



Troop 219 Recipes

A tasty collection of tried and true camp recipes.

Contents

A

Almond Honey Crunch	2
Ancho Chili Chicken Chowder	3
Angel Hair With Tomatoes, Basil and Garlic	4
Apple Brown Betty	5
Apple Cinnamon Bars	6
Apple Cobbler	7
Apple Cobbler - Cake Mix Version	8
Apple Crisp	9
Apple Pancakes	10
Apple Streusel Coffee Cake	11
Apple-sausage Coffeecake	12
Apple-stuffed Pork Chops	13
Applesauce Cake	14
Asian-style Vegetable Stir Fry	15

B

B L T Burgers	17
Bacon 'n Eggs Crescent Sandwich	18
Baked Beans	19
Baked Brisket of Beef	20
Baked Potatoes	21
Baked Ziti With Four Cheeses	22
Baked Ziti With Fresh Tomato Sauce	23
Banana Nut Cake	24
Barbecue Beef Sandwiches	25
Barbecue Ground Beef	26
Barbecued Chicken Pasta	27
Basic Breakfast Dough	28
Basic Mashed Potatoes	29
Basic Meat Loaf	30
Basic Meatballs	31
Basic Omelet	32
Basic Pizza Dough (1 1/2-pound Recipe)	33
Basic Pizza Dough (1-pound Recipe)	34
Beef and Bean Burritos	35
Spicy Seasoning Mix	36
Beef and Macaroni	37
Beef Burritos	38
Beef Chili With Navy Beans	39
Beef Goulash	40
Beef Pot Roast	41
Beef Stew	42
Beef Stroganoff	43
Beef Stroganoff a La 219	44
Beefy Chili Mac	45

Contents

Blackberry Peach Crisp	46
Blueberry Crumble	47
Blueberry-apple Tortillas	48
Bologna Omelet	49
Bouillabaisse	50
Braised Beef Short Ribs With Vegetables	51
Braised Short Ribs of Beef	52
Breaded Pork Chops	53
Breakfast Pie	54
Breakfast Tortillas	55
Breakfast Wraps	56
Brown Bears in an Orchard	57
Brown Sugar Coffee Cake	58
Buffalo Chicken Pasta	59
Bunyan Burgers	60
Butter Cookies in a Box Oven	61
Buttermilk Cinnamon Coffee Cake	62
C	
Cabbage Rolls	64
Calamity	65
Calzone	66
Camp Cook's Casserole	67
Candy Bar Cookies	68
Cheese "steak" Pizza	69
Cheese and Wiener Burritos	70
Cheeseburger Chowder	71
Cheesy Ham and Macaroni	72
Cheesy Mashed Potatoes	73
Cherry Good Cobbler	74
Cherry-apple Pie	75
Chicken and Dumplings	76
Chicken and Sausage Gumbo	77
Chicken Cacciatore	78
Chicken Caribbean	79
Chicken Chowder	80
Chicken Enchilada Casserole	81
Chicken Fricassee	82
Chicken Gumbo	83
Chicken Lickin'	84
Chicken Noodle Soup	85
Chicken Parmesan - Foil Packs	86
Chicken Polynesian - Foil Pack	87
Chicken Pot Pie	88
Chicken Taco Casserole	89
Chicken Tortilla Casserole	90

Contents

Chili - Quick	91
Chili - Texas Style	92
Chili - White Bean With Chicken	93
Chili and Veggies	94
Chili Bean Tacos	95
Chili Con Carne	96
Chili Crusted Turkey Cutlets With Enchilada Sauce	97
Chili Dip	98
Chili Pasta - Quick	99
Chili Relleno Casserole	100
Chili-mac	101
Chip 'n Dip Chicken	102
Chocolate Applesauce Cake	103
Chocolate Cherry Cobbler	104
Chocolate Chip Muffin Tops - From Scratch	105
Chocolate Divine Cake	106
Chocolate Rice Ruination	107
Chopped Chicken With Mixed Vegetables	108
Cinnamon Buns	109
Cinnamon Rolls	110
Clam Chowder	111
Cobb Salad	112
Coffee Cake in a Box Oven	113
Coffee Cakes - From Scratch	114
Country Pork and Noodles	115
Cowboy's Brisket	116
Crepe Blintzes	117
Crustless Quiche Dutch Oven Style	118
Curried Chicken and Potato Stew	119
D	
Dad's Blonde Brownies	121
Dad's Chocolate Chip Cookies	122
Dad's Easy Chocolate Brownies	123
Dijon Chicken - Foil Packs	124
Dirty Rice	125
E	
Easy Sloppy Joes	127
Easy Taco Pizza	128
Egg and Muffin Sandwich	129
Eggs - Scrambled	130
Eggs Bubba	131
F	
Fajitas With Pico De Gallo	133
Firecracker Shrimp	134
Flapjacks	135

Contents

French Pancakes	136
French Pecan Pie	137
French Toast	138
French Toast - Stuffed	139
Fried Bananas	140
Fried Chicken - Dutch Oven Style	141
Fruit Salad With Honey-orange Dressing	142
G	
German French Toast	144
Ginger-mustard Pork Chops	145
Grandma's Best Cinnamon Rolls	146
Green Chili	147
Grilled Fish Fillets	148
H	
Ham and Cheese Breakfast Loaf	150
Hawaiian Fish Foil Packs	151
Honey Balsamic Vinaigrette	152
Honey Bread Pudding	153
Hoppin' John	154
Hungarian Goulash	155
I	
Iron Skillet Spaghetti	157
Italian Breaded Pork Chops	158
Italian Style Meat Loaf	159
J	
Jambalaya With Red Beans and Rice	161
Jim's Enchilada Casserole	162
L	
Lasagna - Dutch Oven Style	164
Lasagne - Vegetable	165
Lasagne - Vegetable Pesto	166
Layered Tortilla Pie	167
Lemon Chicken Rice	168
Lemon Pie a La 219	169
M	
Macarama	171
Macaroni and Cheese With Tomatoes	172
Meat and Potato Stew	173
Meatball Hero Sandwiches	174
Mexican Beef Stir Fry	175
Mexican Chef Salad	176
Migas	177
Minestrone	178
Mock Jambalaya	179
Mulligatawny Soup - Curry	180

Contents

N

Never Fail-fudge	182
New England Corn Chowder	183
No-bake Cherry Cheese Squares	184

P

Pan-fried Chicken With Pan Gravy	186
Pancakes	187
Pasta and Vegetables With Spaghetti Sauce	188
Pasta Del Mar	189
Pasta Hoppin' John	190
Pasta With Chunky Tomato Sauce	191
Peach Cobbler - Fresh Peaches	192
Peanut Butter and Chocolate Pull-apart Rolls	193
Peanut Butter Balls	194
Pecan Crescents - Pull-apart	195
Pigs N' a Blanket	196
Pizza - Primavera	197
Classic Pizza Dough	198
Pizza - Sausage	199
Pizza - Thick-crust Pepperoni	200
Pizza Dough - Classic	201
Pizza Hot Dish	202
Pizza in a Mess Kit	203
Pork Chops and Beans	204
Pork Cutlets Tosca	205
Pork Dumplings	206
Pork Pack - Foil Packs	207
Pork Tenderloin - Diane	208
Pork With Rosemary & Apples	209
Pot Roast	210
Potato Pancakes	211
Potato Salad	212
Potatoes and Chicken Santa Fe - One Pan	213
Pudding Pie	214
Pumpkin Spice Cake	215

R

Red Beans and Rice With Andouille	217
Red Rice	218
Rigatoni Vegetable Casserole	219

S

Salisbury Steak	221
Scrambled Eggs With Bacon	222
Scrunch	223
Shepard's Pie	224
Shrimp Etoufee (pronounced A-to-fay)	225

Contents

Shrimp Jambalaya for Two	226
Slaw	227
Slum	228
Snickerdoodles	229
Southern Green Beans	230
Southwestern Beef Hash	231
Southwestern Grilled Chicken Wrap	232
Spaetzle	233
Spaghetti and Meat Sauce	234
Spaghetti and Meatballs	235
Basic Tomato Sauce	236
Spam Breakfast Burritos	237
Spam Primavera	238
Spicy Bean Tacos	239
Strawberry Cake	240
Stromboli	241
Sweet and Sour Chicken	242
Sweet Pepper Pork	243
Swiss Steak	244
T	
Tabouli (bulgur Wheat) Salad	246
Taco Burgers	247
Taco Salad	248
Taco Soup	249
Teriyaki Lemon Chicken	250
Texas Chuckwagon Stew	251
Toad in a Hole	252
W	
White Chocolate Pudding	254
Whoopie Pies	255
Wok Vegetables	256
Z	
Ziti With Zesty Chicken	258

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

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.

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.

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.

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.

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 × 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.

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.

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

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.

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.

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.

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.

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.

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.

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

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.

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.

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.

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.

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

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

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.

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.

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

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.

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.

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.

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 × 9 × 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.

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.

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.

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.

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.

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.

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.

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.

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

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.

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.

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.

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.

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

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

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.

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

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.

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.

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.

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.

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.

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.)

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.

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

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

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.

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

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

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.

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

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.

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

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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

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.

Blueberry Crumble

Servings: 6

4 Cups Fresh or Frozen, Thawed Blueberries

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.

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.

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

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.

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.

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.

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.

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.

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 tablespoon of water for each cup of gravy.

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

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.

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.

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.

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.

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 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

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 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.

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 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.

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.

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

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.

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.

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.

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.

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.

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, Mushrrooms, 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.

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.

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 ½ 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.

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.

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.

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

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.

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.

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.

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.

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 filling 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.

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.

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.

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.

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

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.

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.

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.

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

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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

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).

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.

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

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.

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.

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.

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

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.

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

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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

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.

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.

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

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.

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.

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.

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.

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.

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.

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.

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 Tsp 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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

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.

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.

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.

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.

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

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.

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.

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.

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.

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.

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.

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

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.

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.

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.

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.

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.

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

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.

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

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.

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.

Powdered Sugar Frosting: In small bowl, combine sifted powdered sugar, 4 to 5 teaspoons milk and vanilla extract. Stir until smooth.

Yield: 15 Rolls

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.

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.

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.

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.

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.

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.

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.

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

Per Serving (excluding unknown items): 347 Calories; 9g Fat (23.9% calories from fat); 6g Protein; 61g Carbohydrate; 2g Dietary Fiber; 47mg Cholesterol; 241mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 2 Other Carbohydrates.

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.

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.

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.

Per Serving (excluding unknown items): 821 Calories; 39g Fat (43.2% calories from fat); 96g Protein; 18g Carbohydrate; 3g Dietary Fiber; 286mg Cholesterol; 393mg Sodium. Exchanges: 13 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 Fat.

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.

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.

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.

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.

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.

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

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.

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.

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

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.

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.

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.

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.

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.

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

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

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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"x 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.

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.

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.

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.

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.

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

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

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.

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.

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.

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

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.

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.

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.

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 ½ 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.

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

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 × 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

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.

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.

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.

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

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.

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.

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.

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.

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.

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.

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.

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

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.

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.

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.

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.

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

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.

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.

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

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.

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.

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)

Per Serving (excluding unknown items): 317 Calories; 7g Fat (19.1% calories from fat); 17g Protein; 46g Carbohydrate; 5g Dietary Fiber; 21mg Cholesterol; 561mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.

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 × 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.

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.

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.

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.

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.

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.

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.

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.

M

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

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.

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.

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.

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.

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.

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

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.

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

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.

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.

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.

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.

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.

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.

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.

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.

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.

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

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

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

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.

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.

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.

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

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.

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

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.

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.

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: .

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.

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.

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.

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.

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

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.

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

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.

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.

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.

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.

To Make Icing: In small bowl, combine icing ingredients; stir until smooth. Drizzle on rolls.

Yield: 12 Rolls

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.

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.

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.

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.

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.

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.

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: .

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

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.

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.

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

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.

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

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.

Pizza - Thick-crusted 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.

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.

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

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.

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 .

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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

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)

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.

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

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.

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.

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

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.

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 Carbohydrates.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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

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.

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.

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.

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.

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.

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

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.

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.

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.

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)

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.

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.

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.

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.

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.

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 or 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.

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.

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

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.

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.

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.

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 300F oven for 2 hours. Serve over rice. Leftovers can be reheated in microwave.

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.

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.

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.

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

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.

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.

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.

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.

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.

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.

Teriyaki Lemon Chicken

Servings: 1

Troop 219 Classic

Can Be Grilled or Done as a Foil Pack. Marinade Will Work for up to 12 Pieces Fo Chicken.

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.

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.

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

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.

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

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.

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.

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

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.

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.

Index

A

Almond Honey Crunch	2
Ancho Chili Chicken Chowder	3
Angel Hair With Tomatoes, Basil and Garlic	4
Apple Brown Betty	5
Apple Cinnamon Bars	6
Apple Cobbler	7
Apple Cobbler - Cake Mix Version	8
Apple Crisp	9
Apple Pancakes	10
Apple Streusel Coffee Cake	11
Apple-sausage Coffeecake	12
Apple-stuffed Pork Chops	13
Applesauce Cake	14
Asian-style Vegetable Stir Fry	15

B

B L T Burgers	17
Bacon 'n Eggs Crescent Sandwich	18
Baked Beans	19
Baked Brisket of Beef	20
Baked Potatoes	21
Baked Ziti With Four Cheeses	22
Baked Ziti With Fresh Tomato Sauce	23
Banana Nut Cake	24
Barbecue Beef Sandwiches	25
Barbecue Ground Beef	26
Barbecued Chicken Pasta	27
Basic Breakfast Dough	28
Basic Mashed Potatoes	29
Basic Meat Loaf	30
Basic Meatballs	31
Basic Omelet	32
Basic Pizza Dough (1 1/2-pound Recipe)	33
Basic Pizza Dough (1-pound Recipe)	34
Beef and Bean Burritos	35
Beef and Macaroni	37
Beef Burritos	38
Beef Chili With Navy Beans	39
Beef Goulash	40
Beef Pot Roast	41
Beef Stew	42
Beef Stroganoff	43
Beef Stroganoff a La 219	44
Beefy Chili Mac	45
Blackberry Peach Crisp	46

Index

Blueberry Crumble	47
Blueberry-apple Tortillas	48
Bologna Omelet	49
Bouillabaisse	50
Braised Beef Short Ribs With Vegetables	51
Braised Short Ribs of Beef	52
Breaded Pork Chops	53
Breakfast Pie	54
Breakfast Tortillas	55
Breakfast Wraps	56
Brown Bears in an Orchard	57
Brown Sugar Coffee Cake	58
Buffalo Chicken Pasta	59
Bunyan Burgers	60
Butter Cookies in a Box Oven	61
Buttermilk Cinnamon Coffee Cake	62
C	
Cabbage Rolls	64
Calamity	65
Calzone	66
Camp Cook's Casserole	67
Candy Bar Cookies	68
Cheese "steak" Pizza	69
Cheese and Wiener Burritos	70
Cheeseburger Chowder	71
Cheesy Ham and Macaroni	72
Cheesy Mashed Potatoes	73
Cherry Good Cobbler	74
Cherry-apple Pie	75
Chicken and Dumplings	76
Chicken and Sausage Gumbo	77
Chicken Cacciatore	78
Chicken Caribbean	79
Chicken Chowder	80
Chicken Enchilada Casserole	81
Chicken Fricassee	82
Chicken Gumbo	83
Chicken Lickin'	84
Chicken Noodle Soup	85
Chicken Parmesan - Foil Packs	86
Chicken Polynesian - Foil Pack	87
Chicken Pot Pie	88
Chicken Taco Casserole	89
Chicken Tortilla Casserole	90
Chili - Quick	91

Index

Chili - Texas Style	92
Chili - White Bean With Chicken	93
Chili and Veggies	94
Chili Bean Tacos	95
Chili Con Carne	96
Chili Crusted Turkey Cutlets With Enchilada Sauce	97
Chili Dip	98
Chili Pasta - Quick	99
Chili Relleno Casserole	100
Chili-mac	101
Chip 'n Dip Chicken	102
Chocolate Applesauce Cake	103
Chocolate Cherry Cobbler	104
Chocolate Chip Muffin Tops - From Scratch	105
Chocolate Divine Cake	106
Chocolate Rice Ruination	107
Chopped Chicken With Mixed Vegetables	108
Cinnamon Buns	109
Cinnamon Rolls	110
Clam Chowder	111
Cobb Salad	112
Coffee Cake in a Box Oven	113
Coffee Cakes - From Scratch	114
Country Pork and Noodles	115
Cowboy's Brisket	116
Crepe Blintzes	117
Crustless Quiche Dutch Oven Style	118
Curried Chicken and Potato Stew	119
D	
Dad's Blonde Brownies	121
Dad's Chocolate Chip Cookies	122
Dad's Easy Chocolate Brownies	123
Dijon Chicken - Foil Packs	124
Dirty Rice	125
E	
Easy Sloppy Joes	127
Easy Taco Pizza	128
Egg and Muffin Sandwich	129
Eggs - Scrambled	130
Eggs Bubba	131
F	
Fajitas With Pico De Gallo	133
Firecracker Shrimp	134
Flapjacks	135
French Pancakes	136
French Pecan Pie	137

Index

French Toast	138
French Toast - Stuffed	139
Fried Bananas	140
Fried Chicken - Dutch Oven Style	141
Fruit Salad With Honey-orange Dressing	142
G	
German French Toast	144
Ginger-mustard Pork Chops	145
Grandma's Best Cinnamon Rolls	146
Green Chili	147
Grilled Fish Fillets	148
H	
Ham and Cheese Breakfast Loaf	150
Hawaiian Fish Foil Packs	151
Honey Balsamic Vinaigrette	152
Honey Bread Pudding	153
Hoppin' John	154
Hungarian Goulash	155
I	
Iron Skillet Spaghetti	157
Italian Breaded Pork Chops	158
Italian Style Meat Loaf	159
J	
Jambalaya With Red Beans and Rice	161
Jim's Enchilada Casserole	162
L	
Lasagna - Dutch Oven Style	164
Lasagne - Vegetable	165
Lasagne - Vegetable Pesto	166
Layered Tortilla Pie	167
Lemon Chicken Rice	168
Lemon Pie a La 219	169
M	
Macarama	171
Macaroni and Cheese With Tomatoes	172
Meat and Potato Stew	173
Meatball Hero Sandwiches	174
Mexican Beef Stir Fry	175
Mexican Chef Salad	176
Migas	177
Minestrone	178
Mock Jambalaya	179
Mulligatawny Soup - Curry	180
N	
Never Fail-fudge	182
New England Corn Chowder	183

Index

No-bake Cherry Cheese Squares	184
P	
Pan-fried Chicken With Pan Gravy	186
Pancakes	187
Pasta and Vegetables With Spaghetti Sauce	188
Pasta Del Mar	189
Pasta Hoppin' John	190
Pasta With Chunky Tomato Sauce	191
Peach Cobbler - Fresh Peaches	192
Peanut Butter and Chocolate Pull-apart Rolls	193
Peanut Butter Balls	194
Pecan Crescents - Pull-apart	195
Pigs N' a Blanket	196
Pizza - Primavera	197
Pizza - Sausage	199
Pizza - Thick-crust Pepperoni	200
Pizza Dough - Classic	201
Pizza Hot Dish	202
Pizza in a Mess Kit	203
Pork Chops and Beans	204
Pork Cutlets Tosca	205
Pork Dumplings	206
Pork Pack - Foil Packs	207
Pork Tenderloin - Diane	208
Pork With Rosemary & Apples	209
Pot Roast	210
Potato Pancakes	211
Potato Salad	212
Potatoes and Chicken Santa Fe - One Pan	213
Pudding Pie	214
Pumpkin Spice Cake	215
R	
Red Beans and Rice With Andouille	217
Red Rice	218
Rigatoni Vegetable Casserole	219
S	
Salisbury Steak	221
Scrambled Eggs With Bacon	222
Scrunch	223
Shepard's Pie	224
Shrimp Etoufee (pronounced A-to-fay)	225
Shrimp Jambalaya for Two	226
Slaw	227
Slum	228
Snickerdoodles	229

Index

Southern Green Beans	230
Southwestern Beef Hash	231
Southwestern Grilled Chicken Wrap	232
Spaetzle	233
Spaghetti and Meat Sauce	234
Spaghetti and Meatballs	235
Spam Breakfast Burritos	237
Spam Primavera	238
Spicy Bean Tacos	239
Strawberry Cake	240
Stromboli	241
Sweet and Sour Chicken	242
Sweet Pepper Pork	243
Swiss Steak	244
T	
Tabouli (bulgur Wheat) Salad	246
Taco Burgers	247
Taco Salad	248
Taco Soup	249
Teriyaki Lemon Chicken	250
Texas Chuckwagon Stew	251
Toad in a Hole	252
W	
White Chocolate Pudding	254
Whoopie Pies	255
Wok Vegetables	256
Z	
Ziti With Zesty Chicken	258

Category Index

Breakfast

Apple Brown Betty	5
Apple Cobbler	7
Apple Pancakes	10
Apple Streusel Coffee Cake	11
Bacon 'n Eggs Crescent Sandwich	18
Basic Breakfast Dough	28
Basic Omelet	32
Bologna Omelet	49
Breakfast Pie	54
Breakfast Tortillas	55
Breakfast Wraps	56
Brown Sugar Coffee Cake	58
Buttermilk Cinnamon Coffee Cake	62
Calamity	65
Chocolate Chip Muffin Tops - From Scratch	105
Cinnamon Buns	109
Cinnamon Rolls	110
Coffee Cakes - From Scratch	114
Crepe Blintzes	117
Crustless Quiche Dutch Oven Style	118
Dad's Blonde Brownies	121
Dad's Easy Chocolate Brownies	123
Egg and Muffin Sandwich	129
Eggs - Scrambled	130
Eggs Bubba	131
Flapjacks	135
French Pancakes	136
French Toast	138
French Toast - Stuffed	139
German French Toast	144
Grandma's Best Cinnamon Rolls	146
Ham and Cheese Breakfast Loaf	150
Migas	177
Pancakes	187
Peanut Butter and Chocolate Pull-apart Rolls	193
Pecan Crescents - Pull-apart	195
Pigs N' a Blanket	196
Scrambled Eggs With Bacon	222
Spam Breakfast Burritos	237
Toad in a Hole	252

Dessert

Almond Honey Crunch	2
Apple Brown Betty	5
Apple Cinnamon Bars	6

Category Index

Apple Cobbler	7
Apple Cobbler - Cake Mix Version	8
Apple Crisp	9
Apple-sausage Coffeecake	12
Applesauce Cake	14
Banana Nut Cake	24
Basic Breakfast Dough	28
Blackberry Peach Crisp	46
Blueberry Crumble	47
Blueberry-apple Tortillas	48
Brown Bears in an Orchard	57
Butter Cookies in a Box Oven	61
Candy Bar Cookies	68
Cherry Good Cobbler	74
Cherry-apple Pie	75
Chocolate Applesauce Cake	103
Chocolate Cherry Cobbler	104
Chocolate Divine Cake	106
Chocolate Rice Ruination	107
Cinnamon Buns	109
Cinnamon Rolls	110
Coffee Cake in a Box Oven	113
Coffee Cakes - From Scratch	114
Dad's Blonde Brownies	121
Dad's Chocolate Chip Cookies	122
Dad's Easy Chocolate Brownies	123
French Pecan Pie	137
Fried Bananas	140
Fruit Salad With Honey-orange Dressing	142
Grandma's Best Cinnamon Rolls	146
Honey Bread Pudding	153
Lemon Pie a La 219	169
Never Fail-fudge	182
No-bake Cherry Cheese Squares	184
Peach Cobbler - Fresh Peaches	192
Peanut Butter and Chocolate Pull-apart Rolls	193
Peanut Butter Balls	194
Pecan Crescents - Pull-apart	195
Pudding Pie	214
Pumpkin Spice Cake	215
Scrunch	223
Snickerdoodles	229
Strawberry Cake	240
White Chocolate Pudding	254
Whoopie Pies	255

Category Index

Dutch Oven

Apple Cinnamon Bars	6
Apple Cobbler	7
Apple Cobbler - Cake Mix Version	8
Apple Crisp	9
Apple-stuffed Pork Chops	13
Applesauce Cake	14
Bacon 'n Eggs Crescent Sandwich	18
Baked Beans	19
Baked Brisket of Beef	20
Baked Ziti With Four Cheeses	22
Baked Ziti With Fresh Tomato Sauce	23
Banana Nut Cake	24
Barbecue Beef Sandwiches	25
Basic Breakfast Dough	28
Basic Meat Loaf	30
Basic Pizza Dough (1 1/2-pound Recipe)	33
Basic Pizza Dough (1-pound Recipe)	34
Beef Stroganoff a La 219	44
Beefy Chili Mac	45
Blackberry Peach Crisp	46
Braised Short Ribs of Beef	52
Breakfast Pie	54
Brown Bears in an Orchard	57
Brown Sugar Coffee Cake	58
Butter Cookies in a Box Oven	61
Buttermilk Cinnamon Coffee Cake	62
Calzone	66
Candy Bar Cookies	68
Cheese "steak" Pizza	69
Cherry Good Cobbler	74
Cherry-apple Pie	75
Chicken Cacciatore	78
Chicken Enchilada Casserole	81
Chicken Pot Pie	88
Chicken Tortilla Casserole	90
Chili - White Bean With Chicken	93
Chili Relleno Casserole	100
Chili-mac	101
Chocolate Applesauce Cake	103
Chocolate Cherry Cobbler	104
Chocolate Chip Muffin Tops - From Scratch	105
Chocolate Divine Cake	106
Cinnamon Buns	109
Cinnamon Rolls	110

Category Index

Coffee Cake in a Box Oven	113
Coffee Cakes - From Scratch	114
Cowboy's Brisket	116
Crustless Quiche Dutch Oven Style	118
Dad's Blonde Brownies	121
Dad's Chocolate Chip Cookies	122
Dad's Easy Chocolate Brownies	123
Easy Taco Pizza	128
Eggs Bubba	131
French Toast - Stuffed	139
Fried Chicken - Dutch Oven Style	141
German French Toast	144
Grandma's Best Cinnamon Rolls	146
Ham and Cheese Breakfast Loaf	150
Honey Bread Pudding	153
Italian Style Meat Loaf	159
Lasagna - Dutch Oven Style	164
Lasagne - Vegetable	165
Lasagne - Vegetable Pesto	166
Peach Cobbler - Fresh Peaches	192
Peanut Butter and Chocolate Pull-apart Rolls	193
Pecan Crescents - Pull-apart	195
Pizza - Primavera	197
Pizza - Sausage	199
Pizza - Thick-crust Pepperoni	200
Pizza Dough - Classic	201
Pizza Hot Dish	202
Pot Roast	210
Pumpkin Spice Cake	215
Rigatoni Vegetable Casserole	219
Salisbury Steak	221
Scrunch	223
Shepard's Pie	224
Snickerdoodles	229
Strawberry Cake	240
Stromboli	241
Sweet and Sour Chicken	242
Swiss Steak	244
Whoopie Pies	255
Main Dish	
Ancho Chili Chicken Chowder	3
Angel Hair With Tomatoes, Basil and Garlic	4
Apple-stuffed Pork Chops	13
Asian-style Vegetable Stir Fry	15
B L T Burgers	17

Category Index

Baked Brisket of Beef	20
Barbecue Beef Sandwiches	25
Barbecue Ground Beef	26
Barbecued Chicken Pasta	27
Basic Meat Loaf	30
Basic Meatballs	31
Basic Pizza Dough (1 1/2-pound Recipe)	33
Basic Pizza Dough (1-pound Recipe)	34
Beef and Bean Burritos	35
Beef and Macaroni	37
Beef Burritos	38
Beef Goulash	40
Beef Pot Roast	41
Beef Stroganoff	43
Beef Stroganoff a La 219	44
Beefy Chili Mac	45
Bouillabaisse	50
Braised Beef Short Ribs With Vegetables	51
Braised Short Ribs of Beef	52
Breaded Pork Chops	53
Buffalo Chicken Pasta	59
Bunyan Burgers	60
Cabbage Rolls	64
Calzone	66
Camp Cook's Casserole	67
Cheese "steak" Pizza	69
Cheese and Wiener Burritos	70
Cheesy Ham and Macaroni	72
Chicken and Dumplings	76
Chicken Cacciatore	78
Chicken Caribbean	79
Chicken Chowder	80
Chicken Enchilada Casserole	81
Chicken Fricassee	82
Chicken Lickin'	84
Chicken Parmesan - Foil Packs	86
Chicken Polynesian - Foil Pack	87
Chicken Pot Pie	88
Chicken Taco Casserole	89
Chicken Tortilla Casserole	90
Chili - Quick	91
Chili - White Bean With Chicken	93
Chili Bean Tacos	95
Chili Con Carne	96
Chili Crusted Turkey Cutlets With Enchilada Sauce	97

Category Index

Chili Dip	98
Chili Pasta - Quick	99
Chili Relleno Casserole	100
Chili-mac	101
Chip 'n Dip Chicken	102
Chopped Chicken With Mixed Vegetables	108
Clam Chowder	111
Cobb Salad	112
Country Pork and Noodles	115
Cowboy's Brisket	116
Crustless Quiche Dutch Oven Style	118
Curried Chicken and Potato Stew	119
Dijon Chicken - Foil Packs	124
Easy Sloppy Joes	127
Easy Taco Pizza	128
Eggs Bubba	131
Fajitas With Pico De Gallo	133
Firecracker Shrimp	134
Fried Chicken - Dutch Oven Style	141
Ginger-mustard Pork Chops	145
Grilled Fish Fillets	148
Hawaiian Fish Foil Packs	151
Hungarian Goulash	155
Iron Skillet Spaghetti	157
Italian Breaded Pork Chops	158
Italian Style Meat Loaf	159
Jambalaya With Red Beans and Rice	161
Jim's Enchilada Casserole	162
Lasagna - Dutch Oven Style	164
Lasagne - Vegetable	165
Lasagne - Vegetable Pesto	166
Layered Tortilla Pie	167
Lemon Chicken Rice	168
Macarama	171
Macaroni and Cheese With Tomatoes	172
Meatball Hero Sandwiches	174
Mexican Beef Stir Fry	175
Mexican Chef Salad	176
Mock Jambalaya	179
Pan-fried Chicken With Pan Gravy	186
Pasta Del Mar	189
Pasta Hoppin' John	190
Pasta With Chunky Tomato Sauce	191
Pizza - Primavera	197
Pizza - Sausage	199

Category Index

Pizza - Thick-crust Pepperoni	200
Pizza Dough - Classic	201
Pizza Hot Dish	202
Pizza in a Mess Kit	203
Pork Chops and Beans	204
Pork Cutlets Tosca	205
Pork Dumplings	206
Pork Pack - Foil Packs	207
Pork Tenderloin - Diane	208
Pork With Rosemary & Apples	209
Pot Roast	210
Potatoes and Chicken Santa Fe - One Pan	213
Salisbury Steak	221
Shepard's Pie	224
Shrimp Etoufee (pronounced A-to-fay)	225
Shrimp Jambalaya for Two	226
Slum	228
Southwestern Beef Hash	231
Southwestern Grilled Chicken Wrap	232
Spaghetti and Meat Sauce	234
Spaghetti and Meatballs	235
Spam Primavera	238
Spicy Bean Tacos	239
Stromboli	241
Sweet and Sour Chicken	242
Sweet Pepper Pork	243
Swiss Steak	244
Taco Burgers	247
Taco Salad	248
Taco Soup	249
Teriyaki Lemon Chicken	250
Texas Chuckwagon Stew	251
Ziti With Zesty Chicken	258
Side Dish	
Baked Beans	19
Baked Potatoes	21
Baked Ziti With Four Cheeses	22
Baked Ziti With Fresh Tomato Sauce	23
Basic Mashed Potatoes	29
Cheesy Mashed Potatoes	73
Cobb Salad	112
Dirty Rice	125
Fruit Salad With Honey-orange Dressing	142
Honey Balsamic Vinaigrette	152
Hoppin' John	154

Category Index

Mexican Chef Salad	176
Pasta and Vegetables With Spaghetti Sauce	188
Potato Pancakes	211
Potato Salad	212
Red Beans and Rice With Andouille	217
Red Rice	218
Rigatoni Vegetable Casserole	219
Slaw	227
Southern Green Beans	230
Spaetzle	233
Tabouli (bulgur Wheat) Salad	246
Wok Vegetables	256
Soup	
Ancho Chili Chicken Chowder	3
Beef Chili With Navy Beans	39
Beef Stew	42
Cheeseburger Chowder	71
Chicken and Sausage Gumbo	77
Chicken Gumbo	83
Chicken Noodle Soup	85
Chili - Quick	91
Chili - Texas Style	92
Chili - White Bean With Chicken	93
Chili and Veggies	94
Chili Con Carne	96
Clam Chowder	111
Curried Chicken and Potato Stew	119
Green Chili	147
Meat and Potato Stew	173
Minestrone	178
Mulligatawny Soup - Curry	180
New England Corn Chowder	183
Taco Soup	249