepper. Place in skillet with cooked bacon. Cook over medium heat. Constantly scrape with spatula to prevent browning eggs. Add cheese if desired.

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Per Serving (excluding unknown items): 304 Calories; 23g Fat (68.7% calories from fat); 21g Protein; 2g Carbohydrate; 0g Dietary Fiber; 455mg Cholesterol; 622mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat.

Dessert, Dutch Oven

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## Scrunch

Sam Tinsley, Quartermaster, Wood Badge 56

**Servings: 6**

*Troop 219 Classic*

**2 Cans Peaches, any canned fruit**

**1 Pbox Cake Mix**

**1 Cup Brown Sugar**

**1/4 Pound Butter**

Pour fruit into 13 x 9 inch cake pan. Sprinkle cake mix over top; cover with brown sugar and dot with butter.

Cook at 350 (12-14 briquettes in box oven) about 30 minutes.

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Per Serving (excluding unknown items): 495 Calories; 22g Fat (39.1% calories from fat); 3g Protein; 74g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 562mg Sodium. Exchanges: 0 Fruit; 4 1/2 Fat; 4 1/2 Other Carbohydrates.

Dutch Oven, Main Dish

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## Shepard's Pie

**Servings: 8**

*Troop 219 Classic*

**3 Pounds Ground Beef**

**8 Servings Instant Mashed Potatoes**

**1 Medium Onion, diced**

**1 Jar Beef Gravy**

**1/4 Cup Cheddar Cheese, grated**

**Milk, Butter for the Potatoes According to the Package**

Brown the ground beef and onion in a pan.

Make the mashed potatoes according to the recipe on the package on your propane stove.

Drain the grease from the beef, if possible. Add gravy to beef. Put the beef in the bottom of the dutch oven.

Put a layer of mashed potatoes on top of the beef, but DO NOT MIX.

Cook in dutch oven (350 degrees) with most of the coals on top and sides until the potatoes start to brown (about 30 minutes).

Add the cheese on top of the potatoes and let it melt. Serve while hot.

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Per Serving (excluding unknown items): 732 Calories; 52g Fat (64.1% calories from fat); 35g Protein; 30g Carbohydrate; 4g Dietary Fiber; 154mg Cholesterol; 833mg Sodium. Exchanges: 2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 8 Fat.

### Main Dish

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## Shrimp Etoufee (pronounced A-to-fay)

Sam Tinsley, Quartermaster, Wood Badge 56

**Servings: 8**

*Troop 219 Classic*

**3/4 Pound Butter**

**1 Cup Parsley, chopped**

**1 Tablespoon Louisiana Hot Sauce**

**4 Pounds Peeled Shrimp**

**5 Cups Onion, Diced**

**3 Tablespoons Salt**

**2 Tablespoons Lemon Juice**

**2 Tablespoons Worcestershire Sauce**

Cook onion in butter until clear. Add parsley, salt, lemon juice, hot sauce and Worcestershire sauce and simmer 5 minutes.

Add shrimp, cover and simmer until shrimp turns pink. It is done!

Serve with rice or noodles, or with french bread.

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Per Serving (excluding unknown items): 590 Calories; 39g Fat (59.2% calories from fat); 48g Protein; 12g Carbohydrate; 2g Dietary Fiber; 438mg Cholesterol; 3176mg Sodium. Exchanges: 6 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 7 Fat; 0 Other Carbohydrates.

### Main Dish

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## Shrimp Jambalaya for Two

**Servings: 2**

*For Wrap Recipe*

**2 Sheets Heavy Duty Foil**

**1/2 Pound Peeled Deveined Uncooked Shrimp**

**2 Cups Cooked Rice**

**1/4 Pound Smoked Sausage, sliced**

**1/2 Can (14 1/2 Oz Can) Diced Tomatoes With Garlic and Onions**

**Can Substitute a Small Can of Rotel**

**1/2 Medium Green Bell Pepper, Chopped**

**1 Teaspoon Cajun Seasonings**

**1/2 Teaspoon Hot Sauce**

Start medium high charcoal fire

Combine all the ingredients in a bowl. Center half of the mixture on each sheet of foil. Do the drugstore wrap.

Grill 8 - 10 minutes turning once.

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Per Serving (excluding unknown items): 568 Calories; 20g Fat (32.1% calories from fat); 36g Protein; 57g Carbohydrate; 2g Dietary Fiber; 213mg Cholesterol; 849mg Sodium. Exchanges: 3 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 3 Fat.

### Side Dish

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# Slaw

**Servings: 10**

**1/2 Cup Sugar**  
**1/2 Cup Cider Vinegar**  
**1 Head Cabbage, sliced thin or grated (about 8 cups)**  
**1/4 Cup Fat-free Sour Cream**  
**1 Teaspoon Salt**  
**White Pepper**

Combine sugar and vinegar; bring to a boil and reduce to medium high heat until liquid measures 1/4 cup.  
Pour vinegar mixture over cabbage and add low-fat sour cream. Season with salt and pepper and mix well.

Yield: 8-10 servings

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Per Serving (excluding unknown items): 67 Calories; trace Fat (3.0% calories from fat); 2g Protein; 16g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 234mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 1 Other Carbohydrates.

**Main Dish**

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# Slum

**Servings: 12**

*Troop 219 Classic*

**5 Pounds Hamburger**  
**5 Cans Tomato Soup**  
**5 Cans Tomato Paste**  
**5 Cans Tomato Sauce**  
**2 Large Onions, chopped**  
**2 Packages Shell Pasta**  
**1/2 Pound Velveeta Cheese, cubed in 1" chunks**  
**Garlic Powder**  
**Salt and Pepper, to taste**

Brown hamburger and onion; pour off grease. Add seasoning.

Blend soup, sauce and paste together with 5 soup cans water and pour over meat mixture.

Add cheese, and heat until cheese melts.

Pour over cooked macaroni.

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Per Serving (excluding unknown items): 854 Calories; 33g Fat (34.1% calories from fat); 38g Protein; 107g Carbohydrate; 5g Dietary Fiber; 97mg Cholesterol; 2638mg Sodium. Exchanges: 5 1/2 Grain(Starch); 2 1/2 Lean Meat; 3 1/2 Vegetable; 5 Fat; 0 Other Carbohydrates.

**Dessert, Dutch Oven**

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# Snickerdoodles

**Servings: 24**

**1/2 Cup Margarine, soft**  
**1/2 Cup Soy Flour, sifted**  
**1/2 Cup All-purpose Flour**  
**1 Cup Sugar**  
**1 Egg**  
**1/2 Teaspoon Vanilla**  
**1/4 Teaspoon Baking Soda**

**1/2 Teaspoon Baking Powder**  
**1/2 Cup Wheat Flour, Whole-grain**  
**2 Tablespoons Sugar**  
**1 Teaspoon Cinnamon**

Mix margarine whipping with a fork for 60 seconds. Add soy flour, all-purpose flour, 1 cup sugar, egg, vanilla, baking soda and baking powder. Beat together. Beat in the whole wheat flour.

Chill dough for 1 hour. Shape into 1" balls. Roll the balls in sugar/cinnamon mixture and place on a greased cookie sheet. Bake at 375°F in a dutch oven on a rack for 10 minutes. Cool on a wire rack.

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Per Serving (excluding unknown items): 99 Calories; 4g Fat (39.2% calories from fat); 2g Protein; 14g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 71mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Side Dish

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## Southern Green Beans

**Servings: 8**

*slow simmered and tender*

**2 Cans Green Beans**  
**4 Strips Bacon, chopped**  
**1 Small Onion, chopped**  
**3 Dashes Vinegar and Oil Salad Dressing**  
**2 Dashes Hot Pepper Sauce**

Lightly brown bacon in a sauce pan. pour off all but 1 tablespoon of fat.  
Add chopped onions and cook until clear

Add green beans with liquid vinegar and hot pepper sauce.  
Salt and pepper to taste.

Cook on low for 15 - 20 minutes

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Per Serving (excluding unknown items): 25 Calories; 2g Fat (60.9% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 55mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Main Dish

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## Southwestern Beef Hash

**Servings: 8**

**Start to Finish Time: 30 minutes**

**2 Pounds Lean Ground Beef**  
**2 Small Onion, chopped**  
**6 Cups Frozen Potatoes O'brien**  
**1 Teaspoon Salt**  
**1/2 Teaspoon Pepper**  
**2 Cups Prepared Salsa**  
**Green Onion and Ripe Olive Slices, Optional**

Brown ground beef and onion in large skillet over medium heat 8 to 10 minutes or until no longer pink. Pour off drippings.

Stir in potatoes, salt and pepper.

Increase heat to medium-high and cook 5 minutes, stirring occasionally.

Stir in salsa. Continue cooking 8 to 10 minutes or until potatoes are lightly browned, stirring occasionally.

Garnish with green onion and ripe olive slices, if desired.

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Per Serving (excluding unknown items): 389 Calories; 24g Fat (55.5% calories from fat); 22g Protein; 20g Carbohydrate; 4g Dietary Fiber; 85mg Cholesterol; 652mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 Vegetable; 3 Fat.

## Main Dish

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# Southwestern Grilled Chicken Wrap

**Servings: 8**

**2 Pounds Skinless Boneless Chicken Breast**  
**salt and pepper, to taste**  
**2 Cups Avocados, diced or sliced**  
**1/2 Cup Red Bell Peppers**  
**1/2 Med Red Onion**  
**1/2 Cup Tomatoes**  
**8 Tortillas, 10 in. (24 cm)**  
**2 Pounds Black Bean Spread (recipe Follows)**  
**2/3 Cup Black Olives, sliced**  
**1 Bunch Fresh Cilantro, chopped**  
**1 Pound Cheddar Cheese, grated**  
**1 Tablespoon Jalapeños, minced**  
**Black Bean Spread: Make Before the Trip**  
**1 Pound Black Beans, soaked and drained**  
**2 2/3 Quarts Water**  
**2 2/3 Ounces Onion, diced**  
**4 Ounces Tomatoes, diced**  
**1/2 Cup Cilantro, chopped**  
**salt and pepper, to taste**  
**2/3 Teaspoon Cumin**  
**2/3 Teaspoon Chili Powder**

1. Season the chicken breast with salt and pepper and grill or broil until done. Chill and cut into strips.
2. Peel the avocados and cut each into 12 slices. Clean the bell peppers and cut into strips. Slice the onions thinly. Dice the tomatoes.
3. To make each sandwich, place one tortilla on a cutting board and spread with approximately 4 ounces (120 grams) of Black Bean Spread.
4. Sprinkle 1/8 of the peppers, onions, tomatoes, olives, cilantro, cheese and jalapeños over the bean spread.
5. Top with 1/8 of the chicken.
6. Roll the tortilla around the ingredients tightly enough so that the sandwich will hold its shape. Cut the sandwich as desired for service.

Yield: 8 Sandwiches

To make the Black Bean Spread:

1. Combine the beans and the water, bring to a boil, reduce to a simmer and cook until tender, approximately 1 to 1 1/2 hours.
2. Add the remaining ingredients and simmer for 10 minutes.
3. Drain the beans, reserving the cooking liquid. Chill the beans and the liquid.
4. Purée the beans, adding enough of the cooking liquid to make a soft, spreadable purée.

Yield: 3 pounds (1.3 kg)

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Per Serving (excluding unknown items): 874 Calories; 33g Fat (34.0% calories from fat); 61g Protein; 84g Carbohydrate; 13g Dietary Fiber; 125mg Cholesterol; 894mg Sodium. Exchanges: 5 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 Fat.

## Side Dish

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# Spaetzle

**Servings: 8**

**3 Eggs**  
**3 Ounces Water or Milk**  
**4 Cups Flour**  
**1/2 Teaspoon Salt**  
**1/8 Teaspoon Nutmeg**  
**3 Tablespoons Whole Butter**  
**Fresh Parsley as Needed, chopped**

1. Whisk the eggs to blend. Add the water, flour, salt and nutmeg. Mix until well blended; do not overmix.
2. Place the batter in a colander suspended over a large pot of boiling water. Work the batter through the colander's holes using a plastic bowl scraper or rubber spatula. The batter should drop into the boiling water.
3. Cook the dumplings in the boiling water for approximately 3-4 minutes. Remove them with a skimmer and refresh.
4. For service, sauté the dumplings lightly in butter, just until hot. Garnish with chopped parsley.

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Per Serving (excluding unknown items): 294 Calories; 7g Fat (21.2% calories from fat); 9g Protein; 48g Carbohydrate; 2g Dietary Fiber; 91mg Cholesterol; 214mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1 Fat.

**Main Dish**

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# Spaghetti and Meat Sauce

**Servings: 7**

*Troop 219 Classic*

**16 Ounces Spaghetti**  
**2 Jars Spaghetti Sauce**  
**1 Pound Italian Sausage**  
**1/3 Cup Parmesan Cheese, grated**  
**Optional Ingredients**  
**Mushrooms, Green Pepper, Fresh Garlic**  
**1 Tablespoon Oil**

Slit the sausage slightly and pull off the casing and discard. Grill the sausage with green peppers in a little oil with fresh garlic. Remove and chop sausage into bite-sized chunks. Add mushrooms to the remaining oil and garlic and grill.

Heat sauce in a separate pot. Add the sausage, peppers and mushrooms. Simmer.

In large pot, boil water, 2/3 full, with a pinch of salt. Add the spaghetti and ring to a boil again. Stir spaghetti frequently for approximately 6 minutes. Test spaghetti for doneness and cook longer if necessary.

Otherwise, drain the spaghetti through the colander. Serve with sauce and grated cheese.

---

Per Serving (excluding unknown items): 577 Calories; 28g Fat (43.7% calories from fat); 20g Protein; 60g Carbohydrate; 4g Dietary Fiber; 52mg Cholesterol; 902mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 2 Vegetable; 4 1/2 Fat.

**Main Dish**

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# Spaghetti and Meatballs

**Servings: 6**

**1 Pound Spaghetti, Linguine, or Thin Spaghetti, uncooked**  
**MEATBALLS**

**4 Slices White Bread**  
**1/2 Cup Skim Milk**  
**2 Large Egg Whites**  
**8 Ounces Ground Turkey**  
**8 Ounces Ground Beef**  
**1/4 Cup Romano Cheese**  
**1 Tablespoon Minced Fresh Basil**  
**OR**  
**1 Teaspoon Dried Basil**  
**1 Teaspoon Minced Fresh Oregano**  
**OR**  
**1/2 Teaspoon Dried Oregano**  
**1/2 Teaspoon Salt**  
**1/4 Teaspoon Pepper**  
**SAUCE**  
**Basic Tomato Sauce Recipe Follows or Use - Canned Prepared Sauce**  
**1 Teaspoon Vegetable Oil, divided**

Put the bread into a medium mixing bowl and pour the milk over it. Let sit 5 minutes. Add the egg whites, ground turkey, ground beef, Romano cheese, basil, oregano, salt and pepper. Knead the mixture with your hands until it is smooth. To prevent sticking, dip your hands into cool water before forming each meatball. Form mixture into 30 1 1/2-inch balls.

Pour the tomato sauce into a large, heavy-bottom saucepan and bring to a simmer over low heat. Warm 1/2 teaspoon vegetable oil in a large non-stick skillet. Add half the meatballs to the skillet and brown them on all sides. Spoon the meatballs into the tomato sauce. Add the remaining 1/2 teaspoon vegetable oil to the skillet and brown the rest of the meatballs, then add them to the sauce. Simmer, stirring, for 20 minutes.

While sauce is simmering, prepare pasta according to package directions; drain.

Transfer to a large serving bowl. Remove bay leaves from sauce; pour sauce over pasta and serve.

---

Per Serving (excluding unknown items): 626 Calories; 18g Fat (26.2% calories from fat); 31g Protein; 85g Carbohydrate; 6g Dietary Fiber; 67mg Cholesterol; 1035mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 Lean Meat; 3 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

Condiment

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## Basic Tomato Sauce

National Pasta Association

**Servings: 4**

**1 Teaspoon Vegetable Oil**  
**1 Medium Onion, chopped**  
**2 Cloves Garlic, chopped**  
**2 28-ounce Cans Whole Tomatoes**  
**1 6-ounce Can Tomato Paste**  
**2 Teaspoons Dried Italian Seasoning**  
**2 Bay Leaves**  
**Salt and Pepper, to taste**

In a medium, heavy-bottom saucepan, stir together the oil, onion and garlic. Cook over low heat, stirring often, until the onion is very soft and aromatic, about 6 to 8 minutes. In a food processor or blender, purée the tomatoes. Add the tomatoes and tomato paste to the onions and bring to a simmer over medium-high heat. Reduce the heat to very low and let the sauce simmer slowly for 30 minutes, stirring the bottom often to prevent burning. If you are adding meatballs, do so at this time, and simmer them in the sauce for 20 minutes, stirring often. If you are not adding meatballs, simmer the sauce for another 20 minutes (50 minutes total). Season to taste with salt and pepper. Remove bay leaves before serving.

---

Per Serving (excluding unknown items): 135 Calories; 2g Fat (11.4% calories from fat); 6g Protein; 29g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 925mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Vegetable; 0 Fat.



---

# Spam Breakfast Burritos

**Servings: 6**

**1 12-oz Can Spam Luncheon Meat, cubed**  
**4 Eggs**  
**2 Tablespoons Milk**  
**1 Tablespoon Butter or Margarine**  
**6 6-inch Flour Tortillas**  
**1 Cup Shredded Cheddar Cheese, divided**  
**1 Cup Shredded Monterey Jack Cheese, divided**  
**Salsa or Taco Sauce**

In bowl, beat together SPAM, eggs, and milk. Melt butter in large skillet; add egg mixture. Cook, stirring, to desired doneness.

Fill each tortilla with SPAM mixture and half of cheeses. Roll burrito; place seam side down in skillet. Sprinkle remaining cheese over top of burritos. Cover on low heat for 5-10 minutes of until cheese is melted. Serve with salsa.

---

Per Serving (excluding unknown items): 455 Calories; 30g Fat (60.6% calories from fat); 26g Protein; 19g Carbohydrate; 1g Dietary Fiber; 211mg Cholesterol; 1213mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 0 Non-Fat Milk; 4 Fat.

**Main Dish**

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# Spam Primavera

**Servings: 8**

**1 12-oz Can Spam, cut in strips**  
**2 Carrot, thinly sliced**  
**1 Zucchini, thinly sliced**  
**1/4 Cup Onion, finely chopped**  
**1 Clove Garlic, minced**  
**6 Tablespoons Olive Oil, divided**  
**9 Ounces Linguine, cooked**  
**1/2 Cup Grated Parmesan Cheese**  
**2 Tablespoons Lemon Juice**  
**1/4 Teaspoon White Pepper**

In a large skillet, cook Spam, carrots, zucchini, onion and garlic in 3 tablespoons olive oil until vegetables are crisp and tender.

Toss together linguini, vegetable mixture, parmesan cheese, 2 tablespoons olive oil, and lemon juice until well coated. Serve immediately.

---

Per Serving (excluding unknown items): 347 Calories; 20g Fat (52.5% calories from fat); 14g Protein; 28g Carbohydrate; 2g Dietary Fiber; 25mg Cholesterol; 683mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat.

**Main Dish**

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# Spicy Bean Tacos

**Servings: 6**

**2 Tablespoons Butter**  
**1 Medium Onion, chopped**  
**1/4 Teaspoon Garlic Powder**  
**1/4 Teaspoon Ground Cumin**

### **Dash Pepper**

- 1 19-ounce Can Beans in Sauce**
- 3 Drops Tabasco Sauce (3 to 4 Drops)**
- 12 Taco Shells**
- 1 Cup Sliced Mushrooms**
- 1 Cup Grated Cheddar Cheese**
- 2 Tomatoes, cored and diced**
- Shredded Ontario Lettuce (in Season)**

Sauté onion in butter in skillet until softened. Stir in garlic powder, cumin and pepper. Cook 2 minutes. Add beans and Tabasco sauce. Simmer uncovered 10 minutes, stirring frequently.

Warm taco shells in oven, if desired, at 350 degrees F (180 degrees C) 5 minutes. Divide bean mixture equally amongst taco shells. Top with mushrooms, cheese, tomatoes and lettuce. Pita bread may be used instead of taco shells.

Makes 12 tacos. Allow 2 per serving.

Yield: 12 Tacos

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Per Serving (excluding unknown items): 342 Calories; 17g Fat (43.5% calories from fat); 12g Protein; 38g Carbohydrate; 7g Dietary Fiber; 36mg Cholesterol; 654mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 3 Fat.

[Dessert, Dutch Oven](#)

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## Strawberry Cake

**Servings: 16**

*An old-fashioned crowd-pleaser!*

- 1 Box White Cake Mix**
  - 1 Small Box Strawberry Gelatin**
  - 3/4 Cup Oil**
  - 3/4 Cup Milk**
  - 4 Eggs, separated**
  - 1 Cup Shredded Coconut**
  - 2 Cups Strawberries, halved**
  - 1 Cup Pecans, chopped**
- FROSTING**
- 4 Tablespoons (1/2 Stick) Margarine, softened**
  - 3 3/4 Cups Big Chief Powdered Sugar**
  - 1/2 Strawberry Mixture (leftover From Cake Preparation)**

Make Cake: Combine cake mix and gelatin. Mix together by hand. Add oil, milk and egg yolks; beat just enough to mix. In a separate bowl, mix coconut, nuts, and strawberries. Add half of this mixture to batter (reserving remaining half for frosting.) Beat egg whites until stiff but not dry and fold into batter. Pour into three 8 or 9-inch greased and floured cake pans. Bake 20 to 25 minutes at 350 degrees.

Make Frosting: Cream margarine. Stir in Big Chief powdered sugar. Add remaining half of strawberry mixture and beat well. Ice cooled cake.

---

Per Serving (excluding unknown items): 434 Calories; 23g Fat (47.5% calories from fat); 4g Protein; 54g Carbohydrate; 2g Dietary Fiber; 55mg Cholesterol; 220mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 4 1/2 Fat; 3 1/2 Other Carbohydrates.

[Dutch Oven, Main Dish](#)

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## Stromboli

**Servings: 10**

**Preparation Time: 1 hour 30 minutes**

**Start to Finish Time: 2 hours**

1. *Serve warm or at room temperature.*
2. *Could be used as appetizer, or as main course with a salad!*
3. *Tastes great!*
4. *For pieces more of a cocktail size, use each piece of dough separately, making four logs instead of two. Put 1/4 of the mixture in each pastry and proceed as described.*

**6 Ounces Pepperoni Slices (6 to 8 Ounces), cut in 1/2-inch squares**  
**8 Ounces Ham Lunch Meat Slices, cut in 1/2-inch squares**  
**7 Ounces Salami, Dry Type, Slices (7 to 8 Ounces), cut in 1/2-inch squares**  
**12 Ounces Mozzarella Cheese, Part Skim Milk, grated (12-16 ounces)**  
**1 Cup Romano Cheese, grated**  
**4 Whole Eggs, beaten**  
**1/2 Teaspoon Pepper, Red, Crushed, + or -**  
**2 (8-ounce) Packages Pillsbury Crescent Rolls**  
**1 (4-ounce) Can Ripe Olives (optional), chopped**

Mix all filling ingredients (everything but crescent rolls) in large bowl, reserving some egg to brush tops of pastry.

Working with 1 package of rolls, lay out both pieces side by side on wax paper, smooth out perforations and push seams together. Cover with wax paper and roll out so dough is in 1 sheet 1/8-inch thick and approximately 18 x 12-inches (the width of the wax paper). Put half of filling mixture down center of dough and fold over each side onto center to make long roll. Fold ends over. Turn over onto baking sheet, seam side down. Cut diagonal slits across top. Brush with beaten egg; sprinkle with sesame seeds (optional). Repeat with second package of rolls. Bake at 350°F 30-40 minutes until golden brown.

Cut into slices to serve.

---

Per Serving (excluding unknown items): 535 Calories; 36g Fat (61.2% calories from fat); 29g Protein; 22g Carbohydrate; trace Dietary Fiber; 154mg Cholesterol; 1654mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 0 Fruit; 5 Fat.

**Dutch Oven, Main Dish**

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## Sweet and Sour Chicken

**Servings: 45**

**1 Carrot, cut into chunks**  
**1 Green Pepper, cubed**  
**1 Medium Onion, quartered**  
**2 Tablespoons Quick-cooking Tapioca**  
**4 Boneless Skinless Chicken Breasts**  
**8 Ounces Canned Pineapple**  
**1/3 Cup Firmly Packed Dark Brown Sugar**  
**1/3 Cup Red Wine Vinegar**  
**1 Tablespoon Soy Sauce**  
**1 Teaspoon Instant Chicken Bouillon**  
**1/2 Teaspoon Garlic Powder**  
**2 Tablespoons Fresh Ginger, minced**  
**1 Teaspoon Dried Cilantro**  
**Hot Cooked Rice**

Put vegetables in bottom of crockpot. Sprinkle tapioca over vegetables. Place chicken atop vegetables.

Combine all other ingredients, except rice in a small bowl. Pour over chicken.

Cover crockpot and turn to low and cook for 8-10 hours.

Before serving make rice. Serve over rice. Leftovers can be reheated in microwave.

**OVEN:** Put vegetables in bottom of a greased pan. Sprinkle vegetables with tapioca. Add chicken to pan. Combine all other ingredients except rice in a small bowl. Pour over chicken. Cover pan tightly with foil. Bake in 300°F oven for 2 hours. Serve over rice. Leftovers can be reheated in microwave.

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Per Serving (excluding unknown items): 36 Calories; trace Fat (7.3% calories from fat); 5g Protein; 3g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 46mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

**Main Dish**

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## Sweet Pepper Pork

**4 Center Cut Pork Tenderloins, cut into 1-inch cubes**  
**6 Ounces Sweet Peppers, diced or stripped (more or less to taste)**  
**1 Tablespoon Soy Sauce**  
**2 Tablespoons Sunflower Oil**  
**1 Package Pork Flavoring (can Use Packet From Ramen Noodles)**  
**2 Bags Success Rice**  
**1 Clove Garlic, crushed**  
**1 Teaspoon Liquid Smoke Flavoring**  
**3 Cups Boiling Water**

In A fry pan set at 275 degrees add oil and garlic. After garlic has started to turn golden brown, add pork cubes, browning them thoroughly. Then add soy sauce and smoke flavoring. While meat is cooking in sauce, in good size saucepan bring water to boiling and add pork flavoring and the bags of rice. Add sweet peppers to meat mixture; cover for 5 minutes. When rice is done, add to meat mixture and stir lightly. Serve with tossed salad.

---

Per Serving (excluding unknown items): 1382 Calories; 59g Fat (39.2% calories from fat); 193g Protein; 12g Carbohydrate; 3g Dietary Fiber; 590mg Cholesterol; 1524mg Sodium. Exchanges: 27 Lean Meat; 2 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.

**Dutch Oven, Main Dish**

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## Swiss Steak

**Servings: 10**

**10 6-ounce Each Beef Bottom Round Steaks (180 g each)**  
**Flour for Dredging, as needed**  
**salt and pepper, to taste**  
**2 Ounces Oil**  
**1 Pound Onion, small dice**  
**3 Garlic Cloves, crushed**  
**8 Ounces Celery**  
**4 Ounces Flour**  
**5 Pints Brown Stock**  
**6 Ounces Tomato Puree**  
**SACHET:**  
**bay leaves**  
**1/2 Teaspoon Dried Thyme**  
**1/2 Teaspoon Peppercorns, crushed**  
**8 Parsley Stems**

1. Dredge the steaks in flour seasoned with salt and pepper.
2. Heat the oil in a roasting pan and brown the steaks well on both sides. Remove the steaks.
3. Add the onions, garlic and celery; sauté until tender.
4. Add the flour and cook to a brown roux.
5. Gradually, add the brown stock, whisking until the sauce is thickened and smooth. Add the tomato purée and sachet.
6. Return the steaks to the braising pan, cover and cook in a 300°F (150°C) oven until tender, approximately 2 hours.
7. Remove the steaks from the sauce. Discard the sachet. Strain the sauce and adjust the seasonings. Serve the steaks with the sauce.

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Per Serving (excluding unknown items): 480 Calories; 29g Fat (55.0% calories from fat); 37g Protein; 16g Carbohydrate; 2g Dietary Fiber; 109mg Cholesterol; 1339mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat.

T

Side Dish

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## Tabouli (bulgur Wheat) Salad

**Servings: 15**

**10 Ounces Bulgur**  
**8 Ounces Onion, brunoise**  
**2 Ounces Green Onion, sliced**  
**6 Ounces Fresh Parsley, chopped**  
**2 Ounces Fresh Mint, chopped**  
**8 Ounces Olive Oil**  
**8 Ounces Lemon Juice**  
**1 Pound Tomato Concassé**  
**salt and pepper, to taste**  
**4 Ounces Pine Nuts, toasted**

1. Place the bulgur in a bowl and cover with cold water. Soak the bulgur until tender, approximately 2 hours.
2. Drain the bulgur and squeeze out all the excess water.
3. Add the onions, green onions, parsley, mint, olive oil and lemon juice. Mix well.
4. Add the tomatoes; mix to combine. Season with salt and pepper.
5. Garnish with the toasted pine nuts.

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Per Serving (excluding unknown items): 253 Calories; 19g Fat (62.5% calories from fat); 5g Protein; 20g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.

Main Dish

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## Taco Burgers

**Servings: 8**

*Troop 219 Classic*

**1 Pound Ground Beef**  
**1 Teaspoon Chili Powder**  
**3/4 Teaspoon Garlic Powder**  
**1/4 Teaspoon Dry Mustard**  
**2 Cups Shredded Lettuce**  
**1 Can Diced Tomato**  
**1 Teaspoon Worcestershire Sauce**  
**1/2 Teaspoon Sugar**  
**8 Hamburger Bun, split and toasted**  
**2 Cups Shredded American Cheese**

Brown meat; drain off excess fat. Add undrained tomatoes, Worcestershire sauce and all seasonings. Stir well breaking up large pieces of tomatoes. Simmer uncovered for 15-20 minutes or until thickened. Spoon on toasted buns. Sprinkle each burger with shredded lettuce and cheese.

The buns are easier to handle than Taco shells---and more filling.

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Per Serving (excluding unknown items): 415 Calories; 26g Fat (57.3% calories from fat); 20g Protein; 24g Carbohydrate; 2g Dietary Fiber; 75mg Cholesterol; 690mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates.

Main Dish

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# Taco Salad

**Servings: 8**

**Preparation Time: 25 minutes**

**2 Pounds Lean Ground Pork**  
**2 8-ounce Cans Tomatoes, cut up**  
**1/2 Cup Chopped Onion**  
**4 Teaspoons Chili Powder, to taste**  
**1/2 Teaspoon Garlic Powder**  
**Salt and Pepper, to taste**  
**2 Heads Iceberg Lettuce**  
**4 Tomatoes, cut in wedges**  
**1/2 Cup Shredded Cheddar Cheese (1 Ounce)**

In heavy 9-inch skillet, brown ground pork over moderate heat. Drain. Stir in undrained canned tomatoes, onion, chili powder and garlic powder. Bring to boiling; reduce heat and simmer uncovered, until most liquid evaporates, about 15 minutes, stirring occasionally. Season to taste with salt and pepper. Meanwhile, line four individual salad bowls with large lettuce leaves; tear remaining lettuce into bite-size pieces. Divide among four salad bowls. Spoon about 1/2 cup pork mixture onto lettuce bed in each salad bowl. Arrange tomato wedges atop salad; sprinkle with cheese and crushed corn chips, if desired.

---

Per Serving (excluding unknown items): 327 Calories; 23g Fat (61.5% calories from fat); 22g Protein; 10g Carbohydrate; 4g Dietary Fiber; 73mg Cholesterol; 224mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat.

**Main Dish, Soup**

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# Taco Soup

**Servings: 8**

*Troop 219 Classic*

**2 Pounds Hamburger, Browned and drained**  
**1/2 Cup Onion, Chopped**  
**1 Package Taco Seasoning Mix**  
**1 Package Ranch Dressing, Dry Mix**  
**1 Can Chopped Green Chilies**  
**3 Cans Water**  
**1 Tablespoon Chili Powder**  
**Pepper, to taste**  
**8 Ounces Frito Chips or Tortilla Chips**  
**1 Can Pinto Beans, Drained**  
**1 Can Red Kidney Beans, Drained**  
**3 Cans Diced Tomatoes, with juice**  
**1 Cup Grated Cheese**

Combine all ingredients, except cheese, simmer 30-45 minutes. Ladle over chips. Top with cheese.

---

Per Serving (excluding unknown items): 741 Calories; 28g Fat (33.3% calories from fat); 32g Protein; 94g Carbohydrate; 13g Dietary Fiber; 59mg Cholesterol; 1057mg Sodium. Exchanges: 5 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

**Main Dish**

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# Teriyaki Lemon Chicken

**Servings: 1**

*Troop 219 Classic*

**2 Pieces Chicken, about 8 oz per person**  
**1 Teaspoon Grated Lemon Peel**  
**1/2 Cup Teriyaki Sauce**  
**1 Tablespoon Lemon Juice**  
**2 Teaspoons Hot Pepper Sauce**  
**1/2 Teaspoon Ground Cinnamon**

Put chicken in plastic bag. Combine all other ingredients and pour over chicken, seal and put in ice chest before you take it to camp. Cook on grill over coals about 5-7 inches from coals or 40-50 minutes or until chicken is tender ---OR---cook in foil pack.

---

Per Serving (excluding unknown items): 6558 Calories; 467g Fat (65.5% calories from fat); 524g Protein; 28g Carbohydrate; 1g Dietary Fiber; 2716mg Cholesterol; 7849mg Sodium. Exchanges: 0 Grain(Starch); 72 1/2 Lean Meat; 4 1/2 Vegetable; 0 Fruit; 48 1/2 Fat; 0 Other Carbohydrates.

Main Dish

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## Texas Chuckwagon Stew

**Servings: 6**

*Troop 219 classic*

**2 Pounds Ground Beef**  
**1 Large Onion, chopped**  
**1 Can Corn**  
**1 Can Diced Tomatoes**  
**1 Package Instant Chili Seasoning Mix**

Brown ground beef with onion, drain. Add all of the other ingredients (including the amount of water required on back of chili mix). Stir, simmer for about 15 minutes.

---

Per Serving (excluding unknown items): 495 Calories; 40g Fat (74.0% calories from fat); 26g Protein; 6g Carbohydrate; 1g Dietary Fiber; 129mg Cholesterol; 108mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 6 Fat.

Breakfast

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## Toad in a Hole

**Servings: 1**

*Troop 219 Classic*

**1 Slice Bread, per person**  
**1 Egg**  
**Butter**  
**Salt & Pepper**

Butter both sides of the bread. Cut out a hole in the middle of the slice of bread, about the size of an egg yolk. Gently melt butter in the pan, then put bread into the pan to brown with a low flame. Crack egg over the hole in the bread so it drops down into the hole. When yolk starts to cook, turn over, and remove from pan when yolk is desired consistency, bread and all. Season with salt and pepper.

---

Per Serving (excluding unknown items): 141 Calories; 6g Fat (38.5% calories from fat); 8g Protein; 13g Carbohydrate; 1g Dietary Fiber; 212mg Cholesterol; 205mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Fat.

W

Dessert

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## White Chocolate Pudding

**Servings: 8**

*A velvety-smooth pudding that tastes great alone or paired with other dessert items such as raspberries or strawberries*

**4 Cups Milk**  
**2/3 Cup Sugar**  
**6 Tablespoons Cornstarch**  
**4 Ounces White Chocolate Chips**

Scald 1 1/2 cups milk for 3-4 minutes in a saucepan on medium low. Add sugar and white chocolate to dissolve. In a small bowl whisk cornstarch and remaining milk. Combine both milk mixtures and cook in a double boiler at medium heat for 5 minutes or until thickened. Pour into a shallow dish to cool. Stir occasionally to release steam. Chill.

---

Per Serving (excluding unknown items): 220 Calories; 7g Fat (28.3% calories from fat); 5g Protein; 36g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 64mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Dessert, Dutch Oven

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## Whoopie Pies

**Servings: 15**

**1 Egg**  
**1/3 Cup Vegetable Oil**  
**1 Cup Sugar**  
**2 Cups Unsifted All-purpose Flour**  
**1/3 Cup Unsweetened Cocoa**  
**1 Teaspoon Baking Soda**  
**1/4 Teaspoon Salt**  
**3/4 Cup Milk**  
**1 Teaspoon Vanilla**  
**Filling (recipe Follows)**  
**FILLING**  
**1/2 Cup Butter or Margarine**  
**1 Cup Confectioners' Sugar**  
**1 Cup Marshmallow Fluff® (about 1/2 of a 7 1/2-ounce Jar)**  
**1 Teaspoon Vanilla**

Heat oven to 350°F. Grease two large cookie sheets and set aside. In a large bowl with mixer at medium speed, beat egg and vegetable oil. Gradually beat in sugar and continue beating until pale yellow in color. In another bowl, combine flour, cocoa, baking soda and salt. In a measuring cup combine milk and vanilla. Add flour and milk mixtures alternately to eggs and sugar, beginning and ending with dry ingredients. Drop by tablespoons onto cookie sheet. These will spread a lot, so make 6 cakes per sheet at a time. Bake about 5 minutes or until top springs back when lightly touched with finger. Remove to wire racks to cool. When cool, use filling and two cakes to make sandwiches.

To Make Filling: In a medium bowl with mixer at medium speed, beat butter and remaining ingredients until light and fluffy.

Yield: 15 Pies

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Per Serving (excluding unknown items): 294 Calories; 12g Fat (36.7% calories from fat); 3g Protein; 44g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 199mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 2 Other Carbohydrates.

Side Dish

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## Wok Vegetables

**Servings: 6**

*Approximate values per 6-oz. (180-g) serving: Calories 114, Total fat 7 g, Saturated fat 1 g, Cholesterol 0 mg, Sodium 443 mg, Total carbohydrates 12 g, protein 3 g, Claims—low saturated fat; no cholesterol; good source of*



*fiber*

**1/2 Head Green Cabbage**  
**1 Zucchini**  
**1 Yellow Squash**  
**1 Tablespoon Peanut Oil**  
**1 1-inch Piece Fresh Ginger, peeled and chopped fine**  
**2 Garlic Cloves, chopped fine**  
**2 Ounces Fresh Cilantro, chopped coarse**  
**2 Tablespoons Peanuts, roasted, unsalted, chopped**  
**1 Tablespoon Sesame Oil**  
**1 Teaspoon Sesame Seeds**  
**2 Tablespoons Soy Sauce**  
**2 Tablespoons Fresh Lime Juice**  
**2 Tablespoons Mirin**  
**2 Tablespoons Rice Wine Vinegar**  
**Salt and Pepper, to taste**

Core the cabbage and cut into a rough julienne.

Grate the outside of the zucchini and the yellow squash, discarding the inner seeds.

Heat the peanut oil in a wok or large skillet over high heat. Add the ginger, garlic, cabbage, squashes, cilantro, peanuts, sesame oil and sesame seeds. Cook, tossing frequently, until the vegetables begin to wilt.

Deglaze the pan with soy sauce, lime juice, mirin and vinegar. Season to taste with salt and pepper.

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Per Serving (excluding unknown items): 106 Calories; 7g Fat (54.2% calories from fat); 3g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 365mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

**Z**

**Main Dish**

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## Ziti With Zesty Chicken

**Servings: 8**

**2 Pounds Ziti, Mostaccioli or Other Medium Pasta Shape, uncooked**  
**24 Ounces Chopped, Cooked Chicken**  
**4 Teaspoons Butter or Margarine**  
**2 Medium Onion, chopped**  
**2 Tablespoons Dijon Mustard**  
**4 Tablespoons All-purpose Flour**  
**4 Cups Low-sodium Chicken Broth**  
**1/2 Cup Lemon Juice**  
**2 10-ounce Packages Frozen Peas, defrosted and drained**  
**1/2 Cup Fresh Parsley, chopped**  
**Salt and Pepper, to taste**

Prepare pasta according to package directions. While pasta is cooking, warm the butter or margarine over medium heat in a large skillet. Add the onion and cook for 3 minutes. Stir in the Dijon mustard and flour. Very gradually whisk in the chicken broth. Bring the broth to a boil and stir in the lemon juice, peas and parsley.

When pasta is done, drain it well. Toss pasta and cooked chicken with sauce, season with salt and pepper and serve.

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Per Serving (excluding unknown items): 681 Calories; 9g Fat (11.1% calories from fat); 51g Protein; 103g Carbohydrate; 7g Dietary Fiber; 77mg Cholesterol; 240mg Sodium. Exchanges: 6 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

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