

Cooking with Troop 22



Foreword

I've been cooking since I was a young boy in Troop 17 Braintree, MA. As I grew older I improved and tried new ways to cook. My time as a staff member at Camp Squanto gave me more opportunities to grow my cooking skills. I kept up with making home meals and holiday gatherings.

As my son joined Scouts I jumped back into outdoor cooking and shared my knowledge and recipes with the folks in Pack and Troop 22 in Whitman, MA. Today, many of my Scouts are better than I am at outdoor cooking, especially with Dutch Ovens. Here are the recipes we love the most.

Many thanks to those who inspired me to be in scouting and keep cooking: My father Bob Warner, Jim Kippenhan, Joe Piche, Arnold Briggs, Al "Woody" Woodman, Rick Anderson, Bob Samya, Steve Mills, and all my boys.

Dedication

To all my Scouting friends, from boyhood to the adults and Scouts of Pack and Troop 22 Whitman Massachusetts.

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Front cover – Steve Mills preparing the Dutch Ovens for Thanksgiving 2013
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One Pot Meals

Gloria's Beef and Rice

2 lb. Ground beef	1 Onion	2 c Rice
1 can Diced tomatoes	2 Beef stock cubes	5 c Water
2 bags Frozen corn and peas	3 Tsp. Paprika	2 Tomato paste

Directions

- Chop and cook the onion with the ground beef in a large pot.
- Add the rice and cook for a few minutes, then add all other ingredients and cover.
- Add spicy Thai Basil for a different taste.
- Bring to a boil and then simmer for 10 minutes.

Jim's Mac and Beef

1 c Uncooked elbow macaroni	½ lb. Lean hamburger	1 Onion
3 Tbsp. Olive oil	8 oz. can Tomato sauce	¼ c Water
¼ c Grated cheese		

Directions

- Chop and cook the onion with the ground beef in a large pot.
- Add the uncooked macaroni and keep cooking until hamburger is cooked through.
- Add the tomato sauce, water, salt and pepper and bring it to a boil.
- Cover the pot and simmer 15 minutes stirring frequently.

Mike's Teriyaki Stir-Fry

2 lb. Chicken/pork, or beef	Vegetable oil	Teriyaki sauce
Flour	2 lb. Frozen stir fry vegetables	

Directions

- Cut the meat into thin slices and begin stir-frying.
- Add teriyaki and cook until done.
- Add the frozen vegetables and cover to steam-cook the meal.
- Add more teriyaki until the flavor is correct.
- Finish by sprinkling with flour and stirring until the sauce thickens.

New England Boiled Dinner

2 lb. Deli Ham (thin sliced)	3 lb. Carrots	1 Onion
2 head Cabbage	3 lb. Potato	

Directions

- Slice the cabbage and carrots, chop the onion, and quarter the potatoes.
- Boil all the vegetables in large pot for 20 minutes, or until done.
- Place several ham slices on a plate and cover with cooked vegetables, the heat from the vegetables will heat the cooked ham.

Simple Chicken and Broccoli

1 lb. Penne pasta	1 c Frozen broccoli	1 can Cream of Mushroom Soup
½ c Milk	2 Tbsp. Butter	½ c Grated Parmesan cheese
1 lb. Skinless, boneless chicken	¼ Tsp. Black pepper	

Directions

- Cook the pasta in a large pot for about 6 minutes and then add broccoli and finish cooking until the pasta is done.
- While the pasta is cooking, cut chicken into cubes and cook until browned.
- Drain the pasta and add the chicken, soup, milk, cheese, and black pepper.
- Mix and serve.

Pizza Tacos

Packaged dough 1 jar Pizza sauce ¼ lb. Pepperoni
12 oz. Shredded mozzarella Options -- mushrooms, olives, etc.

Directions

- Form the dough into small circles and fill with pizza sauce, pepperoni, cheese or other ingredients.
- Fold the dough over to enclose the toppings, like a taco.
- Wrap in heavy duty aluminum foil and cook for 8 minutes on each side.

Breads

Banana Nut Bread

1/3 c Vegetable oil	4 Bananas	3 Eggs
2 1/3 c Biscuit mix	1 c Sugar	1 c Chopped walnuts
1/2 Tsp. Vanilla		

Directions

- Mash the banana and add to a bowl.
- Mix all the ingredients together and pour the mix into two greased loaf pans.
- Bake at 350° for 1 hour.

Blueberry Raisin-Bran Muffins

1 1/4 c Flour	3 Tsp. Baking powder	1/2 Tsp. Salt
1 1/2 c Raisin-Bran cereal	1 1/4 c Milk	1 Egg
1/3 c Vegetable oil	2 c Blueberries	1 Tsp. Sugar

Directions

- Mix the flour, baking powder, salt, and sugar together.
- In a separate bowl, mix the milk and cereal and let stand until the cereal is soft.
- Add the egg and oil to the cereal and mix.
- Add the blueberries and the flour mix and stir well.
- Pour into greased muffin pans and bake at 400° for 20 minutes or until brown.

Creamy Cornbread

1 pkg Corn bread muffin mix	1/3 c Milk	1 Egg
1 8 oz. can Cream corn	1/2 c Sugar	

Directions

- Combine the milk, egg and muffin mix a large bowl.
- Add in the cream corn and sugar.
- Pour the batter into a greased pan and bake at 350° for 30 minutes.
- Check that the bread is cooked through and serve with lots of butter.

Cornbread

1 1/2 c Cornmeal	2 1/2 c Milk	2 c All-purpose flour
1 Tbsp. Baking powder	1 Tsp. Salt	2/3 c Sugar
2 Eggs	1/2 c Vegetable oil	

Directions

- Mix the cornmeal and milk in a bowl and let stand for 5 minutes.
- In a separate bowl, mix the flour, baking powder, salt and sugar.
- Next, add the cornmeal mixture, eggs and oil and mix until smooth.

- Pour batter into a greased pan and bake at 350° for 30 to 35 minutes.

Cinnamon Rolls

12 oz. pkg Biscuit mix	12-oz. raisins	1 c Brown sugar
Cinnamon	½ c Powdered sugar	Water

Directions

- Mix the biscuit mix as directed and spread out in a rectangular shape on a floured, flat surface.
- Spread raisins and brown sugar over the dough and sprinkle with cinnamon.
- Roll the dough into a long tube and cut into slices about 1 inch thick.
- Place in the Dutch oven and cover with lid and bake evenly, top and bottom, about 15-20 minutes.
- Mix the sugar with a little water to make the icing and drizzle over the rolls.

Crusty Bread Balls

1 tsp. Yeast	1 tsp. Salt	1 ½ c Warm water
3 c Unbleached all-purpose flour		

Directions

- Mix flour, salt and yeast in a bowl.
- Add water and stir until it is loose and sticky.
- Cover the bowl with plastic wrap and set aside overnight to rise.
- Put the risen dough onto a heavily floured surface and shape into a round loaf.
- Place in the Dutch oven and bake at 400° for 30 to 45 minutes.

Fried Bread

4 c Flour	1 Tbsp. Baking powder	1 Tsp. Salt
1 ½ c Warm Milk	1 c Shortening	

Directions

- Mix flour with baking powder, and salt in a bowl.
- Pour in milk and mix to form dough.
- Knead by hand until it is soft but not sticky then cover and let stand 15 minutes.
- Shape into balls, about 2 in across, and flatten them.
- Heat shortening in a Dutch oven and fry bread until golden brown.

Giant Cinnamon-Pecan Ring

2 Frozen bread dough	½ c Butter	½ c Sugar
½ c Brown sugar	2 Tsp. Cinnamon	½ c Chopped pecans
1-¼ c Powdered sugar	½ Tsp. Vanilla	4 Tsp. Milk

Directions

- Cut each loaf into 4 pieces and form each piece into a rope about 18" long.
- Mix sugar, brown sugar, and cinnamon.
- Place the mixture on a sheet of foil and roll the ropes in the mixture to coat evenly.
- Brush each rope on all sides with melted butter and roll on sugar mixture to coat evenly.
- Shape rope into a coil in the center of a round pan.
- Roll another rope in sugar mixture, attach to the end of first and continue coil until you fill the oven.
- Sprinkle additional sugar and chopped pecans over coil.
- Cover and let rise in a warm place for about 30-40 min and then bake at 350° for 30 min or until done.
- Mix powdered sugar, vanilla, and enough milk to make a thick glaze and spoon over the top of the ring.

Lemon-Cranberry Bread

2 Lemons	½ c Butter	2 Eggs
1 tsp. Vanilla	1 ½ tsp. Lemon extract	1 ½ c Milk
3 c Flour	1 c Sugar	1 Tbsp. Baking powder
1 tsp. Salt	1 box Instant lemon pudding mix	2 c Dried cranberries

Directions

- Mix dry ingredients together in a bowl and set aside.
- Mix all wet ingredients in a separate bowl.
- Combine the dry and wet and mix.
- Add cranberries and pour into loaf pans to bake at 350° for 1 hour.

Monkey Bread

3 cans Biscuits	1 c Sugar	2 Tbsp. Cinnamon
½ c Butter	1 c Brown sugar	½ c Chopped walnuts (optional)
½ c Raisins		

Directions

- Grease a Bundt pan. Mix white sugar and cinnamon in a plastic bag.
- Cut biscuits into quarters and shake 6 to 8 biscuit pieces in the sugar cinnamon mix.
- Arrange the pieces in the bottom of the pan.
- Continue until all biscuits are coated and placed in pan. If using nuts and raisins, arrange them in and among the biscuit pieces as you go along.
- Melt the butter and brown sugar over medium heat until syrup-like.
- Pour over the biscuits and bake at 350° for 35 minutes.

Mound Bread

2 c Whole wheat flour	¼ c Sugar	¼ c Shortening
2 Tsp. Salt	2 pkg Dry yeast	2 c Very warm water
3 to 4 c Flour		

Directions

- Mix whole wheat flour, sugar, shortening, salt, and yeast in large bowl.
- Stir in warm water and mix. Stir in flour, 1 cup at a time, to make dough easy to work.
- Place dough onto lightly floured surface and knead until smooth.
- Place in greased medium pot and lightly oil the top of dough.
- Cover and let rise until double about 1 hour.
- Punch down dough and divide into halves and let rest 5 minutes.
- Shape each half into round, slightly flat loaf and let rise again for 45min.
- Make ½ inch slashes in top of each loaf, sprinkle with flour
- Bake at 350° for 30 to 45 minutes.

Pumpkin Bread

3 ¼ c All-purpose flour	3 c Sugar	2 Tsp. Baking soda
1 ½ Tsp. Salt	1 Tsp. Nutmeg	1 Tsp. Cinnamon
2 c Pumpkin puree	⅔ c Water	1 c Vegetable oil
4 Eggs		

Directions

- Mix flour, sugar, baking soda, salt, and spices in a large bowl
- Add pumpkin, water, vegetable oil, eggs, and nuts
- Mix well
- Pour batter into greased pans
- Bake at 350° for approximately 1 hour

Raisin Walnut Bran Muffins

2 ¼ c Oat bran	⅓ c Raisins	⅓ c Chopped walnuts
2 Tsp. Baking powder	½ Tsp. Salt	¾ cups milk
2 Eggs	¼ c Honey	2 Tbs. Vegetable oil

Directions

- Mix bran, raisins, walnuts, baking powder, and salt in a bowl
- Add remaining ingredients and mix until dry ingredients are moistened
- Do not over mix
- Spoon into muffin cups
- Bake at 425° for 15 minutes

Spoon Bread

2 c Yellow cornmeal

2 Tsp. Salt

1 Tsp. Baking soda

1 ½ Tbsp. Margarine

3 c Buttermilk

2 Eggs

Directions

- Place cornmeal in medium pot and add 1 ½ cups hot water
- Mix well
- Add margarine and salt
- Stir in milk and baking soda
- Add eggs, whipping slightly
- Pour batter in greased large pot lid
- Bake at 350° for 20 minutes

Soups and Chilies

Big Chili

2 lb. Lean ground beef	1 Green pepper	1 Onion
1 Tbsp. Garlic	2 16 oz. cans Tomatoes	2 Tbsp. Chili powder
1 ½ Tsp Salt	½ Tsp. Oregano	½ Tsp. Cumin
3 dashes Tabasco	1 c Hot water	2 15 oz. can Chili hot beans
1 15 oz. can Whole kernel corn		

Directions

- Cook beef, green pepper, onion, and garlic in Dutch oven until beef is browned
- Drain off excess grease
- Add all ingredients except corn and beans
- Simmer uncovered for 1 hour
- Stir in undrained beans and corn
- Simmer 30 minutes more

Beef Vegetable Soup

2 Beef soup bones	1 ½ lb. Stew beef, 1in cubed	1 Tsp. Pepper
4 Carrots	1 Hot red pepper	1 can Whole kernel corn
7 c Water	1 ½ Tsp. Salt	4 Potatoes
2 can Tomato sauce	½ head Cabbage	1 can Peas

Directions

- Drain corn and peas liquid, water, and bones in Dutch oven and bring to boil
- Cover, reduce heat and simmer 1 hour
- Add beef cubes, salt and pepper
- Cover and simmer 1 hour more
- Chop the cabbage and add all except corn and peas
- Cover and simmer 40 minutes
- Add corn and peas
- Simmer uncovered 30 minutes
- Remove bones

French Onion Soup

¼ c Margarine	¼ c Olive oil	6 Onions, thinly sliced
2 can Beef broth	¾ c Coca-Cola	1 Tsp. Salt
½ Tsp. Vinegar	⅛ Tsp. Pepper	French bread, cut into thick slices
Parmesan cheese, grated		

Directions

- Melt the margarine and add olive oil and thin sliced onions
- Cook until golden
- Place in Dutch oven and add beef broth, Coca-Cola, salt, vinegar, and pepper
- Cover and simmer 20 to 25 minutes

Mountain Chili

3 Onions	6 cloves Garlic	½ lb. Bacon
2 oz. Chili powder	½ Tsp. Dark chili powder	3 lb. Chuck roast
1 can Beef broth	1 lb. Hot pork sausage	1 can Green chilies
½ Tsp. Dried habanera chilies	1 Tsp. Cumin	½ Tsp Coriander
1 can Tomato sauce	1 can Tomatoes	1 Tbsp. Salt
4 drops Tabasco sauce		

Directions

- Fry bacon until crisp
- Add onions, garlic, and chili powder
- Sauté until onions are clear
- Brown beef in large skillet, a pound at a time, adding sprinkles of red pepper while browning
- Add each batch to Dutch oven after browning and stir
- Brown pork sausage and green chilies
- Add habaneras when sausage is turning brown
- Add to Dutch oven
- Cook 15 minutes
- Add remaining spices, tomato sauce, tomatoes, and remaining broth
- Mix well and cook for 30 minutes

Turkey Soup

Leftover turkey	1 lb. Ditalini pasta	2 Onion
1 lb. Barley	4 Carrots	Italian seasoning
1 stalk Celery	32 oz. Chicken Stock	

Directions

- Simmer the turkey carcass in water to create broth
- Shred the turkey meat from the carcass and remove from the pot
- Slice the vegetables and add to the pot along with the barley and spice and cook for 30 minutes
- Add the Ditalini
- Finish cooking for 11 minutes

Venison Chili

6 Tbsp. Olive oil	2 Onions	4 cloves Garlic
1 can Hot green chilies	2 ½ lb. Cubed Venison	1 ½ lb. Ground venison
2 large can Crushed tomatoes	6 Tbs. Red wine vinegar	6 Tbs. Chili powder
4 Tbs. Cumin	4 Tbs. Worcestershire sauce	1 Tsp. Cayenne pepper
1 Green pepper, chopped	4 Tsp. Salt	2 tsp Black pepper
2 large cans Chili beans with gravy		Corn starch

Directions

- Slice onion, garlic, and chilies
- Sauté about 5 minutes
- Add cubed and ground venison
- Stir until meat is browned
- Add all remaining ingredients except beans
- Bring mixture to boil
- Simmer uncovered 30 minutes
- Stir in beans
- Simmer covered 15 minutes

Farmer's Breakfast

8 Hot dogs	12 Eggs
1 Onion	2 lb. Hash browns

Directions

- Chop the onion and begin to cook with sliced hot dogs. Add hash browns. When almost done, add the scrambled eggs and stir until done.

French Toast

8 Eggs	16 Slices white bread	2 Tsp. Sugar
Cinnamon	2 Tsp. Salt	2 c Milk

Directions

- Break eggs into a wide, shallow bowl
- Beat lightly and add sugar, salt, and milk
- Dip the bread slices, one at a time, into the bowl or plate, letting slices soak up egg mixture
- Carefully turn to coat the other side
- Place bread slices on griddle
- Cook slowly until bottom is golden brown
- Turn and brown the other side

Johnny Cakes

1 c Cornmeal	1 c Milk	2 Tbs. Margarine
½ Tsp. Salt	1 Tbsp. Brown sugar	

Directions

- Combine cornmeal, milk, and salt
- Add water, oil, and brown sugar
- Mix well
- Cook in hot, oiled frying pan

Mountain Man Breakfast

½ lb. Bacon (or sausage)	1 doz. Eggs	1 Med Onion
½ lb. Grated cheddar	2 lb. Tater Tots	

Directions

- Cut bacon and onion into small pieces and brown in the bottom of the DO until onions are clear
- Stir in the Tater Tots and cook for 15-20 minutes
- Scramble the eggs in a separate bowl
- Pour the mixture over the Tater Tots
- Cover and cook until eggs start to set, about 10 - 15 minutes
- Sprinkle grated cheese over egg mixture
- Cover and continue heating until eggs are completely set and cheese is melted

Ranch House Potatoes

1/2 bag small potatoes

1 pound sausage or bacon

1 dozen eggs

1 onion

Butter

Directions

- Slice potatoes thin
- Fry potatoes in butter turning often until starting to brown
- Cut sausage or bacon into slices
- Add meat to pan and continue cooking until meat is almost done
- Break eggs on top of potato/meat mixture
- Stir to cook eggs

Spambled Eggs

1 can SPAM

1 Onion

1 doz. eggs

1 Green pepper

Milk

Directions

- Dice the SPAM, onion and pepper and fry in large pan
- Crack and stir the eggs and milk with a whisk in a large bowl
- Add the egg mixture and scramble them with the other ingredients
- Cook until eggs are done

Vendetta Fried Egg

1 Egg

1 slice Bread

Butter

Directions

- Cut a circle out of the center of the bread
- Place the bread in a buttered hot sauté pan
- Crack the egg and drop into the circle in the bread
- Reduce the heat and cook the egg for 2 minutes
- Flip the bread and egg and cook for 1 to 2 more minutes

Lunch

3 Minute Pizza

1 pkg. Pita bread	1 can Spaghetti sauce	1 c Grated mozzarella cheese
1 pkg. Sliced pepperoni	Other toppings as desired	

Directions

- Open pita and spoon spaghetti sauce into pocket spreading evenly
- Add mozzarella and pepperoni and any other toppings
- Wrap in heavy duty foil and place in coals
- Cook for 1 ½ minutes on each side

Chili Mac

2 pkg Mac & Cheese	¼ stick Butter	¼ c Milk
Nachos	1 can Chili con Carne with beans	

Directions

- Make Macaroni and Cheese according to directions
- When complete, mix in one can of Chili con Carne with beans
- Mix well and serve

Meaty Mac & Cheese

2 pkg. Mac & Cheese	1 Sm. Onion	½ lb. Ground Beef
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Directions

- Cook ground beef and onion
- Make Mac and Cheese according to directions
- Mix together and serve

Philly Cheese Steak

3 Onions	¼ lb. Cheese slices	4 Tbsp. Margarine
8 Bulky rolls	1 lb. Thin-sliced roast beef	

Directions

- Cut and sauté the onions in margarine
- Add roast beef and cook until steak is done
- Place cooked beef and onions into rolls
- Add cheese slices on top of hot steak

Sausage and Peppers

1 lb. Italian sausage	2 Peppers	1 Onion
1 slice Bacon, diced		

Directions

- Cut the onion and peppers into slices
- Fry the sausage and bacon until half done
- Add peppers and onions
- Cook until done

Sloppy Joe Sandwiches

2 lb. Ground beef	1 Tbsp. Brown sugar	2 Tbsp. Chili powder
1 Large Onion	2 Tbsp. Garlic powder	2 Tbsp. Brown sugar
1 Tbsp. Oregano	1 can Tomato paste	¼ Tsp. Black pepper
Hamburger buns		

Directions

- Sauté the ground beef for 5 minutes
- Add the sliced onion and red bell pepper
- Sauté until onion is tender
- Drain the fat
- Mix in tomato paste and water, stirring until paste is dissolved
- Stir in garlic, chili powder, brown sugar, oregano, salt and pepper
- Continue to cook for 5 to 10 minutes or until mixture is thick and stew-like

Dinner

Alpine Spaghetti

1 lb. Spaghetti	1 Tbsp. Olive Oil	1 C Parmesan Cheese grated
3 Tsp. Basil	1 Tbsp. Parsley Flakes	1 Tbsp. Garlic

Directions

- Bring a pot of water to boil and add spaghetti
- Boil for 10 minutes and drain
- Add olive oil and toss
- Add remainder of ingredients and toss again until thoroughly mixed

Baked Chicken Dinner

12 pieces of Chicken	1 c Flour	1 Tbsp. Butter
2 Onions	8 Potatoes	4 Carrots
1 stalk Celery	½ c Water	

Directions

- Flour chicken
- Melt butter in DO and brown chicken
- Slice vegetables
- Add onions and continue to brown
- Top with remaining ingredients
- Cover and let steam until tender, about 30 to 45 minutes

Beef Pot Roast

3-4 lb. Pot roast	3 Potatoes	3 Carrots
2 Onions	1 Tsp. Salt	¼ Tsp. Pepper
½ c Water or beef broth		

Directions

- Brown roast in oven on all sides in small amount of oil
- Remove meat and add salt and pepper
- Clean and cut up the vegetables
- Place half of vegetables in bottom of oven, return meat to oven
- Add remaining vegetables and liquid
- Cover and cook at 300° for 3-5 hours depending upon size of roast

Bragiole

½ c Italian bread crumbs	4 Tbsp. Olive oil	1 clove Garlic
Salt and black pepper	⅔ c Grated Pecorino Romano	1 ½ lb. Flank steak
⅓ c Grated provolone	3 ¼ c Tomato Sauce	2 Tbsp. Chopped parsley
1 lb. Pasta		

Directions

- Mix the breadcrumbs, spices and a little oil in a medium bowl
- Lay the flank steak flat and sprinkle the bread crumb mixture over the steak
- Roll up the steak like a jelly roll
- Use toothpicks to secure
- Sprinkle the bragiole with salt and pepper
- Cook over medium heat until browned on all sides, about 8 minutes
- Add a cup of water to the oven and bring to a boil
- Stir in the tomato sauce
- Cover and bake at to 350° for 1 hour, turning the bragiole and basting with the sauce occasionally
- Uncover and continue baking until the meat is tender, about 30 minutes longer
- Cut the bragiole into slices and serve with pasta

Campfire Fajitas

1 lb. Skinless, boneless chicken	½ c Olive oil	1 Lg. Green bell pepper
Oregano	Cumin	Cilantro
1 Lg. Red bell pepper	1 pkg. Flour tortillas	1 Lg. Yellow bell pepper
Sour cream	1 Onion	8 oz. Grated cheddar cheese

Directions

- Mix the olive oil, salt, and spices in a mixing bowl
- Add the chicken strips and coat with the marinade
- Grill the chicken about 3-4 minutes on each side
- Sautee the bell peppers and onion until the onion become clear
- Assemble the Fajitas and add sour cream and cheddar cheese as desired

Chicken Casserole

3-4 Chicken breasts	2 lb. Frozen mixed vegetables	1 can Mushroom soup
⅓ c Sour cream	1 box Instant stuffing	

Directions

- Cube chicken, cover with soup and sour cream
- Layer vegetables on top of chicken mixture
- Cover all with stuffing
- Bake at 375° for 60 minutes and the stuffing is cooked through

Chicken Pot Pie

2 lb. Chicken	¼ Tsp. Oregano	2 lbs. Frozen mixed vegetables
¼ Tsp. Garlic powder	1 Onion	¼ Tsp. Onion salt
1 can Cream of chicken	1 roll Pillsbury biscuits	

Directions

- Cube chicken and brown in Dutch oven
- Add chopped onion and cook
- Add frozen vegetables, soup, spices and 1 cup water
- Place biscuits on top of mixture and bake until brown, about 30 minutes

Chicken Noodle Casserole

6 oz. Elbow pasta	1 ½ lb. Chicken	1 can Cream of chicken soup
1 can Cream of mushroom soup	Garlic powder	Onion powder
Black pepper	2 lb. Frozen peas and carrots	1 lb. Frozen corn
4 oz. Shredded cheddar cheese	½ c Breadcrumbs	1 ½ Tbsp. Butter

Directions

- Cube the chicken
- Mix the chicken, pasta, soup, vegetables, seasonings, and 1 cup cheese in the Dutch oven
- Cover with breadcrumbs and the last of the cheese
- Add pats of butter to top
- Bake at 350° for 30 minutes
- Uncover and cook 10 more minutes

Corned Beef with Dijon Glaze

3 lb. Corned beef brisket	4 c Water	¼ c Vinegar
¼ c Worcestershire Sauce	2 Bay leaves	8 whole Cloves
3 cloves Garlic	½ c Dijon mustard	½ c Orange marmalade
2 Tbsp. Horseradish	2 Tbsp. Worcestershire Sauce	

Directions

- Place brisket in Dutch oven
- Add water and garlic, bay leaves, cloves, vinegar, bring to a boil
- Cover and simmer 2-½ to 3 hours or until tender
- In a saucepan cook the Dijon mustard, marmalade, horseradish, and Worcestershire sauce over medium heat, stirring constantly, until bubbly
- Remove brisket and drain
- Return to oven and spread with glaze
- Bake at 350° for 20 min

Dutch Oven Lasagna

1 ½ lb. Lean ground beef	¼ c Grated Parmesan cheese	23 oz. Spaghetti sauce
13 Lasagna noodles	9 oz. Shredded mozzarella cheese	1 ½ Tsp. Oregano
2 ¼ c Ricotta cheese	¾ c Hot water	

Directions

- Brown the ground beef
- When done, remove the beef to a large mixing bowl
- Add the spaghetti sauce and mix well
- In another bowl, add the ricotta cheese, parmesan cheese, mozzarella cheese (reserve a few ounces for later), and oregano, and mix well
- Break up four lasagna noodles into the bottom of the oven
- Spread ⅓ of the meat mixture over the noodles
- Spread ½ of the cheese mixture over the meat mixture
- Break up five noodles and place over the top of the preceding mixtures
- Spread ⅓ of the remaining meat mixture over the noodles
- Spread the remaining cheese mixture over the meat mixture
- Break up the remaining noodles and place over the cheese mixture
- Spread the remaining meat mixture over the noodles
- Pour the hot water all around the edges of the oven
- Cover and bake at 350 ° for 60 minutes or until done

Ranch Chicken

4 Chicken breast	1 pkg Ranch dressing mix	1 c Black beans
1 c Rotel	1 c Corn not drained	1 Cream cheese

Directions

- Dump all into Dutch Oven
- Place cheese on top of all
- Bake at low heat for 4 hours
- Serve over rice

French Roast Beef

3 lb. Rump roast	6 Whole cloves	1 Bay leaf
4 c Water	2 Onions	2 stalks Celery
1 Tsp. Salt	5 Peppercorns	1 clove Garlic
4 Carrots	2 Turnips	

Directions

- Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven
- Add water
- Heat to boiling
- Reduce heat and simmer covered for 2 hours
- Add remaining ingredients
- Cover and simmer until beef and vegetables are tender, about 45 minutes

Sheila's Meatloaf in an Onion

½ c Bread crumbs	2 lb. Ground beef	¼ Tsp. Black pepper
2 Tbsp. Chili sauce	1 Tbsp. Brown sugar	1 Tbsp. Oregano
6 Lg. Onions		

Directions

- Cut tops off 6 large peeled onions and remove centers to make bowls
- Mix all remaining ingredients together
- Spoon the meat mixture into the onions
- Place the filled onion inside the Dutch oven
- Bake at 350° for 30 minutes until done

Monterrey Chicken

3 Tbsp. Honey	3 Tbsp. Soy sauce	3 Tbsp. Worcestershire sauce
5 dashes Garlic	5 dashes Salt	4 Boneless skinless chicken breasts
1 c Monterrey jack cheese	8 slices Bacon	8 Tbsp. Barbecue sauce

Directions

- Mix the honey, Soy, Worcestershire, and spices together in a Ziploc bag
- Add chicken
- Add water until the marinade covers the chicken breasts
- Marinate in cooler for several hours
- Place marinated chicken in Dutch oven and top with strips of bacon
- Top cook at 350° for 20 minutes
- Place slices of Monterrey cheese and BBQ sauce on top and cook until cheese melts

Oven Roasted Sausage and Potatoes

1 pkg Smoked sausage	1 lg Onion	5 lg Potatoes
Olive oil	Sea salt	Ground black pepper
Paprika	Thyme	Grated Cheddar cheese

Directions

- Cut the sausage into rounds, onions and potatoes into cubes and place into the Dutch oven
- Drizzle with olive oil and salt, pepper, paprika and thyme
- Mix to cover everything with oil and spices
- Bake at 400° for 45 minutes, stirring every 15 minutes
- Add cheese over top and cover the oven a few minutes to melt the cheese

Pork Loin with Harvest Vegetables

2 lb. Pork Loin	1 can Cherry Pie filling	6 Potatoes
Rosemary	8 oz. Apple Cider	¼ c Honey
1 sm. Pumpkin	1 Turnip	Thyme

Directions

- Roast the pork in Dutch oven browning all sides
- Place in center of oven and glaze with honey and spices
- Pour 2 cups apple cider in oven
- After 20 minutes, add cleaned and cubes vegetables
- Add remaining cider and glaze as necessary
- Bake at 350° for 30-40 minutes

Pork Tenderloin wrapped in Bacon

3 lb. Pork Tenderloin	1 lb. Bacon	¾ c Soy Sauce
1 Tbsp. Minced Onions	½ teaspoons Garlic Salt	1 Tbsp. Vinegar
¼ tsp Salt	1 dash Pepper	¾ cups Brown Sugar

Directions

- Cut pork into 4 pieces and wrap pieces in bacon
- Place in the Dutch oven
- Poke holes in meat with a fork
- Combine rest of ingredients in a small bowl; stir well and pour over meat
- Bake at 300° for 2 to 3 hours
- Cover bacon in foil after approximately 1 ½ hours of baking

Sausage with Peppers and Onions

2 Tbsp. Olive oil	Butter	16 Italian sausages
2 Red peppers	1 med. Onion	1 Green pepper

Directions

- Cook sausage for 2 minutes on each side
- Drain fat
- Add sliced onions, garlic, peppers, and seasonings
- Cover and cook over low heat for 25 minutes

Shepard's Pie

2 lb. Hamburger	1 can Diced tomatoes	1 Green pepper
1 bag Frozen mixed vegetables	1 Sweet Onion	3 c Prepared mashed potatoes
1 stalk Celery	8 oz. Shredded Cheddar cheese	

Directions

- Dice the green pepper, onion, and celery
- Brown hamburger in a Dutch oven
- Add green pepper, onion, and celery
- Stir about 5 minutes, until vegetables are soft
- Add tomatoes and mixed vegetables into hamburger
- Prepare the mashed potato to make 3 cups
- Spread mashed potatoes over top of all
- Cover and bake at 350° for 30 minutes
- Sprinkle cheese on potatoes and bake another 10 minutes or until cheese is melted

Shrimp Scampi

1 Tsp. Chives	1 Tsp. Salt	1 clove Garlic
1 lb. Spaghetti	4 Tbsp. Butter	Vegetable oil
4 Tbsp. Lemon juice	2 lb. Frozen shrimp	

Directions

- Sauté onion and garlic in margarine and oil
- Add shrimp
- Cook and stir until shrimp are pink
- Add lemon juice and salt
- Cook for 2 more minutes
- Serve over spaghetti

Spinach & Feta Stuffed Chicken

4 Chicken breasts	1 c Feta cheese	1 Tbsp. minced Garlic
2 c Seasoned bread crumbs	2 Tbsp. Olive oil	½ c Butter
16 oz. Frozen spinach		

Directions

- Butterfly slice 2 chicken breasts
- Cook spinach in garlic and oil
- Add feta cheese and mix well
- Place spinach mixture inside each chicken breast
- Wrap chicken around mixture (like a taco) and secure with a toothpick
- Roll each breast in bread crumbs
- Place in Dutch oven and pour butter over them
- Bake at 350° for 30 minutes

Spit Cooked Chicken Dinner

2 Whole Chickens	Butter	8 Potatoes
1 lb. Carrots		

Directions

- Spit the chicken and roast over low fire for 2 hour
- Chunk potatoes and carrots and place them mixed, inside foil packets
- Cook over coals for 30 minutes

Tomato Basil Pasta

12 oz. Pasta	1 can Diced tomatoes	1 lg. Sweet onion
4 cloves Garlic	½ tsp. Red pepper flakes	Oregano
Basil	4 ½ c Vegetable broth	2 Tbsp. Olive oil
Parmesan cheese		

Directions

- Place pasta, tomatoes, onion, garlic, basil, in a large pot
- Pour in vegetable broth
- Sprinkle in pepper flakes and oregano and drizzle with oil
- Cover pot and bring to a boil
- Reduce and simmer for about 10 minutes
- Cook until almost all liquid has evaporated

Yankee Pot Roast

3-4 lb. Pot roast

¼ Tsp. Pepper

2 Onions

1 Tsp. Salt

3 Carrots

1 pkg Lipton onion soup

3 Potatoes

1 can Cream of Mushroom soup

Directions

- Place large foil packet in Dutch oven
- Add meat and cut vegetables inside foil
- Cover all with soup and onion mix
- Close and seal foil packet
- Cover and bake at 300° for 2 to 3 hours

Sides for Anytime

Apple and Cranberry Sauce

1 can Apple Pie filling 1 can Jellied Cranberry sauce 1 can Whole Berry Cranberries

Directions

- Empty cans into a saucepan
- Cook on medium heat for 15 minutes
- Stir and use a masher to break down the large pieces
- Serve warm with turkey, chicken, or ham

Bacon Onion Foil Potatoes

1 pkg Onion soup 10-12 Baby red potatoes 1 lg. Onion
 12 slices Bacon 1 c Cheese Salt and pepper
 3 Tbsp. Butter Sour cream

Directions

- Cook bacon and crumble
- Cut onion and potatoes into thin slices
- Place equal portions of potatoes, bacon, onion, onion soup mix into a foil packet
- Add 1 tablespoon of butter to each
- Wrap foil securely
- Bake at 350° for about 35 minutes

Baked Stuffed Potatoes

8 Potatoes 8 oz. Shredded cheese 1 can Chili
 1 c Sour Cream

Directions

- Wash a large potato, wrap in foil, and cook over the coals for 30 minutes
- Place the potato on a plate, cut lengthwise, and add the stuffing: Chili and Cheese; cooked hamburger meat with any kind of sauce (like sloppy joe); Cream of anything soup

Bob's Sausage Stuffing

3 loaves of bread	1 tube pork sausage	1 box Bell Poultry seasoning
1 Lg. White or Vidalia onion	1 stalk celery	32 oz. chicken broth
Salt and Pepper		

Directions

- Scramble and cook the sausage
- Dice the onions and celery
- Sweat them lightly in the sausage oil, do not sauté them or they will turn to mush
- Tear the bread into 1" pieces in a large bowl
- Add all the other ingredients, seasoning and adding the broth as you mix
- Keep the mixture moist but do not let it turn to mush
- Pack the mixture into the Dutch oven lightly and place a full stick of butter in middle
- Cover and cook at 350° for 30 to 45 minutes

Crushed Baked Potatoes

4 Sm. Potatoes	1 Tbsp. Olive oil	1 clove Garlic
1 Tbsp. Chives	Salt	Pepper
2 Tbsp. Grated cheese	1 Tbsp. Parmesan	

Directions

- Wash the potatoes and place in salted water.
- Bring to boil and cook till fork tender (15-20 minutes).
- Mix oil with crushed garlic clove.
- Set aside. Line a baking sheet with parchment.
- Place the potatoes in the DO and gently crush the potatoes.
- Pour some garlic oil over each potato, sprinkle with salt and pepper and add cheese and chives.
- Top bake for 7-10 minutes or until crispy.

Fried Rice

2 cups water	½ Tsp. salt	1 c rice
½ Tbsp. margarine	1 egg	ham pieces
1 Tbsp. Soy sauce		

Directions

- Add salt to water and bring to a boil.
- Add rice and margarine and return to boiling.
- Cover and reduce heat.
- Simmer for 20 to 30 minutes.
- Melt margarine or put oil in frying pan.
- Scramble egg.
- Add soy sauce, ham, salt and pepper and mix into rice.
- Fry rice until golden brown, 10 to 15 minutes.
- Do not overload pan, as it increases frying time.

Potato-Cheese Patties

2 c Water	2 Tbsp. Dried onion	1 c Potato pearls
½ to 1 c Powdered milk, dry	½ c Flour	½ Tbsp. Baking powder
½ Tsp. Salt	2 Tbs. Dried mixed vegetables	Pepper
Margarine	¼ c Cornmeal	

Directions

- Boil the onions and vegetables
- Add to potato pearls and stir well
- Mix in all other ingredients except cornmeal and margarine and form a stiff dough
- Shape dough into patties and roll them in the cornmeal
- Fry in margarine until both sides are slightly crisped

Dessert

Apple Dumplings

2 Tart apples	⅓ c Butter	2 pkg crescent rolls
¾ c Sprite	1 c Sugar	Cinnamon

Directions

- Core and peel each apple and cut into 16 wedges
- Wrap a crescent triangle around each apple wedge
- In a bowl, combine sugar and butter
- Sprinkle over dumplings
- Slowly pour the soda around the dumplings, but do not stir
- Sprinkle with cinnamon
- Bake uncovered 350° for 35-40 minutes or until golden brown

Apple Cake

5-7 Apples	1 pkg Yellow cake mix	2 Tbsp. Sugar
1 Tbsp. Cinnamon	1 stick Butter	

Directions

- Fill the Dutch Oven ½ full with peeled and sliced apples
- Sprinkle the apples with dry cake mix
- Top with sugar and cinnamon and pats of butter
- Bake at 350° for 30 minutes

Apple Pie

¾ cup white sugar	¼ Tsp. ground nutmeg	2 Tbsp. all-purpose flour
2 cans Apple filling	½ Tsp. ground cinnamon	1 Tbsp. butter
1 Pie shell	1 Pie crust	

Directions

- Mix sugar, flour, cinnamon, nutmeg and lemon peel
- Layer one third of the apples into the pie crust
- Sprinkle with sugar mixture and repeat until all apples are used
- Dot with top of the mixture with butter
- Place second pie crust on top of filling and close the edges
- Cut vents in top crust
- Bake at 425° for 40 to 50 minutes

Apple Tart

1 roll pastry shell	4 Granny Smith apples	½ cup sugar
½ stick butter	½ c apricot jelly	2 tablespoons water

Directions

- Roll the dough slightly larger than Dutch oven and place in a pan
- Peel the apples and slice them into thin slices
- Overlap the slices diagonally down the middle of the tart, making diagonal rows on both sides of the first row until the pastry is covered with apple slices
- Sprinkle with ½ cup sugar and butter slices
- Bake at 400° for 45 to 60 minutes
- When done, heat the apricot jelly and brush it onto the tart

Baked Campfire Apples

1 Apple	Brown Sugar	Heavy Aluminum Foil
Carmel, Raisins, Nuts and/or Red Hot Cinnamon Candies		

Directions

- Core upper part of apple leaving bottom half intact
- Fill center with raisins, nuts and candies
- Add brown sugar to taste
- Double wrap apple in aluminum foil
- Place on hot coals for 20 minutes

Blueberry Pie

¾ c white sugar	½ Tsp. ground cinnamon	3 Tbsp. cornstarch
2 cans blueberry mix	¼ Tsp. salt	1 Tbsp. butter
1 Pie shell	1 Pie crust	

Directions

- Mix sugar, cornstarch, salt, and cinnamon, and sprinkle over blueberries
- Pour berry mixture into the pie shell and dot with butter
- Cut remaining pastry into ½ - ¾ inch wide strips, and make lattice top
- Crimp the edges of the pie
- Bake pie at 350° for about 50 minutes or until crust is golden brown

Cherry Pie

2 cans Cherry Pie mix	1 Tbsp. butter	1 $\frac{1}{8}$ c white sugar
$\frac{1}{4}$ Tsp. almond extract	3 $\frac{1}{2}$ Tbsp. cornstarch	1 Pie shell
1 Pie crust		

Directions

- In a saucepan, combine cherries, sugar and cornstarch
- Let it sit for about 10 minutes
- Bring to a boil over medium heat, stirring constantly
- Lower the heat and simmer for 5 minutes
- Stir in the butter and almond extract
- Mix and pour into pie shell
- Cover with top crust and seal edges
- Make several small slits in the top
- Bake at 375° for 45 to 55 minutes or until the crust is golden brown

Chewy Fudge No-Bake Cookies

1 c Brown sugar	$\frac{1}{2}$ Tsp. Vanilla	$\frac{1}{4}$ c Cocoa mix
1 $\frac{1}{2}$ c Oatmeal	5 Tbsp. Margarine	$\frac{1}{4}$ c Walnuts
3 Tbsp. Milk	$\frac{1}{2}$ Tsp. Vanilla	

Directions

- Mix sugar, margarine, cocoa, and milk in a pan
- Bring to a boil
- Reduce heat and boil 3 minutes, stirring constantly to prevent burning
- Remove from heat and stir in remaining ingredients
- Drop spoonfuls onto a flat surface and let sit for about 10 minutes to set

Dump Cobbler

1 pkg Yellow cake mix	1 Tsp. Cinnamon	1 can Pie filling
1 Tbsp. Butter	1 can Fruit cocktail	

Directions

- Pour filling and fruit cocktail in bottom of Dutch oven
- Sprinkle cake mix over top of fruit, DO NOT STIR!
- Sprinkle with cinnamon and cut pads of butter
- Cover and bake at 375° until top is lightly browned, about 30-45 minutes

Fruit Turnovers

1 pkg Crescent Rolls

1 can Fruit pie filling

1 Egg

Directions

- Lay out a triangle of crescent roll dough and place 1-2 tablespoons of pie filling in center
- Brush beaten egg along the edges and lay a second piece of dough on top
- Press edges together
- Bake at 350° for 10-15 minutes or until golden brown

Fudge Brownies

4 oz. Unsweetened chocolate

1 c Margarine

2 c Sugar

3 Eggs

1 Tsp. Vanilla

1 c Flour

 $\frac{3}{4}$ c Chopped Walnuts

Salt

Directions

- In a small pot, melt the chocolate and $\frac{1}{2}$ cup of margarine over low heat, stirring until smooth
- Let cool completely
- In a medium pot, mix the remaining margarine and sugar until smooth
- Add eggs and mix well
- Add vanilla and chocolate mixture
- Add flour and pinch of salt
- Stir well and add walnuts
- Pour into a greased pan and bake at 350° for 30 to 40 minutes

Honey Roasted Pineapple

1 Pineapple

 $\frac{1}{4}$ c Honey

2 Tsp. Cinnamon

Directions

- Cut off eyes and top of pineapple
- Skewer pineapple and brush with honey and sprinkle with cinnamon
- Cook over coals for 20 minutes, brushing with honey
- When pineapple is lightly browned remove from skewer
- Cut into wedges and serve warm

Maple Custard Pie

1 c Brown sugar	¼ Tsp. Maple syrup	1 Tbs. Cornstarch
3 Eggs	2 Pie shells	1 ½ c Scalded milk
2 Tbsp. Margarine	½ c Cold Milk	Salt
Nutmeg		

Directions

- Mix sugar, maple extract, and melted margarine into scalded milk in medium pot
- Add the cold milk and cornstarch to a separate bowl and mix well
- Add to the sugar mixture and add a pinch of salt and eggs
- Beat well
- Pour into pie shells
- Bake at 450° for 10 minutes
- Top with nutmeg and bake another 25 minutes at 350°

Mince Pie

12 oz. All-purpose flour	1 Egg	Salt
1 jar Mincemeat	8 oz. Butter	2 Tbsp. Sugar
1 Pie shell	1 Pie crust	

Directions

- Mix all ingredients together in a bowl
- Add to pie crust and lattice cover or leave open
- Bake at 400° for 35 minutes

Pineapple Upside-Down Cake

1 pkg Yellow cake mix	1 can Pineapple slices	2 Tbsp. Brown sugar
Maraschino cherries	1 Tbsp. Butter	

Directions

- Put dots of butter in cake pan
- Sprinkle brown sugar over bottom
- Place pineapple slices in a single layer on the bottom
- Place maraschino cherries in the holes in the pineapple slices
- Pour prepared cake batter over all
- Cover and bake at 350° for 30 to 40 minutes

Pumpkin Pie

1 can Pumpkin filling	½ Tsp. Salt	1 Tbsp. Cornstarch
½ Tbsp. Butter	½ Tsp. Cinnamon	½ c Milk
½ Tsp. Ginger	1 c Sugar	½ Tsp. Nutmeg
2 Eggs	1 Pie shell	

Directions

- Mix sugar, cornstarch, salt, cinnamon, ginger, and nutmeg together
- Add Pumpkin filling
- Add eggs, melted butter, and milk
- Pour into pie crust
- Bake at 450° for 15 minutes
- Reduce temp to 350° and continue to bake for 50 minutes

Schwartzwald Torte (Black Forest Cake)

1 pkg Chocolate cake mix	1 can Cherry soda	1 can Cherry pie filling
1 Chocolate bar		

Directions

- Dump pie filling into Dutch oven
- Sprinkle about ⅓ of the cake mix over the pie filling
- Place remainder of cake mix into Ziploc bag
- Pour soda into the bag and knead the bag to mix
- Pour cake mix into the Dutch oven
- Break chocolate into small pieces and place on top
- Bake at 350° for 30-40 minutes

Smacos

1 pkg Flour Tortillas	1 pkg Mini Marshmallows	1 pkg Chocolate chips
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Directions

- Place a soft flour tortilla in the Dutch oven
- Place a handful of chocolate chips and mini-marshmallows on top of tortilla
- Cover and bake for 1 to 2 minutes
- Using tongs fold the tortilla in half (making a taco shape)
- Cover and bake for another minute

S'mores in a Cone

1 pkg Ice cream cones	Aluminum foil	1 pkg Mini Marshmallows
1 pkg Chocolate chips		

Directions

- Place some chocolate chips into an ice cream cone
- Add a layer of mini marshmallows
- Continue layering chips and marshmallows into the cone until full
- Wrap each cone tightly in aluminum foil
- Heat by the fire until chocolate and marshmallows are melted, about 3 to 5 minutes

S'mores Pockets

1 pkg Crescent rolls	1 pkg Sm. marshmallows	1 pkg Chocolate chips
Graham crackers – crushed		

Directions

- Lay each crescent roll into a cupcake pan
- Put a spoon of each item in the pocket
- Fold the pastry over the top
- Bake at 350° for 15 minutes

Texas Rangers

1 c Butter	1 c Sugar	1 c Brown sugar
2 Eggs	2 tsp. Vanilla	1 c Coconut
2 c Chocolate chips	4 c Rice Krispy	2 ½ c Flour
1 tsp. Baking powder	½ tsp. Baking soda	

Directions

- Mix butter, sugar, brown sugar, eggs, and vanilla in a large bowl
- Mix the coconut, chocolate chips, Rice Krispy, flour, baking powder, and baking soda in another bowl
- Combine together
- Form into small balls and place on in oven 1 ½" apart
- Bake at 350° for 11 minutes or until light golden brown

Appendix A – Measures

Common abbreviations used:

oz. – Ounce

Tbsp. – Table Spoon

qt. – Quart

Tsp. – Tea Spoon

pt. – Pint

pkg – Package

lb. – Pound

c – Cup (8 oz.)

gal. – Gallon

Measurement conversions you may need:

1 Tbsp. = 3 Tsp.

2 Tbsp. = 1 oz.

$\frac{1}{4}$ c = 4 Tbsp.

$\frac{1}{3}$ c = 5 $\frac{1}{3}$ Tbsp.

$\frac{1}{2}$ c = 8 Tbsp.

1 c = 8 oz.

1 qt. = 4 c

1 gal = 4 qt.

2 c = 1 pt.

1 Stick Butter = $\frac{1}{4}$ lb. or $\frac{1}{2}$ c or 8 Tbsp.

1 lb. bread loaf = About 17 slices

1 $\frac{1}{4}$ lb. loaf = About 20 slices

1 $\frac{1}{2}$ lb. loaf = About 23 slices

Can sizes

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