

500+ Camping Recipes !!

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HOW TO MAKE A BUDDY BURNER / VAGABOND STOVE

Materials:

Flat tuna, pet food or pineapple can
Plain corrugated cardboard (not printed with bright inks or coated with wax or plastic)
Candle wax or paraffin
#10 gallon can (the large institutional size) or a large coffee can

Making the Buddy Burner: Cut the cardboard in strips in a width which is the height of the tuna can -- across the corrugations, so that the holes show. Roll the strips until the cardboard roll fits snugly into the tuna can. Melt the wax. It is best to use a double boiler, as if the wax gets too hot, it can burst into flame. You can improvise a double boiler by putting water in a large pan, and then setting a smaller pan into the water. Each tuna can will take about 4 ounces of wax. When the wax is melted, slowly pour it into the buddy burner so that it runs down into the holes and saturates the corrugated cardboard and fill the can to the rim. You can put a small piece of cardboard sticking up or a candle wick in the middle to help start it, but this isn't required. Let it cool and harden.

Making the Vagabond Stove: First, cut out one end of the #10 can. Then cut a door about three inches high and four inches wide on a side of the can at the open end, leaving the top of the door attached. Pull the door open. Slide the cutout lid into the can, setting it firmly against the closed end. The following procedure will hold it there permanently, and the double thickness of metal will conduct the heat more efficiently. At the top of the stove (the closed end of the can) punch four smoke holes around the side with a punch-type can opener. The metal from the holes will hold the extra lid in place. Your stove is now complete. You will cook on the top of the can, either directly on it or by placing a pan on top of it, with the Buddy Burner underneath for the heat source. You can also use the Vagabond Stove without the Buddy Burner, using charcoal or a wood fire for the heat source.

Cooking: Set the Buddy Burner on a brick or concrete block (these get VERY HOT, so make sure you place them on something heat-proof). Put a lighted match in the middle of the can (or light the wick if it has one). The flame will spread across the top of the can; that's what it's supposed to do. It is also helpful to turn the can on the side so that the flame of your match can spread across the cardboard more easily. Once lit, place the Vagabond Stove over the Buddy Burner with the open end down. You can place a pan with whatever you want to cook on top of the Vagabond Stove or you can cook directly on top of it. If you need to regulate the flame, you can use a piece of aluminum foil (several thicknesses folded and slightly larger than the Buddy Burner) and place it partially over the flame in the can. To extinguish the flame, place the foil over the entire top of the can. If you need to bake something, you can use tuna cans as little pans. Place the food to be baked in the tuna cans, place on top of the Vagabond Stove and place another #10 can over that to form an "oven". Anything you would bake in a regular oven can be baked this way (if it is small enough).

Refilling the Buddy Burner: Each Buddy Burner should burn between 1-1/2 to 2 hours without needing to be refilled. They can be used for an indefinite period of time if they are replenished with wax though, because the wax burns at a lower temperature than the cardboard and lengthens the life of the cardboard. To refill the Buddy Burner, place small chunks of wax on top of the corrugation while it is burning.

HOW TO MAKE A CARDBOARD BOX OVEN

Materials:

1 Brick or flat rock
1 Corrugated cardboard box
3 Coat hangers
1 pkg Aluminum foil, heavy-duty
1 Metal pie pan
4 to 5 Charcoal briquets, lit

Cover the inside and outside of the box completely with 3 or 4 layers of aluminum foil, including the flaps. Lay box on level ground so that the opening opens oven-style (front-door style is OK, too). Straighten the coat hangers, then run them through the sides of the box about 2/3 of the way up from the bottom to form a rack. Set brick in bottom. Place live coals into pie pan/pie plate. Put pan on brick (don't forget, the PIE PAN IS HOT! Use an oven mitt or hot pad). Place food to be cooked onto coat-hanger rack and close oven door. Watch carefully, checking often. Each live coal makes about 80 degrees Fahrenheit.

ABOUT DUTCH OVEN COOKING

A Dutch Oven is a must for delicious camp-out feasts! Just about anything you cook in a regular oven -- pies, bread, stew -- can be whipped up in a Dutch Oven, using hot charcoal in your campfire ring. Dutch Ovens are commonly defined to be any covered metal cooking pot. The kind used for camping is made of heavy cast-iron though, has three short legs on the bottom, and a tight fitting lid with a rim to hold coals. Dutch Ovens that do not have legs, are flat on the bottom and have a highly domed basting lid without a rim for coals are called "Bean Pots" or "Kitchen" Dutch Ovens. They can be used with coals, but are better suited to use on a stove top or in the oven.

The only way to successfully cook in a Dutch Oven is to properly season it first. When you buy a new Dutch Oven it is usually coated with a waxy material to protect it. To obtain the desirable non-stick properties of a well-used pot takes a little time and effort. To season your Dutch Oven, wash the Dutch Oven with mild soapy water, rinse, and dry completely. Grease inside and out (pot, legs, and lid) lightly with a good grade of olive or vegetable oil (I prefer solid shortening e.g., Crisco). Do not use lard or other animal products as they will spoil and turn rancid! Do not use a spray in coating, but rather use an oil soaked paper towel or new sponge. Place greased Dutch Oven upside down on oven rack with lid separate and put aluminum foil underneath to catch any excess oil. Bake in a 300-350 degree oven for at least 1 hour (it will probably smoke and stink up your house!). If you'd rather heat it outside to avoid the smell and smoke in your house you can do that also... a gas grill works great for this.

It will take more than this initial seasoning for the pot to obtain the desired uniform black patina (like a satin black bowling ball) that provides the non-stick qualities and protects the pot from rust, but the seasoning on your pot will improve with each use if it is properly oiled and cared for. Re-season your pot regularly and especially if it starts to rust or has a metallic taste -- this is a sign your seasoning has been removed. Repeat seasoning steps if this happens. You should also re-season after storage or if it smells rancid. Once your Dutch Oven is seasoned it should never be scrubbed with soap. Store the oven in a warm, dry place with the lid cracked so air can circulate inside.

Cooking Tips: For easy cleanup, line the bottom and the sides of the Dutch Oven with aluminum foil. Use a wooden spoon to stir, and always cook with the lid on. Unless you like ashes in your food, don't tilt the lid when you remove it. When you do remove the lid or handle any part of the hot oven, use cooking gloves or hot-pot tongs. A Dutch oven seems indestructible, but it will shatter if dropped on hard cement or it will crack if cold water is poured into a very hot Dutch oven. NEVER, REPEAT, NEVER! pour very cold water into an empty hot pot or you may cause permanent damage to the oven (cracking)!

Heat control is the hardest thing to master when learning to cook with a Dutch Oven. Remember to start with moderate temperatures. You can always add more heat if desired or necessary. Be cautious, as most guests don't enjoy burned food! High quality briquettes are recommended. Briquettes provide a long lasting, even heat source and are easier to use than wood coals. Briquettes will last for about an hour and will need to be replenished if longer cooking times are required. Group the smaller briquettes and add new ones (hot) as required to maintain the desired temperature.

Rule of thumb: Each briquette adds between 10 & 20 degrees.

Different types of cooking requires different placement of the briquettes. Here are a few general rules for briquette placement:

For Roasting: The heat source comes from the top and bottom equally. This requires twice as many coals on top as on the bottom.

For Baking: The heat source comes from the top more than the bottom. Place 3 times as many coals on the lid.

For Boiling, Frying, Stewing, Simmering: All of the heat comes from the bottom. All coals are placed beneath the Dutch Oven.

Place the required # of briquettes under the oven bottom in a circular pattern so they are at least 1/2" inside the Dutch Oven's edge. Arrange briquettes on top in a checkerboard pattern. Do not bunch briquettes as they can cause hot spots. To prevent (minimize) hot spots during cooking, get in the habit to lift and rotate the entire oven 1/4 turn and then rotate just the lid 1/4 turn in the opposite direction. Rotate every 10-15 minutes. If you use wood coals, remember that the flame will be much hotter than the coals! Avoid direct flames on the pot or turn frequently. It is important to remember that these tips are only a guide to help you get started. You will need to adjust briquettes (or coals) according to the recipe and keep in mind that the weather, ambient temperature, and ground conditions can affect cooking temperature.

Here is a handy guide for the amount of charcoal briquettes needed for different sized Dutch Ovens to reach a desired temperature level:

8" DUTCH OVEN:

10" DUTCH OVEN

325 degrees - 15 coals ...OR... 10 on top / 5 on bottom
350 degrees - 16 coals ...OR... 11 on top / 5 on bottom
375 degrees - 17 coals ...OR... 11 on top / 6 on bottom
400 degrees - 18 coals ...OR... 12 on top / 6 on bottom
425 degrees - 19 coals ...OR... 13 on top / 6 on bottom
450 degrees - 20 coals ...OR... 14 on top / 6 on bottom

12" DUTCH OVEN:

325 degrees - 23 coals ...OR... 16 on top / 7 on bottom
350 degrees - 25 coals ...OR... 17 on top / 8 on bottom
375 degrees - 27 coals ...OR... 18 on top / 9 on bottom
400 degrees - 29 coals ...OR... 19 on top / 10 on bottom
425 degrees - 31 coals ...OR... 21 on top / 10 on bottom
450 degrees - 33 coals ...OR... 22 on top / 11 on bottom

16" DUTCH OVEN:

325 degrees - 34 coals ...OR... 22 on top / 12 on bottom
350 degrees - 36 coals ...OR... 24 on top / 12 on bottom
375 degrees - 38 coals ...OR... 25 on top / 13 on bottom
400 degrees - 40 coals ...OR... 27 on top / 13 on bottom
425 degrees - 42 coals ...OR... 28 on top / 14 on bottom
450 degrees - 44 coals ...OR... 30 on top / 14 on bottom

325 degrees - 19 coals ...OR... 13 on top / 6 on bottom
350 degrees - 21 coals ...OR... 14 on top / 7 on bottom
375 degrees - 23 coals ...OR... 16 on top / 7 on bottom
400 degrees - 25 coals ...OR... 17 on top / 8 on bottom
425 degrees - 27 coals ...OR... 18 on top / 9 on bottom
450 degrees - 29 coals ...OR... 19 on top / 10 on bottom

14" DUTCH OVEN:

325 degrees - 30 coals ...OR... 20 on top / 10 on bottom
350 degrees - 32 coals ...OR... 21 on top / 11 on bottom
375 degrees - 34 coals ...OR... 22 on top / 12 on bottom
400 degrees - 36 coals ...OR... 24 on top / 12 on bottom
425 degrees - 38 coals ...OR... 25 on top / 13 on bottom
450 degrees - 40 coals ...OR... 26 on top / 14 on bottom

NOTE: For cooking times over an hour additional charcoal may be necessary. Either have another batch ready to go after about an hour and a half or, at about an hour, place unlit briquettes next to those on and under the oven to ignite them.

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**GENERAL CAMPING TIPS**

To judge the temperature of a fire, cautiously hold your hand, palm side down, over the fire at cooking height. Count the number of seconds you can hold that position and you will have an indicator of how hot the fire temperature is:

- 5 seconds = low
- 4 seconds = medium
- 3 seconds = medium-high
- 2 seconds = high

To clean messy BBQ grills, use 1/2 an onion to scrape off grease and burnt on food pieces. You use the 1/2 onion like you would a scouring pad. I didn't believe it would work myself until I tried it!

You may want to coat the outside of your camping cooking pots with bar soap before putting them on the fire. This makes the soot clean off easily!

Take plenty of heavy duty aluminum foil on your camping trips. You can make so many things from aluminum foil, including sauce pans, lids, bowls, and even water bowls for your pets!

Use powdered milk for cooking on camping trips, as it is easier to store, lighter to carry and cheaper than regular.

Getting your on-the-road oatmeal is fast if you turn regular oatmeal in a blender before leaving home. Blending makes the oatmeal the same as "instant."

When getting ready for a camping trip, fill large coffee cans with chili, stew or soup, and freeze. It adds to the coldness of the food in the cooler, plus you can set it at the edge of the campfire to heat, right in the can! Serve up in bowls and then dispose of the can. No big pots to wash and worry about!

For a quick meal while camping, brown ground beef, add sloppy Joe sauce, and freeze it in a freezer bag. Throw it in the cooler (it will help keep other food cool too) and then warm it up in a pan over a fire or on a grill. Can also be done with taco meat; just bring along your shells or tortillas and other desired toppings!

To cook hamburgers more evenly and avoid the syndrome of well done edges and rare centers, make a tiny hole (about the size that your index finger could fit through) in the middle of your burgers. During grilling, the hole in the middle will disappear but the center will be cooked the same as the edges!

Add a few ice cubes to aluminum foil packet dinners or vegetables to prevent them from burning and keep them moist!

Using a few corn chips as fire-starters is economical and efficient. Simply light them with a match and toss a few on the campfire or barbecue! Works great!

#### Campground Health & Beauty Tips:

- \* Brush your teeth with baking soda.
- \* For mouthwash, chew a few juniper berries, parsley stalks, fennel seeds, or mint leaves.
- \* For a dry shampoo, use cornmeal. Massage in and brush out.
- \* For tired feet, soak your feet in a cool stream and massage with peppermint leaves or oil.
- \* Use the abrasive strip on a matchbook for a nail file.
- \* Add a few drops of citronella essential oil to your sunscreen or lotion for a natural insect repellent.
- \* Soothe insect bites with apple cider vinegar, honey, or baking soda mixed into a paste of water.
- \* Apply honey to any skin blemishes.
- \* Highlight your hair by rinsing it with chamomile tea, lemon juice (for blondes) or rosemary tea (for brunettes).
- \* Wild berries make nice lip stains. Mix together with petroleum jelly or aloe vera gel for a natural lipstick. (Make sure the berries you use are NOT poisonous though!!)

#### Natural Sunburn Soothers:

- \* Vinegar (dilute 1 tablespoon in 1 cup of water)
- \* Plain yogurt
- \* Club soda
- \* Mashed apricots
- \* Baking soda mixed into a paste with water
- \* Buttermilk
- \* Tomato juice
- \* Witch hazel
- \* Gin
- \* White wine
- \* Cucumber juice
- \* Aloe vera gel mixed with a little vitamin E oil
- \* Cornstarch mixed into a paste with water

## 1. APPLE BOATS

1 apple per person  
raisins

cinnamon  
brown sugar

Core apple. Surround apple in aluminum foil. Put in raisins, brown sugar and cinnamon. Wrap apple in aluminum foil and place on coals. Rotate occasionally. When your apple boat is done cooking it tastes like sweet apple sauce with peeling.

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## 2. APPLE CIDER STEW

This can be a meal in itself. The beef can be pre-cooked at home. You should finish the stew over a bed of coals on the campfire. It can cook while you take a short walk, which will work up a good appetite for this hearty meal!

3 tablespoons flour  
2 teaspoons salt  
1/2 teaspoon pepper  
1/2 teaspoon dried thyme  
2 pounds beef stew meat  
3 tablespoons olive oil  
2 cups fresh apple cider  
1/2 cup water

2 tablespoons cider vinegar  
1 large bay leaf  
4 carrots, sliced  
3 potatoes, quartered, sliced  
2 onions, sliced  
1 celery stalk, sliced  
1 apple, sliced

Combine flour, salt, pepper, and thyme in a bowl. Toss the stew beef into the flour mix. Brown with olive oil in a Dutch oven. Stir in cider, water, and cider vinegar. Bring to a boil. Add bay leaf. Simmer meat until tender. Add balance of ingredients and cook until the vegetables are tender.

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## 3. APPLE DESSERT PACKETS

12 Large Apples  
4 Tbsp Sugar  
3/4 Cup Biscuit Mix

Raisins  
3 Tbsp cinnamon (or to taste)

Core and chop 1 apple in fairly large pieces, peeling if desired. Mix 1 tsp. sugar, a few raisins and cinnamon to taste with 1 Tbsp. biscuit mix; stir into chopped apple. Wrap in a piece of greased aluminum foil, leaving sufficient space for steam. Cook in the embers approximately 30 to 45 minutes (the juice of the apple moistens the dough sufficiently). Makes 12 packets.

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## 4. APPLESAUCE WITH GINGERBREAD DUMPLINGS

2 jars of applesauce  
1 package of any flavor muffin mix or gingerbread mix

Dump applesauce into pan with lid. I sometimes add some sugar and a little water to the applesauce. Place on grill over fire or on hot coals. Mix up gingerbread mix and drop into applesauce. Cover and let cook for about 25 minutes. Good with ice cream, cool whip or milk poured on it.

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## 5. BABY BACK RIBS

1 cup seasoned rice vinegar  
1 cup orange juice  
1/2 cup maple syrup  
1/2 cup water  
2 T. finely chopped ginger  
2 T. finely chopped cilantro

4 cloves garlic, chopped  
2 t. olive oil  
Salt and pepper  
1 t. crushed red pepper  
3-5 lbs pork loin back ribs  
1 T. cornstarch

Combine vinegar, orange juice, maple syrup, water, ginger, cilantro, garlic olive oil, 1 t. black pepper, and red pepper in a medium bowl. Reserve 1 cup of marinade. Place ribs in a shallow glass dish or large plastic bag. Pour remaining marinade over ribs, cover or close. Marinate in refrigerator or cooler for 4-24 hours.

To make glaze: Place reserved cup of marinade in a small saucepan; whisk in cornstarch. Bring to a boil, stirring constantly; set aside.

Remove ribs from marinade and discard marinade. Grill ribs on a covered grill over medium coals about 8-12 minutes, turning and rearranging frequently. Brush ribs with glaze the last few minutes of cooking. Remove from grill and baste again with glaze (4-6 servings).

---

## 6. BACKPACKER BARS

|                                |                                |
|--------------------------------|--------------------------------|
| 1 cup butter                   | 4 eggs -- lightly beaten       |
| 1 1/2 cups brown sugar         | 2 cups whole almonds           |
| 1 cup quick cooking oats       | 1 cup chocolate chips          |
| 1 cup whole wheat flour        | 1/2 cup chopped dates          |
| 1 cup white flour              | 1/2 cup chopped dried apricots |
| 1/2 cup wheat germ             | 1/2 cup shredded coconut       |
| 4 teaspoons grated orange peel |                                |

Preheat oven to 350. Cream butter with 1 cup brown sugar. Stir in oats, wheat flour, white flour, wheat germ, and orange peel. Press mixture into bottom of an ungreased 9 x13-inch baking pan. Combine eggs, almonds, chocolate chips, dates, apricots, coconut and remaining 1/2 cup brown sugar. Mix gently, but thoroughly. Pour over butter mixture. Spread evenly. Bake 30-35 minutes and cool before cutting into bars.

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## 7. BACKPACKER'S BEEF JERKY STEW

The recipe is always the same: "Just add water." Since the dried ingredients for this hearty backpacked stew weighs only 4 ounces, you can afford to bring along a fresh carrot for crunch.

|                                              |                                         |
|----------------------------------------------|-----------------------------------------|
| 4 cups water                                 | 1/2 teaspoon dried basil                |
| 1 cup dried tomato pieces (about 20 slices)  | 1/2 teaspoon dried oregano              |
| 1 cup beef jerky pieces (in 1/2-inch chunks) | 1/2 teaspoon dried garlic               |
| 1 cup dried peeled potato slices             | salt and pepper to taste                |
| 1 tablespoon dried bell pepper pieces        | 1 fresh carrot, sliced (optional)       |
| 1 tablespoon dried onion pieces              | 1 cup cooked and dried short-grain rice |

In a large saucepan, combine 3 cups of the water and all ingredients except carrot and rice. Let sit for 30 minutes to rehydrate. Place pan over medium heat and bring to a boil. Add carrot, if using. Simmer for 30 minutes to an hour, until jerky is tender. Meanwhile, combine rice with remaining water and bring to a boil. Remove from heat, cover, and let sit for 15 minutes to rehydrate. Return to boil, partially cover and simmer until rice is tender, about 15 to 30 minutes. Serve hot stew over cooked rice. Serves 2 to 4, depending on how far you hiked.

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## 8. BACKPACKER'S BISCUIT MIX

|                      |                  |
|----------------------|------------------|
| 6 cup flour          | 1 cup shortening |
| 1 Tbsp salt          | 3 Tbsp sugar     |
| 3 Tbsp baking powder |                  |

Mix dry ingredients thoroughly. Mix in shortening with fingers until mixture is the consistency of fine gravel. Makes about 7 cups and will store at room temperature in a tightly sealed container for up to 3 months.

To use, add 1 cup of milk and 2 Tbsp of butter or margarine to 2 cups of mix. Stir until blended. Knead until smooth and elastic. Shape into biscuits and bake in hot dutch oven or cardboard box oven until golden brown and doubled in size (about 15 minutes). Makes a dozen.

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## 9. BACKPACKER'S MASHED POTATOES & GRAVY

At home, combine:

|                        |                        |
|------------------------|------------------------|
| 1C dried potato flakes | 1 T butter buds        |
| 1/2 C powdered milk    | 2 T Cremora (optional) |
| 1/4 t salt             |                        |

In a second bag, combine:

|                       |                                      |
|-----------------------|--------------------------------------|
| 1 pkg. beef gravy mix | 1/4 C dried mushrooms                |
| 2 T dried onion       | 1/4 C dried (dehydrated )ground beef |

At camp: Rehydrate the gravy (mix + vegg/meat) by adding at least 1 C cold water (5-10 minutes). Pour the dry potato mix into a dish with a tight fitting lid. Add 1 1/4 C boiling water. Stir briefly, cover, and wait 5 minutes. (Add more hot water if necessary.) For Gravy, bring rehydrated gravy mix to a boil, stirring constantly.

## 10. BACKPACKER'S SPAGHETTI

Pasta of choice  
Dried Garlic  
Dried Onion  
Dried Red Pepper

Sun dried tomatoes  
Dried spaghetti sauce packet  
Dried parmesan cheese

Boil pasta; remove pasta from water and save water. Use correct amount of pasta-water to make pasta sauce from sauce packet & put in remainder of ingredients. Top off with Dried parmesan cheese.

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## 11. BACON BAKED POTATOES

5 lbs round white potatoes  
1 lb thin sliced bacon  
aluminum foil

Scrub potatoes in water, poke with a fork. Wrap in one layer of bacon. Wrap in foil, shiny side toward the inside. Lay along the coals of the campfire, turning often with long tongs. Check for doneness by poking with a fork, when fork slides easily into the potatoes, take them out of the fire. Serve with your choice of toppings, and save any leftovers to be reheated for breakfast. Leftovers can be cut up, and mixed with scrambled eggs and cheese for a quick delicious breakfast.

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## 12. BACON-CHEESE WEENIE ROAST

1 pack hotdogs  
12 oz. uncooked bacon

American cheese  
Toothpicks

Split the hotdogs without going the whole way through. Tear strips of cheese and tuck into the slits. Wrap each entire hotdog with a slice of bacon and fasten with toothpicks. Roast over an open flame until bacon is crispy-tender and hotdog is heated through.

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## 13. BAGGIE OMELET

Eggs (1-2 per person)  
Milk  
Any or all of the following....cheese, ham, bacon, onions, peppers, tomatoes, mushrooms  
Pita Bread (optional)  
Zipper type freezer bag

Put 1-2 eggs in bag and add desired amount of milk. Add the additional ingredients. Seal bag tightly. Place bag in boiling water and cook for 3-5 minutes until desired doneness. To eat as a breakfast sandwich, put egg combination in pita bread.

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## 14. BAKED POTATO IN A CAN

In the mood for a great baked potato while sitting around the ole camp fire? Here is a quick and easy way to make them. Remove the entire top of a soda can. Smear the whole potato with butter (and any other seasoning you like). Slip the raw potato into the soda can; cover top with aluminum foil and place the can onto the hot coals of your campfire. They bake in the can just as they would in the oven!

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## 15. BAKED STUFFED APPLES

apples  
brown sugar  
cinnamon

raisins  
nuts

Remove the cores of apples so that the apples are intact with a tube like hole right through the center. Keep the skins of the apples on. Avoid poking through skin on the bottom. Put all or some of the remaining ingredients into the cored apples. Compact well and wrap each whole apple in aluminium foil. Throw INTO embers at campfire! Wait 8-10 minutes; roll it out of the fire with a stick and let cool a bit. Check to see if it is soft yet. When the apple is soft, it's done. Eat up.

NOTES: You could experiment with other stuff too, like maple sugar, honey, dried cranberries or cherries or even artificial sweeteners that can be heated to high temperatures without breaking down (like SLENDA) if you are trying to save calories or have a diabetic with you.

---

#### 16. BANANA BOAT

|                   |                    |
|-------------------|--------------------|
| 1 Banana          | Raisins (optional) |
| Mini marshmallows | Brown sugar        |
| Chocolate chips   |                    |

Partially peel banana. Cut wedge-shaped section in banana. Remove wedge. Place in hollow: marshmallows, chocolate chips, and raisins (if desired). Sprinkle lightly with brown sugar. Cover mixture with banana peel and wrap in foil. Place in coals for about 5 minutes, until chocolate and marshmallows are melted.

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#### 17. BARBECUED BAKED BEANS

Bullseye BBQ Sauce (your flavor choice)  
Campbell's Pork & Beans  
French's yellow mustard  
brown sugar  
1-2 onions, diced  
bacon bits

Drain the pork and beans and put in a pan. Add BBQ sauce, brown sugar, onions, and bacon bits. Squeeze in a generous amount of mustard. The quantities are up to you. Mix well and warm them.

NOTE: If you're making this for adults, you might want to add 1/4 cup of Meyers dark rum.

#### 18. BARBECUED CHICKEN WITH VEGGIES

HEAVY DUTY Aluminum Foil  
6 Chicken Drumsticks (or whatever kind of chicken you prefer)  
Peeled and Quartered Potatoes  
Carrot Slices  
Peeled Onions  
Green Bell Peppers (sliced)  
Your favorite B-B-Q sauce

Tear off a large square of foil -- place two pieces of chicken in foil -- add a few of each veggie type on top of this -- drench in B-B-Q sauce! Wrap up foil very tightly and place in COALS of fire -- cook for approximately 55 minutes -- carefully take off of coals, unwrap, and enjoy!!

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#### 19. BARBECUED HAM

1 cup unsweetened pineapple juice  
1/4 cup plus 1 tablespoon firmly packed brown sugar  
2 tablespoons lemon juice  
1 tsp onion salt  
2 tsp soy sauce  
2 1/2-inch thick smoked ham slices  
1 8 1/4 oz can sliced pineapple, drained

Combine first 6 ingredients in a medium saucepan, stirring well; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes; stir frequently. Remove sauce from heat, and set aside. Trim excess fat from ham slices. Grill over medium coals 20 to 25 minutes or until desired degree of doneness. Turn ham slices and baste every 5 minutes with reserved sauce. Grill pineapple slices over medium coals 1 minute on each side. Garnish ham with pineapple, and serve with remaining sauce.



## 20. BARBECUED HOTDOGS

|                            |                  |
|----------------------------|------------------|
| 2/3 c. steak sauce         | 1 T. brown sugar |
| 1/2 c. pineapple preserves | hotdogs          |
| 2 T. butter                |                  |

Combine first four ingredients. Heat in a small saucepan over low heat until sugar dissolves, stirring occasionally. Grill hot dogs over hot coals, basting with sauce. Turn frequently. This easy recipe gives plain franks a tangy, sweet flavor that even kids like!

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## 21. BARBECUED PORK SPARE RIBS

Needed: Charcoal grill, Deep 12" dutch oven, most of an afternoon, and 6-8 hungry folks!

Preparation time: 1/2 hour

Cook time: 4 hours

Total time: 4-1/2 hours

|                      |               |
|----------------------|---------------|
| 3 slabs of pork ribs | vegetable oil |
| 1 pint of BBQ sauce  | black pepper  |

Prepare charcoal grill for ash white hot coals and maximum grill height for slow browning. While coals are burning down, split slab ribs into individual rib pieces and swab with cooking oil. Pepper liberally and then brown on both sides. Do not pre-boil ribs. Prepare deep 12" dutch oven by placing an inverted pie pan or other spacer into oven bottom. This prevents ribs on the bottom from sticking and burning. Place dutch oven on the charcoal grill and add the browned ribs. Slow cook ribs covered, about 2-3 hours or until meat begins to fall off bone. You may line oven with aluminum foil to ease clean up chores. Add briquettes to the fire as necessary. When the pot is half full of ribs I add bbq sauce to those on the bottom only. Continue loading the oven with the browned ribs. This step is optional as well as adjustable since some folks prefer to add sauce after cooking. The steaming sauce flavors the bottom ribs thoroughly and the top ribs somewhat less. A melt in your mouth campground dinner!

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## 22. BASIL SHRIMP

|                                               |                                            |
|-----------------------------------------------|--------------------------------------------|
| 2 1/2 tablespoons olive oil                   | 3 cloves garlic, minced                    |
| 1/4 cup butter, melted                        | salt to taste                              |
| 1 1/2 lemons, juiced                          | 1 pinch white pepper                       |
| 3 tablespoons coarse grained prepared mustard | 3 pounds fresh shrimp, peeled and deveined |
| 4 ounces minced fresh basil                   |                                            |

In a shallow, non-porous dish or bowl, mix together olive oil and melted butter. Then stir in lemon juice, mustard, basil and garlic, and season with salt and white pepper. Add shrimp, and toss to coat. Cover, and place in refrigerator or cooler for 1 hour. Preheat grill to high heat. Remove shrimp from marinade, and thread on skewers. Lightly oil grate, and arrange skewers on grill. Cook for 4 minutes, turning once, until done.

---

## 23. BEEF JERKY CHILI

|                          |                                         |
|--------------------------|-----------------------------------------|
| 4 to 6 ounces beef jerky | 1/2 tsp cumin (powdered)                |
| 3 Tbsp vegetable oil     | 1/4 tsp garlic powder(not garlic salt). |
| 1 tsp whole cumin seed   | 1 tsp oregano                           |
| 3 to 4 Tbls chili powder | water                                   |
| 1 teaspoon Onion flakes  | flour                                   |

Simmer jerky (torn into small pieces) and cumin seeds in moderately hot oil for one to two minutes, stirring constantly. Add chili powder, stirring until well blended. Add onion, oregano, powdered cumin, garlic, and enough water to cover. Stir to mix. Simmer one to two hours, adding water as needed. Allow chili to cool, and reheat before serving. Add a little flour mixed with hot liquid from the pot and cook to desired consistency, stirring often. To cut down on cooking time, jerky can be partially rehydrated by soaking it in a water bottle while you hike.

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#### 24. BEEF JERKY STEW

|                                                         |                               |
|---------------------------------------------------------|-------------------------------|
| 1 lb Jerky, beef or buffalo                             | 1 lb Potatoes, unpeeled/diced |
| 1 c Whole dried hominy, soaked overnight in ample water | Salt and pepper to taste      |
| 1 lg Yellow onion, peeled/chopped                       |                               |

Break the jerky up into 1-inch pieces and place in a heavy, lidded kettle. Drain the hominy and add to the jerky, along with the onion. Cover with water and bring to a boil. Simmer, covered, until the hominy is tender, about 2 hours. You will have to watch this closely, as more water will have to be added as you go along. Add the potatoes and cook for an additional 20 minutes. Season with salt and pepper.

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#### 25. BEEF STEW PACKETS

|                                  |             |
|----------------------------------|-------------|
| 3 lbs beef, cut in 1-inch chunks | 12 tomatoes |
| 12 bacon slices (about 3/4 lb.)  | 6 onions    |

Place 1/4 lb. of beef, 1 slice of bacon (cut in pieces), slices of onion and quarters of 1 tomato in aluminum foil packet. Cook in embers 30 to 40 minutes. Makes 12 packets.

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#### 26. BEEF STRIPS TERIYAKI

London broil - sliced in thin strips like you're making jerky (your butcher will do this for you)  
1 bottle teriyaki sauce

Marinate your beef strips in the teriyaki sauce for at least 1 hour or up to 24 hours in a large Ziploc bag. When you are ready to eat, fire up the grill and let the strips cook until they are done - about 5 to 10 minutes or so. You can use a grill basket or thread your meat on bamboo skewers before you marinade them. The kids love these, as do the adults!

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#### 27. BEER BUTT CHICKEN

A whole chicken is seasoned and slowly cooked on the grill. This is a bit unorthodox, but the end result is moist, flavorful and amazing. All you'll need is some chicken, butter, beer and seasonings.

|                           |                             |
|---------------------------|-----------------------------|
| 1 cup butter              | salt and pepper to taste    |
| 2 tablespoons garlic salt | 1 (12 fluid ounce) can beer |
| 2 tablespoons paprika     | 1 (4 pound) whole chicken   |

Preheat an outdoor grill for low heat, and lightly oil grate. In a small skillet, melt 1/2 cup butter. Mix in 1 tablespoon garlic salt, 1 tablespoon paprika, salt and pepper. Discard 1/2 the beer, leaving the remainder in the can. Add remaining butter, garlic salt, paprika and desired amount of salt and pepper to beer can. Place can on a disposable baking sheet. Set chicken upright onto can, inserting can into the cavity of the chicken. Baste chicken with the melted, seasoned butter. Place baking sheet with beer and chicken on the prepared grill. Cook over low heat for about 3 hours, or until chicken is no longer pink and juices run clear.

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#### 28. BEERWURSTS

12 bratwurst sausages  
24 ounces beer (I use stout)  
a disposable aluminum pan

Preheat grill and prepare for indirect grilling. Place aluminum pan over unheated part of grill. Pour beer into pan. Place sausages over the direct heat. The fire should be a medium heat. Close the lid and cook for about 10 minutes. Turn bratwursts frequently. When the bratwursts start to brown move them into the pan with the beer. When all the bratwursts are in the pan close the lid and cook for about 20 more minutes. Serve right out of the pan so that the sausages are hot and juicy.

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### 29. BEST CHICKEN SALAD EVER

|                                           |                                      |
|-------------------------------------------|--------------------------------------|
| 1 (5 ounce) can canned chicken            | 4 ounces chopped pecans              |
| 2 tablespoons creamy salad dressing       | 1/2 stalk celery, chopped (optional) |
| 1 teaspoon sweet pickle relish            | 2/3 cup raisins                      |
| 1 large apple - peeled, cored and chopped | salt and pepper to taste             |

Drain and flake the chicken, or if fresh, chop or shred into bite-size pieces. In a mixing bowl, combine the chicken, creamy salad dressing, sweet relish, apple, pecans, celery, raisins and salt and pepper. Mix well and serve on rolls or sandwich bread.

---

### 30. BISCUITS & SAUSAGE GRAVY

#### Biscuits:

|                         |                            |
|-------------------------|----------------------------|
| 2 cups flour            | 1/2 tsp salt               |
| 2 tbs sugar             | 1 1/2 cup butter (1 stick) |
| 4 tsp baking powder     | 3 tbs buttermilk powder    |
| 1/2 tsp cream of tartar | 2/3 cp water               |

You can mix dry ingredients ahead of time, adding wet stuff at the last minute to make a slightly sticky dough (mashed up together in a zip lock bag). Flour hands and drop small handful size balls into iron skillet. Cover with lid or foil and cook 10-15 minutes over hot coals.

#### Sausage Gravy:

|                                         |                                                                 |
|-----------------------------------------|-----------------------------------------------------------------|
| 1 roll of country sausage (I use Owens) | 1 can evaporated milk                                           |
| 1/4 cp corn starch (or flour)           | Black pepper                                                    |
| Oil or fat                              | water (or use another can of milk instead for a richer version) |

Brown sausage in a big iron skillet and scrape it off to one side. Tilt pan a bit so grease collects to one side. With a fork, stir in corn starch with enough additional oil to keep it creamy. Quickly add can milk & water (enough to make around 2 cups liquid). Add black pepper to taste and remix in sausage. When you eat this you'll think you're in Camper's Heaven!

---

### 31. BLACK BEAN TURKEY CHILI

|                                                    |                           |
|----------------------------------------------------|---------------------------|
| 4 sheets (12x18-inches each) foil                  | 1 small onion, chopped    |
| 1 can (15 1/2 oz.) black beans, rinsed and drained | 1 tablespoon chili powder |
| 1 can (14 1/2 oz.) chili style chunky tomatoes     | 1 teaspoon ground cumin   |
| 1 can (14 oz.) chili beans, undrained              | 1/2 pound ground turkey   |
| 1 stalk celery, chopped                            |                           |

Sour cream, sliced green onions, shredded Cheddar cheese, chopped cilantro or sliced jalapeno peppers

Preheat grill to medium-high. Combine black beans, tomatoes, chili beans, celery, onion, chili powder, cumin and turkey. Center one-fourth of chili mixture on each sheet of foil. Bring up foil sides. Double fold top ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Grill 12 to 14 minutes in covered grill. Serve with sour cream, sliced green onions, shredded Cheddar cheese, chopped cilantro or sliced jalapeno peppers, if desired. Number of Servings: 4

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### 32. BLACK POT STEW

|                                                                                                                |                               |
|----------------------------------------------------------------------------------------------------------------|-------------------------------|
| 1 1/2-2 lbs. Stew meat or Pot roast                                                                            |                               |
| 2 bags frozen mixed stew vegetables or fresh carrots, potatoes, green peppers and onions; chunked or quartered |                               |
| 2 large onions                                                                                                 | salt and pepper to taste      |
| 2 cans beef broth                                                                                              | 1 1/2 teaspoon garlic salt    |
| 1 cup dry red wine                                                                                             | 2 Tablespoons Kitchen Bouquet |
| 1/4 Cup flour (maybe a little more)                                                                            | 1 Cup cooking oil             |
| 1/2 teaspoon each oregano, thyme, basil                                                                        |                               |

First off, you'll need a big fire burning for one day so the ground is hot! Roll stew meat or roast in salt and pepper and flour. Brown in oil in black pot until evenly browned. Add other ingredients and enough water to cover everything. Stir well. Dig a hole 1 1/2 to 2 feet deep under fire (you have to shovel the coals aside at this point). Place 2 shovels full of hot coals in hole.

Place pot in hole making sure the pot cover is on tightly. Cover the pot with 2 inches of dirt or sand. Move fire back over (but don't make a roaring fire). Bake 6 to 8 hours. You may want to check a couple of times to see if it's done or if more liquid needs to be added - just lift the pot out with a metal hook on a long stick (old broom handle). When done, you may want to thicken the gravy with a little flour. Of course you could always make this at home and just heat it up at the campsite too! :)

---

### 33. BLACKENED FISH

1 1/2 cups unsalted butter, melted  
6 firm fish fillets (about 1/2" to 3/4" thick)  
3 tablespoons Cajun Blackening Spices

Preheat grill with heavy cast-iron skillet in the grill. Get it good and hot. Reserve 12 tablespoons of melted butter for serving and pour the rest into a shallow dish. Dip each fillet into butter and sprinkle spices on both sides. Place in skillet. Cook about 2 minutes or until the bottom is almost black but not burned. Flip over. Pour about a teaspoon of butter on the cooked side and continue cooking about 2 minutes or until fillet is finished. Serve immediately with 2 tablespoons of butter for dipping. It's best to cook about 2 fillets at a time. Wipe clean the skillet between each batch of fillets and keep the temperature hot.

---

### 34. BLEU CHEESE BURGERS

3 pounds ground round or sirloin  
8 ounces blue cheese, crumbled  
1 teaspoon lemon pepper  
1 teaspoon garlic flakes  
1 tablespoon steak sauce

Mix the ground meat with the lemon pepper, garlic flakes and steak sauce. Form into 12 patties. On 6 of the patties place some of the blue cheese (divide the cheese evenly among the 6 burgers). Place the patties without the cheese, on top of those with the cheese and seal the edges well. Cook over a bed of hardwood coals (I also put sassafras smoke chips on the coals) until done. Serve on rolls with spicy mustard, sliced dill pickle and onion. Serves 6 hungry people.

---

### 35. BLEU CHEESE & CHIVES POTATO SALAD

|                                                      |                                      |
|------------------------------------------------------|--------------------------------------|
| 2 1/2 lb Cubed unpeeled round red potatoes; (8 cups) | 1/3 c buttermilk                     |
| 1/2 c Diced purple onion                             | 1/4 ts Salt                          |
| 1/2 c Diced celery                                   | 1/2 ts Ground pepper                 |
| 1/4 c Chopped fresh chives                           | 1 1/2 ts Cider vinegar               |
| 3/4 c sour cream                                     | 2 oz Crumbled bleu cheese; (1/2 cup) |

Place potatoes in a Dutch oven; cover with water, and bring to a boil. Cook 8 minutes or until tender. Drain and place in a large bowl. Add onion, celery, and chives; toss gently. Combine sour cream and next 4 ingredients; stir well. Stir in cheese. Pour over potato mixture; toss gently to coat. Cover and chill.

---

### 36. BLOODY MARY POT ROAST

|                                            |                                                |
|--------------------------------------------|------------------------------------------------|
| 1 Reynolds Hot Bags® Foil Bag, large size  | 1 cup Bloody Mary mix or spicy vegetable juice |
| 3 to 3 1/2 pound boneless beef chuck roast | 1/2 cup red wine or water                      |
| 2 cups peeled baby carrots                 | 1 envelope dry onion soup mix                  |
| 1 large onion, sliced                      | 2 tablespoons flour                            |
| 1 stalk celery, cut into 1-inch pieces     | 1/4 teaspoon black pepper                      |

Preheat grill to medium. Open foil bag. Place roast in foil bag. Arrange carrots, onion, and celery around roast. Combine Bloody Mary mix, wine, onion soup mix, flour and pepper; spoon over vegetables. To seal, double fold open end of foil bag. To cook, slide foil bag onto grill. The edges of the foil bag should not hang over the sides of the grill. Grill 1 1/2 hours on medium in covered grill. Use oven mitts to cut open foil bag with a sharp knife. Carefully fold back top of foil bag, allowing steam to escape.

---

### 37. BLUEBERRY BISCUIT CAKE

2 c Biscuit Mix  
2/3 c Milk  
4 ts Sugar  
1 can (#2) Blueberries

Preheat Dutch oven for 15 minutes. Mix milk and biscuit mix together thoroughly with fork. Pat out half the dough to fit the bottom of a greased, 7 - 8" round baking pan. Sprinkle 2 tsp. sugar over dough. Drain blueberries, saving liquid. Pour blueberries into oven. Form remaining dough into a 1/2" sheet and cover berries. Sprinkle remaining 2 tsp. sugar on top of dough. Tuck in the sides, and pour the liquid from the berries on top. Set in Dutch oven on a spacer to raise the baking pan off the bottom. Bake 20 to 30 minutes with 8 - 10 coals below and 12 or so on top. Serves 4.

---

### 38. BLUEBERRY PANCAKES

The Dry Mix:

|                                |                             |
|--------------------------------|-----------------------------|
| 2/3 cup Unbleached white flour | 2 tsp Baking powder         |
| 1/3 cup Whole-wheat flour      | 1/2 tsp Sea salt            |
| 1 Tbsp sugar                   | dash of Fresh-grated nutmeg |

In Camp Add:

|                                   |                                                         |
|-----------------------------------|---------------------------------------------------------|
| 1 cup Rice milk (or other liquid) | 1 Egg                                                   |
| 1 Tbsp Olive oil                  | 1/2 cup Blueberries (if previously frozen, rinse first) |

Fry over the campfire on a medium-hot, oiled griddle, turning once when the top has formed bubbles and the pancake surface has gone from shiny to dry.

---

### 39. BOXCARS

Spam  
Velveeta Cheese  
Butter  
Brown Sugar  
Aluminum foil

Cut Spam into 3/4 inch slices (1 per person) and place on 12" x 12" section of foil. Layer on velveeta slice, sprinkle on brown sugar and a heaping tablespoon of butter. Wrap completely in foil and place in coals for approximately 10 minutes. Unwrap and eat. (Repeat if necessary).

---

### 40. BREAKFAST BUFFET

|                              |                                                                    |
|------------------------------|--------------------------------------------------------------------|
| 12 Eggs                      | 2 tbsp Chopped Pimento (optional - use according to your taste)    |
| 4 cups Shredded Potato       | 2 tbsp Chopped Hot Pepper (optional - use according to your taste) |
| 1/8 cup Chopped Tomato       | 1 lb Pork Sausage                                                  |
| 1/8 cup Chopped Green Onion  | 1 pkg Sausage Gravy Mix                                            |
| 1/8 cup Chopped Green Pepper | 1 pkg Shredded Colby                                               |
| Water                        |                                                                    |

Cook sausage over hot coals in a heavy skillet until done. Separate fat and sausage, retaining sausage for later. Combine potato, tomato, green onion, and green pepper in the skillet using the sausage fat to saute' with (cook until tender). Add the sausage to the skillet. Add the package of sausage gravy mix to the skillet and stir until the powder is dissolved (adding water as needed). Once the gravy mix is dissolved, add the eggs and stir. This is supposed to look like a chopped up omelette. When the egg is almost done, sprinkle shredded cheese, pimento, and hot pepper over the top. Allow the cheese to melt. Serve with some sort of bread on the side (i.e. bagel, texas toast, dinner roll, etc.....)

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#### 41. BREAKFAST BURRITOS

This is a great way to cook a small crowd something to eat that is fast, easy, and can totally be cooked in one skillet. To make it even simpler, I mix up a few eggs with a little milk, salt & pepper, and store it in a mayo jar (in the cooler) for future use. Brown some sausage; drain and crumble and return to the pan. Pour in the pre-mixed eggs, a little salsa, onion, peppers, mushrooms and/or anything else you want to throw in. Scramble till done. Top with cheese. Scoop out spoonfuls onto a flour tortilla, roll up and enjoy!

---

#### 42. BREAKFAST HASH

This is a traditional recipe when camping and is always a huge hit! This can be done over the fire with a bed of medium-hot coals or on a campstove.

3-4 medium potatoes, diced into bite size pieces  
1 package smoky links, diced into bite size pieces  
1 medium onion, chopped (optional)  
1 cup sliced mushrooms (optional)  
1 cup diced red, green, yellow pepper (optional)  
8 eggs scrambled  
1 1/2 - 2 cups shredded cheddar cheese

Cook potatoes for about 10-15 minutes, add the smoky links and any of the optional ingredients you choose, and cook until the potatoes are cooked through. Pour in the scrambled eggs and cook until eggs are done. Top with shredded cheese and let melt (or mix in). Enjoy!

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#### 43. BREAKFAST JELLY-ROLL

Small can Biscuits  
Strawberry Jelly in plastic 'squeeze' bottle  
Melted Butter  
Cinnamon/Sugar Mix

Fold 1 biscuit around a 'weenie' roast' type of stick, brush with melted butter. Toast until puffy and golden brown over campfire. Let cool slightly, then roll in cinnamon/sugar mixture. Remove carefully from stick, squeeze small amount of jelly in center. Yummy! Enjoy!

---

#### 44. BROCCOLI SALAD

|                                        |                    |
|----------------------------------------|--------------------|
| 2 bunches fresh broccoli               | 1 c. Miracle Whip  |
| 1 lb. bacon, cooked crisp and crumbled | 2 T. cider vinegar |
| 2 c. shredded cheddar cheese           | 1/2 c. sugar       |
| 1 med. red onion, sliced thin          |                    |

Cut broccoli into bite-sized pieces. Drop into a large pot filled with boiling water. Cook for one minute, just to turn broccoli a bright green. Drain boiling water and run cold water over broccoli until cool. Drain thoroughly. In a bowl, toss broccoli, bacon, cheese and onion together. In another bowl, mix Miracle Whip, vinegar and sugar. Combine with broccoli mixture and chill.

---

#### 45. BROCCOLI SOUP

|                                               |                          |
|-----------------------------------------------|--------------------------|
| 2 c Water                                     | 3 c Chicken broth        |
| 4 c Chopped fresh broccoli (about 1 1/2 lbs.) | 2 c Milk                 |
| 1 c Chopped celery                            | 1 T Minced fresh parsley |
| 1 c Chopped carrots                           | 1 t Onion salt           |
| 1/2 c Chopped onion                           | 1/2 t Garlic powder      |
| 6 T Butter or margarine                       | 1/2 t Salt               |
| 6 T All-purpose flour                         |                          |

In a Dutch oven or soup kettle, bring water to a boil. Add broccoli, celery and carrots; boil 2-3 minutes. Drain; set vegetables aside. In the same kettle, saute onion in butter until tender. Stir in flour to form a smooth paste. Gradually add the broth and milk, stirring constantly. Bring to a boil; boil and stir for one minute. Add vegetables and remaining ingredients. Reduce heat; cover and simmer for 30-40 minutes or until vegetables are tender. Serves 6-8 (2 quarts).

#### 46. BUCKWHEAT PANCAKES

|                     |                       |
|---------------------|-----------------------|
| 1 c buckwheat flour | 2 Tbsp dry milk       |
| 1/4 tsp salt        | 1 Tbsp dry egg powder |
| 2 tsp baking powder | 1 tsp butter or oil   |

At home: Mix all dry ingredients and store in a ziplock bag.

At camp: Add 3/4 c of water to 1 c of the mix. Stir to blend. Heat 1 tsp butter or oil in frying pan and fry.

---

#### 47. BURGERS IN FOIL

|                                 |                                  |
|---------------------------------|----------------------------------|
| 1 to 1 1/2 lb ground beef       | 2 sm Green bell peppers; chopped |
| 4 16-inch squares aluminum foil | Dehydrated onion flakes          |
| 4 Carrots; sliced               | Worcestershire sauce             |
| 1 can Potatoes; 16oz, sliced    | Salt & pepper to taste           |

Separate meat into 4 portions. Place each in the center of a square of foil. Top with equal portions of chopped carrots, potatoes and peppers. Season with dehydrated onions, Worcestershire sauce, salt and pepper to taste. Seal foil, checking for leaks. Place on hot coals for 10 to 15 minutes per side. Makes 4 servings.

---

#### 48. CAJUN CATFISH WITH RED BEANS & RICE

4 sheets (12x18-inches each) foil  
4 catfish fillets (4 to 5 oz. each)  
2 cups cooked rice  
1 can (15 1/2 oz.) light red kidney beans, drained and rinsed  
1 can (14 1/2 oz.) Cajun recipe stewed tomatoes  
3 to 4 teaspoons Cajun seasoning  
1/4 cup sliced green onions

Preheat grill to medium-high. Spray foil with nonstick cooking spray. Center one catfish fillet on each sheet of foil. Combine rice, beans, tomatoes and Cajun seasoning; spoon over catfish. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Grill 10 to 12 minutes in covered grill. Sprinkle with onions before serving. Number of Servings: 4

---

#### 49. CAMP BAKED POTATOES

6 Baking potatoes  
1 Onion; chopped  
4 oz Green chiles  
4 oz Black olives; chopped  
1/4 ts Garlic powder  
1/2 ts Lemon pepper  
Aluminum foil

Scrub and chop baking potatoes into pieces, but do not peel. Prepare 6-8 square pieces of heavy-duty aluminum foil, one piece per serving. Place equal portions of the ingredients on each foil square. Fold the foil, sealing ends. Place on barbecue grill for about 45-55 minutes. If you can safely take along margarine, you might want to add a teaspoon or so to each packet before grilling.

---

## 50. CAMP BEEF & POTATO DINNER

1 lb. Ground beef  
4-5 Large potatoes sliced

2 cans Cream of mushroom soup  
Onion slices

Make 4 foil pouches, about 6" x 6". Divide and press hamburger into 4 patties. Place a hamburger patty in each pouch; add 1/4 of potato slices and some onion slices. Pour in 1/4 of the soup and seal tightly. Repeat for remaining 3 pouches. Cook pouches on grill about 45 minutes or until done, turning about every 10 minutes. Cut open down the center and eat from the foil. Wonderful!

---

## 51. CAMP BREAD

1 lb Bread mix, any variety  
1 gallon Oven bag  
Pot

Bake Packer (aluminum grid for bottom of pot)  
Water

Place the bread mix in the bag; add water per directions (and yeast as required) and mix by kneading the bag. Place bag into pot; cover and set in the sun for an hour or two. After bread has risen (in cold conditions it won't rise much!), gently remove the bag. Place the bake packer in the bottom of the pot and add enough water to the pot to cover the grid. Place the bag of bread back into the pot and put on lid. Put the pot over direct flame and cook. On a Sierra Stove we have learned to cook the bread for about 25 minutes, over a gas stove this can be reduced to 20. When the time has elapsed, DO NOT REMOVE THE LID. This is difficult, since the smell of fresh bread will tempt you to take a peek, but don't. Let set for about 20 more minutes. Remove lid; remove plastic bag from pot; slit open bag and peel from bread. Slice the bread on the lid of the pot, makes a great addition to fish stew or most any meal. Use the hot water for clean up.

NOTE: Be sure to check out the directions on the package of bread mix. Get only mixes that need water. If necessary you can do milk, but it will have to be the powdered variety.

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## 52. CAMP BURRITOS

1 lb ground sirloin  
1 4 oz can salsa  
1 tsp ground cumin  
1 10 oz pkg frozen spinach

1 cup grated cheddar cheese  
10 large burrito size flour tortillas, or more if smaller size  
1/4 tsp each of black pepper and salt

In a large skillet brown the ground sirloin. Add the ground cumin, salt, pepper and the salsa. The spinach should be defrosted, just drain any liquid from it as best you can. I take it out of the store packaging and put it in a ziplock bag when we leave home, then just open the bag and squeeze. Add the spinach and heat through. Meanwhile heat the tortillas on a flat griddle or skillet. Fill tortillas with meat mixture, top with grated cheese and roll up. Enjoy!

NOTES: Can also use ground turkey or chicken. Make sure it's lean or you'll have to drain the meat after browning. You can also mix the cheese into the meat mixture just before serving. This makes for really easy serving. Just don't forget to make this early in the trip or you'll be forced to try the Vegetarian version! :)

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## 53. CAMP CEASAR SALAD DRESSING

This classic ceasar dressing is perfect for camping as it does not have any of the eggs or anchovies used in the traditional style. Make this in advance, and place in a jar or squirt container.

2 Garlic cloves  
2 Shallots or 1 small onion  
1 tbs. Dijon mustard  
1 tbs. Capers  
2 tbs. parmesan cheese  
1 tsp. Salt

1/4 cup white vinegar  
1 tsp. Tabasco sause  
2 tsp. Worcestshire sauce  
3 tbs. water  
1 cup Olive oil

Put all of the ingredients in a blender except oil and water. Blend on low then increase to high. When thickened, slowly pour in oil, when oil is complete, add the 3 Tbsp of water. Let chill, and serve with your favorite lettuce.

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#### 54. CAMP CHICKEN DIABLO

One small can chicken (about 5 oz.)  
One cup dry instant rice  
One packet tomato soup mix  
One-half teaspoon chili powder  
Any other spices, as desired

Mix the dry ingredients at home and store in a recycled plastic bag. In camp add enough boiling water to prepare the rice (about 1 cup) plus another 1/2 cup (so about 1 1/2 cups in all). Stir in the chicken and warm the rice/soup/spices/chicken over the camp stove burner. Serves 1.

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#### 55. CAMP CHICKEN & DUMPLINGS

2 envelopes Lipton's Cream of Chicken Cup-o-soup  
1 large can Swanson's Chunk Chicken Meat  
3/4 cup mixed dehydrated vegetables (corn, peas, carrots, mushrooms, and tomatoes)  
1 cup Bisquick in a zip-lock bag  
Water

First rehydrate chicken and vegetables (about 1/2 cup hot water for the chicken and 1/4 - 1/2 cup hot water for the vegetables). Mix the soup, chicken meat and vegetables in a relatively deep pot with 2 to 3 cups water (I like 3 for more of a soup mixture). Place on camp stove. Heat to simmering, stirring occasionally. While soup stuff is heating, add water (see Bisquick box instructions for quantity) to Bisquick and knead in the zip-lock bag. When soup stuff is hot, tear off a corner of the bag and squeeze out plops of Bisquick into the pot. Cover and cook for about 10 minutes on low heat. Serves 4.

---

#### 56. CAMP CORNBREAD

1 cup cornmeal  
1 cup flour  
2 tsp. baking powder  
3/4 tsp. salt  
1 cup milk  
1/4 cup vegetable oil

Mix dry ingredients. Stir in liquids. Spoon into a well-greased, heated 10 or 12-inch cast-iron skillet. Cover tightly. Bake over a low flame for 20 to 30 minutes, or until firm in the center. When baking over hot coals, place the pan on a low grill, on a three rock stand in the coals or directly on coals. Place coals on top of the lid (like a dutch oven) to distribute heat more evenly. Baked foods are more likely to burn on the bottom than the top. To prevent burning, check the temperature of your coals before placing a pan on them. Hold your hand about six inches above the coals; it should be hot, but you should be able to keep your hand in place for eight seconds.

---

#### 57. CAMP DOUGHNUTS

Cooking oil  
Any kind of biscuits in a tube from the dairy section  
Cinnamon and sugar mixture

On a coleman type stove, heat the oil to hot enough to fry the biscuits. Punch a hole in the biscuits with your thumb right in the middle. When the oil is ready place the donuts in the oil. Turn when ready. Remove from oil when they are browned. Immediately roll in cinnamon and sugar mixture. We look forward to this camping treat each time we go!

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#### 58. CAMP HASH

4 c Shredded Dried Hash Brown Potatoes (Get At Costco)  
2 pk Onion Soup Mix  
1 1/2 lb Ground Meat Or Sausage

Assorted Seasonings, to taste

1 lg Pot With A Lid

1 lg Spoon

6 c Water

Brown the meat in the bottom of the pan. Break up the meat as it cooks assuring that all the pink (raw) meat is cooked. Add the water and soup mix stirring to mix. Heat to boiling and simmer a few minutes. Add the dry potatoes and stir to mix. Cover the pot and move to the edge of the fire for about 10 minutes to allow the potatoes to swell up with the water. Move the pot back on the heat and stir while cooking the potatoes. cook about 5-10 minutes. Serve hot. Seasonings may be added with the potatoes to the cook's taste. Hot peppers, chili powder, basil, italian seasonings are good. The meat may be hamburger, sausage, italian sausage, etc. Different meats do provide a different flavor. This hash can be either an evening or a breakfast meal. Note that a package of Golden Grill Hash Brown dried potatoes provides for three recipes of Camp Hash.

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#### 59. CAMP INDONESIAN RICE

1 cup instant rice

3 Tbsp instant bean soup mix (spicy black bean or lentil curry)

3 Tbsp dried currants

1/4 cup unsalted sunflower seeds

3 Tbsp dried fruit mix

2 Tbsp dehydrated apples, chopped

1/2 tsp ground cumin

1/2 tsp turmeric powder

salt and pepper, to taste

pinch cinnamon

pinch ground coriander

pinch cayenne pepper and/or crushed dried chilies

1/4 cup plain yogurt or dessert tofu (optional)

1 tsp fresh cilantro, minced, or 1 tsp dried (optional)

1 1/4 cups water

At home: Combine all ingredients except last three in a zip-locking bag. Carry yogurt and cilantro separately.

In camp: Boil 1 1/4 cups water. Add dry ingredients and simmer for five minutes, stirring occasionally. If rice looks too dry add additional water in small amounts. Top with yogurt or dessert tofu and cilantro, if desired. Serves 1.

NOTE: This backpacker's version of Nasi Goreng, that fantastic Indonesia fried rice dish, is good enough to serve to company, even when you're at home. The contrast of sweet fruit and spicy curry makes the dish unique and delicious.

---

#### 60. CAMP JAMBALAYA

You can cook this in a good sized Dutch oven or large stew pot, either on a heavy duty folding grill laid across the coals, a tripod, or on a camp stove, but it's better if cooked on top the camp fire coals.

1 large fryer chicken-cut in pieces

1 lb good smoked sausage

1 stick butter or Oleo

2 large onions-chopped

4 cloves garlic-minced

big bell pepper-chopped

2 cups raw white rice

5 cups water

1/2 tsp cayenne red pepper powder

1/2 tsp black pepper

good shake dried red chili flakes

1/4 tsp allspice

2 tsp salt

good shake Tabasco sauce

Melt butter in Dutch oven - throw chicken pieces in and fry lightly till brown - remove. Throw in bell pepper, onion, garlic - sauté till onion is clear. Throw the chicken back in - add everything else and bring to simmer - cook uncovered till the water cooks down below the pot contents, put on the lid and simmer about 30 minutes - do not the lift lid during the last 30 minutes - Serve.

NOTE: Camp tip: you can prep the vegetables at home and place them in a plastic bag in the cooler. Don't use a freezer bag though - use a food storage bag. The freezer bags let the onion and garlic smell out into your cooler!

## 61. CAMP MEATLOAF

|                      |                      |
|----------------------|----------------------|
| 1 1/2 lb Ground beef | 1/4 c Bell pepper    |
| 3/4 c Quick oats     | 1 pkg Onion soup mix |
| 1 Egg                | 3/4 ts Salt          |
| 1/4 ts Dry mustard   | 1/8 ts Marjoram      |

Mix all ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

---

## 62. CAMP NACHO DIP

1 lb Ground beef  
1 lb Bulk, hot, pork sausage  
2 lb Velveeta cheese, cubed  
10 1/2 oz Cream of mushroom soup  
10 1/2 oz Diced tomatoes and Green chilies, diced  
2 ts Garlic powder  
1 ts Black pepper

Brown the meat and sausage in a dutch oven; drain. Add remaining ingredients and heat until velveeta is melted. Mix well. Continue heating until mixture is very warm. Serve with tortilla chips. Makes 8 cups of dip.

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## 63. CAMP ONION RINGS

1 Large Vidalia Onion  
1 Package Pancake Add Water Batter  
Butter Flavored Crisco Stick

Peel then Slice Onion into desired ring sizes. Mix Batter with water, thinner than what you'd use for pancakes. Heat Crisco over camp stove. Coat rings with batter. Fry to golden brown. Drain on paper towels.

NOTES: Can add salt or pepper to batter mix, as pancake batter is sweet, particularly with Vidalia onions. Can also use Seasoned Salt, Essence of Emeril, Lemon or Cayenne Pepper to Red or White Bermuda onions for spicier rings.

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## 64. CAMP PASTA

1 pound pasta -- any kind  
1 package spaghetti sauce mix  
1 can tomato paste  
1 pound lean hamburger, ground turkey or italian sausage  
2 pots  
2 stirring spoons  
1 lid  
potholders or gloves

Heat water to a boil in a large pot. In a smaller pot, cook the meat and add the sauce mix, water, and tomato paste according to the instructions on the sauce package. Cook the pasta in the water for 8-10 minutes. Place the lid on the pot and with gloves or pot holders drain the water from the pasta through the crack between the lid and the pot. Putting the pot on a stump or log and letting the stump or log hold the weight of the pot helps. Mix the sauce with the drained pasta and serve. Grated cheese may be used with the pasta.

NOTE: Spaghetti is the traditional pasta, but wheels, or other forms that are more compact and larger will be much easier to drain.

---

## 65. CAMP PIZZA

|                                         |                                             |
|-----------------------------------------|---------------------------------------------|
| 3/4 lb Ground beef (80% lean)           | 2 1/4 oz Sliced pitted ripe olives; drained |
| 1 Medium onion; chopped                 | 1/3 c Green bell pepper; coarsely chopped   |
| 8 oz Refrigerated crescent rolls        | 1 c Mozzarella cheese; shredded             |
| 8 oz Pizza sauce                        | 1 ts Dried oregano leaves                   |
| 4 oz Mushroom stems and pieces; drained |                                             |

Brown ground beef and onion in well-seasoned 11 to 12-inch cast iron skillet over medium coals. Remove to paper towels to drain. Pour off drippings from pan. Separate crescent dough into triangles; place in skillet, points toward center, to form circle. Press edges together to form bottom crust about 1 inch up the side of pan. Spread half of pizza sauce over crust. Spoon ground beef mixture over sauce. Cover with mushrooms, olives and green pepper. Pour remaining sauce over all; sprinkle with cheese and oregano. Place pan in center of grid over medium coals. Place cover on cooker; cook 20 to 30 minutes or until crust is lightly browned. (If cooked over open grill or coals, cover pan securely with foil.)

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## 66. CAMP POTATOES

4 Potatoes, sliced  
4 Onions, sliced  
4 tb Butter or margarine  
10 oz Cheddar cheese, sharp  
Salt & pepper to taste

Grease a large square of heavy foil. Arrange sliced potatoes on foil, sprinkle with salt and pepper and cover with sliced onions. Add chunks of butter or margarine. Wrap and seal foil. Cook over hot coals on a grill until done (30 or 40 minutes depending on fire). Open foil and add thin-sliced cheddar strips. Cover again and grill for a couple of minutes, until cheddar melts.

---

## 67. CAMP POT ROAST

Uses roasting pan or large pot with lid (or cover with foil). Can be cooked on campfire, grill or camp stove. Feeds 6-8.

4-6 Country pork or beef ribs (best) or 2 lb. beef roast, any kind  
4 medium onions, peeled and sliced into thirds sideways (rings)  
6-7 med potatoes (at least 1 per person), peeled & cut in half  
1 large bag of baby carrots (about 1-2 lbs)  
1/2 cup celery chunks  
salt and pepper  
barbeque sauce (optional)

Place ribs, potatoes, onions, carrots and celery in large pot or roaster. Cover all with water. Salt (about 1 1/2 teaspoons) and pepper (cover top of water medium to lightly). Place pot on fire and let cook slowly for a couple of hours while you fish, swim or enjoy the outdoors. Dinner is done when you return. To spice it up, remove the meat from the vegetables and place in pan with barbeque sauce (meat will be falling off the bones); stir in sauce over fire for about 5-10 minutes (honey barbeque sauce the best). Serve.

---

## 68. CAMP QUESADILLAS

|                                               |                                             |
|-----------------------------------------------|---------------------------------------------|
| can of refried beans or black beans (drained) | shredded cheese                             |
| chopped cilantro                              | sliced/chopped black olives                 |
| chopped onions - green or yellow              | green chiles                                |
| chopped tomatoes                              | large flour tortillas                       |
| chopped peppers                               | salsa, sour cream & jalapenos (for garnish) |

Lay out a tortilla on a flat surface and spread the beans on 1/2 of the tortilla (only fill 1/2 of the tortilla) and thinly layer the ingredients that you like. Then fold over the top (so it's shaped like a semicircle) and put on your grill grate. We usually use a tri-pod about a foot or so away from the fire. Just keep watching them and turn when the bottoms get brown. Garnish with salsa, sour cream and jalapenos. This is a super easy meal to make and is always a huge hit!

---

## 69. CAMP RICE PUDDING

|                   |              |
|-------------------|--------------|
| 1 C instant rice  | 1/4 tsp salt |
| 1 tsp cinnamon    | 2 Tbsp sugar |
| 1/4 C dried fruit |              |

Boil 1 C water and stir in the ingredients. Cover and wait 5 minutes.

---

## 70. CAMP SALSA

|                            |                                                      |
|----------------------------|------------------------------------------------------|
| 2 slices Bacon             | 1 ts Sugar                                           |
| 2 md Onions; chopped       | 1/2 ts Cumin seeds; crushed                          |
| 4 c Tomatoes; chopped      | 1 tb Lemon juice                                     |
| 1 sm Chile pepper; chopped | Green or yellow peppers; cored and seeded (optional) |
| 1 clove Garlic; crushed    | Tortilla chips (optional)                            |

Cook bacon in a large Dutch oven until crisp; remove bacon, reserving 2 tablespoons drippings in Dutch oven. Crumble bacon, and set aside. Saute onion in reserved drippings until tender. Stir in tomatoes, and simmer 15 minutes. Add chile pepper and next 4 ingredients. Spoon salsa into hollow peppers, if desired. Serve with tortilla chips, if desired. Yield: 3-1/2 cups.

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## 71. CAMP SEASONING MIX

1/3 c Salt  
1 tb Paprika  
1 tb Garlic Powder  
2 ts Onion Powder  
1/2 ts Cayenne (or substitute Curry)  
1/2 ts Pepper

Mix well and store in a double zip-lock bag or a good screw-top container. I usually make up 2 or 3 combinations when back-packing so that I have seasoning for meat or fish.

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## 72. CAMP SOUP

Note - use smaller amount of meat (1 pound) for 2 to 4 people or larger amount of meat (2 pounds) for 6 to 8 people... or adjust for just the right number around your campfire!

Brown and drain well 1 to 2 pounds of lean hamburger.  
Salt and pepper to taste while cooking.  
Peel, wash and cube 5 to 10 potatoes.  
Peel, wash and dice one small onion.  
Peel (if you want to ), wash and slice 4 to 8 carrots.  
Trim, wash and slice 3 to 6 stalks of celery.

Add all of the above in a large pot with the following:

One can of cut green beans  
One can of hominy (optional)  
One can of whole kernel corn  
One can of Ro-Tel Tomatoes  
One can of green peas (optional)

Place all the ingredients in a large pot and cover with water. Bring to a boil, reduce heat and allow to simmer until potatoes and carrots are soft. Salt and pepper to taste.

---

73. CAMP STEW #1

|                       |                                |
|-----------------------|--------------------------------|
| 2 lb Hamburger        | 1/2 c Chopped onions           |
| 1 Can stewed tomatoes | 1 c Water                      |
| 1 Can corn            | 1/4 lb Longhorn cheddar cheese |
| 8 oz Elbow macaroni   |                                |

Brown beef in dutch oven, kettle, or skillet. Drain. Stir in tomatoes, corn, macaroni, and water. Cook until done. Just before serving add cheese.

---

74. CAMP STEW #2

|                          |                            |
|--------------------------|----------------------------|
| 1 can Whole new potatoes | 1 can Meatballs with gravy |
| 1 can Green beans        | 8 oz can Tomato sauce      |
| 1 can Diced carrots      | 2 tb Dehydrated onion      |

Drain liquid from vegetables, save 1 cup. Combine all ingredients and the 1 cup saved liquid. Bring to a boil and serve. Delicious also with "biscuit mix" dumplings. Just follow the directions on package. Stew serves 2 to 3. Recipe is easily doubled.

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75. CAMP STEW FOR A CROWD

|                                                   |                                           |
|---------------------------------------------------|-------------------------------------------|
| 5 1/2 lb Beef roast                               | 5 to 6 lbs Onions                         |
| 5 1/2 lb Pork roast                               | 1 gallon Whole corn, plus 2 reg cans corn |
| 4 Or 5 chickens; 2-1/2 to 3 lbs each              | 64 oz Catsup                              |
| 20 lb Potatoes                                    | 2 Bottles cocktail sauce                  |
| 1 gallon Whole tomatoes, plus 2 reg cans tomatoes | Salt and pepper to taste                  |

Boil beef and pork roast. Remove excess fat from chickens and boil these (leave skin on). While meat is boiling, cut 20 lbs potatoes into 1/2 -3/4-inch squares. Cut tomatoes into 1/8's (or dice as you like). Cut onions into medium size squares (dice). Put potatoes, onions, tomatoes plus most of the tomato juice into boiler to cook. Do Not Add Corn. While this is cooking, tear meat up, shread very fine. Remove all fat, bone and skin. Mix all shredded meat together. When potatoes, tomatoes and onion are done, alternate stew and meat into a large container to mix. Add catsup and cocktail sauce. Mix or stir well. If additional juice is needed, use broth from meats. When mixed put in boilers, add corn and simmer till corn is done. Beware that stew will stick and scorch easy at this point. When corn is done, camp stew is done. Serves about 25. Leftovers freeze well.

---

76. CAMP SYRUP

|                 |                           |
|-----------------|---------------------------|
| 1/2 c Water     | 1/4 ts Cinnamon, optional |
| 1 c Brown Sugar | 1 Tb Butter               |

Combine ingredients and simmer for 15 to 20 minutes. Cool to thicken. Serve on pancakes, french toast or biscuits.

77. CAMPFIRE BAKED BEANS

1 lg. can of Pork and Beans  
1 lg. onion  
1/2 lb. of sliced bacon  
1/2 tsp. of garlic powder  
1/2 tsp. of black pepper  
1 cup brown sugar  
1/4 cup of catsup  
4 tbl. mustard

Take all the ingredients and mix together in a dutch oven and bake at 250 F for 3 to 4 hours, stirring occasionally. You can also do this in your campfire in a heavy stock pot. Just set them close enough to the fire to keep them simmering and make sure to keep turning the pan!!! Remember that only one side of the pan will get hot, so it is important to do this and to stir the beans every so often. Enjoy!!!

---

## 78. CAMPFIRE BLOOMING ONIONS

4 large Vidalia onions  
1/4 cup butter  
4 cloves of garlic  
salt and pepper, to taste

Peel onions and cut each one into quarters only PART of the way down, keeping onions together. Place 1 tablespoon of butter and 1 clove of garlic in the middle of each onion. Double wrap each onion in foil and place on hot coals. Cook for 30 to 40 minutes. Carefully remove from coals and unwrap. Season with salt and pepper, then eat. Serves 4. You can serve with ranch dip or hot sauce, if desired.

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## 79. CAMPFIRE CALZONES

2 tblsp Margarine or butter, softened  
8 slices White sandwich bread  
1/2 cup Pizza sauce  
2 cups Shredded Monterey Jack cheese (8 oz.)  
12 Thin slices salami or pepperoni (2 oz.)  
Pizza sauce, if desired

Heat coals or gas grill. Spread margarine on 1 side of 2 slices of bread. Place 1 slice, margarine side out, on sandwich press (pie iron). Spoon 2 tablespoons of the pizza sauce onto the center of bread. Sprinkle with 1/2 cup of the cheese; top with 3 slices of the salami. Top with other bread slice, margarine side out. Close press; trim excess bread if necessary. Grill over campfire or on grill 4 to 6 inches from medium heat 8 to 10 minutes, turning once, until bread is golden brown and cheese is melted. Repeat with remaining ingredients. Serve warm with pizza sauce. Yield: 4 servings.

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## 80. CAMPFIRE CARAMEL APPLES

1 Large Apple (peeled and cored)  
1/2 tsp butter  
1 caramel square cut into quarters  
1/2 tsp sugar  
cinnamon to taste

Place apple on heavy duty foil (two times bigger than the apple). Mix butter, sugar, and cinnamon together. Stuff caramel into center of the apple. Rub butter mixture on the surface of the apple. Seal the apple in the foil and place hot coals for 15 to 20 minutes.

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## 81. CAMPFIRE CHICKEN

Split chicken breast  
Red potatoes (cut in half)  
Carrots (cut in half)  
Onion (cut in half)  
Plum tomato (cut in half)

Place the above ingredients into aluminum foil sheets, make into pocket. You can add some seasonings (I use some balsamic dressing mix). Bake in the oven or over a campfire. You can also add a small piece of corn on the cob. This is great - it's a full meal but no pots or dishes to wash. Great for camping.

---

## 82. CAMPFIRE CHILI

There are a million variations of this recipe and this is just one of them. Feel free to experiment and make it your own. I make this one on a wood fire while camping and it serves 2 healthy appetites or three normal ones. This works fine with a 3 quart cast iron Dutch oven, but I like to use the 5 quart because if someone else shows up hungry you can easily add whatever you have in camp to stretch it out. This recipe is tangy but not hot. Adjust to your taste.

1 pound hamburger - I use the leanest I can find, but whatever you prefer is best.  
1 large onion - Vidalia are nice but too mild. I prefer a pungent yellow or white onion. Slice, chop, dice or however you prefer them.  
1 large RIPE tomato - cut up into 2 or 3 inch pieces.  
1 16 oz can black beans  
1 16 oz can red kidney beans  
1 red bell pepper - you can use any color you would like but the red adds a sweetness that compliments the hot stuff.  
3 shakes crushed red pepper  
3 splashes jalapeno sauce  
garlic to taste - I usually use a powder when camping, but fresh chopped up fine is excellent.

Warm the Dutch oven on a grate over a hot fire (more coals than flame). Pour just enough of your favorite oil to coat the bottom of the pot. Sauté the onions, tomato and bell pepper, stirring as needed until they start to soften. Add the hamburger and mix well; cover and allow the hamburger to brown. Add both cans of beans, the jalapeno sauce, the garlic and the crushed red pepper; mix well and cover again. Stirring frequently allows you to monitor the texture. If the fire is too hot the chili may thicken too much. Add a little water if needed but be careful not to make it too watery.

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## 83. CAMPFIRE CINNAMON APPLES

Apples (green or red which ever you prefer!)  
Cinnamon candies (Red Hots)  
Aluminum foil

Using a sharp knife or apple corer, core each apple being careful not to go completely through (you will need a open area in apple to hold candies without letting them fall through). Fill each apple with cinnamon candies and wrap in foil. Place on hot coals and heat until candies melt and apples are fairly soft. Turn often on coals to ensure even heating. If you like more candies in center, core a larger portion of the apple and enjoy the cut out part as you wait for it to cook These are very hot and should be opened at top and left to sit for about 10 minutes after removing from coals before trying to eat them.

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## 84. CAMPFIRE CINNAMON COFFEECAKE

2 tb Butter or margarine  
1 c Packaged biscuit mix (Bisquick, etc.)  
1/3 c Evaporated milk, undiluted  
1 tb Prepared cinnamon-sugar

Make Coffeecake: Cut butter into tiny pieces over biscuit mix in medium bowl. Toss lightly with fork until butter is coated. Make a well in center. Pour in milk and cinnamon-sugar, stirring with fork just until mixture is moistened. Turn dough into a lightly greased and floured 8-inch shiny, heavy skillet. With floured hands, pat down evenly into the skillet. Cook, covered, over very low heat, 12 to 15 minutes, or until a cake tester or wooden pick inserted in center comes out clean.

For Topping: Spread the coffeecake with 2 tablespoons butter or margarine. Then sprinkle 1 teaspoon prepared cinnamon-sugar over all of it. Cut into quarters, and serve warm.

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## 85. CAMPFIRE COBLER

1 can Sliced peaches, large  
1 can Fruit cocktail, large  
1 can Crushed pineapple, small  
1/2 c Instant tapioca  
1/4 lb Margarine  
1 c Brown sugar  
1 pkg Cake mix

In 12 inch foil lined Dutch Oven, combine fruit and tapioca. Sprinkle cake mix evenly over top of fruit. Sprinkle brown sugar over cake mix. Dab butter all over top of brown sugar. Place lid on oven. Bake 45 minutes to 1 hour. Use 6 to 8 coals on the bottom and 14 to 16 on the top. Cake is done when top is brown and cake has absorbed juices and is no longer dry.



## 86. CAMPFIRE CORN ON THE COB

1 bag of frozen corn on the cob  
butter  
salt/pepper  
Toni's (Creole seasoning)  
aluminum foil

Cut foil to fit around each piece of corn on the cob. Place a pat of butter, salt and pepper and seasoning on the frozen corn on the cob and wrap it up, twisting at the ends (so it looks almost like candy wraps). Do this with each ear individually. Place on the grill or in open fire (if not blazing) and/or on hot rocks. You will not believe how easy and good this and goes great with everything.. Happy camping!!!

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## 87. CAMPFIRE FONDUE

2 c Shredded Cheddar OR swiss cheese  
2 tb All purpose flour  
1/4 ts Paprika  
1 can Cream of celery soup  
1/2 c Beer or white wine or water

Combine soup and beer. Heat in a kettle over low heat. Toss together cheese, flour and paprika. Add to kettle, stirring until cheese is completely melted. Serve with French Bread Cubes.

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## 88. CAMPFIRE FRENCH FRIES

4 potatoes, cut into strips  
1 T. Parmesan Cheese  
1 T. margarine  
2 T. bacon bits

Place each sliced potato on a square of heavy duty foil. Sprinkle with salt, pepper and cheese. Toss to coat. Dot with margarine and sprinkle with bacon bits. Seal the foil, leaving a steam vent on top. Grill over hot coals for 30 - 45 minutes, turning 2 or 3 times.

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## 89. CAMPFIRE GRUB

This meal has a really nice aroma so it should be prepared over an open campfire using a tripod and kettle. Can also be prepared on a cookstove with a saucepan.

|                                   |                                    |
|-----------------------------------|------------------------------------|
| 3/4 lb Cooked Ground Beef         | 1/8 cup Chopped Mushroom           |
| 3/4 lb Cooked Ground Pork Sausage | 1/2 cup Chopped Tomato             |
| 1/8 cup Chopped Broccoli          | 1/2 cup Ketchup                    |
| 1/8 cup Chopped Onion             | 1 tbsp Mustard                     |
| 1/8 cup Chopped Green Pepper      | 1 tbsp Steak Sauce (A-1 or equiv.) |
| 1/8 cup Chopped Celery            |                                    |

Mix everything together and slowly cook until the veggies are tender. The mixture can be eaten alone or can be spooned over cooked rice, cooked noodles, or even cooked sliced potatoes. Some type of bread should be served on the side as well.

---

## 90. CAMPFIRE HOBOS

|                 |            |
|-----------------|------------|
| 1 lb. hamburger | Onion      |
| Carrots         | Seasonings |
| Cubed potatoes  | Butter     |

Spray aluminum foil with nonstick spray then layer the ingredients above in any order. Cut the onion in quarters so they can be removed before eating if you do not like cooked onions. Wrap up the aluminum foil, throw on the camp fire and cook until the potatoes are tender.

---

## 91. CAMPFIRE HOT COCOA

8 Qts Carnation Powdered Milk  
16 oz Nestle Quick  
6 oz Nestle Quick  
1 c Powered Sugar

Combine all ingredients, store in sealed container. To make hot cocoa: add 5 teaspoons mix to 8 ounces hot water.

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## 92. CAMPFIRE HOT SANDWICHES

packages of small dinner rolls, or 2 dozen kaiser rolls  
1 1/2 lbs. shaved deli ham  
1/2 block velveeta cheese shredded  
6-8 hard boiled eggs diced  
2-3 tbsp. mayonaise (enough to moisten ingredients)

Combine all ingredients and fill rolls. Wrap each sandwich in foil individually, and heat over campfire for about 15 minutes. This makes a great late night campfire snack or an easy breakfast. I prepare them at home and pack then in ziplock baggies in the cooler.

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## 93. CAMPFIRE HOTDOGS

This recipe is for 2 hot dogs. Increase ingredients as needed for more than 2.

3 tbsp Chopped Green Pepper  
2 tbsp Chopped Green Onion  
2 tbsp Chopped Fresh Mushroom  
1 tbsp Chopped Celery  
1 tbsp Chopped Hot Pepper  
Zesty Italian Salad Dressing  
2 All Beef Footlong Hot Dogs  
2 Footlong Hot Dog Buns  
CoJack Shredded Cheese

Place heavy skillet over hot coals (or campstove) and allow skillet to heat up. Put all the veggies except for the hot peppers in the skillet. Pour enough salad dressing to coat the veggies. Saute' the veggies until tender. Move the veggies to one side and place the hot dogs and buns in the skillet to heat them up. Once everything is hot, place hot dog in bun and split the veggies evenly between the two dogs. Put the hot peppers on top and sprinkle with cheese. Serve dogs with either fried sliced potatoes or chips. ENJOY!

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## 94. CAMPFIRE KABOBS

4 cans pineapple chunks  
2 can condensed tomato soup  
1/2 cups olive oil  
2 tbs chili powder  
2 lbs bologna, folded in quarters  
2 green peppers, cut into 1 in squares  
1 pkg frankfurter buns, split  
8 large wooden skewers

Drain pineapple. Reserve 1/2 cups juice. In medium pot, combine soup, reserved pineapple juice, olive oil, and chili powder. Heat, stirring occasionally. On skewers, arrange alternately bologna, green pepper, and pineapple. Grill 4 inches above coals. Brush with sauce. Cook 8 minutes or until hot, brushing with sauce frequently. Serve on buns with remaining sauce.

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## 95. CAMPFIRE MONKEY BREAD

4 cans of biscuits  
1 cup sugar  
1 cup brown sugar  
4 tbs. cinnamon  
1 stick margarine

Cut biscuits into quarters. Mix sugar and cinnamon in a plastic bag. Drop biscuits into bag and coat well. Place in Dutch oven. Melt margarine and pour over biscuits; sprinkle with brown sugar. Bake over medium coals 20 to 25 minutes.

---

## 96. CAMPFIRE PEACH SHORTCAKE

2 Tbsp honey  
1 Tbsp butter, melted  
1/4 tsp cinnamon  
2 med ripe bananas  
2 med ripe peaches\*  
1/2 of 11 oz frozen pound cake, thawed & cut into 3/4 inch slices  
1/2 of 8 oz Coolwhip, thawed  
1/4 tsp cinnamon  
Dash of nutmeg

\* A can of peaches in lite syrup or juice works great also!

Stir honey, melted butter, & 1/4 tsp cinnamon in small container; cover & transport. Cut bananas & peaches into bite size pieces. Place in foil baking pan & add honey mixture. Toss to coat. Cook over campfire or on rack of uncovered grill over med heat for 8-10 minutes, stirring often. Spoon warm fruit over pound cake. Stir last three ingredients and spoon over top. 5 servings

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## 97. CAMPFIRE POPCORN

In the center of an 18" x 18" square of heavy-duty or doubled foil, place one teaspoon of oil & one teaspoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string & hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season with butter & salt. Serves one.

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## 98. CAMPFIRE PORK TENDERLOIN

1 pork tenderloin roast (boneless chicken breasts can be substituted)  
5 small red potatoes  
3 carrots  
1 medium onion (sweet if possible)  
2 zucchini  
1 tomato  
1/4 lb. of fresh green beans  
4 half-ears of corn (cobettes)  
garlic salt  
olive oil  
ground pepper

Spread 2 layers of heavy duty foil side by side, with middle overlapping. Drizzle olive oil onto foil. Place tenderloin in the center (lengthwise) of the foil. Cut potatoes into 1/4 inch slices and place on and around the meat. Cut other vegetables into large pieces and place on and around the meat. Sprinkle with garlic salt and pepper. Cover food with another piece of foil and fold the top & bottom foil together to seal the packet. Place on hot coals for 60 to 90 minutes.

As a variation, leave out the olive oil, garlic salt & pepper, and cover the meat & veggies with Italian salad dressing instead.

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## 99. CAMPFIRE SAUSAGE & BEANS

1 medium sized onion, thinly sliced  
1 medium sized green pepper, cut into 1/2 inch squares  
1 or 2 tablespoons vegetable oil  
1 15 oz. can baked pork and beans  
1 15 oz. can butter beans, drained  
1 small can sliced mushrooms, drained  
5 oz. ready-to-eat smoked sausage  
1/2 cup catsup  
1/4 cup mustard  
2/3 cup maple syrup  
1 teaspoon oregano  
5 whole cloves  
2 small bay leaves

Heat the oil in a large saucepan over a low fire and gently sauté the onion slices and pepper squares until the onion is slightly transparent, about 3 or 4 minutes. Add baked beans, butter beans and sliced mushrooms and stir well. Cut the sausage into bite sized pieces and add to the beans, together with the catsup, mustard, maple syrup, oregano, cloves and bay leaves. Cook the beans, stirring occasionally, until all the ingredients are piping hot. Serve immediately. Makes 4 servings.

---

## 100. CAMPFIRE SCONES

1 c. flour  
1/2 tsp. baking powder  
1 heaping tsp. sugar  
large pinch of salt  
1 tsp. raisins (optional)  
1 tsp. milk powder  
2 tsp. margarine  
1 or 2 eggs  
water

Mix dry ingredients together. Add margarine, mixing with fingers till the consistency of coarse cornmeal. Beat the eggs and add. Then add just enough water to make a soft dough. Knead it on a floured plate just long enough to form a nice round circle, about 1/4" to 1/2" thick. If you've got an extra egg, beat it and brush it on the dough. Sprinkle some sugar on top. Then cut the dough into six or eight wedges. If baking over a campfire, place wedges in a lightly floured Teflon frying pan, cover with foil or a metal plate, set on cleared ground and surround with coals. When golden brown, about 10 to 15 minutes, they're done. If using a camping oven, use a Teflon pan with lid or a small baking sheet which can be covered. Same time. Serve with honey or jam.

Variations: Substitute buttermilk, sourdough starter, or even heavy cream for the milk powder. Add thinly sliced cheddar cheese to taste. Add other dried fruits, slightly rehydrated. Strawberries and blueberries are great. Substitute instant oatmeal for half the flour. Flavor with anise, dill or cinnamon. If you happen to have a mashed potatoes, use them for half the flour.

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## 101. CAMPFIRE SLOPPY JOES

8 strips of bacon (cut up)  
2 lb. ground beef  
Medium sized onion (cut up)  
Small can tomato paste or puree  
Can of tomato soup  
Small can of potatoes (cut up) - optional  
Bell pepper (cleaned out and cut up)

Brown bacon in a #10 can (make sure it doesn't have plastic coating inside) or a cast iron skillet over hot coals; drain grease. Add onions and brown. Add ground beef (in small chunks) and brown. Pour in can of soup and can of tomato paste. Add potatoes (if including them) and bell pepper. After all ingredients are cooking, set can or skillet on the edge of the fire to simmer. Stir as needed to keep ingredients from sticking to bottom of the can or skillet. The longer it cooks, the better it gets! Serve on crackers or bread, hamburger buns, etc. Makes enough for 8 people.

## 102. CAMPFIRE SPANISH RICE

This recipe is best when cooked on a campfire (you don't get the same taste on a grill or a cookstove). What you will need for 2 to 4 people:

1 large onion  
butter or oil  
1 lb of hamburger steak  
2 large cans of chopped tomatoes  
rice (enough for everybody)  
salt and pepper

Chop the onion and put in a large casserole with butter or oil over a nice campfire. Once the onions are half-way cooked, add the hamburger steak and cook until still a little pink. Add the cans of tomatoes with one can of water and bring to boil. Add the rice, salt and pepper and let simmer until rice is cooked. Stir often so that the food doesn't stick. This recipe is very easy and really good!

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## 103. CAMPFIRE STICKY BUNS

5 Tablespoons margarine  
1/3 cup dark brown sugar  
3 Tablespoons corn syrup  
Pecan halves  
2 8-ounce packages biscuits (refrigerated)  
Cinnamon  
Sugar

Combine 3 tablespoons margarine, brown sugar and syrup in pie pan. Heat to bubbly on hot coals. Sprinkle with pecans. Melt rest of margarine. Dip one side of each biscuit in margarine. Put on waxed paper, butter side up. Sprinkle with cinnamon and sugar. Put 2 biscuits together. Arrange on syrup mixture. Cover with 2nd pie pan. Seal pans with double strip of foil. Cook over coals for 15 minutes on each side.

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## 104. CAMPFIRE STUFFED PEPPERS

4 bell peppers  
1 onion  
1 pound ground beef or turkey  
1/2 cup rice  
small can tomato sauce

Cook beef and drain off fat. Saute onion. Add 1/2 cup of cooked rice and tomato sauce. Season with salt and pepper to taste and mix together. Cut the tops off of the peppers and fill each pepper with the mixture. Replace the tops of the peppers and wrap in foil. Put directly in the campfire and turn every 15 minutes. The meal will be ready in an hour.

Servings: 4

NOTE: Cook the meat, rice and onion before your trip! Then you can prepare this at the campsite while you are setting up.

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## 105. CAMPFIRE SWEET POTATOES

Sweet Potatoes  
Butter  
Brown Sugar and/or Marshmallows

Wrap potatoes in foil. Cook in hot coals. Top each potato with butter and brown sugar and/or a marshmallow.

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## 106. CAMPFIRE VEGGIE SUBS

The great thing about this recipe is that you can use just about any ingredients you like (including meat).

2 small French bread loaves  
baby Portabella caps  
sliced green pepper  
sliced onion  
sliced tomato  
1 can artichoke hearts  
provolone cheese  
margarine or olive oil  
favorite salad dressing or marinade (we like Chef Emeril's roasted vegetable marinade, or sun dried tomato vinaigrette)

Slice open the bread along one long side. Pull out part of the insides of the bread to make extra room for the veggies. Spread margarine on both halves of the bread. Layer portabellas on the bottom of the sandwich, and drizzle with Veggie marinade. Layer in artichoke hearts next (squish them flat a little as you go). Add a layer of green pepper, and another of onion. Drizzle with veggie marinade. Layer with tomato slices, drizzle again with the marinade. Top with provolone, then try to close the lid on the sandwich! (It won't be easy, but it is possible!!). Wrap the entire sandwich tightly in aluminum foil and place in glowing coals of your campfire and cook it until the cheese is melted & the bread has a nice crispy outer crust. Clean up is extremely easy, and you can stuff these with ingredients that kids will love too!

## 107. CARDBOARD BOX OVEN CHEESECAKE

2 (8-oz.) Packages cream cheese (room temp.)  
1/2 cup sugar  
1 teaspoon vanilla  
1 egg yolk  
2 cans crescent rolls  
1 egg white

Mix together first 4 ingredients. Open 1 can crescent rolls. Pinch seams together and use a rolling pin to spread out in a cookie sheet. Put filling over crescent roll crust, leaving 1/2 inch at edges. Open second can of crescent rolls, and pinch seams. Roll out on table, the same size as the cookie sheet. Lay across filling. Use a fork to seal the edges. Beat eggs white until frothy. Brush on top. Bake in cardboard box oven for 30 minutes at 350 degrees.

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## 108. CHEESE FRENCH TOAST

|                                     |               |
|-------------------------------------|---------------|
| 1 Loaf unsliced white bread         | 1/3 c. milk   |
| 1 (3oz) pkg. cream cheese, softened | 2 tsp. sugar  |
| 4 slices cheddar cheese             | 1/4 tsp. salt |
| 3 eggs                              |               |

Cut 8 one-inch slices from bread; reserve remaining bread for other use. Spread cream cheese on 1 side of bread slices. Arrange cheddar cheese slices on 4 slices of the bread and top with the remaining 4 slices; placing cheese sides together. Beat eggs, milk, sugar and salt in shallow dish; dip both sides of each sandwich. Cook in large greased skillet over campfire or stove until bread is golden on both sides. Serves 4.

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## 109. CHEESE STEAK PACKETS

|                                                     |                               |
|-----------------------------------------------------|-------------------------------|
| 4 sheets (12x18-inches each) foil                   | 1 cup shredded Cheddar cheese |
| 1 pound boneless beef sirloin steak, 1/2-inch thick | 4 sub or hoagie-style buns    |
| Salt and pepper                                     | Ketchup or steak sauce        |
| 2 medium onions, thinly sliced                      |                               |

Preheat grill to medium-high. Spray foil with nonstick cooking spray. Cut steak lengthwise in half and then crosswise into 1/8-inch thick strips. Sprinkle steak strips with salt and pepper; set aside. Center one-fourth of onions on each sheet of foil. Top with steak strips and cheese. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Grill 8 to 10 minutes in covered grill. Serve on sliced buns with additional cheese, if desired. Top with ketchup or steak sauce. Number of Servings: 4

#### 110. CHEESY CHICKEN & RICE TORTILLAS

This is a recipe for those out backpacking/camping that have a stove only. No freezer/refrigeration necessary.

Lipton Spanish Rice (add water and butter only kind)

1 small can cooked white chicken

Flour tortilla shells

sharp cheddar cheese (sharp cheddar in a brick form needs no refrigeration - will last a week!)

squeeze butter (squeeze butter needs no refrigeration - will last 2 weeks!)

Cook the Spanish rice as directed on the packaging using the squeeze butter. Drain the chicken and stir in a few minutes before the rice is done. Heat tortilla shells. Slice some sharp cheddar. Pile your rice mixture and cheese into a shell and enjoy!!!

NOTES: Left over flour tortilla shells can be fried with a bit of butter and sprinkled with a cinnamon sugar mixture. Yum! Yum! Perfect hot meal after a day of hiking - preparation time - 20 minutes tops! Serves one but I eat a lot! :)

#### 111. CHEESY DEVILS

4 slices bread

2 cans deviled ham spread

1 tomato, thinly sliced

4 slices white American cheese

Spread each slice with some of the ham spread, top with some of the tomatoes and then cheese. Wrap loosely in foil so cheese is not touching. Place on campfire rack for 10-15 minutes.

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#### 112. CHERRY FUDGE GOODIES

1 Box fudge brownie mix

1 1/2 c Shredded Coconut

1 1/2 c Chopped, Candied cherries

2 tb Cherry flavoring oil

1 c Chopped walnuts, divided

Powdered Sugar (for topping)

Shortening (for greasing dutch oven)

Follow brownie mix directions/recipe on box. Add coconut, 3/4 C walnuts, flavoring oil and cherries. Blend well! Pour batter into greased Dutch Oven or covered baking pan. Add coals (5 on top, 7 under). Bake. It's done when a knife comes out clean. Top with remaining walnuts and sprinkle with the powdered sugar. Let cool. Cut into squares.

---

#### 113. CHICKEN CORDON BLEU IN FOIL PACKETS

4 boneless skinless chicken breast halves

1/4 cup mayonnaise or salad dressing

1 Tbsp. Dijon mustard

4 (1 oz.) slices cooked ham

4 (1 oz.) slices Swiss cheese

Heat grill. Place 1 chicken breast half between 2 pieces of plastic wrap or waxed paper. Working from center, gently pound chicken with flat side of meat mallet or rolling pin until about 1/4 inch thick; remove wrap. Repeat with remaining chicken breast halves. In small bowl, combine mayonnaise and mustard. Cut four 18x12-inch pieces of heavy-duty foil. Place 1 chicken breast half on each; spread about 1 Tbsp. mayonnaise mixture on each breast half. Top each with 1 slice ham and 1 slice cheese. Wrap each packet using double-fold seals, allowing room for heat expansion. When ready to grill, place packets, seam side up, on gas grill over medium heat, on charcoal grill 4 to 6 inches from medium coals, or on campfire grill over medium heat. Cook 20 to 30 minutes or until chicken is fork tender and juices run clear, rearranging packets several times during cooking.

---

#### 114. CHICKEN FAJITAS

|                                                  |                                        |
|--------------------------------------------------|----------------------------------------|
| 4 sheets (12x18-inches each) foil                | 1 package (1 oz.) fajita seasoning mix |
| 1 pound chicken tenders                          | salsa                                  |
| 1 medium red or green bell pepper, cut in strips | flour tortillas                        |
| 1 small onion, sliced in rings                   | fajita toppings                        |

Preheat grill to medium-high. Spray foil with nonstick spray. Center one-fourth of chicken tenders on each sheet of foil; top with pepper strips and onion. Sprinkle with fajita seasoning mix. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Grill 8 to 10 minutes in covered grill. Stir chicken and vegetables; top with salsa. Wrap in warm tortillas with your favorite fajita toppings. Number of Servings: 4

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#### 115. CHICKEN FRIED STEAK & GRAVY

|                                                               |                        |
|---------------------------------------------------------------|------------------------|
| 2 to 3 lbs thin cut round steak-cut into serving sized pieces | good shake garlic salt |
| 2 cups white flour                                            | good shake onion salt  |
| good shake black pepper                                       | whole milk             |
| good shake cayenne red pepper                                 | big fry pan and oil    |

Mix the flour and spices up in a big plate or bowl. Lay the meat pieces on a work board and beat them with something heavy - handle of a big knife, or an axe handle works fine. Heat up a 1/4 inch of oil in a big skillet (about med high). Roll the steak pieces in the flour and lay them in the pan. Cook until golden brown on both sides and drain on paper towels. Keep this up till all steak is done.

Start adding left over seasoned flour to left over frying oil till you have a roux of half flour and half oil. Scrape the pan bottom to get the nice brown pieces loose. Turn down the fire to med low. Start adding milk and stir; keep stirring till you get the gravy the way you like it. Simmer about 5 more minutes.

Lay the steak on a plate and pour the milk gravy over it. Good side dishes for this are mashed potatoes and green beans (don't forget to put gravy on the taters also). Serve.

---

#### 116. CHICKEN & GRAVY

|                                                             |                                                      |
|-------------------------------------------------------------|------------------------------------------------------|
| 1 Reynolds Hot Bags® Foil Bag, large size                   | 2 tablespoons flour                                  |
| 6 cups frozen hash brown potatoes                           | 2 tablespoons country-style or regular Dijon mustard |
| Salt and pepper                                             | 1 teaspoon dried rosemary, crushed                   |
| 6 boneless, skinless chicken breast halves (1 1/2 to 2 lb.) | 1 cup chopped red or green bell pepper               |
| 1 jar (12 oz.) chicken gravy                                |                                                      |

Preheat grill to medium-high. Open foil bag. Spray inside of foil bag with nonstick cooking spray. Arrange potatoes in foil bag in an even layer; sprinkle with salt and pepper. Place chicken in an even layer on top of potatoes. Combine gravy, flour, mustard and rosemary; spoon over chicken. Top with red pepper. To seal, double fold open end of foil bag. To cook, slide foil bag onto grill. Grill 20 to 25 minutes in covered grill. Use oven mitts to cut open foil bag with a sharp knife. Carefully fold back top of foil bag, allowing steam to escape. Number of Servings: 5-6

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#### 117. CHICKEN IN A CAN

1 Whole Chicken, seasoned however you like  
1 Large Can, such as a large coffee can  
15 Charcoal Briquettes

Punch holes around the can 1" from the bottom (approx. 1" apart). Next, place the charcoal in the can and light. Allow the charcoal to ash over, then place the chicken (completely wrapped in foil and seasoned) in the can with legs up. It's okay if the legs stick out a little. Let cook for 3 hours, no turning or tending to is necessary). After cooking, unwrap the chicken and it will fall off the bone. Good eatin'!

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#### 118. CHICKEN & PEPPERS IN FOIL

1 sm Green pepper; chopped  
1/2 sm Red pepper; chopped  
10 Mushrooms; chopped  
4 lg Chicken breasts

1 can Pineapple slices (8oz)  
Non-stick cooking spray \*or\* 1 tsp butter  
Garlic powder, salt and/or pepper to taste  
4 Squares heavy duty foil (16x16 inches)

Divide the bell peppers and mushrooms into 4 equal parts. Coat a small area in the center of the foil with cooking spray or a small amount of butter. Place a portion of peppers and mushrooms on the greased area of the foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper to your taste. Fold the foil securely and check for leaks. Place on the coals for 10 to 15 minutes per side.

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#### 119. CHICKEN POPPERS

1 lb. chicken tenders  
10 jalapenos (lg.)  
1 pk. bacon  
foil

Cut jalapenos in half. Clean. Place 1 chicken tender in half of jalapeno. Wrap with bacon. Prepare all and place onto foil and wrap. Cook on grill or fire grate for about about 20 minutes.

---

#### 120. CHICKEN QUESADILLAS

These are great before dinner with a cold beer! Cook on griddle over stove or in frying pan.

cooked, cut up, boneless chicken  
sliced green onions  
diced green and red pepper  
diced jalapenos (optional)  
shredded Monterey Jack cheese  
shredded cheddar cheese  
salsa  
flour tortillas  
cooking oil  
sour cream

Heat oil in pan or on griddle. Place flour tortilla into pan. Add chicken, cheeses, onions, peppers, jalapenos and salsa in whatever amounts you like. Peek under edge of bottom tortilla, and when it's brown, carefully flip quesadilla. When other side is golden, remove, cut into wedges and serve with sour cream.

---

#### 121. CHICKEN STROGANOFF

1 8-ounce package of noodles  
1 packet of onion soup mix  
4 tablespoons sour cream (made from dry mix)  
1 6-ounce can chicken  
1 small can sliced mushrooms  
water

Bring water to boil. Add onion soup mix and stir until dissolved. Add noodles and cook and stir until tender (8-10 minutes). Drain noodles (try to keep as much onion as possible). Combine with sour cream, mushrooms, and chicken.

---

## 122. CHILI CHEESEBURGERS

|                              |                                    |
|------------------------------|------------------------------------|
| 1 1/2 lb Ground Beef         | 1/4 ts Garlic Salt                 |
| 1 ts Chili Powder            | 1/4 ts Red Pepper Sauce            |
| 3/4 ts Salt                  | 1 dash Cayenne Red Pepper          |
| 1/4 ts Pepper                | 6 Cheddar Cheese Slices            |
| 1/4 c Onion; Finely Chopped, | 2 tb Green Chiles; Canned, Chopped |
| 1 ts Worcestershire Sauce    |                                    |

Mix all the ingredients together except the cheese slices and chiles. Shape the mixture into 12 thin patties, each about 3 1/2-inches in diameter. Place 1 cheese slice and 1 tsp of the chiles on each of 6 patties. Top with the remaining 6 patties sealing the edges firmly. Grill the patties 4-inches from the heat, turning once, until the desired doneness is reached, about 10 to 15 minutes.

---

## 123. CHILLY WEATHER CIDER

1 Gallon of Apple Cider  
1 or 2 large apples  
Large handful of raisins  
1 or 2 can of pears  
1 or 2 can of peaches (or 2 or more cans of fruit cocktail)  
Cinnamon, a dash or two

Add cider to a large pot and add liquid from canned fruit. Chop canned fruit into small pieces and add to cider. Core apple and chop into very small pieces, about the size of raisins. Add chopped apple and raisins to cider. Add a dash or two of cinnamon. Heat just short of boiling over a low gentle fire. Simmer until fruit is soft, stirring occasionally to prevent scorching and sticking. Use a ladle to serve, adding some fruit to each cup.

NOTES: Apples can be prepared at home. Seal in plastic bag and carry to campout, ready for cider. Squeeze out as much air as possible to slow discoloration. Refrigerate to keep fresh. You can also substitute other fruits, or use more or less as desired.

---

## 124. CHOCOLATE CHERRY COFFEE

2 tbsp Coffee Grounds (Fresh or Canned)  
16 oz Cold Water  
1 Milk Chocolate Candy Bar (Without Nuts)  
4 - 6 Black Cherries (Make Sure The Seeds Are Removed If Present)

Over hot coals, bring the cold water to a boil. Add coffee grounds directly into the boiling water. Stir the coffee and water while it boils until you get your desired strength (I like strong coffee ... so I go for broke and boil it until a real dark brown to almost black). Once the desired coffee strength is reached, remove from the hot coals and add the milk chocolate candy bar. Stir until the candy bar has melted. Using spoon to hold back the coffee grounds, pour into 2 (8 oz) coffee mugs. Add equal number of cherries to each mug.

Variations: You can also prepare the coffee in your favorite coffee maker. The end result will be equally as good (When camping, I try to rough it as much as possible, but that doesn't mean you have to!). Serve with whipped cream on top. Do you like iced coffee? Try this recipe served over ice instead of hot.

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## 125. CHUCKWAGON KABOBS

1 (16oz) pkg hot dogs -- cut in thirds  
1 (16oz) pkg smoked franks -- cut in thirds  
1 (30oz) pkg frozen steak fries

Thread all ingredients alternately on skewers; wrap loosely in heavy-duty foil, if desired. Grill, without grill lid, over med-high heat (350-400 degrees) 3-4 minutes on each side.

---

## 126. CHUCKWAGON STEW

|                           |                                                |
|---------------------------|------------------------------------------------|
| 1 lb of ground beef       | 1 16 oz. can of red beans (I use ranch style). |
| 4 med. Potatoes           | 1/4 tsp of salt                                |
| 1/2 Tbsp of garlic powder | 1/4 tsp of black pepper                        |
| 1/2 cup of veg. oil       | 1 med. onion (if you like)                     |

In dutch oven, add beans and set aside. Brown beef in iron skillet, drain and add garlic powder, onion, salt and pepper. Cook till beef is brown and onions are transparent, add to beans. In same skillet add oil and diced potatoes with skins on or off (I prefer on). Put on med heat to fry with lid on skillet. Fry about 30 minutes till soft, drain and add to beef mixture. Simmer on low heat 15 minutes and serve with corn on the cob or salad.

---

## 127. CINNAMON APPLE PORK CHOPS

|                                    |                              |
|------------------------------------|------------------------------|
| 1/2 cup apple jelly                | 1/2 teaspoon ground cinnamon |
| 1/4 cup melted butter or margarine | 4 cooking apples             |
| 3 tablespoons lemon juice          | 8 pork chops                 |
| 1 teaspoon prepared mustard        |                              |

Prepare 4 pieces of aluminum foil, each 10 x 18 inches. Put the first 5 ingredients in a small saucepan, heat and stir. Peel and slice the apples. Lightly butter the center of the foil pieces. Lay the slices from one apple on each piece of foil. Drizzle 1 teaspoon of the apple-cinnamon sauce over each apple. Securely seal the foil pouches. Cook the pork chops over a hot grill, basting with the remainder of the apple-cinnamon sauce. Cook for 10 minutes, then place the foil-wrapped packages of apples on the grill. Cook for another 25 minutes, turning and basting frequently. Avoid puncturing the foil packages. Remove from heat. Serve the apple-cinnamon sauce over the pork chops.

---

## 128. COAL CASSEROLE

|                                                  |                                 |
|--------------------------------------------------|---------------------------------|
| 3 lbs lean ground beef                           | 1 cup cornmeal                  |
| 1 large onion (chopped)                          | 1 T. baking powder              |
| 2 (10 oz) cans chopped tomatoes and green chiles | 1/2 t. salt                     |
| 2 (15 oz) cans tomato sauce                      | 1 cup milk                      |
| 1-1/2 cups water                                 | 1/3 cup cooking oil             |
| 2 cups quick-cooking rice                        | 1 slightly beaten egg           |
| 2 (15 oz) can pinto beans (drained)              | 1/2 cup shredded cheddar cheese |
| 1 cup all-purpose flour                          |                                 |

Cook ground beef and onion in a 12 inch dutch oven over medium hot coals until meat is browned. Spoon off fat, stir in tomatoes with chiles, tomato sauce, water and rice. Top with beans. Meanwhile combine flour, cornmeal, baking powder and salt in a medium bowl. Combine milk, cooking oil and beaten egg in a small bowl. Stir milk mix into flour mix just until combined. Spread over beans. Place 20 hot coals around the bottom edge, cover and place 25 hot coals on lid. Cook for 25 minutes or tests done (the old toothpick trick). Sprinkle top with cheese. Makes 12 servings.

---

## 129. COCA-COLA CHICKEN

|                                                             |                                       |
|-------------------------------------------------------------|---------------------------------------|
| 2 lbs chicken breast, or one whole chicken, cut into pieces | 1 lb. baby carrots                    |
| 1 can Coca Cola or other cola                               | 2 lb. small red potatoes, cut in half |
| 1 12 oz. bottle of catsup (I like Heinz)                    |                                       |

Place chicken and vegetables into a Dutch oven. Mix the Coke and catsup, and pour over top. I have a 12 inch Dutch oven and put 12 coals on top and 12 on the bottom. Cook for about an hour, or until the chicken is done and the vegetables are tender.

---



### 135. CREAMED DRIED BEEF

2 pounds chipped dried beef  
4 tablespoons flour

1 cup milk  
6 slices bread

In a Dutch oven, sauté chipped dried beef in butter until it starts to brown and get a little crisp. Add enough flour to lightly coat the pieces of dried beef. Cook several minutes. Pour enough milk over meat to just cover it. Bring to boil and lower heat. Cook gently until milk has thickened and formed a gravy. Pour over toast to serve.

---

### 136. CREAMY COLESLAW

1 1/2 Cups mayonnaise  
1/2 Cup white vinegar  
1/3 Cup sugar  
1 Tablespoon celery seed

salt and pepper -- to taste  
1 Head green cabbage -- finely shredded  
2 carrots -- finely grated

In a small bowl, blend the mayonnaise, vinegar, sugar, celery seed, and salt and pepper to taste, and mix well. In a large bowl, combine the cabbage and carrots. Pour the dressing over the mixture and blend well. Refrigerate until serving time.

---

### 137. CREOLE TUNA SKILLET

2 tb Margarine  
1 med Onion - chopped  
1/2 med Green Pepper - chopped  
1/2 c Celery - chopped

2 tb Flour  
2 ts Camping Seasoning Mix (See Recipe)  
2 cans Chunky Tuna  
1 1/2 c Kernel Corn

Melt margarine in skillet and lightly fry onion, pepper and celery until tender crisp. Add flour and blend in. Add other ingredients and heat through. Serve with rice and grated Parmesan/Romano.

---

### 138. CUBED STEAKS IN MUSHROOM SAUCE

5 cubed steaks  
family sized can of cream of mushroom soup  
1/2 cup water

Fry the cubed steaks in a frying pan or wok ( I use my cheap Coleman one burner stove). Remove cubed steaks and set them on several layers of paper towels to drain the grease. Wipe out the pan and put the steaks back in the pan with the cream of mushroom soup and the 1/2 cup water. Stir the soup in with the water and cover. Let simmer for at least 10 minutes with a low flame (the meat becomes more tender if you simmer for longer). Serve over rice or egg noodles.

---

### 139. CURRIED LENTIL STEW MIX

1/2 cup dry lentils  
1/2 cup rice  
1 Tbs onion flakes  
1/2 tsp garlic powder  
1/2 tsp cumin  
1/4 tsp coriander  
1/8 tsp red pepper (optional)  
1 /4 tsp turmeric  
1/2 tsp salt

Before leaving home or base camp, pre-mix all ingredients and place in a durable plastic bag or well-sealed container. When ready to cook, add 3 cups water to a small pot, bring to boil. Add pre-packed ingredients and boil 30-45 minutes, depending on your elevation, and the type of rice you choose. Stir occasionally to avoid sticking to the bottom. Serve when rice is tender.

---

#### 140. "DIFFERENT" BEAN SALAD

1 large can baked beans  
3 boiled eggs (chopped)  
1 cup mayonaise  
2 cups cheddar cheese, shredded  
6 slices of cooked bacon  
1/2 cup finely chopped onion

Pour beans in colander and rinse really well. Add all remaining ingrediants and mix well. Serve with BBQ chicken. This is not your usual bean salad... but it's wonderful and easy to make on the go!

---

#### 141. DOUBLE DUTCH OVEN CHILI

You'll need Two 12 inch Dutch ovens (call them DO #1 and DO #2)

|                                               |                             |
|-----------------------------------------------|-----------------------------|
| 1 lb. very thick bacon                        | 1 bottle pimentos           |
| 1 lb. pork loin, cut into 1/2 inch cubes      | 1 tsp. Mexican vanilla      |
| 5 lbs. round steak, cut into 1/2 inch cubes   | 5 Tbs. paprika              |
| 2 medium red onions, coarsely chopped         | 1 tsp. ground black pepper  |
| 2 Walla Walla onions, coarsely chopped        | 8 Tbs. Mexican chili powder |
| 2 bunches green onions, coarsely chopped      | 4 Tbs. cumin                |
| 3-16 oz. cans diced tomatoes                  | 1 Tbs. Italian oregano      |
| 12-14 garlic cloves, mashed with a little oil | 2 Tbs. semi-sweet chocolate |
| 2 red bell peppers, coarsely chopped          | 2 Tbs. white vinegar        |
| 2 yellow bell peppers, coarsely chopped       | Ground hot chilies to taste |
| 2 Tbs. Flour                                  | 1 can quality beer          |
| Salt to taste                                 |                             |

Directions: (It's not as complicated as it sounds.) Preheat both Dutch ovens. Fry bacon until crisp in DO #1. Remove bacon to a plate covered with a paper towel. When cool, crumble. Remove 1/2 of the bacon drippings to DO #2, add the chopped red and Walla Walla onions to DO #1 and sauté until translucent. Drain the juice from the onions into DO #2 and place them into DO #1. This will be your cooking pot. Pour one half the can of beer into the drained onions. Add the beef and pork (toss the cubes together) to DO #2 (bacon/onion juice) about two lbs. at a time. As the meat browns scoop out, drain, and add to the sautéed onions (DO #1). Add crumbled bacon, tomatoes, 1/2 of the garlic, paprika, and black pepper. Cook on medium high heat until the meat is tender (about one hour), stirring occasionally. Use enough charcoal briquettes to make the mixture boil lightly; about 20 on top and 10 on the bottom, depending on wind and outside temperature. After the meat is tender add the rest of the ingredients except the pimentos and chocolate (mix the flour with a little water first). Continue cooking for 30 minutes. Remove from heat and cool for about one or two hours to let the mixture absorb the herbs. Start new coals, add the pimentos and chocolate, and cook for fifteen minutes after chili begins to boil, add ground hot chilies to taste and then add salt to taste. Serve alone or over rice or macaroni. Corn bread makes a good side dish. Serves 8-10 chili lovers or as many as 20 regular people.

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#### 142. DOUGHBOYS

1/2 c Flour  
1 ts Baking powder  
1 ts Shortening  
Pinch Salt  
1/4 c Water  
1 Hot dog

You can also use 3/4 cup of biscuit mix. Mix ingredients with shortening and then add water. Ensure the dough is not too sticky. Put hot dog on green stick and wrap dough around it. Cook, holding 6 inches from coals, so inside will cook... and then brown nearer to the coals. Serves one.

---

#### 143. DR. PEPPER BEANS

2 28 oz cans pork and beans  
2 bell peppers, cleaned and chopped  
2 small onion, chopped  
2 tomatoes, chopped  
1 cup brown sugar  
1 tsp cloves  
1 16 oz. can crushed pineapple  
1 lb summer sausage sliced  
1 can Dr. Pepper

Combine beans, onions, tomatoes, sausage, pineapple and peppers in a 12" Dutch oven. In a bowl, combine remaining ingredients. Stir until sugar dissolves. Pour over the beans. Cover and cook 30 to 45 minutes.

---

#### 144. DRUNKEN BANANAS

1-2 Bananas per person  
Double Strength Aluminum foil  
2 Tablespoons of Brown Sugar per banana  
Butter  
Rum, Brandy, or pretty much any sweetish liqueur  
Dairy Whip Cream

Place a banana in the middle of a large piece of foil and sprinkle with brown sugar; add a dollop of butter and a good splash of alcohol... hey, have a shot of alcohol for yourself too while you are at! Fold up foil and wrap well... stick it in the coals for about 5-10 minutes or until warmed through and mushy-ish. While you wait have some more alcohol! Serve bananas with the cream. Any left over cream can be used according to your own imagination once you have drunk the remaining alcohol! :)

---

#### 145. DUMP CAKE #1

Butter  
2 (16 oz.) cans of fruit pie filling (your choice)  
1 box cake mix (your choice)  
1/2 C. Water

Butter the inside and bottom of the lid of a Dutch oven. Pour the pie filling in the Dutch oven. "Dump" in the cake mix. Spread evenly. Dot top with butter. Pour the water on top. Place lid on Dutch oven. Place Dutch oven in coals. Shovel some coals on top of the lid. "Bake" for approximately 30-45 minutes. Test cake for doneness. If necessary, place back on coals, checking every 10-15 minutes.

NOTES: This recipe can be used with any combination of fruit and cake mixes. Experiment and see what your favorite combination is. (Try cherries w/ chocolate cake, apples w/ yellow cake, peaches w/ white cake.....the possibilities are endless).

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#### 146. DUMP CAKE #2

1 Box of White Cake Mix  
1 Can of Sprite or 7up  
2 cans of canned fruit (apples, cherries, etc.)

Pour the cake mix into a bowl. Break up the mix so there are no lumps. Then add the can of Sprite. Mix until smooth. Don't mix too much as you want the fizz to stay in the mix. Open the canned fruit and pour it into the bottom of a foil lined Dutch Oven (better for clean-up). Pour the batter mix on top of the fruit mix. Put approximately 8 coals on the bottom for the Dutch oven and 12-15 on the top. Wait 45 minutes. Love is just a scoop away!! :)

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#### 147. DUTCH OVEN APPLE PIE

|                                               |                                   |
|-----------------------------------------------|-----------------------------------|
| 8 cups baking apples, thin, sliced and peeled | 1 teaspoon nutmeg                 |
| 2 tablespoons lime juice                      | 1/2 teaspoon salt                 |
| 1 cup sugar                                   | 2 tablespoons butter or margarine |
| 1/3 cup flour                                 | pastry dough for double crust pie |
| 1 teaspoon cinnamon                           |                                   |

##### Topping:

|                             |                           |
|-----------------------------|---------------------------|
| 1/2 cup butter or margarine | 3 tablespoons heavy cream |
| 1/2 cup brown sugar, packed | 3/4 cups pecans, chopped  |

In a large bowl, toss apples with lime juice. Combine dry ingredients; add to apples and toss lightly. Place bottom crust which is 2 inches larger than the 12 inch dutch oven, in the dutch; press firmly against the side of dutch. Add the apple mixture and spread evenly over the bottom of the dutch. Add 2 tablespoons butter in pieces over the top of apples. Place the top crust which is the same size as the lid of the dutch oven on top of apples, fits nicely over and around the edges so the bottom crust on the edge of dutch folds down over the top crust and seal with fingers. Cut steam vents. Bake with 10 briquettes on the bottom and 15 on top for 45 minutes to 1 hour. Mix topping in a 8 inch dutch with 5-6 briquettes on the bottom and bring to a boil. Boil 2 minutes and add pecans. Pour over top of pie the last 10 minutes of cooking and cook until the topping bubbles. Remove from heat and cool; serve slightly warm.

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#### 148. DUTCH OVEN AU GRATIN POTATOES WITH HAM

6 large potatoes, scrubbed & sliced less than 1/4 inch thick  
1 cup ham, sliced and diced  
6 TBS margarine - you'll probably need more!  
1/2 large onion, minced  
garlic salt, to taste  
3 TBS flour  
2 cups milk  
2 cups cheddar cheese, grated  
5 TBS Parmesan cheese, grated  
3 TBS bread crumbs, fine  
diced jalapeno peppers, canned, to taste \*optional  
34 - 38 charcoal briquettes

Slice potatoes 1/4 inch thick or less. Sprinkle with a small amount of garlic salt (the cheeses will provide a good amount of salt). Saute onions (and any jalapeno peppers you may want to add) in 4 tablespoons margarine until soft. Blend in flour and make a light colored roux (add 2 more tablespoons margarine if roux is too thick). When roux is a light golden color add milk, bring to a light boil, and simmer until somewhat thickened. Rub the inside of the 12 inch Dutch oven with more margarine. Mix in potatoes and cheeses then then sprinkle bread crumbs over the top. Bake approximately 30-40 minutes using 10-12 coals under the Dutch Oven and approximately 25 coals on top (approximately 400 F).

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#### 149. DUTCH OVEN BACON SOUFFLE

|                                            |                                |
|--------------------------------------------|--------------------------------|
| 4 cups cubed day-old white or French bread | 1/3 tsp. onion powder          |
| 2 cups shredded cheddar cheese             | dash ground pepper             |
| 10 eggs, lightly beaten                    | 1/2 lb cooked bacon, crumbled  |
| 3 cups milk                                | 1/2 cup sliced mushrooms       |
| 1 tsp. brown mustard                       | 1/2 cup chopped, peeled tomato |
| 1 tsp. salt                                |                                |

Line Dutch oven with aluminum foil or generously grease oven. Arrange bread cubes in the oven and sprinkle with cheese. Beat together eggs, milk, mustard, salt, pepper and onion powder. Pour evenly over cheese and bread. Sprinkle with bacon, mushrooms and tomato. Cover and chill overnight. Remove from cooler upon rising so Dutch oven can warm. Bake about 1 hour at 350 degrees (10 coals on bottom, 12 on lid).

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## 150. DUTCH OVEN BAKED BEANS

1/2 lb. hamburger  
1/4 lb. bacon cut into small pieces  
1/2 cup chopped onion  
1/2 cup brown sugar  
1/2 cup catsup  
1/4 cup molasses  
1 tsp mustard  
1 can pork and beans  
1 can chili beans (drain and discard excess liquid)  
1 can kidney beans ( drain and discard excess liquid)

Utensils: Dutch oven, mixing spoons, knife, can opener

Fry hamburger, onion, and bacon together in bottom of Dutch oven. When meat is brown, drain off excess grease. Add all remaining ingredients, cover, and place hot coals under and on top of the oven. Bake for one to one and one half hours, stirring occasionally. This dish provides a well balanced meal, as well as a tasty one.

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## 151. DUTCH OVEN BARBECUED BRISKET

3 cups apple cider  
1/4 cups honey  
2 tablespoons Dijon mustard  
1/4 cup soy sauce  
2 tablespoons brown sugar, packed  
1 tablespoon minced garlic  
1 tablespoon minced fresh ginger root  
1 tablespoon whole coriander  
2 sprigs fresh thyme  
1 brisket of beef (2½ pounds)  
1 cup white wine (optional)

Combine, white wine, cider, honey, mustard, soy sauce, brown sugar, garlic, ginger root, coriander and thyme in Dutch oven. Add brisket. Cover tightly and place in oven. Heat oven to 350 degrees F and cook 1 hour. Remove brisket from cooking liquid, cover and set aside. Transfer liquid to medium pan and cook over medium heat until reduced to a glaze and thick enough to coat back of spoon. Using covered grill, light about 12 charcoal briquettes and add small piece of mesquite or other wood. Be sure to place charcoal and wood to one side of grill. Arrange brisket on grill so that it is not directly over burning wood. Paint it with some glaze. Place cover on grill and smoke brisket 1 hour, turning meat and coating with glaze every 15 minutes. Add charcoal or wood, small piece at a time, if fire seems to get too cold. Remove from grill, thinly slice meat against grain and serve. Offer any remaining glaze on side.

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## 152. DUTCH OVEN BARBECUED CHICKEN & POTATOES

6 - 8 boneless, skinless chicken breasts  
10 medium potatoes, sliced  
3 - 4 onions, sliced  
1 18 oz bottle barbecue sauce

Place half of the potatoes in the bottom of the dutch oven. Place a layer of onions on top of the potatoes. Repeat. Next place the chicken breasts on top of the potatoes and onions. Top with any remaining onions. Pour barbecue sauce over all ingredients. Put the lid on the dutch oven. Place 12 briquettes on top of the dutch oven, and 12 underneath. Cook for about 1 ½ hours.

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### 153. DUTCH OVEN BARBECUED MEATROLL

Mix together:

|                      |                                    |
|----------------------|------------------------------------|
| 4 pounds ground beef | 4 eggs                             |
| 2 cups oatmeal       | 3 tablespoons Worcestershire sauce |

Dice:

|                      |                          |
|----------------------|--------------------------|
| 1 large sweet onion  | 1 garlic clove (crushed) |
| 1 small green pepper | Barbecue Sauce           |
| 8 oz. mushrooms      |                          |

Mix together:

|                          |                                    |
|--------------------------|------------------------------------|
| 2-8 oz cans tomato sauce | 1/2 teaspoon garlic powder         |
| 1/2 cup brown sugar      | 1/2 teaspoon onion powder          |
| 2 tablespoons cornstarch | 1/4 teaspoon allspice              |
| 1 teaspoon dry mustard   | 2 tablespoons Worcestershire sauce |
| 1/2 teaspoon cloves      |                                    |

Pat meat out on Saran wrap, aluminum foil or a cookie sheet. Use the rolling pin to roll it out to a rectangle about 1/2 inch thick. Place diced vegetables on top of rectangle. Remove Saran wrap or foil if you used it. Roll meat and vegetables as you would a cinnamon roll. Place in an aluminum foil lined 12 inch Dutch oven, if you had to make a seam in the foil, make sure the seam is down. Bend the meal roll to fit the Dutch oven if necessary. Bake for 15-20 minutes and baste with 1/2 of the barbecue sauce. Bake another 15 minutes. Add the remaining sauce. Bake for approximately 1 hour with coals on top and bottom.

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### 154. DUTCH OVEN BARBECUED RIBS

Pork ribs (2 per person)                      Jar of barbeque sauce (any brand)

In dutch oven, over hot coals, braise ribs until brown. Smother ribs with sauce until covered. Then place lid on oven and place 12 coals underneath and 12 coals on top. Leave for a couple of hours until ribs are tender and fall apart. You can also add onions to this, if you'd like.

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### 155. DUTCH OVEN BEAN SOUP

|                          |                      |
|--------------------------|----------------------|
| 2-1/2 cup dry navy beans | 1 med onion, diced   |
| 10 cup cold water        | 1/2 tsp salt         |
| 1 meaty ham bone         | 1/2 cup diced celery |
| 2 Tbsp parsley flakes    | 8 whole peppercorns  |

Wash and dry beans. Place beans and water in large bowl and soak overnight. Don't drain off water. The next day combine beans and water, ham bone, salt, and peppercorns in a 12-inch dutch oven. Cover and slowly bring to a boil with about 12 coals on top and 12 under the oven. Simmer for two hours, stirring occasionally. Then add onions, celery, and parsley. Continue to simmer another hour or until the beans are soft. Clean meat off the ham bone and discard the bone. Serves 6-8.

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### 156. DUTCH OVEN BEEF & BARLEY

|                                         |                             |
|-----------------------------------------|-----------------------------|
| 2/3 c Pearl barley                      | 3 cn 10 1/2 oz beef consume |
| 1 1/2 lb Ground beef/or diced stew meat | 2 c Water                   |
| 1 md 8 oz onion chopped                 | 1 Bay leaf                  |
| 1 Clove garlic; minced                  | 1/4 c Parsley; minced       |
| 4 Carrots                               | Salt and pepper; to taste   |
| 3 Ribs celery; diced                    | 1 can Tomato soup; optional |
| 1 cn 28 oz tomatoes                     | Croutons for garnish        |

Brown beef onion and garlic in Dutch oven or heavy kettle until meat is no longer pink. Add barley and remaining ingredients, except croutons. Cover and cook simmering 1 1/2 to 2 hours. Serve with garnish of croutons and additional minced parsley. Makes 6-8 servings.

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### 157. DUTCH OVEN BEEF BURGUNDY

|                                            |                                |
|--------------------------------------------|--------------------------------|
| 2 pounds beef round roast                  | 3 medium onions, sliced        |
| 2 cans beef gravy (or packages of instant) | ½ cup burgundy wine (optional) |
| 1 clove garlic                             | 4 teaspoons butter             |
| ¼ teaspoon oregano                         | ½ pint sour cream              |

Cut beef into 1 inch cubes. Sprinkle with tenderizer. Sauté garlic and onions in butter slowly until onions are clear or slightly browned. Remove onions and brown meat slowly in the drippings. Add beef gravy, salt, pepper and onions to pan. Simmer 15 minutes. Serve over rice.

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### 158. DUTCH OVEN BEEF & NOODLES

|                             |                             |
|-----------------------------|-----------------------------|
| 1 pound ground beef         | 1 48-ounce can tomato juice |
| 1 package wide noodles      | 1 large onion               |
| 3 teaspoons salt            | 3 cloves garlic             |
| 3 teaspoons pickling spices | 3 tablespoons cooking oil   |

While the Dutch oven is preheating, peel the carrots and onions and cut them into 2 inch sections and mash the garlic. In the preheated oven add the cooking oil. When the oil is hot enough to smoke lightly, add the ground beef and brown. Pour off excess grease. Add the vegetables to the ground beef and mix. Add the dry noodles to the top of the ground beef. Pour in the tomato juice over noodles. Cover and place over 12 coals. Cook 45 minutes until noodles and onions are tender.

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### 159. DUTCH OVEN BEEF STEW

|                 |                       |
|-----------------|-----------------------|
| 2 lb. Stew meat | 2 Beef bouillon cubes |
| 3 large onions  | Mushrooms             |
| Potatoes        | Seasonings            |
| Corn            | Cornstarch            |
| Carrots         | Water                 |
| Peas            | Kitchen Bouquet       |
| Cauliflower     |                       |

Cut meat into pieces of eating size. Cut onion into quarters. Cut vegetables and potatoes into desired size for eating. Put ¼ inch of oil in Dutch oven and place on coals. When oil is hot, add meat and onions. Cook until meat is browned. Remove pot from fire and drain off excess oil. Add all vegetables, potatoes, and mushrooms. Add seasoning to taste. Add bouillon cubes. Add enough warm water to cover vegetables. Cover and place pot on coals. Put 10 coals on top. Cook until vegetables are tender. When vegetables are tender, add corn starch to thicken water mixture. Add some Kitchen Bouquet to create browner gravy.

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### 160. DUTCH OVEN BEER BREAD

When camping in remote areas, one of the things you seem to run out of first is bread! This is an easy camp bread to make and it's mighty good. This recipe will work in a 10 inch or 12 inch Camp style Dutch Oven. If using store bought charcoal--coal count is 15 coals on top the lid--8 coals on the bottom for the 12 inch.

3 cups self-rising flour  
3 tbs sugar  
1 tbs dried onion flakes  
1 12 oz beer; Miller, Bud, ect. - no dark beers

Mix all dry stuff. Pour in beer; mix up and lay on work surface. Knead just a little to form a dough ball. Flatten it out and place in a well greased Dutch Oven. Place Dutch Oven in coals (1/3 of the coals on bottom - 2/3 of the coals on top) and bake about 15 to 25 minutes, checking after the first 10 minutes or so. When nice and brown on top, remove and knock on the bottom of loaf - if it says "THUNK", it's done! (Cooking time, especially in baking, varies a lot in coal cooking.)

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## 161. DUTCH OVEN BLACKBERRY DUMPLINGS

1 qt Fresh or frozen (loose-pack) blackberries  
1 c Plus 1 tablespoon sugar, divided  
3/4 teaspoon salt, divided  
1/2 ts Lemon extract  
1 1/2 c All-purpose flour  
2 ts Baking powder  
1/4 ts Ground nutmeg  
2/3 c Milk Cream or whipped cream, optional

In a Dutch oven, combine the blackberries, 1 cup sugar, 1/4 teaspoon salt and lemon extract. Bring to a boil; reduce heat and simmer for 5 minutes. Meanwhile, in a mixing bowl, combine flour, baking powder, nutmeg and remaining sugar and salt. Add milk; stir just until mixed. (Dough will be very thick.) Drop by tablespoonfuls into six mounds onto hot blackberry mixture cover tightly and simmer for 15 minutes or until a toothpick inserted in a dumpling comes out clean. Spoon into serving dishes. Serve with cream or whipped cream if desired.

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## 162. DUTCH OVEN BRAISED FISH

2 lb. white fish fillets  
3 ribs celery, chopped  
1/2 cup onions, chopped  
1/4 cup green onion, chopped  
1/2 lb. fresh mushrooms, sliced  
4 tablespoons olive oil, divided  
2 tablespoons Worcestershire sauce  
1 cup dry white wine  
salt and pepper to taste  
Tabasco sauce to taste  
paprika

Preheat Dutch oven. Add 3 tablespoons olive oil. Saute celery, onions, green onions, and mushrooms until vegetables are clear, stirring often to prevent burning. Remove vegetables from Dutch oven. Place a few onion rings in bottom of Dutch oven to act as trivet. Cut fish into serving pieces and place side by side in a single layer in Dutch oven. Season with salt and pepper and 2 or 3 drops Tabasco on each piece of fish, then pour in sauteed vegetables, spreading over fish. Combine remaining olive oil and Worcestershire sauce and pour over fish. Add Wine. Place most of coals on lid and bake 10 to 12 minutes. Open oven and sprinkle with paprika. Place all coals on lid and bake approximately 5 to 8 minutes.

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## 163. DUTCH OVEN BREAKFAST

Ingredients for 6 people:

1/2 lb bacon (or pre-cooked sausage)  
1 med onion  
2 lb bag of hash brown potatoes  
1/2 pound of grated cheddar  
1 doz eggs  
1 small jar of salsa (optional)

The following requires 6-9 bottom coals and 12 -15 top coals:

Pre-heat 12" Dutch Oven. Slice bacon and onion into small pieces and brown in the bottom of the Dutch Oven until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes). Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set (10 - 15 minutes). Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted. Optional: Cover cheese/egg mixture with a small jar (1 cup) of SALSA. Cover and cook for an additional 3-5 minutes. Slice and server like quiche. (Real men don't eat quiche, but I sure get lots of requests to cook up this breakfast for them!) Cooking times will vary with the weather, but it's almost impossible to screw up.

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#### 164. DUTCH OVEN BREAKFAST BREAD

|                                 |                               |
|---------------------------------|-------------------------------|
| 4 c Pancake mix                 | 1/2 pkg Dry scrambled egg mix |
| 4 ts Cinnamon                   | 4 c Shredded carrots          |
| 1 c Raisins -- golden preferred | 1 c Oil or margarine          |
| 1/2 c Dried apples -- chopped   | 2 ts Vanilla -- optional      |
| 1 c Almonds -- chopped          | 1 c Honey -- or sugar         |
| 1 c Coconut -- shredded         | 1 1/4 c Water                 |

At home: Mix the pancake mix, cinnamon, raisins, dried apple pieces, almonds, coconut, and scrambled egg mix. Put into a zip lock gallon bag. Add sugar if using it instead of honey. Peel and shred carrots to approximate 4 cups (a little more or less does not make much of a difference). Pack carrots into a zip lock bag. If using oil and honey, pre-measure into a 1 pint plastic bottle with the vanilla.

At the campsite: If using margarine melt it in a small container made of aluminum foil. Add the oil and honey (if using it), carrots, and water to the dry mix and mix well. If there is liquid with the carrots add it to the dry mix too. Put into a lightly oiled dutch oven and bake 25-35 minutes with about 20 pieces of charcoal on the top and 10-15 on the bottom. Check after 15-20 minutes.

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#### 165. DUTCH OVEN BROWNIES

1 package Brownie mix for 8x8 pan                      eggs per package directions

Prepare Brownie mix per package directions. Place in bottom of Dutch oven (or in round aluminum baking pan in oven). Cover and cook with 8 coals below and 16 coals on top for 20-30 minutes (do not overbake). Remove from bottom coals after 15 minutes.

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#### 166. DUTCH OVEN CABBAGE ROLLS

|                            |                          |
|----------------------------|--------------------------|
| 1 Head cabbage             | 2 c Cooked rice          |
| 1 lb Ground beef           | 2 Eggs                   |
| 1/2 lb Ground pork or veal | 1 Onion (finely chopped) |
| 16 oz Can tomato sauce     | 2 tb Butter              |
| 8 oz Can tomatoes          | 1 Salt & pepper to taste |

Remove core from cabbage. Scald cabbage in boiling water and remove leaves as they soften. Saute onions in butter very lightly (don't brown). Combine with the meats, rice, eggs and seasonings. Mix well. Place 2 tablespoons of mixture in center of each cabbage leaf and roll. Wrap in bacon strips and insert wooden picks to hold together. Pour tomato sauce on rolls, then squeeze tomatoes from can and arrange on top of rolls. Simmer over low heat for 2 hours in a heavy dutch oven.

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#### 167. DUTCH OVEN CARROT CAKE

|                                          |                         |
|------------------------------------------|-------------------------|
| 1 cup shortening                         | 2 teaspoons cinnamon    |
| 2 cups sugar                             | dash salt               |
| 2 (10 3/4 oz) cans condensed tomato soup | 2 cups shredded carrots |
| 2 eggs                                   | 1 cup chopped walnuts   |
| 4 cups flour                             | 1 cup raisins, optional |
| 1 tablespoon baking powder               |                         |

Frosting:

|                                          |                     |
|------------------------------------------|---------------------|
| 2 (8 oz) packages cream cheese, softened | 2 teaspoons vanilla |
| 6 cups powdered sugar                    | 2 tablespoons milk  |

|                        |                        |
|------------------------|------------------------|
| Garnishes (optional):  | carrot tops or parsley |
| sliced nectarine skins | almonds or pecans      |

In a large mixing bowl, cream shortening and sugar. Add soup and egg. Mix well. Combine flour, baking soda, cinnamon and salt. Beat in to creamy mixture. Stir in carrots, nuts and raisins. Pour into TWO 12 inch Dutch ovens.

Bake each with 14 on top and 8 on the bottom. Remove bottom coals after 30 minutes, leaving the top coals on for 15-20 minutes more, or until done, checking with a toothpick. Remove cakes from ovens and place on racks to cool completely. In another mixing bowl, combine frosting ingredients. Beat until smooth. Frost cake as you would a normal 2 layer cake and garnish, if desired.

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#### 168. DUTCH OVEN CHEESY SCALLOPED POTATOES

3 lbs of washed potatoes, more or less, peeled or unpeeled, thinly sliced  
2 or 3 medium onions, thinly sliced  
6-8 oz. packet of shredded cheese  
half gallon of milk  
1 or 2 sticks of butter  
Salt and pepper

If desired:

Chopped parsley for a bit of color  
Paprika for color on top

Warm Dutch oven on fire, wipe inside with small amount of cooking oil. Layer potatoes in bottom of Dutch oven, 3 or 4 layers deep. Add a thin layer of onions and several pats of butter. Sprinkle on small handful of cheese. Add bits of chopped parsley randomly in layers for color. Repeat layering process - potatoes, onions, butter, cheese. When all potatoes are used, do not add cheese or onions to top layer, only butter. Sprinkle top layer with a little salt and touch of pepper to personal taste. Pour in enough milk to just cover top layer of potatoes. Sprinkle with paprika if desired. Move Dutch oven onto bed of charcoal - 8 to 10 briquets (more in winter) on aluminum foil, shiny side up. Cover oven with lid and put 2 to 3 times as many coals on top. After a few minutes, contents should be gently bubbling, not boiling. Adjust heat as necessary, probably on bottom. Cook about 45 minutes until potatoes are tender and milk mixture is thick. Add milk as needed to keep from boiling dry before potatoes are ready.

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#### 169. DUTCH OVEN CHEESY SOURDOUGH BREAD

1 Tbs. quick rise yeast  
1½ cups warm water (120 degrees F)  
2 Tbs. sugar  
1 Tbs. vegetable oil  
1 cup sharp cheddar cheese, grated  
1 cup Parmesan cheese  
½ cup ricotta cheese (or dry cottage cheese)  
¾ cup sourdough starter  
1 Tbs. fresh oregano  
1 tsp. salt  
1 cup chopped green onion  
5 cups flour

Dissolve yeast in warm water. Let it sit for a few minutes until it foams up. Then...add all ingredients in the order above, except the flour. Add flour as follows: three cups first...then add more flour until dough is fairly stiff. Knead the dough until an elastic ball forms. (About five minutes.) Spray a Dutch oven with a non-stick cooking spray and put in the dough, letting it rise until it doubles in size. Punch it down and put into a 14 inch lightly oiled Dutch oven. If you put two or three coals on the lid during colder weather, it will help the dough rise. Let it double again. Slit the top. Brush with egg white or butter and sprinkle with poppy or sesame seeds. Bake for about 40 minutes at 350 degrees with about 24 coals on the top and 12 on the bottom. After 25 minutes, pull the coals from the bottom. Be sure to rotate the oven and lid every 10 minutes or so to prevent hot spots, especially if it's windy. Check for a nice crust near the end of the baking time. It should sound a bit hollow when you thump it.

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## 170. DUTCH OVEN CHICKEN

2 whole medium-sized chickens  
seasoned flour (flour, salt, pepper, and any seasoning salt)  
3 tbs. oil  
3 tbs. butter  
1 large onion, chopped  
1/2 a red pepper, chopped  
1/2 a green pepper, chopped  
1 cup chicken broth  
1 can beer  
2 bay leaves  
2 tbs. apple cider vinegar

Dredge chickens in seasoned flour. Brown on all sides in large Dutch oven using oil and butter. Remove birds. Add chopped onion, chopped red pepper, and chopped green pepper. Stir in the hot oil till tender. Replace birds in pot and cover with chicken broth, beer, bay leaves and apple cider vinegar. Dutch Oven cook about 1-1/2 hours. I use 20 coals on the bottom and about 20 on the lid. Always very tender and delicious!

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## 171. DUTCH OVEN CHICKEN FAJITAS

|                                                   |                                       |
|---------------------------------------------------|---------------------------------------|
| 1 4 lb package chicken breasts, boned and skinned | 2 large green peppers, cut in strips  |
| 3 tbs oil                                         | hot peppers (optional - use to taste) |
| 6 tbs of your favorite fajita seasoning           | 8 limes                               |
| 2 tbs coarse ground black pepper                  | flour tortilla shells                 |
| 3 large red bell peppers, cut in strips           | salt to taste                         |
| 2 onions, cut in strips                           | 14 inch dutch oven                    |

Pour the oil in the Dutch oven. Add the chicken and sprinkle with spices. Cook just until the pink is gone. Remove from pan and cut in strips. Cook the peppers and onions in the pan and cook just until no longer crisp and the onions are clear. Add the chicken and finish cooking. Remove the lid of the Dutch oven and place upside down over coals, using the inside surface to cook the tortilla shells. (We used 8-10 coals and just turned the tortillas over with our fingers, but you can use a fork. Use a little oil if you want them to crisp a little more, but it's not necessary to do anything more and warm them). Use the tortilla to wrap a spoonful of chicken and peppers, squeeze a half a lime over the chicken. Serve with additional lime wedges. Wrap and eat. Probably serves about 8-12 people.

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## 172. DUTCH OVEN CHICKEN PARMESAN

6 boneless, skinless chicken breasts (about 2 pounds) or about 2 pounds of chicken tenders  
2 Tbsp. margarine melted (optional)  
1/2 cup grated Parmesan cheese (2 oz)  
1/4 cup dry bread crumbs  
1 tsp. each dried oregano leaves and parsley flakes  
1/4 tsp. each paprika, salt and black pepper (Spicy option: substitute up to 1/4 tsp. red pepper for black pepper)

Prepare charcoal for a 400 F oven. (For a 12 inch oven, use about 28 full briquettes - this can vary depending manufacturer of briquettes and the size of the oven used). Combine dry ingredients. Dip chicken in melted margarine, if desired. Coat with dry ingredient mixture. Arrange in a single layer in a 12-inch Dutch oven. When all of the briquettes are lit spread about 11 briquettes evenly inside a circle no larger than the bottom of the oven for bottom heat; spread the remaining briquettes evenly on top of the oven. Bake 20 to 25 minutes or until tender. About half way through cooking, the breasts can be turned to brown both sides, if desired. Remember to turn the oven 1/4 to 1/3 turn every 8 to 10 minutes.

Notes: When preparing for large gatherings, use chicken tenders or chicken nuggets (tenders cut into pieces about 3/4 inch long). Use a larger Dutch oven for larger quantities. A 14-inch Dutch oven can hold about 12 chicken breasts or about 4 pounds of chicken tenders/nuggets.

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### 173. DUTCH OVEN CHICKEN POT PIE

|                                            |                                          |
|--------------------------------------------|------------------------------------------|
| 3 large cans of chicken meat               | Chicken bouillion granules               |
| Tube of refrigerator crescent              | rolls or biscuits                        |
| 16 oz. bag of frozen vegetables            | Salt and pepper                          |
| 2-3 medium potatoes, chop into small cubes | Vegetable oil                            |
| 1/4 cup of flour (approx.)                 |                                          |
| If desired:                                | Chopped mushrooms, onions, other veggies |

Warm Dutch oven. Add chicken with juice to oven with a tablespoon of oil and several cups of water to cover. Add about 1 tablespoon of bouillion and bring to boil. With whisk or fork, whip a couple tablespoons of flour into a cup of water to make a smooth thick mixture. Briskly stir flour mixture into chicken broth to create a gravy, taking care not to break up chicken pieces. Bring back to boil, stirring gently until gravy starts to thicken slightly. Stir in frozen vegetables, potato cubes, other veggies and enough water that when mixed, gravy just touches top of ingredients. Sprinkle salt, pepper. Create a top crust with crescent roll dough (flat not rolled) or biscuit halves layered on top of ingredients. Put lid on Dutch oven, place oven on bed of 8-10 charcoals and put 12-15 more coals on lid. Bake about 20 minutes, then check crust. When crust is brown and flaky on top, lower top heat by removing most coals. Maintain bottom heat to keep pie bubbling, about 45 minutes total baking time until potatoes are tender.

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### 174. DUTCH OVEN CHICKEN & POTATOES

|                                                  |                                                             |
|--------------------------------------------------|-------------------------------------------------------------|
| Boneless, skinless chicken breasts (about 6 - 8) | 1 pound carrots, cut (or use the pre-packaged baby carrots) |
| 10 medium potatoes, quartered                    | 1 (16oz) bottle fat free Italian salad dressing             |
| 2 onions, quartered                              |                                                             |

Cut each chicken breast into two pieces. Put all ingredients into 12" dutch oven. Place 12 briquettes on top of the dutch oven, and 12 underneath. Cook for about one hour.

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### 175. DUTCH OVEN CHICKEN & RICE

10-12 boneless/skinless chicken breasts  
2 Cups rice  
2 cans of Golden Mushroom soup  
4 Cups water  
1 package of Lipton's Golden Onion dry soup mix

Mix ingredients together in Dutch oven. Put in chicken and stir. Cook until rice has absorbed all the moisture, stirring occasionally. Use 10 coals on bottom and 12 on top. Serves 10 to 12 persons.

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### 176. DUTCH OVEN CHICKEN ROLL-UPS

|                             |                       |
|-----------------------------|-----------------------|
| Sauce:                      |                       |
| 3 Tbsp. Butter              | 1/2 cup Chicken broth |
| 1 8 oz pkg sliced mushrooms | 1/4 cup pimentos      |
| 3 Tbsp. Flour               | 2 tsp. Dijon Mustard  |
| 1 Cup light cream           |                       |

|                                     |                             |
|-------------------------------------|-----------------------------|
| Roll-ups:                           |                             |
| 6 Boneless skinless chicken breasts | 6 to 8 oz. of Asiago Cheese |
| 6 Thin slices of your favorite Ham  |                             |

Sauce: In a 12 inch Dutch oven, melt butter. Cover sliced, washed mushrooms with flour, Saute for 5 minutes until they give up their juices. Add chicken broth and cream. Stir until thickened and add pimentos and mustard.

Roll-ups: Place chicken between two pieces of plastic wrap or in a plastic bag, and pound using flat side of meat mallet, working from center to the edges, until you get it about 1/4 inch thick. Remove from plastic wrap and place one slice of ham, and 1/2 to 1 oz of cheese on chicken breast and roll up like a jelly roll, securing with tooth picks. Place in the sauce and cook approximately 30 to 40 minutes at 350 degrees. Use approximately 10 briquettes on the bottom and 12 on top.



### 177. DUTCH OVEN CHICKEN STEW

2-3 pounds of chicken - boneless, skinless chicken thighs (or breasts) cut into 1 inch cubes.  
6 potatoes, peeled and cut into 1 inch or smaller cubes.  
1-2 brown or yellow onions, chopped.  
1 small package of baby carrots or chopped carrots.  
3 small cans of cream of chicken soup \*see note  
2 small cans of cream of celery soup (or cream of mushroom soup)  
1 package of mushrooms, cleaned (optional)  
1 teaspoon minced garlic  
Salt and Pepper (and your favorite stew seasonings - bay leaf, sage, rosemary, etc.)

\* Note: If you can find Campbell's Cream of Chicken Soup with Herbs, it makes the most awesome stew and you don't have to add the seasonings.

Line the Dutch oven with foil. Dump all the ingredients in the Dutch oven and mix together. Be careful not to tear the foil lining. Cooks in about 1 to 1-1/2 hours. Test the potatoes to see if they are done. Carrots usually stay somewhat crunchy. To serve, spoon on plate and serve with biscuits or over pasta noodles.

NOTE: You can convert this into a beef stew by using beef cubes browned in hot oil and all cream of mushroom and cream of celery soup.

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### 178. DUTCH OVEN CHICKEN & VEGETABLES

4 lb Chicken (6 portions)  
4 Tb Oil  
1 c Flour  
1 ts Salt  
1/2 ts Pepper  
6 Potatoes  
6 Carrots  
1 Onion  
3 Celery stalks  
1 c Water

Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper). Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed. Cut vegetables into large pieces and place in oven over the chicken. Add salt and water. Cover the Dutch oven and place coals on top and underneath. Bake for another 40 minutes, until tender.

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### 179. DUTCH OVEN CHILI

|                                     |                            |
|-------------------------------------|----------------------------|
| 3 T Bouillon                        | 3 T Chili powder           |
| 2/3 cup Red wine vinegar            | 6 cups Tomato sauce        |
| 1/2 cup Butter                      | 1 T Oregano                |
| 6 lbs Ground beef                   | 1 1/2 T Cumin              |
| 5 Onions - large and diced          | 2-3 Bay leaves             |
| 4 Green bell peppers – diced        | 1 T Paprika                |
| 4 cloves Garlic – minced            | 2 T Tabasco                |
| 2 cans Green chilies - diced (7 oz) | Other seasonings, to taste |

Mix bouillon in the red wine vinegar and set aside. Heat oven over 8-10 coals. Melt butter and add meat in 13" oven. Cook until all the meat is brown. Add onions and bell peppers. Sauté until tender. Add all of the other ingredients and mix well. Cover and simmer for 2-3 hours, until the meat melts in your mouth.

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#### 180. DUTCH OVEN CHILI TACO PIE

|                                    |                           |
|------------------------------------|---------------------------|
| 2 lbs ground beef                  | 2 pkg taco seasoning mix  |
| 1 15oz can kidney (or Pinto) beans | 1/2 tsp salt              |
| 1 8 oz. can tomato sauce           | 1 tablespoon butter       |
| 2 medium onions, chopped           | 2 6oz. pkgs cornbread mix |

Heat up coals (about 16-18). Brown beef and onions in the butter in open dutch oven. Add beans, tomato sauce, taco powder, salt and cook for 15-20 minutes in covered oven (8 coals under -- 10 on top should do). Mix the cornbread as directed on package and add to top of meat and beans. Place lid on oven and cook for 20-30 minutes, until cornbread is done.

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#### 181. DUTCH OVEN CHOCOLATE CAKE

One Chocolate cake mix (Double chocolate or Dark chocolate)  
Eggs as called for on cake mix  
1 cube butter  
2 T cocoa  
1 cup brown sugar  
2 cups water  
1 cup mini marshmallows  
1 can of soda pop

In a Dutch oven, melt butter; mix in cocoa and brown sugar. Then add 2 cups water and marshmallows. In a bowl stir up the cake mix with eggs and soda pop. Pour over mixture in Dutch oven, but don't mix. Cook about 20 to 30 minutes in a 12" Dutch oven with 14 coals on the top and 10 on the bottom. Serve with cool whip.

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#### 182. DUTCH OVEN CHOCOLATE CHIP COOKIES

|                          |                                  |
|--------------------------|----------------------------------|
| 2 1/2 C flour            | 2 eggs                           |
| 3/4 C packed brown sugar | 1 C butter flavored Crisco       |
| 1 tsp. baking soda       | 1 bag semi sweet chocolate chips |
| 1 tsp. Vanilla           | 1 C sugar                        |
| 1 tsp. salt              |                                  |

Sift flour, baking soda and salt. Cream Crisco, sugar, brown sugar and vanilla until smooth. Add eggs. Stir until well mixed and fluffy. Add flour mixture, a little at a time. Add chocolate chips. Line bottom of 12" Dutch oven with foil. Press mixture firmly and evenly into oven. Use 30 coals to bake. Place 4 coals under middle of oven, and 6 coals around the bottom outside edge. Place 4 coals in the center of the lid, and 16 coals around the rim. Bake for 30 minutes. Lift cookie out using foil, cool on rack. Cut into pieces.

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#### 183. DUTCH OVEN CHOCOLATE MARSHMALLOW CAKE

One Chocolate cake mix (Double chocolate or Dark chocolate)  
Eggs as called for on cake mix  
1 cube butter  
2 T cocoa  
1 cup brown sugar  
2 cups water  
1 cup mini marshmallows  
1 can of soda pop

In a Dutch oven melt butter, mix in cocoa and brown sugar. Then add 2 cups water and marshmallows. In a bowl stir up the cake mix with eggs and soda pop. Pour over mixture in Dutch oven, but don't mix. Cook about 20 to 30 minutes in a 12" Dutch oven with 14 coals on top and 10 on bottom. Serve with cool whip.

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#### 184. DUTCH OVEN CORNISH GAME HENS

Dutch oven, or heavy cast pot with lid  
Rock cornish game hens (you can also use a fryer)  
2 cans chicken broth  
Water  
Salt/pepper/favorite seasonings  
Potatoes  
Carrots  
Oil  
Onion

Build a hot fire in your fire ring, coals and wood together are best for even heat. Sink pot (cast type) into hot coals, no flames! Put a small amount of oil in pot, coating the hens also. Season and brown hens on two sides, and sliced onions at the same time. Brown lightly, then carefully add the 2 cans of broth and a can of water. Add the potatoes (quartered & peeled) and carrots (peeled and cut thick). Cover for 20 minutes, check for doneness. You can thicken the gravy if you would like, but it's best natural!

NOTES: Hens cook fast, so 30 minutes and they're done. If you feel it's cooking too fast, move some of the coals away, remember the pot will be very hot and heavy!

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#### 185. DUTCH OVEN COUNTRY BREAKFAST

1 pound bulk pork sausage  
1 box dehydrated (NOT FROZEN) hash brown potatoes  
1 dozen eggs  
1/2 pound shredded cheddar cheese

In the bottom of the Dutch Oven, crumble the pork sausage. Cover with a water and boil until sausage is cooked. Add hash brown potatoes, cover with water, boil until water is dissolved. Fry potato/sausage mixture until potatoes are browned. Remove the Dutch oven from the coals. Using a large spoon, make several depressions in the top of the potatoes. Crack one or two eggs in to each of the depressions. Cover the Dutch Oven. Add heat to the top to cook the eggs. When the whites are white, sprinkle cheese over the top and return the heat to the top of the Dutch Oven long enough to melt the cheese. The yolks should be liquid. Eat and enjoy.

---

#### 186. DUTCH OVEN CREAMY CHICKEN

8 Chicken Breasts (boned and skinned)  
8 Slices Bacon  
1 Pint Sour Cream  
1 pkg (2.25 oz.) Dried beef  
3 oz. Cream Cheese  
1/2 C Chicken Broth  
1 tsp. Cider Vinegar  
1/4 tsp. Salt  
1/8 tsp. Pepper  
1/4 tsp. Baking Soda  
1 can Cream of Mushroom Soup

Fry bacon lightly in Dutch oven (so it is still flexible, but not greasy). Remove bacon and remove drippings. Shred dried beef and place in bottom of 14" Dutch oven. Roll chicken breasts and wrap with bacon strip secured in place with a toothpick. Lay rolled chicken breasts on dried beef. Combine sour cream, cream cheese, and mushroom soup. Mix thoroughly with a wire whip. Pour mixture over chicken breasts. Bake with 14 coals on top and 10 on the bottom for 30 minutes. Add broth and vinegar and cook for 20 minutes, or until tender with original amount of charcoal. Serve with rice or noodles.

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### 187. DUTCH OVEN DEEP DISH PIZZA

2 pkgs Pizza Flour mix  
1 can Pizza Sauce  
1 lb Pepperoni  
8 oz Mozzarella Cheese  
8 oz Cheddar Cheese  
1 can Olives  
Water

Mix both packages of pizza flour according to the package directions. Line the Dutch oven with aluminum foil and oil lightly. Pat out dough into the bottom of the oven in an even layer. Bring edges of dough up the sides of the oven about 1/2". Brush dough with oil. Spread a thin layer of pizza sauce over the dough. Put remaining toppings on the pizza, and then add remaining sauce over the top. Put cover on oven. Place oven over a small amount of coals. Place an even layer of coals on the cover and bake for about 20 - 30 minutes. The key to success is to not overheat the bottom crust when baking. Use the equivalent of about 6 - 8 charcoal briquettes on the bottom.

Variations: Use any type of meat you wish. Add other toppings as you desire.

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### 188. DUTCH OVEN DOUBLE CHEESE POTATOES

1 lb. bacon, diced  
2 onions, diced  
2 green peppers, diced  
mushrooms, optional  
12 med. potatoes, Red Pontiac, peeled and sliced dollar size  
salt and pepper  
Other seasonings, as desired  
1 lb. sharp cheddar cheese  
1/4 lb. swiss cheese

Fry bacon in a 12 inch Dutch Oven. Add onions, peppers (and mushrooms, if using) and saute. Pour part of the bacon grease off and add potatoes. Add salt, pepper and seasoning to taste. Mix together, but don't stir while cooking. Put 8 briquettes under the oven and 14 on the lid. This will allow all the potatoes to cook uniformly without stirring. Cook approximately 45 minutes. Check with a fork - when done, grate the cheese together and sprinkle evenly over the top of the potatoes and replace the hot lid. The cheese will melt down through the potatoes and they are ready to eat.

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### 189. DUTCH OVEN FRIED CHICKEN

4 lb Chicken (6 portions)  
4 Tb Oil  
1 c Flour  
1 ts Salt  
1/2 ts Pepper

Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper). Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed. Put lid on oven and add coals on top. Bake over medium heat, basting the chicken occasionally with the cooking oil, for 20 minutes. Turn the pieces over and cook until tender, about 20 minutes (about 1 hour total cooking time).

Variation: Pour a large jar of spaghetti sauce and a 16 oz can of stewed tomatoes over the oven-fried chicken for the last 20 minutes cooking time (add an extra 10 minutes to the total cooking time). Cook egg noodles and pour sauce from the oven over them.

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### 190. DUTCH OVEN GLAZED HAM

5-7 lbs. precooked ham  
1 15 oz. can pineapple rings  
1-2 oz. bottle maraschino cherries, optional  
1 cup water

#### Glaze:

1 - 8 oz. jar orange marmalade  
1/2 tsp. Tabasco or other hot pepper sauce  
6 oz. Amaretto, or almond/cherry liqueur

Mix the glaze ingredients together and let sit while you're getting the charcoal ready. Place the ham on a rack in a deep 14" Dutch oven along with juices from the cherries and pineapple and the water. Brush the ham with the glaze and any other seasoning you wish to add. Place pineapple rings on the ham with a maraschino cherry in the center of each ring, if desired. Use toothpicks to secure pineapple rings and cherries to ham, if needed. Set the DO in a firepan with 8-10 briquets underneath and 12-14 around the outside of the lid and cook for an hour. Brush ham with the remaining glaze 2-3 times during cooking.

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### 191. DUTCH OVEN HAWAIIAN CHICKEN

Family size package of skinless chicken breasts, 8.  
One can sliced pineapple.  
Twelve ounce jar of your favorite BBQ sauce.  
Marichino cherries.

Place four chicken breasts on the bottom of the 12" Dutch oven. Use half of the sliced pineapple to place on top of the breasts, pouring the entire juice over the chicken. The pour half of the BBQ sauce on top of this. Place another layer (the remaining four breasts) on top of the previous chicken/pineapple layer. Layer again with the remaining pineapple slices, placing a cherry in the center of each pineapple slice. Pour the remaining BBQ sauce on top. Place the lid on the oven. Place the oven on the coals and cover the top of the oven with coals. Cooking time is 30 to 45 minutes, remove and check at about twenty minutes. When finished, make sure that the chicken is thoroughly cooked before serving.

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### 192. DUTCH OVEN HOPPING JOHN

4 Bacon strips  
1/4 c Onion, diced  
1/2 Bell pepper, diced  
1/2 Red bell pepper, diced  
2 c FRESH Blackeyed peas or purple hull peas OR 2 pk (10 oz) frozen blackeyed peas  
1/2 c Uncooked white rice  
2 c Water  
Salt & pepper, to taste  
Louisiana Hot Sauce

Dice bacon. brown in dutch oven with onion and pepeprs, until bacon is crisp and vegetables are soft. Add peas and rice, then add water. Cover and simmer over very low heat about 20 minutes, until the rice is tender. Salt & pepper to taste. Add a dash of hot sauce (to taste).

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### 193. DUTCH OVEN HOT ALMOND LIQUEUR

|                                  |                      |
|----------------------------------|----------------------|
| 3 c Sugar                        | 1 qt Vodka           |
| 2 1/4 c Water                    | 3 tb Almond extract  |
| 3 Lemons; the rind finely grated | 2 tb Vanilla extract |

Combine first 3 ingredients in a Dutch oven; bring to a boil. Reduce heat and simmer 5 minutes, stirring occasionally; cool completely. Stir in remaining ingredients; serve warm. Yield: about 6 1/2 cups.

#### 194. DUTCH OVEN HOT FUDGE PUDDING

##### Cake Mix:

|                        |                                        |
|------------------------|----------------------------------------|
| 2 c flour              | 6 tb cocoa                             |
| 4 ts baking powder     | 1/3 c dry milk powder                  |
| 1/2 ts salt (optional) | 4 tb margarine or vegetable shortening |
| 1 c granulated sugar   | 2 c chopped nuts (optional)            |

##### Fudge Topping:

|                     |             |
|---------------------|-------------|
| 1 1/3 c brown sugar | 2/3 c cocoa |
|---------------------|-------------|

##### At the Camp Site:

|                   |                           |
|-------------------|---------------------------|
| 3 1/2 c hot water | 1 charcoal or alder coals |
|-------------------|---------------------------|

Make the cake mix and fudge topping at home and pack into ziplock bags for the camping trip. Mix together the cake mix ingredients except the nuts. Use a pastry cutter to cut the margarine into the dry ingredients until the consistency is that of a meal. Add the nuts to the mixture after cutting in the margarine to make the process easier. Place the mixture in a zip lock bag, squeezing out as much air as possible. Mix the fudge topping together and put into a zip lock bag, removing as much air as possible.

At the camp site, start the charcoal allowing about 12 coals for the bottom and 20 for the top. Mix the cake mix with 1 cup of cold water and mix until the dry mix is moistened. Put the cake batter on the bottom of the dutch oven, spreading it level over the bottom. Shake the fudge topping materials over the top of the batter, and carefully pour the hot water over the topping to wet it all. Put the lid on the dutch oven and bake for 45 minutes. The cake rises to the top and the fudge sauce goes to the bottom as it bakes! Watch the bottom heat to avoid burning the bottom. Cool to taste and eat.

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#### 195. DUTCH OVEN ITALIAN HERB ROLLS

3 tsp. salt  
1/3 cup sugar (5 Tbsp.)  
1/4 cup dry yeast (3 Tbsp.)  
2 Tbsp. Oil  
4 tsp. Italian seasoning  
4 tsp. grated Parmesan cheese  
3 cups warm water (80 to 100 degrees)  
6 cups Flour ("Better for Bread" wheat blend)

Combine sugar, salt, oil, yeast, Italian seasoning, and Parmesan cheese. Add water. Mix until yeast dissolves. Add Flour. Mix with a fork until you have a moist dough, then knead it until you have a pliable dough. Let raise until double (approx. one half hour). Punch down and knead again. Divide dough into rolls and place in a greased 12 inch Dutch oven. You may put any browning agent on at this point, such as an egg wash, milk or a spray butter. Let raise until double in size and bake for 30 minutes at 350 degrees. Gently turn the Dutch Oven one quarter turn clock-wise every five minutes and the lid one quarter turn in the opposite direction. This gives a more even heat and they cook more evenly. Rolls will be golden brown when done. In a 12 inch Oven it will take approximately 8 to 10 briquets on bottom and 12 to 16 on top.

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#### 196. DUTCH OVEN ITALIAN POT ROAST

|                           |                               |
|---------------------------|-------------------------------|
| 1 Rump roast (4-5 lbs.)   | 2 Carrots, sliced             |
| 1 ts Salt                 | 1 Whole Onion, studded with   |
| 2 tb Cooking oil          | 2 whole cloves                |
| 2 cl Garlic, minced       | 1 cn Tomato puree (15 oz.)    |
| 1/2 ts Dried basil        | 1/2 c Water or red wine       |
| 1 tb Dried parsley flakes | 1/2 ts Beef bouillon granules |
| 1/2 ts Pepper             | Cooked egg noodles            |

Rub roast with salt. In a dutch oven, brown roast in oil. Add all remaining ingredients except noodles. Bring to a boil; reduce heat and simmer, covered, about 2-3 hours or until meat is tender. Discard onion. Remove roast; cut into slices. Serve over noodles with gravy.

### 197. DUTCH OVEN JALAPENO CORNBREAD

2 (6-oz) packages cornbread mix (check package for other ingredients needed)  
1 c shredded cheddar or Monterey jack cheese  
1 c onion, chopped  
1/3 to 1/2 c jalapeno peppers, finely chopped

Place a rack inside Dutch Oven and preheat Dutch Oven while preparing cornbread batter. Mix cornbread per instructions on package. Add other ingredients and mix well. Pour batter into a shallow pan that will fit inside the Dutch Oven (a pie plate or cake pan works good for this). Place pan on top of the rack in the Dutch oven. Cover the Dutch Oven and place it over 12 coals and then add 9 coals to the lid. Bake for 35 minutes or until done. To test for doneness, a sliver of wood inserted in the center should come out clean.

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### 198. DUTCH OVEN JAMBALAYA

|                                   |                                                      |
|-----------------------------------|------------------------------------------------------|
| 1/4 cup Crisco or bacon drippings | 8 cups beef or chicken stock                         |
| 3 pounds cubed pork               | 2 cups mushroom, sliced                              |
| 2 pounds sliced Andouille         | 1 cup green onion, sliced                            |
| 2 cups onions, chopped            | 1/2 cup parsley, chopped                             |
| 2 cups celery, chopped            | 4-5 cups long grain white rice, or use your favorite |
| 1 cup bell pepper, chopped        | Salt and pepper to taste                             |
| 1/2 cup garlic, diced             | Louisiana gold hot sauce to taste (about 2 tsp)      |

In a 8-quart Dutch oven (12 inch deep), heat Crisco or bacon drippings over medium-high heat on cooker (12 charcoal briquettes on bottom only). Sauté cubed pork until dark brown on all sides and some pieces are sticking to the bottom of the pot, approximately 30 minutes. This is very important as the brown color of jambalaya is derived from the color of the meat. Add andouille and sauté an additional 10-15 minutes. Tilt the pot to one side and ladle out all oil, except for one large cooking spoon. Add onions, celery, bell pepper and garlic. Add vegetables and sauté until all vegetables are well caramelized. Be careful, as vegetables will tend to scorch since the pot is so hot. Add beef stock, bring to a rolling boil and reduce heat to simmer (6-8 briquettes on bottom). Cook 15 minutes for flavors to develop. Add mushrooms, green onions and parsley. Season to taste using salt, pepper and Louisiana Gold hot sauce. I suggest that you slightly over-season since the rice tends to require a little extra seasoning. Add rice, cover and simmer (6-8 briquettes on bottom, 10-12 briquettes on top). Cook rice 30-45 minutes, stirring frequently. Serve with French bread. Serves 8-10.

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### 199. DUTCH OVEN LASAGNA

1-1/2 lb. lean ground beef  
23 oz spaghetti sauce  
9 oz shredded mozzarella cheese  
3 eggs  
2-1/4 c cottage or ricotta cheese  
1/4 cup grated Parmesan cheese  
13 lasagna noodles  
1-1/2 tsp. oregano  
3/4 c hot water

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well. Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 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. Place the lid on the oven and bake one hour or until done. Check frequently.

Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by pre-cooking and draining the lasagna noodles.

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## 200. DUTCH OVEN LEMON PEPPER CHICKEN

|                                                                 |                                                   |
|-----------------------------------------------------------------|---------------------------------------------------|
| 4 chicken breasts, boneless & skinless                          | 2 sandwich-size slices Swiss or Mozzarella cheese |
| 1 12-ounce bottle Lemon Pepper Marinade                         | 2 sandwich-size slices American cheese            |
| 16 fresh asparagus spears                                       | 1 medium avocado                                  |
| 1 cup crab meat                                                 | 1 Roma tomato                                     |
| 4 medium mushrooms, sliced                                      | 2 tablespoons sliced almonds                      |
| 1 small onion, sliced                                           | 1/2 tablespoon sesame seeds                       |
| 8 tablespoons shredded Monterey Jack and cheddar cheese mixture | Lemon Pepper                                      |
| 4 slices of bacon                                               | Seasoned Salt                                     |

Butterfly cut each chicken breast, leaving the halves attached. Place them in one-half of the marinade sauce and let them sit for at least 30 minutes. Remove the marinated breasts and lay them open on a flat surface. Discard the excess used marinade. Sprinkle each breast with Lemon Pepper and Seasoned Salt to taste. Place four asparagus spears on one half of each breast. Spread 1/4 of the crabmeat over the asparagus on each breast. Evenly distribute mushroom and onion slices on top of the asparagus spears. On top of the slices, sprinkle one tablespoon of shredded cheese. Fold over the remaining breast half onto the mixture to form a "sandwich." Wrap one slice of bacon around each "sandwich" and place them in a 12-inch Dutch oven. Pour one-half of the remaining unused marinade sauce over the chicken. Sprinkle the sesame seeds and almond slices over the breasts. Cook at about 350 F. (8-10 charcoal briquettes under the oven and 16-18 on top) for about 45 minutes or until done. Maintain an even cooking temperature by rotating the oven between the layers of charcoal every 10 to 15 minutes. Do this by turning the oven 90 degrees in one direction and then rotating the lid back 90 degrees. While the chicken is cooking, cut each slice of cheese along both diagonals to create four triangles. Peel and slice the avocado and slice the tomato into round slices. When the chicken is done, carefully remove each piece and place it on a serving platter. On top of each chicken breast, arrange four cheese triangles in alternating layers presenting a colorful "V" or chevron pattern. The heat from the chicken will melt the cheese slices. On top of the cheese, garnish with slices of avocado and tomato on each breast. Drizzle some of the remaining marinade sauce over the chicken. Top it off with about 1 tablespoon of shredded cheese. Yield: 4 servings.

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## 201. DUTCH OVEN MACARONI & BEEF

2½ to 3 pounds beef brisket  
1 12-ounce package macaroni  
water (you can add tomato juice or beef stock to water if you like)

Place Dutch oven directly on coals and add a little oil or shorting. Add brisket and brown well on both sides. Add water to almost cover the brisket. Cover oven and place coals on the oven lid and cook until meat is tender, about two hours. Remove meat from cooking juices and wrap in foil to keep warm. Add macaroni to cooking juices and place oven directly on hot coals. Boil, uncovered until pasta is tender, about 20 minutes.

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## 202. DUTCH OVEN MANICOTTI

This recipe makes one full #12 Dutch Oven. You need a 1-gallon container for mixing; try a trash bag inside a large fire bucket.

3 lb ground beef  
30 manicotti noodles, uncooked.  
1/2 loaf of bread broken into pieces  
4 eggs  
1/2 cup parmesan cheese  
1 t. garlic powder  
Ragu spaghetti sauce

Use fresh / stale bread rather than bread crumbs because you have to stuff the mix into raw uncooked manicotti shells which are rather brittle. Mix raw meat, 1/2 cup parmesan cheese, 1 t. garlic powder (not garlic salt) by hand until combined. Maybe 1/2 cup water to thin this load. Stuff into the shells; lay shells into DO. Pour in 1 cup water. Cover the load lightly with good brand of spaghetti sauce - I used Ragu. Place remainder of meat mixture (if any) on top, add 1/2 cup of water to remaining spaghetti sauce, rinse out the jar, pour contents on top. Cover with 1/4" coating of parmesan. Cover, bake an hour and 15 minutes with 18-20 charcoal on top, 10 on bottom. Rotate pot 1/3 turn every 30 minutes; rotate the lid another 1/3 turn at the same time. Test noodles; should be tender when using a fork; when noodles are done, eat. May require another 15-30 minutes to finish cooking the noodles. Check heat; add perhaps 4-5 top, perhaps 2-3 bottom after 1 hour. This one is labor-intensive. Allow perhaps 1/2 hour and two people for noodle stuffing.

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### 203. DUTCH OVEN MEATBALLS

1 lb. ground ham  
1 lbs. ground pork sausage  
2 cups very fresh bread crumbs  
2 eggs well beaten  
3/4 cup milk  
1 cup brown sugar  
1 tsp. dried mustard  
1/2 cup pineapple juice  
1/2 cup water

Combine 1st five ingredients. Mix thoroughly. Use a cookie 1 inch scoop to shape balls. Place in a 12 inch Dutch oven. Combine remaining ingredients and pour over meatballs. Place charcoal on both bottom and top. Cook 30 minutes on each side, basting if needed.

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### 204. DUTCH OVEN MEATLOAF

2 pounds ground beef  
3 onions, chopped  
3 potatoes, with skin, 1/2" cube  
2 carrots, grated  
1 cup potato chips  
2 large marshmallows  
2/3 cup catsup  
2 ounces Tabasco

Mash ingredients together. Place in Dutch oven. Put the lid on, and place over small pile of hot coals (4-5) and cover lid with additional coals (4-5). Cook for approximately 30 minutes.

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### 205. DUTCH OVEN MEATLOAF WITH RICE

2 lbs Ground beef  
2 t Salt  
1/2 t Ground sage  
4 Eggs - well beaten  
2 cups Mashed potatoes  
1/2 lb Pork sausage  
2 t Sugar  
1/2 t Pepper  
2 cups Cooked rice  
2 Onions - diced

Mix meat with seasonings and then rest of ingredients. Mix thoroughly. Pat into lightly greased 13" Dutch oven. Bake at 375 F. until done, about 1 to 1 1/2 hours. Use 8 coals on bottom and 18-20 coals on top.

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### 206. DUTCH OVEN MEXICAN CASSEROLE

Brown 2-1/2 pounds of ground beef and 1 large onion (chopped). Drain grease and then add 2 packets Taco Seasoning mix and 3/4 cup of water and simmer for 5 minutes. Put 1/3 bag of Fritos on bottom of Dutch Oven and cover with half of the meat mixture. Add 1 can kernel corn (drained) and 1 can kidney beans, then 1 can Mexican tomatoes. Form another layer with the same ingredients. Top with the remaining Fritos and 2 small cans black olives (drained). Cover with 12 oz of grated cheddar cheese. Heat in coals until cheese is melted.

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## 207. DUTCH OVEN MEXICAN COFFEE

|                           |                                  |
|---------------------------|----------------------------------|
| 1 qt. whole milk          | 8 cups boiling water             |
| 1 tsp ground cinnamon     | 1/3 cups instant coffee granules |
| 1 tsp vanilla extract     | Whipped cream                    |
| 2/3 cup instant cocoa mix |                                  |

Combine first 3 ingredients in a Dutch oven; cook over medium heat until thoroughly heated, but do not allow to boil. Stir in instant cocoa mix. Combine boiling water and coffee granules; stir into milk mixture. Serve with a dollop of whipped cream and, if desired, garnish with cinnamon sticks. Makes 3 quarts. This is a wonderful drink or dessert. You can also spike it with a little Kahlua, if desired.

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## 208. DUTCH OVEN NACHOS

This is so easy! Simply line your Dutch oven with aluminum foil and heap your nachos in. Add whatever you like on top, usually shredded cheese, tomatoes, browned beef, and salsa. Cover and put in a medium to low fire for a few minutes. Remove from fire when cheese is melted and serve. A great appetizer for those hungry hunters or campers who can't keep their hands off your food!!!

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## 209. DUTCH OVEN OATMEAL HERB BREAD

2 cups hot water (about 110 degrees)  
1-1/4 cups uncooked oatmeal  
1/4 cup butter  
1 teaspoon salt  
1-1/2 cups flour  
1/4 cup sugar  
2 packages dry yeast  
1 egg  
About 2-1/2 cups additional flour  
Oil for greasing pan

For topping:

2 tablespoons butter  
1 tablespoon grated Parmesan cheese  
1/2 teaspoon EACH: garlic salt, parsley, oregano, chives, basil  
Plus: Baking parchment

Mix water, oats, butter, and salt. In separate bowl, mix flour, sugar, and yeast; let bubble and froth. Fold into oat mixture and add egg. Add up to about 2-1/2 cups flour until you have a stiff dough. Knead until smooth and elastic. Let dough rise about 20 minutes. Meanwhile, grease Dutch oven well and cut baker's parchment to cover bottom. Punch down dough and let rise covered until double in size (perhaps 45 minutes). Mix topping and set aside. Press bread into oven. Cover with lid (with coals) and set bottom over coals. Bake 15 minutes, then remove oven from bottom coals; replace lid with coals. Bake about 10 more minutes until brown. Remove bread from oven. Brush with topping and serve warm

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## 210. DUTCH OVEN ONIONS & POTATOES

10 Potatoes, sliced  
5 onions, sliced  
2 lb. Bacon  
salt and pepper

Place the bacon in the bottom of a 12" dutch oven. Place the lid on the dutch oven, place 12 briquettes on top of the dutch oven, and 12 underneath. Cook the bacon until it is crispy. Add the onion and potatoes. You may add salt and pepper if you wish. Replace the lid, and cook for 20 - 30 minutes. Check it every 10 - 15 minutes. Stir if needed.

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## 211. DUTCH OVEN PECAN PIE

1 1/2 cups chopped pecans  
3/4 cup packed brown sugar  
3/4 cup milk  
3/4 cup corn syrup  
1/2 cup Bisquick baking mix  
1/4 cup margarine, softened  
4 eggs  
1 1/2 teaspoon vanilla

Grease pie plate. Sprinkle pecans in plate. Beat remaining ingredients until smooth. Pour into pie pan. Put 1 inch diameter foil balls in the bottom of your Dutch Oven to keep the pie pan off the bottom (helps to keep food from burning and distributes the heat more evenly). Put the pie pan into the Dutch Oven and bake approximately 50-60 minutes or until knife, when inserted into the center, comes out clean.

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## 212. DUTCH OVEN PINEAPPLE UPSIDE-DOWN CAKE

1 can pineapples (6 oz)  
1/2 cup pecans  
1/2 cup brown sugar  
1 square of margarine  
2 yellow cake mixes

Mix cake mix according to directions. Line the Dutch Oven with aluminum foil. Place oven onto the coals, level it and melt the margarine in the oven. When melted, add the brown sugar. Stir. Add the pineapples and the pecans. This is the glaze. Pour prepared cake mix on top of the glaze. This dessert doesn't require a lot of heat on the bottom, just enough to brown the glaze-- 8 pieces of charcoal should be plenty. Bake for about 25 minutes. Check every 15 minutes and when golden brown, test to see if it is done. Take it off the heat and lift the cake out of the oven by the aluminum foil. Put a pan on it and turn it over quickly so that the glaze is on top. Remove the foil.

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## 213. DUTCH OVEN POPCORN

Margarine  
Popcorn  
Salt

Melt 1 stick of margarine in Dutch oven. Cover most of bottom of the oven with one layer of popcorn. Place lid on the oven, and bake until the sounds indicate all the corn has popped; during the popping time, you should lift the oven by the bale and rotate the oven to better stir the whole batch of corn. Pour popped corn into a paper bag, pour additional melted margarine and salt for desired taste. Shake the bag to distribute salt. Serve while warm.

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## 214. DUTCH OVEN POPCORN TREATS

10 1/2 oz Mini marshmallows  
1 c Vanilla milk chips  
6 T Butter  
12 c Popped popcorn  
1 c Salted peanuts  
1 t Vanilla  
3/4 c Small gumdrops, sliced

Grease a 9" x 13" baking pan. In 5-qt dutch oven, over low heat, cook marshmallows, vanilla milk chips, and butter until melted and smooth. Remove from heat; stir in popcorn, peanuts and vanilla and mix until well blended. Press mixture firmly into prepared pan; sprinkle with gumdrops, gently pressing gumdrops into the popcorn mix. Let stand at room temperature about 1 hour before cutting. Store in a tightly covered container.

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## 215. DUTCH OVEN PORK CHOPS & VEGGIES

2 T. all-purpose flour  
1/4 t. salt  
1/4 t. pepper  
6 pork loin rib chops, cut 1" thick  
2 T. cooking oil  
2 (10-3/4 oz) cans of condensed cream of mushroom soup  
3/4 cup water  
1/2 t. crushed dried basil  
1 cup sliced carrots  
1 large onion, thinly sliced  
2 (15 oz) cans sliced white potatoes (drained) or 3 medium potatoes, peeled, cooked and sliced  
1 (4 oz) can sliced mushrooms (drained) or 1/2 cup sliced fresh mushrooms  
1 large apple, cored and sliced (optional)

Combine flour, salt and pepper in shallow dish. Dip chops into flour mix to coat. Place dutch oven with 2 T. oil over 25 hot coals. Brown chops in hot oil. Meanwhile, combine soup with water and basil in medium bowl, set side. Return chops to oven (if you took them out). Layer carrots, onions, potatoes, and mushrooms over chops, top with apple. Pour soup mixture over all and cover with lid. Place 20-25 hot coals on the lid and cook for 30-35 minutes. Rotate lid 1/3 turn and pot 1/3 turn every 10 minutes. Makes 6 servings.

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## 216. DUTCH OVEN PORK & MUSHROOMS

3 lbs. diced pork  
1/2 lb. fresh mushrooms

2 cans cream of mushroom soup  
1 box (12 oz) Stove Top stuffing

Pre-heat 12" Dutch oven from the bottom for 5 minutes. Place diced pork in oven. Stir until brown. Add soup. Mix with the pork. Simmer for 1/2 hour to 45 minutes. (This tenderizes the meat.) Place mushrooms on top. Prepare stuffing mix according to directions. Place on top of mushrooms. Bake 30 minutes with 5 coals on the bottom and 10 coals on top.

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## 217. DUTCH OVEN PORK & RICE

6 pork loin chops  
1 pkg. dry onion soup mix  
1 can cream of mushroom soup  
1 can cream of celery soup

1 1/2 can water  
1 3/4 cup Uncle Ben's rice (not instant rice)  
salt & pepper to taste  
one package of favorite frozen vegetables

Season and brown pork quickly both sides. (Undercook pork as it will continue cooking in DO). Remove meat, add water to deglaze pan then immediately stir in both cans of soup, add in dry onion soup mix, salt and pepper to taste and blend well. When soup mixture is smooth stir in rice. Set browned pork loin on top of soup/rice mixture and then spread frozen vegetables evenly over top of meat and cover. Set DO in approx. 20-24 briquets with 10-12 on top. Cook for approx. 45 minutes/1 hr. or until rice has cooked through. (Note: Over cooking will dry out rice mixture but it will still have an awesome flavor).

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## 218. DUTCH OVEN PORK ROAST WITH POTATOES & ONIONS

1 (5 to 6 lb) pork roast  
2 lbs onions-thick sliced  
2 lbs potatoes-thick sliced  
Garlic salt

cracked black pepper  
Mesquite seasoning (or other smoke flavored, BBQ seasoning)  
1 (12 inch) Dutch Oven  
a little cooking oil

Place a well greased 12 inch Dutch Oven on top of your bottom coals. Rub spices on roast and place in Dutch Oven. Place lid on and pile on your top coals. (If you don't have camp fire coals and use regular store bought charcoal -- 8 coals on the bottom - 15 on the lid top.) Cook 2 1/2 to 3 hours (add coals as they are used up), then place sliced onions on top of roast. Add a good sprinkle of spices, then add potatoes around sides and on top roast; season again. Cook about another hour or so, then serve. Will feed about 8 people. Always check pork roast with meat thermometer for doneness before serving.

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## 219. DUTCH OVEN PORK ROAST WITH STUFFED MUSHROOMS

1 pork loin roast, 3-4 lbs.  
¼ cup finely chopped onion  
¼ cup finely chopped celery  
2 Tbs. butter  
1 small can mushrooms  
¼ cup chicken stock w/2 Tbs. water  
1 tsp. salt  
½ tsp. poultry seasoning  
1 cup dried bread cubes  
½ tsp. sage seasoning  
1 cup milk  
1 can cream of celery soup  
1 Tbs. Worcestershire Sauce  
1 package of dry onion soup mix

### Stuffed Mushrooms:

10 large mushrooms  
1 clove garlic, minced  
2 tsp. butter  
2 oz. bulk pork sausage (Jimmy Dean is good.)  
¼ cup seasoned dry breadcrumbs  
2 Tbs. grated Parmesan cheese  
1 Tbs. snipped fresh parsley

For Pork Roast: Rub roast with crushed garlic and place on a trivet in a 12" Dutch oven with 8 briquettes on the bottom and 20 on the top for 45 minutes to 1 hour. Combine cream of celery soup, milk, Worcestershire sauce and dry soup mix. Pour over the roast. Add a new set of coals and cook until internal temperature of the roast reaches 155 degrees, changing the coals every 45 minutes to 1 hour. At 155 degrees, pull all of the coals; the hot cast iron will raise the temperature about 3 to 5 degrees.

For Stuffed Mushrooms: Remove stems from mushrooms. Chop stems and sauté in butter with garlic until mushrooms are wilted, about 3 minutes. Add sausage and cook, stirring, until brown. Stir in remaining ingredients. Stuff each mushroom cap with about 1 tablespoon of sausage mixture. Cover and set aside. Add the stuffed mushrooms to the oven when the roast is at about 140 degrees. Arrange the mushrooms around the roast when serving. Serve with Orange Sauce (recipe below), if desired.

### Orange Sauce:

1 Tbs. cornstarch  
1 cup orange juice  
1 Tbs. cranberry sauce  
1 tsp. soy sauce  
salt and pepper to taste

Bring ingredients to a light boil. Stir until thickened. Pour over roast.

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## 220. DUTCH OVEN POT ROAST

|                            |                      |
|----------------------------|----------------------|
| 2 lb Chuck Roast, boneless | 1/2 ts Garlic Powder |
| 2 Tb Oil or Shortening     | Flour                |
| 2 lg Onion, sliced         | Salt                 |
| 8 lg Carrots, in 1" pieces | Pepper               |
| 4 lg Potatoes, quartered   | Water                |

Coat the roast with flour and rub it into the meat. Heat the oven and oil. When the oil is hot, brown the roast on both sides. Sprinkle it with pepper, salt and garlic powder. Add water to the oven to a depth of 1/2". Cover the oven and put about 20 hot charcoal briquettes on the lid and 25 underneath. Let the meat cook slowly for about 1-1/2 hour, adding water if needed to maintain the 1/2" depth. Add additional briquettes as needed to replace those that burn down. Add the vegetables. Cook for 30 minutes or until the carrots are tender.

---

## 221. DUTCH OVEN POTATO TWISTS

|                            |                             |
|----------------------------|-----------------------------|
| 4 medium potatoes          | 2 tablespoon sliced almonds |
| 4 yams about the same size | 1/2 tablespoon sesame seeds |
| 8 strips bacon             |                             |

Cut the ends off the potatoes and yams to give a flat surface to start cutting. Using a twin-curl cutting garnishing tool, cut a twin curl from each potato and yam. Unwind each curl and rewind a yam curl with a potato curl to produce a white and yellow curl. This process will yield eight twists. The remaining potato and yam pieces may be stuffed and cooked separately. If the twists are not going to be cooked immediately, place them in water to prevent discoloration. Wrap a strip of bacon around each twist and place in a 10-inch Dutch oven. Sprinkle sliced almonds and sesame seeds over the top. Place 8 coals under the oven and 12 on top (about 350 F). Cook for 30 to 45 minutes or until done. These are great!

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## 222. DUTCH OVEN PUMPKIN PRALINE PIE

|                               |                    |
|-------------------------------|--------------------|
| 1 pie crust                   | 1/2 tsp. ginger    |
| 1 16 oz. can pumpkin          | 1/2 tsp. salt      |
| 1 14 oz. can Eagle Brand milk | 1/2 cup pecans     |
| 2 eggs                        | 3 Tbs. brown sugar |
| 1 tsp. Cinnamon               | 3 Tbs. heavy cream |
| 1/2 tsp. nutmeg               |                    |

Put pie crust in pie pan. Blend together pumpkin, Eagle Brand, eggs and spices. Pour into prepared pie crust. Bake in Dutch oven at 350 degrees (eight coals underneath, 17 on top) for about one hour. Sprinkle pecans on top. Mix remaining ingredients and bring to boil. Reduce heat and simmer five minutes. Let cool a short while, then pour onto pie.

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## 223. DUTCH OVEN QUICHE

Pre-heat 12" oven with about ten charcoals underneath. Place three or four bottle caps (or other "spacers") in bottom of oven. Using a large zip lock bag, crack five eggs and place in bag, add 10-12 ounces of your favorite cheese(s). Mix thoroughly in bag. Add seasoning to your taste (minced onion is good). Utilizing ready made pie crust in aluminium pie tin, pour mixture from bag into pie crust about two thirds full. Bake in oven with about 10 charcoals on top of lid for 10 to 18 minutes. When quiche has risen and browned, its done. Remove, cut and serve. Makes about two Quiches, 8 slices each! Of course you can cook bacon or sausage or other ingredients on the lid and add to the mixture.

---

## 224. DUTCH OVEN ROAST CHICKEN & STUFFING

|                                 |                                         |
|---------------------------------|-----------------------------------------|
| 1/2 cup butter                  | 1 cup chopped scallions                 |
| 1 tsp. fresh thyme, chopped     | 1 pound pork sausage                    |
| 1 tsp. fresh sage, crushed      | 1 egg, beaten                           |
| 1 tsp. fresh rosemary, crumpled | 3 cups cubed, dried bread               |
| 1 tsp. pepper                   | 3 tart apples, peeled, cored, and cubed |
| 1 tsp. salt                     | 1 roasting chicken, about 6 pounds      |
| 2 Tbs. butter                   |                                         |

Melt butter in a small oven. Add half of the thyme, sage, rosemary, salt, and pepper; this is the herb butter. Set aside. In large oven (14 deep) melt 2 Tbs. butter over medium heat. Add scallions and cook until wilted. Scrape butter and scallions into a large bowl. Set aside. Add sausage to pan and cook, stirring to crumble until browned. Remove and add to scallions. Add egg, bread cubes, apples and the rest of the seasoning; mix well. Loosely stuff chicken cavity and tie legs together. Save the rest of the stuffing. Place chicken, breast side up, on a rack in oven. Brush with herb butter and roast with 22 coals top and 19 bottom until internal temperature is 175 degrees and chicken is golden brown, basting every 30 minutes. Add extra stuffing during last 30 minutes of roasting.

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## 225. DUTCH OVEN ROASTED CHICKEN & VEGETABLES

1 4-lb. (plus/minus) chicken  
1 stick butter, softened  
fresh herbs of your choice, to taste (I use bay leaf, garlic, sage, oregano & rosemary)  
1 to 3 lbs vegetables: Carrots, potatoes, onions, turnips, or whatever you like - mushrooms would be nice too  
1 cup liquid - wine, chicken broth, water, etc.

Split bird down back or butterfly. Chop herbs & mix w/butter. Work half of the herbed butter under skin of chicken. Drizzle bottom of Dutch oven w/olive oil. Place chicken, skin-side-up, in oven. Season w/salt & pepper. Top chicken w/remaining herbed butter. Use approximately 12 briquettes under bottom of oven and plus/minus 16 on top. Add vegetables, sliced to maximum of one-half inch thick. Add liquid. Cooks in approximately one hour and 15 minutes. There will be lots of broth, so make a pan of cornbread. Place a big slice cornbread in bowl - top w/chicken & veggies. Dress with a few more fresh herbs.

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## 226. DUTCH OVEN RUMP ROAST

|                        |                                   |
|------------------------|-----------------------------------|
| 1-3 to 4 lb rump roast | 1-beef bouillon cube              |
| 2 tbsp real bacon bits | 1-can of Beef Mushroom Soup       |
| 1-tbsp of margarine    | 1-small can of mushrooms          |
| 1-large sweet onion    | 2 cups of cooked wide egg noodles |

Start 25 coals and wait until there is a dusty coating. Set 12" Dutch Oven on 15 coals and sear the rump roast on all sides in Margarine. Add bacon bits and stir around; quarter the onion and add to the oven; slowly pour 1/4 cup of hot water and bullion cube over the roast. Cover and place 10 coals on top of lid. Cook for about an hour. Remove from heat, and whisk away coals off lid. Start up another 15 coals until dusty. Add Beef Mushroom Soup and can of mushrooms with juice, to the Dutch oven. Cover with lid, and cook on coals for about 45 minutes. Boil water in another pot and cook noodles; drain. Remove oven from coals. Take the roast out of oven and place on a plate; slice beef, and serve with noodles and spoon the mushroom sauce on top.

NOTE: If you want to add vegetables to the roast, add in the second stage of cooking.

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## 227. DUTCH OVEN SALMON & CHEESE CASEROLE

2 16 oz cans salmon  
1 4 oz can sliced mushrooms  
4 eggs, beaten  
1 small onion, chopped  
3 cup bread crumbs  
2 Tbsp lemon juice  
2 cup cheddar cheese, grated

Flake fish onto a 24-inch square of heavy aluminum foil. Add all remaining ingredients and mix well. Fold and loosely seal foil around mixture. Place package into dutch oven and bake until done (about 30 minutes). Serves 6-8.

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## 228. DUTCH OVEN SAUSAGE CASSEROLE

|                                |                                               |
|--------------------------------|-----------------------------------------------|
| 1 lb. sausage                  | 12 oz. sour cream                             |
| 1 - 6oz can tomatoes w/ liquid | 12 oz. cottage cheese                         |
| 1 can diced green chilies      | 3 cups (24 oz) Monterrey Jack shredded cheese |
| 8 large eggs                   | 3 tsp. baking powder                          |
| 3/4 cups flour                 | 1/2 tsp. salt                                 |
| 2 cups thawed frozen corn      | 1 tsp. chopped garlic                         |

Cook sausage in Dutch oven until browned. Drain off excess grease. Stir in tomatoes and chiles. In a separate container, beat eggs, then add flour, baking powder, salt, garlic, corn, sour cream and cottage cheese, mixing well. Pour into Dutch oven. To this mixture, add Monterrey Jack cheese and stir in. Cook over 10 new briquettes, with 14 briquettes on the lid for 60-75 minutes, turning every 10 minutes.

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## 229. DUTCH OVEN SAUSAGE & CHICKEN GUMBO

|                                              |                           |
|----------------------------------------------|---------------------------|
| 10 lbs. chicken parts                        | green onions pepper       |
| water                                        | yellow or white onions    |
| 5 lbs. sausage, sliced into bite size pieces | bell peppers, red & green |
| roux (cooked flour and water)                | 4 cups rice               |
| cayenne pepper                               | butter                    |
| celery                                       | 7 cups water              |
| salt                                         | salt                      |

Cook chicken parts in water until tender and falling off bone. Remove from broth, cool and remove chicken from bones. Add sausage, celery, onions, and bell pepper to water along with seasoning to your taste. Simmer until vegetables are tender, add chicken and simmer. Add more roux for desired thickness and color. Cook with coals on bottom only. Rinse rice, place in dutch oven with water, salt and butter. Cover and cook with coals on top until water is absorbed and rice is tender. Top rice with gumbo and enjoy.

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## 230. DUTCH OVEN SAUSAGE & SAUERKRAUT

32 oz. jar sauerkraut  
2 potatoes, unpeeled and cubed  
2 onion, peeled, halved & sliced  
2 Granny Smith apples, cored, quartered & sliced  
1 tsp. black pepper  
2 tsp. whole caraway seed  
1 lb. Hillshire all-beef smoked sausage, sliced into dollar rounds

Pour the juice from the sauerkraut into a large pot. Layer the potatoes, onions, apples, sauerkraut, pepper and caraway seed in that order. Simmer until vegetables are soft. You do not need to put coals on top, but you can if you want it to cook faster. Stir in the sausage rounds. Simmer just until sausage is heated. Serve with black pumpernickel bread and butter. Some like a squirt of mustard on top. This is a hearty winter dish.

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## 231. DUTCH OVEN SHEPHERDS PIE

|                                     |                              |
|-------------------------------------|------------------------------|
| 1 lb. bacon, cut into 1 inch slices | 2 cans corn (drained)        |
| 1-2 lbs ground beef                 | 2 cans green beans (drained) |
| Mashed potatoes                     | Grated cheese                |

Cook bacon. Drain grease. Add ground beef and cook. While hamburger is cooking, prepare enough instant mashed potatoes to cover the top (or real mashed potatoes if you have the time/energy). When burger is completely cooked, add corn and green beans. Then add thick layer of mashed potatoes over the top. Cover with 10 coals on lid & lower heat on bottom so meat does not burn. Let oven cook for 10 minutes, then top potatoes with grated cheese & cover until cheese melts. Season to taste with salt/pepper.

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## 32. DUTCH OVEN SMOTHERED CHICKEN

|                                            |                 |
|--------------------------------------------|-----------------|
| 6 Chicken breasts                          | 1 cup Cream     |
| 2 cans Sliced mushrooms (small cans)       | 1/2 cup Flour   |
| 1 qt Chicken stock                         | 1 T Lemon juice |
| 1 cup Slivered almonds                     | Oil             |
| 4 cups Rice – cooked                       | Cayenne pepper  |
| 1 bottle Pimentos - chopped (small bottle) | Salt to taste   |

In 15" Dutch oven, cover bottom with oil. Cook chicken until almost done. Remove and set aside. Make sauce into the oven using chicken stock, cream and flour. Pour liquid from mushrooms into sauce. Mix in mushrooms, pimentos, almonds, seasonings and lemon juice. Add rice into sauce. Add chicken back to rice mixture, Put lid on oven and bake for about 45 minutes at 325 F. Use 6-8 coals on bottom and 14 -16 coals on top.

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### 233. DUTCH OVEN SPAGHETTI & LENTILS

|                        |                       |
|------------------------|-----------------------|
| 2 tb Oil               | 1/2 ts Basil          |
| 1 sm Onion, chopped    | 1/2 ts Oregano        |
| 1 Garlic clove, minced | 1/4 ts Thyme          |
| 1/2 c Dry lentils      | 1/4 ts Salt           |
| 1 lg Can tomatoes      | 1/4 c Red wine        |
| 6 oz Tomato paste      | 8 oz Cooked spaghetti |
| 1 c Water              |                       |

Put oil in Dutch oven & saute onions & garlic till tender. Add rest of the ingredients except the spaghetti. Bring to a boil then reduce heat & simmer, stirring occasionally. Cook for 1 hour. Serve over spaghetti.

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### 234. DUTCH OVEN SPICY BREAKFAST CASSEROLE

|                                            |                     |
|--------------------------------------------|---------------------|
| 2 - 7oz cans diced green chilies           | 1/4 t. ground cumin |
| 6 flour tortillas                          | 1/4 t. onion salt   |
| 4 cups (16 oz). Colby-Jack shredded cheese | 1/4 t. garlic salt  |
| 10 large eggs (12 medium)                  | 1/4 t. black pepper |
| 1/2 pound thin sliced ham                  | 1/4 t. salt         |
| 3/4 cups Half 'n Half                      |                     |

Lightly oil Dutch oven. Spread one can of green chilies on the bottom of the pan. Top with 3 of the tortillas, tearing or cutting them into 1"x1" pieces. Add 2 cups of the cheese. Layer 1/4 lb. sliced ham after cutting or tearing it into 1"x1" pieces. Repeat layers (chilies, tortillas, cheese, ham). Whisk eggs and 3/4 cup Half 'n Half together. Add all spices to egg mixture and mix well. Slowly pour egg mixture over entire top layer. Put lid on Dutch oven and store in ice chest overnight (or, if it will be below 40 F, left out but safe from animals).

Remove Dutch oven from cooler first thing in the morning. Start the charcoal. When charcoal is ready, place Dutch oven on top of 10 coals under the oven. Place 12 coals on the lid. Cook approximately 45 minutes, or until lightly browned and bubbly, rotating oven and lid in opposite directions every 10 minutes. Cool slightly and cut into serving pieces. Best served with picante sauce.

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### 235. DUTCH OVEN SPICY PORK

1 tb Vegetable Oil  
1 lb Boneless Pork (or Beef); Cut Into 1-Inch Cubes (Beef Or Pork Stew Meat)  
1 md Onion; Chopped  
1 pk Taco Seasoning Mix; 1.25 Oz  
1/4 ts Garlic Powder W/Parsley  
14 1/2 oz Whole Tomatoes; Cut Up, 1 Cn  
3 1/4 oz Pitted Ripe Olives; Drained 1 Can  
1 Bay Leaf  
1/2 ts Hot Pepper Sauce; Optional

Heat the oil in a Dutch oven and brown the meat. Add the onion and cook and stir until tender and lightly browned. Add the remaining ingredients, blending well, and bring to a boil. Reduce the heat, cover, and simmer for 1 hour, stirring occasionally, or until the meat is tender. Uncover the last 15 minutes to reduce the liquid, if desired. Remove the bay leaf before serving. Serve over fluffy rice or with warmed corn tortillas.

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### 236. DUTCH OVEN SPLIT PEA SOUP

|                        |                       |
|------------------------|-----------------------|
| 2 cup dry split peas   | 1/2 lb bacon, chopped |
| 1 small onion, chopped | 1 tsp salt            |

Soak peas in 2-1/2 cups water overnight. Add remaining ingredients and cook in low dutch oven for 3 hours, stirring occasionally. Add small amounts of water when needed. Serve with hot biscuits. Serves 6-8.

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### 237. DUTCH OVEN SPOON BREAD

A hearty, delicious and filling side dish for soup or chili. 8 large servings per oven.

1 pound ground sausage  
1 small onion  
1/4 cup chopped green bell pepper  
1-1/2 cups self-rising cornmeal  
2 eggs  
1-8oz can creamed corn  
1-1/2 cups shredded Cheddar cheese  
1 tsp sugar  
1 4 oz. can green chilies  
1 fresh jalapeño, chopped (remove seeds)

Place sausage, onion and jalapeño in the Dutch oven and cook over until sausage is evenly brown. Remove sausage to another pan. Swish grease around inside of Dutch oven and drain off excess. In a large bowl, combine the cornmeal, green pepper, chilies, eggs and creamed corn. Pour half the batter into the Dutch oven. Sprinkle the batter with the cooked sausage, onion and jalapeño mix. Cover with cheese. Pour on remaining batter. Put oven on top of 10 charcoal brickettes arranged in a circle and place 14 brickettes around the edge of the lid. Rotate oven 1/3 turn and the lid 1/3 turn in the opposite direction every ten minutes. Remove oven from lower coals after 25 minutes and finish cooking with top coals only. It's done when browned, about 35 to 45 minutes.

NOTE: the jalapeños don't make this too spicy hot, but you can omit the chilies and jalapeños for a very mild dish.

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### 238. DUTCH OVEN STEAK

2 lb round or sirloin steak  
4 lg potatoes  
4 carrots  
1 lg onion  
2 sticks celery  
2 c tomato juice  
1 ts salt  
1 tb sugar  
4 tb minute tapioca

Cut the steak into pieces and brown in a 12 inch Dutch Oven with a small amount of oil. Drain off excess oil and add sliced carrots, celery, onion and potatoes cut into chunks. Mix the tomato juice, salt sugar and tapioca and pour over the meat and vegetables. Bake over medium coals for approx. 1 1/2 hour or until the meat is tender.

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### 239. DUTCH OVEN STEAK STRIPS & GRAVY

1 (4 to 5 lb.) boneless cross rib pot roast (or 5 ranch steaks)  
1 Onion - Large - diced medium  
1/2 Red bell pepper - diced medium  
2 Tbsp. steak seasoning  
2 cups brown gravy from a good mix  
1 4 oz. can mushroom ends & pieces

Cut meat into strips that are about 4 inches by 3/4 inch square. Season with the steak seasoning and allow to marinate for several hours. Heat a 12" oven over 16 to 18 hot briquettes and brown the meat. Add the onions and peppers and cover. Reduce bottom heat to 9 briquettes and add 13 briquettes for top heat. Cook slowly for about 1 to 1/2 hours, checking occasionally, adding hot water if needed to keep from drying out and replenishing coals as needed. Prepare and cook gravy in separate oven. Add the hot gravy and the mushrooms to the meat and simmer for another 1/2 hour. Serve with or over rice, noodles or potatoes.

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#### 240. DUTCH OVEN STEAK & VEGGIES

1 - 1 1/2 lb. round steak  
2-3 medium potatoes, shredded  
2 green peppers, sliced  
2 Tbs. bacon grease  
4-5 medium carrots, shredded  
1/2 c. water  
8 strips bacon, crisp and crumbled  
4 onions, sliced

Light 25 briquettes to redhot. Cut round steak into individual sized servings. Place in a heavy-duty plastic bag with a few tsp. flour and pound until thin. Cook bacon in Dutch oven over 10-12 coals, leaving bacon grease on bottom. Brown steak, in Dutch oven with bacon grease, on one side until brown. Turn over and quickly brown other side. While meat is cooking, place equal amounts of vegetables on top of each steak piece, peppers and onions on top. Add salt and pepper if desired. Pour in water, cover and simmer. Leave 5 coals below and place 12-15 coals on top of oven. Steam until vegetables are tender, 15-20 minutes. When done, remove steak together with vegetables as a single stack.

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#### 241. DUTCH OVEN STEW

14 inch dutch oven  
5 - 7 pounds of stew meat  
1/2 C. flour  
1/4 C. margarine or shortening  
12 carrots  
8 large potatoes  
2 onions  
1 pound of fresh mushrooms  
1 pound of frozen corn  
2 cups minute rice  
2 cans cream of chicken soup  
2 cans cream of mushroom soup  
8 stalks of celery  
2 loaves of bread

Coat stew meat with the flour and brown in the margarine in the bottom of the dutch oven, stirring frequently until the meat is nicely browned. Season with salt and pepper to taste. Cut up potatoes, carrots, onions, and celery. Add to pot. Add 1 can cream of mushroom soup and one can cream of chicken soup. Add rice, corn, and mushrooms Top with two remaining cans of soup. Add water to the top of the dutch oven. Put the lid on. Place 14 briquettes on top, and 14 briquettes underneath the dutch oven. Check it about every 15 minutes. Add water if needed. Cook about 1 1/2 hours. Serve with the bread.

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#### 242. DUTCH OVEN STEW & BISCUITS

1 roast (1/4 - 1/2 lb. per person; cheaper than stew meat)  
1 bottle Zesty Italian salad dressing  
1 tbs. Worcestershire sauce  
1 tbs. butter or margarine  
1 large onion  
1 tsp. pepper  
1 tsp. garlic salt  
1 tsp. seasoning salt  
1/2 cup cornstarch \*\*see note  
1 - 2 cans refrigerated jumbo biscuits  
1 large Ziplock bag  
2 - 3 1 lb. bags frozen vegetables (whatever you prefer) \*\*see note  
1 package mushroom (or brown) gravy mix.

\*\* The onion can be omitted if the frozen vegetable package includes onion. It's nice to include a specialty mixture of vegetables for color and variety. Also, a package of beef stew seasoning can be used in place of the seasonings and corn starch.

The morning of the dinner, cut up the roast into bite-sized cubes, put the cubes in the Ziplock bag, and add the salad dressing and Worcestershire sauce. Seal the bag and knead to mix the contents. Put the bag back in the cooler until its time to cook. It is best if the meat can marinate at least four hours (this imparts a wonderful flavor to the meat as well as tenderizes it). Dice the onion. Saute in the butter in the Dutch oven. Then add the marinated meat and spices and brown the meat. After the meat has browned, add the mixed vegetables and stir. When everything is combined, mix the gravy mix with water in a separate cup per the instructions on the package and add to the stew. If there is not enough liquid to the mixture, add a little more water. Cover the Dutch Oven and allow to cook for about 1/2 hour, stirring occasionally. There will be extra liquid in the stew from the marinade, vegetables, and added water, which will have to be thickened. To do this, mix the corn starch with cold water in a separate cup until it is a thick white liquid. Slowly stir this into the stew over heat until it starts to thicken. Cover and allow to simmer on low heat for 5 - 10 more minutes, stirring frequently. Pull the oven off the fire and uncover. Place jumbo biscuits on top of the stew leaving a small gap between the biscuits. Cover the oven and place the oven on a pile of coals, then place coals on the lid. Check periodically until the biscuits are light golden brown.

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#### 243. DUTCH OVEN STEWED CHICKEN

4 pounds chicken  
4 tablespoons oil  
1 cup flour  
1 teaspoon salt  
½ teaspoon pepper  
1 jar spaghetti sauce, large  
16 ounces tomatoes, stewed  
16 ounces egg noodles  
1 tablespoon sugar

Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper). Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed. Pour the jar of spaghetti sauce and can of stewed tomatoes over the oven-fried chicken. Add 1 tablespoon sugar. Put lid on oven and add coals on top. Bake over medium heat, for 40 minutes, about 1 hour total cooking time. Cook egg noodles and pour sauce from the oven over them.

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#### 244. DUTCH OVEN STUFFED BEEF TENDERLOIN

1/2 cup Cooked sausage  
1/4 cup Onion - finely chopped  
1/2 cup Celery - finely chopped  
1/2 cup Roasted pine nuts  
1/4 lbs Bread - dried  
1 t Dried herb leaves  
6 T Butter - softened (divided)  
4 T Beef broth  
3 lbs Beef tenderloin - butterflied  
3/4 T Pepper  
3/4 T Garlic salt

Add onions, celery and pine nuts to cooked sausage and sauté. Crumble bread and add seasonings. Combine with the vegetables and sausage mixture. Add 3 T butter and mix. Add only enough beef broth to moisten. Lay out tenderloin and spread stuffing in the middle. Roll up, tying to keep together. Keep as much stuffing in as possible. Blend together 3 T butter, 3/4 t pepper and 3/4 t garlic salt. Spread butter mixture over tenderloin before cooking. Place in 13" Dutch oven. Use 8 coals on bottom and 14-16 coals on top. Cook for about 40-50 minutes. Baste with juices occasionally.

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#### 245. DUTCH OVEN STUFFED CHICKEN & VEGETABLES

4 - 5 lb. whole chicken, cleaned and insides removed  
5 - 6 potatoes, washed and cut into cubes  
5 - 6 carrots, washed and cut into small pieces  
1 large white onion, cut into small pieces  
1 large can or bag of stuffing mix

Mix up the stuffing mix and stuff the chicken. If all the stuffing mix does not fit, cook up in a separate pot. Put the stuffed bird into the Dutch oven and pour up to an inch of water in the bottom. Put the potatoes and carrots into the Dutch oven around the chicken. Add any seasonings if you'd like. Put Dutch oven onto hot coals and put some hot coals onto the lid. Cook for a total of 45 to 55 minutes, checking the chicken every 15 minutes to watch for burning and to check the water level in the Dutch oven. Remove from coals and set aside to cool before serving.

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#### 246. DUTCH OVEN STUFFED MEATLOAF

For this recipe you will need a 12 inch Dutch oven and a trivet rack.

##### Meatloaf Ingredients:

2 lbs. ground beef  
1 cup crushed saltine crackers  
1 pkg. onion soup mix  
½ cup Parmesan cheese  
2 eggs  
1 tsp. salt  
1 tsp. dry mustard  
1 Tbs. vinegar  
(we sometimes put a little jam in this too)

##### Stuffing:

1 package cream cheese  
1 onion chopped  
1 chopped bell pepper  
paprika  
½ cup tomato sauce  
1 tsp. Italian oregano

Directions: Mix the meatloaf ingredients thoroughly. With a rolling pin roll out the meatloaf mixture into a rectangle and spread cream cheese evenly over it. Spread chopped onions and bell pepper evenly over the cream cheese. (You can use almost anything here; mushrooms, hot peppers, olives, etc.) Roll it up like you would for cinnamon rolls. Place on a foil covered trivet (poke several holes in the foil) and put into the Dutch oven. Put about 20 coals on the lid, five under the oven and 10 around the outside. Put four more in the middle of the lid at the beginning. After 30 minutes take these four coals away. Roast for 45 minutes, then cover the meatloaf with any tomato based sauce. Continue to roast for 30-40 minutes until meat is done.

Note: Hamburger needs to reach 180 degrees F to be safe, so use a meat thermometer for the first few times you make this dish.

---

#### 247. DUTCH OVEN STUFFED TROUT

|                                               |                                  |
|-----------------------------------------------|----------------------------------|
| 4 Trout                                       | 1/4 cup Monterey Jack - shredded |
| 3 T Parsley – chopped                         | 2 cups Bread - cubed             |
| 1 Egg – beaten                                | 2 T Butter                       |
| 1/4 cup Onion – diced                         | 1/4 cup Celery - chopped         |
| 1/2 cup Baby shrimp - cooked (canned is okay) |                                  |

Sauté onion and celery in butter. Add to cubed bread. Toss gently. Add parsley, cheese and shrimp. Add egg mixture to moisten. Lightly season inside cavity of fish. Stuff cavity of fish with bread mixture. Lightly brush fish with butter and season to taste. Bake in a 13" Dutch oven, lightly oiled. Use 10-12 coals on the bottom and 16-18 coals on top.

---

#### 248. DUTCH OVEN SWEET & SOUR HAM ROLLS

6 slices Ham  
2-3 small Carrots - julienne  
1 pkg Sweet & Sour mix  
1 can Fruit cocktail  
2-3 small Zucchini - julienne  
1 pkg Stuffing mix  
2 T Butter  
Toothpicks

Sauté vegetables in butter until tender. Wrap in ham slices and fasten with toothpicks. Prepare foil bowls and place in Dutch oven. Prepare stuffing and sweet and sour mix in foil bowls. Close foil to keep stuffing and sauce warm. Coat bottom of Dutch oven with oil. Place ham roll ups in oven, turn until warm. Turn Dutch oven lid upside down and place stuffing on lid. Place ham rolls on stuffing, pour sweet and sour sauce over ham rolls. Serve.

---

#### 249. DUTCH OVEN SWEET & SOUR PORK

You need a 12 inch Dutch oven for this fine oriental dish.

2 Tbs. butter or margarine  
4 lbs. pork loin, cut into 1 inch cubes  
1 lb. bean sprouts  
1 cup chopped water chestnuts  
½ cup sliced red onion  
1 bunch chopped green onions  
2 chopped green peppers  
4 stalks celery, chopped  
2 cups sliced mushrooms  
1½ cups water  
½ cup vinegar  
1 16 oz. (or so) can pineapple chunks  
5 Tbs. cornstarch  
1½ cups ketchup

Use 8-10 coals underneath the oven and 18-20 on the lid. Put the butter or margarine in a preheated Dutch oven and melt. Add the pork, stirring until almost done. Add all the vegetables except the mushrooms and cook until they are tender, but not mushy. Add the mushrooms. Add the everything else except the cornstarch and ketchup. Add a little water to the cornstarch, pour it in evenly and cook until thickened. Remove from coals and stir in the ketchup. Stir well and serve over rice with some soy sauce to taste.

---

#### 250. DUTCH OVEN TAMALES PIE

3 small cans of spiced or flavored beans  
2 pounds pork, cut into 1 inch cubes (You could use chicken or beef just as well)  
One yellow or brown onion, chopped  
½ to 1 cup of grated cheddar or jack cheese  
1 teaspoon minced garlic  
1 tablespoon red chili sauce (optional)  
1 package cornbread mix  
1 tub of sour cream to serve with the cooked tamale pie

Prepare the cornbread mix using the baking instructions on the package (adjust for altitude if you are above 5000 ft by adding extra liquid). When camping, I usually mix the cornbread in a 1 gallon freezer bag - it saves a lot of cleanup. Line Dutch oven with foil. Dump the beans, onions, pork, garlic, and chili sauce in the bottom of the Dutch oven and mix with a spoon. Be careful not to tear the foil lining. Sprinkle the cheese on top of the mixture. Pour the cornbread mix over the cheese and even out all over using the backside of a spoon. Cooking usually takes about 50-60 minutes. It is done when both the pork and cornbread are fully cooked. To serve: Spoon it onto your plate, add a dollop of sour cream, and enjoy!

---

### 251. DUTCH OVEN VENISON CHILI

|                                                         |                                         |
|---------------------------------------------------------|-----------------------------------------|
| 1 lb. venison burger (or you can use regular hamburger) | salt and pepper to taste                |
| 1 T cooking oil                                         | 1 T sugar                               |
| 1 onion, chopped                                        | 3 C chopped tomatoes (or a 12 oz. can)  |
| 1/2 green pepper, chopped                               | 1/2 C sliced mushrooms (or a 4 oz. can) |
| 1/2 tsp. chili powder (more or less to taste)           | 1 can (1 lb.) kidney beans              |

Set the Dutch oven over hot coals and heat for 10 minutes. Add oil when the Dutch Oven is hot and sauté the onion and green pepper. Add burger and brown. Add salt, pepper and chili powder to taste. Mix in sugar and tomatoes. Cover the Dutch oven and regulate the heat so the mixture simmers. Cook slowly for 45 minutes. Add kidney beans and mushrooms, simmer another 15 minutes and serve.

---

### 252. DUTCH OVEN VENISON PIE

|                                                 |                                     |
|-------------------------------------------------|-------------------------------------|
| 2 lbs. ground venison (beef can be substituted) | 1 4 oz. jar pimento                 |
| 2 onions, chopped                               | 1 can Rotel tomatoes                |
| 4 cloves garlic, minced                         | 1 8 oz. can tomato sauce            |
| 2 Tbs. Worcestershire sauce                     | 1 can red beans, drained and rinsed |
| 2 pkg. taco seasoning                           | 1 tsp. salt                         |
| 1 10 oz. pkg. frozen corn                       | 1 tsp. pepper                       |
| 1 large green pepper, chopped                   |                                     |

Cook meat, onion, garlic and Worcestershire sauce in a large skillet until lightly brown. Add taco seasoning and remaining ingredients, stirring with each addition. Heat thoroughly until bubbling. Transfer to a large Dutch oven that has been coated with vegetable spray. Mix topping as follows:

|                      |              |
|----------------------|--------------|
| 2 cups cornbread mix | 1 egg        |
| 1 1/2 cups milk      | 2 Tbs. honey |

Mix well and add:

1 cup sliced ripe olives  
1 1/2 cups grated cheddar cheese

Pour over venison mixture in Dutch oven. Bake at 400 degrees (10 coals underneath, 19 coals on top) about 25-30 minutes, or until cornbread is golden brown.

---

### 253. EASY "BAKED" POTATO SLICES

I use this easy recipe even at home on our back yard grill! You can marinate & Ziploc ahead of time to make them even more yummy... this also works really well with carrots.

|                                         |                        |
|-----------------------------------------|------------------------|
| 1-2 large russet potatoes - 1/2" slices | basil - fresh or dried |
| 1 red onion - 1/2" slices               | salt & pepper          |
| butter or olive oil                     |                        |

Mix the seasonings & marinate the potatoes and onions. Store in a Ziploc in the cooler. Wrap in aluminum foil and bake on the coals for about 10-12 minutes. Open the foil carefully, and the potatoes should be golden brown. Change the seasonings based on your tastes. Enjoy!!

Other marinating ideas:

use mixed veggies (potatoes, onions, corn, zucchini)  
balsamic vinegar  
rosemary or your favorite herb  
vinaigrette

---

#### 254. EASY DUTCH OVEN BEEF DINNER

|                        |                          |
|------------------------|--------------------------|
| Large round steak      | 2 tbs olive oil          |
| 1 can Pepsi or Coke    | Salt                     |
| 3/4 cups ketchup       | Pepper                   |
| 1 large onion, sliced  | 1 lb egg noodles, cooked |
| 1 green pepper, sliced |                          |

Heat Dutch oven over medium heat. Add olive oil. cut round steak into 8 strips. Brown steak and add onions. When onions are soft, remove meat and onions. Drain oil from oven. Add meat, onions, and green pepper. Add can of Pepsi and ketchup. Salt and pepper to taste. Cover and place coals on bottom and top of oven in 1 to 3 ratio. Cook 1 hour or until sauce thickens. Serve over egg noodles.

For an added kick, you can add 4 tbs teriyaki sauce and 2 tbs garlic powder while browning. Do not drain. Add 1/4 cups jalapeno peppers and 1 tsp red pepper to mixture before baking.

---

#### 255. EASY DUTCH OVEN CHICKEN DINNER

|            |          |
|------------|----------|
| 2 Chickens | Potatoes |
| Flour      | Carrots  |
| Seasonings | Broccoli |

Cut vegetables and potatoes into small pieces for eating. Cut chicken into 8 parts. Skin chicken. Mix flour and seasonings in plastic bag. Place 2 chicken parts at a time in bag and shake. Remove chicken from bag when coated and repeat until all chicken is coated. Place potatoes in bag and shake. Remove potatoes from bag. Put about 1/2 inch of oil in Dutch oven and place on coals. When oil is hot, add chicken and completely brown on all sides. Remove chicken from pot and drain excess oil from pot. Put chicken back in pot. Add approximately 1/4 inch of warm water. Place potatoes and vegetables over chicken. Cover pot and place back on coals. Put 10 coals on top of oven. Cook for 1 hour or until chicken is tender. Check periodically to ensure there is always a small amount of moisture in the Dutch oven.

---

#### 256. EASY HAMBURGER & VEGGIES IN FOIL

1lb of Hamburger Meat  
1 bag of frozen mix veggies (you can use what ever you like.. I use a blend of broccoli, carrots and cauliflower etc..)  
Butter  
salt and pepper  
Creole seasoning or garlic salt (optional - for those who like an extra kick)  
aluminum foil (heavy)

Use a piece of foil big enough to hold everything. Lay flat and place hamburger meat and veggies on foil. Top with butter, salt/pepper & seasonings. Fold foil up and close ends. With fork punch a few holes at the top to let a little of the heat escape (not a whole lot though, so that the steam will cook the mixture). Place foil packet onto grill or open fire and cook for about an hour or until done. After the meat starts to cook well, I usually punch holes around far ends to let the grease run off (try to let it run off away from coals or fire if possible). When done cooking, carefully removed foil packet from grill or campfire, open carefully and enjoy!!

---

#### 257. EASY PAN-FRIED FISH

Your favorite type of pan-fry fish fillets  
GREASY potato chips (plain, BBQ flavor, sour cream & onion flavor, or any other taste to compliment your fish)  
A good frying pan

Smash chips into small crumbs. Moisten fish fillets in water; roll fillets in the chip crumbs. DO NOT add butter or grease to fry pan. Over medium to high heat, cook until fish flakes or starts to fall apart.

---



## 258. EDIBLE FIRE

Oreo Cookies  
Red Hots Candies  
Twizzlers Candies  
Candy Corn  
Pretzels Sticks  
Bar-B-Que Potato Chips

To build the "edible fire", you must first form a fire ring with the Oreo Cookies in a circle. Inside the fire ring, place the "tinder" (Bar-B-Que Potato Chips). Light the fire by throwing on the Red Hots Candies. Next, you need the "kindling", which is the Pretzels Sticks. The fire is growing larger now, so throw on the Candy Corn. The fire is really going now, and it's ready for the logs (Twizzlers Candies)! More Candy Corn and Red Hots Candies finish this edible fire, much to the on-looking campers' delight!!

NOTES: This is a great treat for kids at the end of the day - without the mess and hassle of building a real fire. Next time you do need to build a real fire, the kids will know their terminology. The smallest piece of wood is called the "Tinder", and they will look for small leaves because they remembered that the potato chips were small. This is a fun and tasty way to teach kids about fire building!!

---

## 259. EGGS BAKED IN THE SHELL

12 eggs  
salt  
pepper  
bread (optional)  
margarine (optional)

Pierce small end of eggs with a pin. Place eggs in hot ashes with small end up. Bake for 10 to 20 minutes. If desired, serve hot on buttered toast and season with salt and pepper.

---

## 260. ENERGY BARS

2 cups Graham Cracker crumbs  
1 cup chocolate chips  
1 cup butterscotch chips  
1 cup walnuts chopped  
1 can sweetened condensed milk

Mix all together at home, place into a greased 9x9 inch pan, put into oven at 350 degrees, 30-35 minutes. Cool for 45 minutes. Do not let cool any longer than 45 minutes or it will stick to the pan. Cut into squares, place into plastic bag and place in refrigerator. Yummy!

---

## 261. FIESTA MACARONI & CHEESE

Quick and easy to prepare. Tip: put the ground beef in a baggie and freeze it, then wrap in foil and put in fanny pack. When ready for dinner it should be thawed.

1 pound ground beef  
1 box macaroni and cheese (your choice)  
corn (preferably fresh, but can use canned)  
salsa (temp depends on you)

Cook the ground beef and drain. Prepare the macaroni and cheese per instructions. Cook the corn and drain. Mix all together and add salsa.

---

## 262. FIRE-ME-UP SANDWICH

|                                                  |                                                       |
|--------------------------------------------------|-------------------------------------------------------|
| Bread                                            | Sliced Hot Peppers - Your Choice - HOW BRAVE ARE YOU! |
| Butter                                           | Ranch Dressing (ketchup & mustard is ok...)           |
| Sliced Meat (ham, chicken, beef, turkey, etc...) | Foil                                                  |
| Shredded Cheese (colby, swiss, etc....)          |                                                       |

Cut a section of foil big enough to wrap your sandwich completely. Place the dull side of the foil up. Butter 1 slice of bread and place the butter side down on the foil. Layer your meat on the slice of bread. Place the sliced hot peppers on top of the meat. Sprinkle the cheese over the peppers. Butter the other slice of bread and place the slice butter side up on the sandwich. Wrap the sandwich in the foil making sure that you seal it all up. Lightly press the sandwich in the foil (optional, don't know why I do this, I just do). Place on hot coals for approx. 3-4 minutes for each side, depending on how hot your coals really are. Once done, unwrap sandwich and enjoy. I usually will dip mine in Ranch dressing.

NOTE: Pre-packaged sliced meats that you find in the lunchmeat case at the supermarket work real well. Pre-packaged shredded cheeses also work well.

---

## 263. FIRESIDE PUNCH

|                                       |                    |
|---------------------------------------|--------------------|
| 6 c Apple cider                       | 1 c Peach schnapps |
| 12 oz Can frozen lemonade concentrate | 1 c Rum            |
| 1 c Granulated sugar                  |                    |

In a Dutch oven, combine first 3 ingredients, bring to a boil. Remove from heat; stir in schnapps and rum. Serve hot. Yield 12 - 6 oz. servings.

---

## 264. FISH CHOWDER

|                                |                                                             |
|--------------------------------|-------------------------------------------------------------|
| 2-3 qts boiling water          | fillets from 3 (17-18") walleyes/bass, chunked in 2" pieces |
| 2 handfuls dried mixed veggies | 1 qt packet of dried milk                                   |
| 1/2 handful dried onions       | 1/2 stick margarine                                         |
| 2 diced potatoes               |                                                             |

### Spices:

2 tsp sugar  
2 cubes chicken broth OR... 2 pks of chicken ramen noodles, well crushed (with the packets)  
lots of garlic, cayenne pepper, salt and pepper to taste

Get the water boiling for 5 minutes and then dump in the dried veggies, onions and potatoes. In 20 minutes the veggies should be done. Throw in the fish, and then 3 minutes later (rolling boil) throw in the milk and margarine. Add spices as needed.

---

## 265. FISH FILLETS IN FOIL

|                                       |                           |
|---------------------------------------|---------------------------|
| 1 pound fish fillets                  | 1 teaspoon salt           |
| 2 tablespoons margarine -- not diet   | 1/4 teaspoon black pepper |
| 1/4 cup lemon juice                   | 1/4 teaspoon paprika      |
| 1 tablespoon fresh parsley -- chopped | 1 onion -- thinly sliced  |
| 1 teaspoon fresh dill weed            |                           |

Use heavy aluminum foil cut into large squares. Place equal portions of the fish fillets on each piece of foil. In a saucepan, melt margarine. Add lemon juice, parsley, dill, salt and pepper. Stir to blend well. Pour this mixture over the fish, sprinkle with paprika, and top with the onion slices which have been separated into rings. Fold the foil around the mixture and seal tightly. Leave a little space for the food to expand while cooking. Place on hot grill and grill for 5-7 minutes per side. Fish should flake easily when done.

---

## 266. FOIL DINNERS

|                        |                                                          |
|------------------------|----------------------------------------------------------|
| 1 Onion, sliced        | 6 Mushrooms                                              |
| 1 Bell pepper, sliced  | 6 sm Red potatoes, cubed (large)                         |
| 1 Zucchini, sliced     | Falafel mix                                              |
| 3 Or 4 carrots, sliced | Any seasoning you like (I Like cayenne and black Pepper) |

Start charcoals. Mix the falafel per instructions. Cut all vegetables. When falafel is ready, get a piece of foil big enough to fit all the ingredients. (You'll know how big after you do your first one!) Put shiny side in. (I don't know why, just do it!) Put some falafel mix in the middle, shape like an oblong pattie. Put some of each vegetable on top, watch for carrots that like to roll off. :- ) Sprinkle lots of seasoning. Now the tricky part, closing the foil. You make a boat and take the long sides, put them together and roll a couple of times (as many as you can). You then take the ends and roll them upwards as far as you can. I take another piece of foil and wrap it again the same way in the same direction. You want to do it in such a way that no juice or steam can escape. Do this until you are out of food. I made six good sized dinners with falafel and 2 with just vegetables. I probably used between 1.5 and 2 cups of falafel mix. Put foil dinners on coals, making sure there are no flames. After about 15 minutes, you can flip the dinners. When you start to smell the food, it probably is done. You really need to just make sure the vegetables are cooked. You can check a dinner at any time and just close it back up if it's not ready. This is a really great dinner. Serve with bread if you have it. I like to put picante sauce on mine.

---

## 267. FOIL PACKET HAM & PINEAPPLE

Per each packet you need the following:

1 slice ham  
2 - 4 pineapple rings  
1 - 2 tbs. brown sugar  
1 - 2 tbs. butter (or margarine)  
Aluminum Foil

For each packet: Cut the foil into a good size square (maybe 10 - 12 inches). Spread a little bit of the butter in the center. Place 2 of the pineapple rings on the foil and then cover with some of the brown sugar. Cover with the ham. Repeat for additional packets, if desired. Fold over the foil securely and place on the coals for heating. This doesn't have to cook very long, maybe 10 - 15 minutes. The main concern is getting the ham hot.

---

## 268. FOIL PACKET STEW

2 pounds ground beef  
2 large onions, cut in pieces  
potatoes, cut in chunks (as much as you like!)  
1 pound baby carrots  
salt and pepper

Cut pieces of heavy duty aluminum foil for several packets. Make little balls of ground beef and place on foil. Add onions, potatoes, carrots and salt and pepper. Wrap up packets very tightly and place on grid over fire. They will take about 30 minutes or longer, depending on the fire.

---

## 269. FOIL PAN BREAKFAST

Heavy Duty Aluminum Foil - Double and butter. Form into a pan shape.  
Beat 6 eggs (as if scrambling)  
Slice sausage links or use sausage patties crumbled (can substitute bacon, etc)  
Small onion, diced  
5 potatoes, sliced thin  
Salt and Pepper to taste

Combine all ingredients into the aluminum foil pan. Close foil over ingredients, making sure it is sealed tightly. Place on grill and turn frequently. Takes approximately 1 hour over low fire.

---

270. FRENCH TOAST TUNA SANDWICHES

1 can of tuna (or salmon)  
mayo  
salt  
pepper  
onion powder, or whatever else you use when you make tuna salad  
8 slices of bread (I use wheat)  
4 or 5 eggs, scrambled  
some butter

Make tuna/salmon salad. Spread on bread to make like a sandwich. Melt a tab of butter in pan; dip sandwich in eggs and place in pan. Cook like french toast.

---

271. FRESH BERRY JAM

Sugar  
Non-flavored gelatin  
Cinnamon  
Fresh-picked Berries (make sure you know which ones are NOT poisonous!!)

After you get the berries, put them in a pot and cover with just enough water so they begin to float. Bring them to a boil, stirring occasionally. Once the berries begin to burst add sugar to taste (about one cup). Put about 1/4 tsp of cinnamon per 2 quarts berries and continue to boil. The mix will try to thicken but, at this time it's more like a syrup. Remove from the heat and mix in the gelatin (as to the instructions on the label) and allow to cool.

---

272. FRESH CATFISH PARMESAN

|                             |                                              |
|-----------------------------|----------------------------------------------|
| 2 lbs fresh Catfish fillets | 1 Tbsp lemon juice                           |
| 2 Tbsp olive oil            | 1 Tbsp soy sauce                             |
| 2 Tbsp butter               | 1 cup Parmesan and/or Romano cheese (grated) |
| 1/2 cup flour               | Fresh-ground pepper                          |
| 2 eggs, beaten              |                                              |

With oil and butter in skillet, bring to a medium/hot temperature. Combine lemon juice and soy sauce and sprinkle on fish. Add pepper to taste then cover with flour. Dip in eggs, then cover completely with grated cheese. Fry in hot oil for 5 minutes per side, until golden brown.

---

273. FRESH-SQUEEZED LEMONADE

Juice of 12 Lemons  
1/2 cup of sugar

In a 2 quart pitcher, place the lemon juice and sugar. Fill pitcher 1/2 way stir and dissolve sugar well. Add most of the lemon rinds, sliced. Fill rest of pitcher with water.

---

274. FRIED BANANAS

|                          |                        |
|--------------------------|------------------------|
| 1 banana for each person | 2 spoonfuls of sugar   |
| 1 spoonful of butter     | 1 spoonful of cinnamon |

Put butter in pan. When butter is melted, put in bananas. Add sugar and cinnamon when banana begins to brown. Eat!

---

## 275. FRIED GREEN TOMATOES

4 green tomatoes, sliced 1/4" thick  
Salt, pepper, and/or cayenne  
1 cup white or yellow cornmeal  
1 cup flour  
Salt and pepper

Coat both sides of the tomatoes in flour/cornmeal mixture and saute over medium heat in a cast iron skillet until brown.

---

## 276. FRUIT & CARROT BREAKFAST BREAD

4 c Pancake mix  
4 ts Cinnamon  
1 c Raisins -- golden preferred  
1/2 c Dried apples -- chopped  
1 c Almonds -- chopped  
1 c Coconut -- shredded  
1/2 pk Dry scrambled egg mix  
4 c Shredded carrots  
1 c Oil or Margarine  
2 ts Vanilla -- optional  
1 c Honey -- or sugar  
1 1/4 c Water

Preparation: Mix the pancake mix, cinnamon, raisins, dried apple pieces, almonds, coconut, and scrambled egg mix. Put into a zip lock gallon bag. Add sugar if using it instead of honey. Peel and shred carrots to approximately 4 cups (a little more or less does not make much of a difference). Pack carrots into a zip lock bag. If using oil and honey, pre-measure into a 1pint plastic bottle with the vanilla.

At the campsite: If using margarine melt it in a small container made of aluminum foil Add the oil-honey (if using it), carrots, and water to the dry mix and mix well. If there is liquid with the carrots add it to the dry mix too. Put into a lightly oiled dutch oven and bake 25-35 minutes with about 20 pieces of charcoal on the top and 10-15 on the bottom. Check after 15-20 minutes.

---

## 277. FRUIT COCKTAIL MIX

4 c Sugar  
1 can Frozen Orange Juice, 6 oz  
1 Watermelon, pieces  
2 Crenshaw Melons, Chunked  
3 lb Peaches, Chunked  
2 qt Water  
1 cn Frozen Lemonade, 6 oz  
2 Cantaloupes, Chunked  
3 lb Green Grapes  
1 lb Blueberries

At Home: In a large saucepan bring sugar and water to a boil, stirring constantly. Stir in frozen Orange and Lemonade concentrates. In a large bowl combine all of the fruits. Mix until well distributed. Put mixed fruit in twelve 1-pint containers, leaving 1/2-inch space at top. Pour hot juice syrup over top. Seal and label as Fruit Cocktail Mix. Freeze and use within 6 to 8 months. Makes about 12 pints of mix.

At Camp: Take this along, frozen, in your food cooler. It will be just thawed by the time you want to use it. To use, partially thaw 1 pint of Fruit Cocktail mix. Spoon into fruit cups. Pour ginger ale over top, if desired. Makes 4 servings.

---

## 278. FRUIT CRISP

|                          |                                                  |
|--------------------------|--------------------------------------------------|
| 1 Tbsp instant tapioca   | 1/2 tsp cinnamon                                 |
| 2 Tbsp powdered dry milk | 1/4 tsp nutmeg                                   |
| 1 Tbsp brown sugar       | 2 Tbsp chopped walnuts, pecans or sliced almonds |

At home: Mix the above ingredients and store in a ziplock baggie.

At camp: Add the above mix to 1/2 C dehydrated apple leather, torn in strips and enough water to cover. Allow to rehydrate 1 hour (or overnight). (Start with 1 C water. If the applesauce still has leathery "clumps" after an hour, add more water.) Heat to boil, stirring constantly. Add 1 C fresh berries or rehydrated fruit. Stir thoroughly mix, then remove from heat. Sprinkle with 1/2 C granola or crushed cookie crumbs, cover and let stand 10 minutes.

---

## 279. FRUITY GRILLED PORK TENDERLOIN

|                                      |                   |
|--------------------------------------|-------------------|
| 1 pound pork tenderloin              | 1/4 cup soy sauce |
| 6 ounces black cherry soda *see note | 1/3 cup plum jam  |
| 1/3 cup packed brown sugar           |                   |

Combine soy sauce, brown sugar and jam in saucepan over low heat; cook until well combined. Set aside 1/4 cup of mixture to use as a baste (to thicken add more jam). Place remaining sauce in a zippered plastic bag with the soda and pork tenderloin. Marinade in the refrigerator or cooler for at least 4 hours or overnight. Prepare grill for medium heat. Oil grate, and place tenderloin on grill . Cook for 15 to 20 minutes, until caramelized, basting with the reserved sauce. Let meat rest for 5 minutes and then slice into 1/4 inch thick medallions and serve!

NOTE: This is my favorite summer marinade for pork tenderloin. Also great served cold on a green salad. You can use any flavor fruit soda you like--black cherry, grape, raspberry, etc.

---

## 280. FRY BREAD MIX

2 cups all-purpose flour (white or whole wheat)  
1 Tbs of baking powder  
1/2 tsp salt  
1 Tbs dry onion flakes  
1 Tbs dry rosemary

Before leaving home or base camp, pre-mix all ingredients and place in a durable plastic bag or well-sealed container. When ready to cook, empty contents into a container and add 1/2 cup of water, mixing well with your clean hands. Add more water as needed, until dough forms a cohesive, firm, dry ball. Knead 5 more minutes, then create golf-ball size dough balls. Flatten with bottom of can or pan to about 1/8 inch thick. Fry on hot skillet or griddle 10 minutes per side and serve.

---

## 281. GARLIC-GRILLED WHOLE CHICKEN

A mixture of garlic and basil inserted under the skin and a combination of lemon, sweet pepper, and additional garlic in the cavity flavor every bite of this grilled chicken.

1 2-1/2- to 3-pound whole broiler-fryer chicken  
3 cloves garlic, peeled  
1/2 lemon, sliced  
1/2 red sweet pepper, sliced  
1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed  
1/8 teaspoon salt  
1 tablespoon olive oil or cooking oil  
1 tablespoon lemon juice  
Steamed new potatoes (optional)  
Fresh oregano (optional)

Remove the neck and giblets from chicken. Twist wing tips under the back. Cut one of the garlic cloves lengthwise in half. Rub skin of chicken with cut edge of garlic. Place garlic halves, lemon slices, and sweet pepper slices in cavity of chicken. Mince remaining two cloves of garlic. Combine minced garlic, basil, and salt; set aside. Starting at the neck on one side of the breast, slip your fingers between skin and meat, loosening the skin as you work toward the tail end. Once your entire hand is under the skin, free the skin around the thigh and leg area up to, but not around, the tip of the drumstick. Repeat on the other side of the breast. Rub garlic mixture over entire surface under skin. Securely fasten opening with water-soaked wooden toothpicks. Stir together oil and lemon juice; brush over chicken.

Arrange preheated coals around a drip pan in a covered grill. Test for medium heat above pan.\* Place chicken, breast side up, on grill over drip pan. Cover and grill for 1 to 1-1/4 hours or until chicken is no longer pink and the drumsticks move easily in their sockets, brushing occasionally with oil-lemon mixture. Remove chicken from grill and cover with foil. If desired, serve on a platter with steamed new potatoes and garnish with fresh oregano. Let stand for 5 minutes before carving. Makes 5 servings.

\*Note: To test for medium heat over the grill, you should be able to hold your hand over the drip pan at the height of the food for 4 seconds before having to pull away.

---

#### 282. GARLIC HONEY MARINADE FOR CHICKEN

|                       |                         |
|-----------------------|-------------------------|
| 1 small onion, minced | 2 cloves garlic, minced |
| 1/4 cups lemon juice  | 1 tbs ginger            |
| 1/4 cups olive oil    | 2 tbs honey             |
| 2 tbs soy sauce       | 2 tsp parsley flakes    |

Mix together in small pot. Let chicken marinate in cooler in double gallon zip-lock overnight. Grill chicken over coals.

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#### 283. GARLIC HONEY PORK CHOPS

4 1-1 1/2 inch boneless pork chops  
1/4 cup honey  
1/4 cup lemon juice  
2 tablespoons soy sauce  
2 cloves garlic  
1 tablespoon cooking sherry

Mix honey, lemon juice, soy sauce, garlic and sherry together. Place together with chops in a plastic bag and refrigerate (or place in cooler) overnight. Place a heavy duty piece of aluminum foil over the coals or briquettes in the center of your grill. Preheat. Drain chops saving the marinade. Place chops over the foil on the grill and reduce the heat to medium. Grill about 16-18 minutes or until done. Drain and boil reserved marinade and pour over chops before serving.

---

#### 284. GLAZED CORNED BEEF SANDWICHES

|                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 Corned beef brisket; (3-4 lb.) | 2 Cinnamon sticks (3 inches); broken |
| 12 Peppercorns                   | 1 tb Red pepper flakes               |
| 4 Bay leaves                     | Sandwich buns                        |
| 3 Cloves garlic; minced          |                                      |

Glaze:

|                          |                      |
|--------------------------|----------------------|
| 1/2 c Packed brown sugar | 1/2 ts Dry mustard   |
| 1/2 ts Ground cloves     | 1/4 ts Celery seeds  |
| 1/2 ts Ground ginger     | 1/4 ts Caraway seeds |

Place corned beef with seasoning packet in Dutch oven; cover with water. Add seasonings and bring to a boil. Reduce heat; cover and simmer for 4-4 1/2 hours or until meat is tender. Drain, discarding juices; blot brisket dry. In a small bowl, combine glaze ingredients. Rub onto top of warm meat. Grill for 5-10 minutes on each side until glazed. Slice meat and serve warm or chilled on buns.

---

## 285. GLAZED HAM & SWEET POTATO PACKETS

4 sheets (12x18-inches each) foil  
1 pound cooked ham, cut in 3/4-inch cubes  
3 medium sweet potatoes, cut in bite-size pieces  
1/2 cup orange juice  
1/2 cup raisins  
1/4 cup maple flavored syrup  
Ground ginger

Preheat grill to medium-high. Center one-fourth of ham on each sheet of foil. Top with sweet potatoes. Combine orange juice, raisins, maple syrup and ginger; pour over ham and sweet potatoes. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Grill 12 to 14 minutes in covered grill. Number of Servings: 4

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## 286. GORP BALLS

1/3 cup each raisins, apples, apricots, dates and coconut  
1/2 cup sesame seeds  
1/3 cup walnuts  
2 cups peanuts

For the glue, use 1 cup chocolate chips, 1/3 cup honey and 1/2 cup peanut butter. Shape into balls; nice snack for hiking trips.

---

## 287. GOULASH

Zip-loc bag #1:  
12 oz. noodles

Zip-loc bag #2:  
1 pkg. sour cream mix  
1/4 tsp. salt  
1/4 tsp. garlic powder and a dash of pepper  
4 tbsp. bell pepper flakes  
2 tbsp. celery flakes  
1 tbsp. paprika

Cut up beef stick, hot dogs, ham, or small can of roast beef is a good addition, but the flavors are good without any extra meat.

In camp: Plunge noodles into 2 qts. boiling water. Cook until done. Pour off most of the water and add the meat, simmer covered 5-10 minutes, until thoroughly heated. Stir often to prevent sticking.

---

## 288. GRANOLA GRIDDLE CAKES

2 cup Hungry Jack Extra Light and Fluffy Complete Pancake and Waffle Mix  
1 cup Granola  
1/3 cup Chopped nuts  
2 tsp Grated orange peel, if desired  
1.5 cup Water

In large container, combine pancake mix, granola, nuts and orange peel; mix well. Cover tightly until ready to use. When ready to make pancakes, add water. Stir just until large lumps disappear. Heat griddle or skillet over medium-high heat. Lightly grease griddle. For each pancake, pour 1/4 cup batter onto hot griddle to form 4 inch pancake. Cook 2 to 3 minutes, turning when edges look cooked and bubbles begin to break on surface. Continue to cook an additional 1 1/2 to 2 minutes or until golden brown. Serve with syrup and butter.

CAMPING TIP: For a no-fork-and-knife breakfast, make pancake roll-ups. Spread the pancakes with peanut butter, honey or jam and roll them up. These are perfect for breakfast on the trail. Yield: 12 pancakes / 4 servings.

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## 289. GREAT OUTDOORS POTATOES

6 Potatoes

Dressing:

|                    |                             |
|--------------------|-----------------------------|
| 1/4 c Olive oil    | 1/2 ts Fresh ground peppper |
| 2 ts Lemon juice   | 1 ts Minced onion           |
| 1 ts Dijon mustard | 1 Pureed garlic clove       |
| 1/2 ts Corriander  | 1 ts Paprika                |

Scrub potatoes and cut into quarters, keeping skins on. Boil until tender, and coat them with the dressing which you can prepare in advance. Wrap the potato quarters in tin foil, and place on coals to brown. Delicious with meat or fish.

---

## 290. GREEK CHICKEN PACKETS

2 sheets (12x18-inches each) foil  
2 boneless, skinless chicken breast halves (1/2 to 3/4 lb.)  
4 ounces uncooked angel hair pasta  
1 tablespoon olive oil  
1/4 cup julienne cut sun-dried tomatoes  
1 jar (6 oz.) marinated artichoke hearts, drained  
2 ounces (about 1/2 cup) feta cheese with garlic and herbs, crumbled  
8 ice cubes  
1 cup water

Preheat grill to medium-high. Spray foil with nonstick cooking spray. Center one chicken breast half on each sheet of foil. Break angel hair pasta in half and place beside chicken. Drizzle olive oil over pasta. Arrange tomatoes and artichoke hearts over chicken. Top with feta cheese. Place ice cubes over pasta. Bring up foil sides. Double fold top and one end. Through open end, pour in water. Double fold remaining end to seal packet, leaving room for heat circulation inside. Repeat to make two packets. Grill 12 to 14 minutes in covered grill. Fluff pasta with a fork before serving.

NOTE: To pour liquids into packets, hold packets at a slight angle. After folding ends to seal, turn folded ends up to prevent leaking.

---

## 291. GREEN BEAN SALAD

|                                                            |                                                    |
|------------------------------------------------------------|----------------------------------------------------|
| 1 lb. fresh green beans, trimmed and sliced into 2" pieces | 1/2 cup pitted ripe olives, drained and sliced     |
| 1/3 cup fat-free, non-creamy Italian salad dressing        | 1/2 cup (about 2 oz.) crumbled bleu or feta cheese |
| 1/2 - 3/4 cup diced red onion                              |                                                    |

Cook beans until crisp-tender (generally when they turn bright green). Warm Italian salad dressing in microwave about 30 seconds. Toss beans, onion, olives and dressing together. Allow to sit at room temperature about one hour. Pack into ziplock bag. Place cheese into sandwich or snack size ziplock bag and place on top of beans before sealing. Refrigerate or place in camp cooler (depending upon when you make it). Bean mixture can be prepared up to 3 days prior to serving. At campsite, remove cheese bag and pour bean mixture into bowl; toss lightly. Crumble cheese on top and serve. Serves 4-6. Great for a first night campsite dinner!

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## 292. GREEN CHILE BURGERS

|                                      |                         |
|--------------------------------------|-------------------------|
| 1 1/2 pounds ground beef             | 1 clove garlic, minced  |
| 1/2 cup Monterey jack cheese, grated | 1 teaspoon chile powder |
| 4 green chiles, chopped              | 1/2 teaspoon salt       |
| 4 slices of red onion                | 1/2 teaspoon pepper     |
| 4 sliced of tomato                   |                         |

Mix ground beef garlic, chile powder, salt and pepper. Form into patties. Preheat grill. Grill to desired doneness. Toast buns or rolls lightly. Top burger patties with cheese, onion, tomato, chiles and slap them between the bun.

---

### 293. GRILLED ASPARAGUS

1 bunch asparagus  
1/2 cup balsamic vinegar  
Dash salt

Preheat gas grill or charcoal barbecue. Pour vinegar over asparagus; let sit for 15-30 minutes. For best flavor, marinate for 1 hour. Carefully place asparagus on upper wire rack in grill. Cook on medium-high heat until crisp-tender and has nicely browned grill marks.

---

### 294. GRILLED BABY BACK RIBS

2 sheets (18x24-inches each) foil  
3 pounds baby back pork ribs  
1 tablespoon packed brown sugar  
1 tablespoon paprika  
2 teaspoons garlic powder  
1 1/2 teaspoons pepper  
1/2 cup water  
1 1/2 cups barbecue sauce

Preheat grill to medium. Center half of ribs in single layer on each sheet of foil. Combine brown sugar and seasonings; rub over ribs, turning to coat evenly. Bring up foil sides. Double fold top and one end to seal packet. Through open end, add 1/4 cup water. Double fold remaining end, leaving room for heat circulation inside. Repeat to make two packets. Grill 45 to 60 minutes in covered grill. Remove foil; place ribs on grill. Brush ribs with barbecue sauce. Continue grilling 4 to 5 inches from heat for 10 to 15 minutes, brushing with sauce and turning every 5 minutes.

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### 295. GRILLED BACON-WRAPPED SHRIMP

1 lb large shrimp  
bacon slices, cut in 1/2  
pepper jack cheese

Wash, shell, and devein shrimp. Slit the back of each shrimp. Place a small slice of cheese in the slit and wrap with a piece of bacon. Use a toothpick to hold together. Cook on the grill until bacon is slightly crisp. This is delicious and easy!

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### 296. GRILLED BARBECUED CHICKEN PIZZA

2 cups cubed cooked chicken  
1/2 cup barbecue sauce  
1 tsp. chili powder  
1 (16 oz.) prebaked Italian bread shell (such as Boboli, etc.)  
8 oz. (2 cups) shredded Monterey Jack cheese  
1/4 cup finely chopped onion  
1/4 cup chopped green bell pepper

Heat grill. In small bowl, combine chicken, barbecue sauce and chili powder; spread evenly on bread shell. Sprinkle with cheese, onion and bell pepper. When ready to grill, place pizza directly on gas grill over medium heat, on charcoal grill 4 to 6 inches from medium coals, or on campfire grill over medium heat. Cover grill; cook 10 minutes or until bottom of pizza is crisp and cheese is melted.

---

## 297. GRILLED BUFFALO WINGS

What is unique about this recipe is that you use the whole wing and do not have to cut them into "buffalo" pieces and you don't deep fry.

4 lbs chicken wings (about 24 - buy the biggest and best you can find)

The Marinade:

|                                    |                                                 |
|------------------------------------|-------------------------------------------------|
| 1 cup cider vinegar                | 1 teaspoon red pepper flakes                    |
| 2 tablespoons vegetable oil        | 1 teaspoon salt                                 |
| 2 tablespoons worcestershire sauce | 1 teaspoon fresh ground pepper                  |
| 2 tablespoons chili powder         | 1 tablespoon Tabasco or your favorite hot sauce |

Combine all ingredients for the marinade in a small bowl and stir thoroughly. Place the chicken wings in a large plastic food storage bag and pour in the marinade. Press out the air and seal the bag tightly. Massage the bag gently to distribute the marinade. Set in a large bowl and refrigerate or place in cooler for several hours (best overnight), massaging the bag occasionally.

Prepare a MEDIUM fire in your grill. Position an oiled grill rack 4-6 inches above the coals or lava rocks. Remove the wings from the marinade, shake off the excess and arrange on grill rack. Grill, turning frequently and brushing with the reserved marinade. About 25 to 30 minutes should do it until the skin starts to char.

NOTES: Don't let the marinade ingredients fool you. These finished wings will be superb but only mildly hot. You may want to have a couple of bottles of hot sauce available when you serve them for people who like their wings with more of a "kick"!

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## 298. GRILLED CABBAGE

1/2 tablespoon garlic powder  
salt and pepper to taste  
1 large head cabbage

Preheat an outdoor grill for medium heat and lightly oil grate. Cut the cabbage into 8 wedges and remove the core. Place all the wedges on a piece of foil big enough to wrap the cabbage up in. Season to taste with garlic powder, salt and pepper. Grill over medium heat for 30 to 40 minutes, or until tender.

---

## 299. GRILLED CHEESE LOAF

|                                        |                                      |
|----------------------------------------|--------------------------------------|
| 1 3 oz pkg cream cheese -- softened    | 1/4 c chopped green onions with tops |
| 2 tbsp butter or margarine -- softened | 1/2 tsp garlic salt                  |
| 1 c shredded mozzarella cheese         | 1 loaf French bread -- sliced        |

In a mixing bowl, beat cream cheese and butter. Add cheese, onions and garlic salt; mix well. Spread on both sides of each slice of bread. Wrap loaf in a large piece of heavy duty foil; seal tightly. Grill, covered, over medium coals for 8-10 minutes, turning once. Unwrap foil; grill 5 minutes longer.

---

## 300. GRILLED CORN SALAD

|                      |                                        |
|----------------------|----------------------------------------|
| 1 1/2 tsp. olive oil | 1/2 tsp. salt                          |
| 4 ears corn          | 1/4 tsp. pepper                        |
| 2 T. lime juice      | 1/8 tsp. garlic powder                 |
| 1 1/2 tsp. olive oil | 1 c. diced tomato                      |
| 2 tsp. Sugar         | 1 c. diced cucumber, seeded and peeled |

Brush 1 1/2 tsp. olive oil over corn. Place corn on grill and cook 20 minutes or until corn is lightly browned, turning every five minutes. Let cool. Cut kernels from cobs to measure 2 cups. Combine lime juice, olive oil, sugar, salt, pepper and garlic powder in a medium bowl. Add corn, tomato and cucumber. Toss. Serves 4. If using leftover (precooked) corn on the cob, grill only 5-7 minutes.

---

### 301. GRILLED CUBAN SANDWICHES

|                                    |                        |
|------------------------------------|------------------------|
| 8 slices pork loin -- 1 ounce each | 8 slices Swiss cheese  |
| 8 slices ham -- 1 ounce each       | 4 cuban sandwich rolls |
| 12 dill pickle chips               | Dijon mustard to taste |

Prepare a wood or charcoal fire and allow it to burn to embers. Layer each sandwich with the cheese, ham, pork, and pickles. Grill the sandwich, top side down for 1 minute, turn over and place a saute pan on top and continue to cook until cheese is melted about 3 to 4 minutes. Yield: 4 servings.

---

### 302. GRILLED DIJON PORK CHOPS

|                               |                             |
|-------------------------------|-----------------------------|
| 2 tb Dijon Mustard            | Herb Butter:                |
| 1 ts Dry mustard              | 2 tb Softened butter        |
| 1 ts Salt                     | 1 tb Finely chopped parsley |
| 1/2 ts Pepper, freshly ground | 1 tb Finely chopped chives  |
| 4 To 6 Pork chops             | 1/2 ts Lemon juice          |
| 3 tb Butter                   | Salt and pepper             |

This is a pork chop recipe that will just melt in your mouth! Make a paste of the mustards, salt, and pepper and 2 tablespoons butter. Rub this paste into the chops. Grill the chops over a very hot charcoal fire for 4 to 6 minutes on each side. Place each chop in tin foil and brush with the herb butter. Wrap each chop and place on grill for 10 minutes. Brush chops with herb butter and serve.

---

### 303. GRILLED FLANK STEAK PINWHEELS

|                           |                    |
|---------------------------|--------------------|
| 2 1-1 1/2 lb flank steaks | 2 tsp salt         |
| 2 cup onions, chopped     | 1/2 tsp thyme      |
| 4 tbs garlic flakes       | 1/2 tsp marjoram   |
| 1 cup oil                 | 1/8 tsp red pepper |
| 2/3 cup vinegar           |                    |

Diagonally slice steaks across grain into 1/4in thick slices. Roll up slices and secure with toothpicks. Place pinwheels in a medium pot and sprinkle with chopped onion. Combine remaining ingredients, stirring well. Pour marinade over pinwheels. Cover and put in cooler at least 8 hours. Remove pinwheels from marinade. Grill over medium-hot coals 14 to 16 minutes or until desired degree of doneness, turning pinwheels frequently.

---

### 304. GRILLED GARLIC MARINATED STEAKS

|                                 |                                     |
|---------------------------------|-------------------------------------|
| 1/2 cup balsamic vinegar        | 1 teaspoon Worcestershire sauce     |
| 1/4 cup soy sauce               | 1 teaspoon onion powder             |
| 3 tablespoons minced garlic     | 1/2 teaspoon salt                   |
| 2 tablespoons honey             | 1/2 teaspoon liquid smoke flavoring |
| 2 tablespoons olive oil         | 1 pinch cayenne pepper              |
| 2 teaspoons ground black pepper | 2 (1/2 pound) beef rib eye steaks   |

In a medium bowl, combine the vinegar, soy sauce, garlic, honey, olive oil, ground black pepper, Worcestershire sauce, onion powder, salt, liquid smoke and cayenne pepper. Place steaks in a shallow, nonporous dish, and pour marinade over steaks. For optimum flavor, rub the liquid into the meat. Cover, and let marinate in the refrigerator or cooler for 24 to 48 hours. Preheat an outdoor grill for medium-high to high heat. Grill steaks for 7 to 8 minutes per side on a lightly oiled grate, or until internal temperature reaches at least 145 degrees F (63 degrees C).

---

### 305. GRILLED GARLIC TOAST

|                             |                       |                            |
|-----------------------------|-----------------------|----------------------------|
| 8 slices thick French bread | 1/2 cup melted butter | 1 tablespoon garlic powder |
|-----------------------------|-----------------------|----------------------------|

Mix melted butter and garlic powder in a small bowl. Brush over both sides of each slice of bread. Place on hot grill and cook on each side until the bread begins to show grill marks. Flip and continue grilling. Remove when the bread starts to get crunchy.

---

### 306. GRILLED GREEN BEANS

|                         |                                        |
|-------------------------|----------------------------------------|
| 1 lb Can of green beans | 3 ts Prepared mustard with Horseradish |
| 1 sm Onion, chopped     | 1 ts Salt                              |
| 2 Tomatoes, sliced      | 1 tb Brown sugar                       |
| 1/4 c Margarine         | 1/8 ts Pepper                          |

Drain green beans and place on large square of heavy duty foil. Put chopped onions and tomato slices over beans. Mix together remaining ingredients until well blended. Spoon over beans and fold foil tightly. Cook 30 to 35 minutes over medium hot coals.

---

### 307. GRILLED HERB-ROASTED CHICKEN

|                            |                                |
|----------------------------|--------------------------------|
| 1 chicken, fryer, whole    | 2 tsp pepper, black            |
| 1/2 cup olive oil, divided | 2 tsp thyme, dried             |
| 1 cup wine, white          | 1 tsp sage, rubbed             |
| 2 garlic cloves, crushed   | 1 tsp oregano, dried           |
| 1 lime, halved             | 1 tsp rosemary, dried, crushed |
| 1 rosemary, sprig, fresh   | 1 tsp fennel, seed             |
| 2 tsp salt                 | 1/4 tsp celery seed            |

Remove giblets and any excess fat from chicken. Marinade chicken for a couple of hours or overnight in a gallon ziplock with a marinade of 1/4 cup of the olive oil, the white wine, the lime halves, the rosemary sprig and the chopped garlic. Remove chicken from marinade, reserving marinade, and pat chicken dry with paper towels. Salt and pepper interior of chicken. Stuff chicken with the lime halves, rosemary sprig and garlic from the marinade. Truss chicken. Drizzle remaining 1/4 cup olive oil over chicken and rub it into the skin. Grind herbs and seasonings in a mortar until a coarse powder. Sprinkle herb mixture over chicken to coat evenly. Preheat grill (charcoal or gas is fine) to high. Place chicken on a spit, and place on the grill, about 6 or 8 inches above the heat source. Place a 5 by 8 or so foil tray under the chicken on the lower grill level to preclude flame-ups and put the reserved marinade in the tray. Lower heat to low. Cook, with cover closed, about three hours. Adjust heat as necessary to assure a crisp, brown skin. Add water or wine as necessary to the tray. Test with an instant meat thermometer and remove from heat when the temperature is about 160 to 170 degrees at the thigh. Let chicken rest about 15 minutes or so. Make a gravy or sauce from the drippings and wine in the tray.

---

### 308. GRILLED HOT & SWEET SAUSAGE SANDWICHES

2 French sandwich loaves  
1 medium yellow onion -- sliced thin  
1 Poblano pepper -- sliced thin  
1 yellow bell pepper -- sliced thickly  
1 red bell pepper -- sliced thin  
salt  
freshly ground black pepper  
4 pieces hot and sweet pork sausage -- 1/2 inch thick  
1/2 cup Horseradish Mustard (recipe follows)

Prepare a wood or charcoal grill, allow it to burn down to embers. Slice sandwich loaves in half and hollow out. Grill on each side, just long enough to get grill marks, reserve. In a mixing bowl combine peppers and onions, toss lightly in olive oil and season to taste with salt and pepper. Grill for 5 minutes or until done. Meanwhile slice sausages lengthwise and grill for 3 minutes on each side or until done. Spread loaves with Horseradish Mustard and top with sausages, grilled onion and peppers.

Horseradish Mustard:

1/2 cup whole grain mustard  
1/4 cup Dijon mustard  
1/8 cup freshly grated or prepared horseradish  
salt  
fresh ground black pepper

Combine all ingredients together and mix well. Season to taste with salt and pepper.

---

### 309. GRILLED MAPLE BARBECUED CHICKEN

3 tablespoons maple syrup  
3 tablespoons chili sauce  
1 tablespoon cider vinegar  
2 teaspoons Dijon mustard  
1 pound boneless skinless chicken thighs

Prepare barbecue (medium-high heat). Stir maple syrup, chili sauce, vinegar and mustard in small saucepan until well blended. Spray chicken with cooking spray, season with salt and pepper. Arrange chicken on barbecue. Grill until cooked through, turning occasionally and brushing generously with sauce, about 1/2 hour.

---

### 310. GRILLED MARINATED FLANK STEAK

|                                                  |                                               |
|--------------------------------------------------|-----------------------------------------------|
| 1 1/2 pounds flank steak or London broil         | 2 Tablespoons Worcestershire sauce            |
| Juice of one lemon                               | 1 large clove garlic, sliced                  |
| 1/2 cup soy sauce (we use lite soy sauce)        | freshly ground pepper to taste (we use a lot) |
| 1/4 cup or more dry red wine (white is fine too) | 3 chopped green onions (or chives)            |
| 3 Tablespoons vegetable oil                      |                                               |

Optional:  
chopped dill weed  
celery seed (I have used celery salt in the past also)

Mix all ingredients in the pan in which meat is to be marinated. Marinate meat for 2-12 hours in the refrigerator or cooler, turning occasionally. I often will put the meat in a zipper bag in a bowl, it makes turning easier. Broil meat over hot coals for 5 minutes per side for rare meat. Slice meat on the diagonal across the grain and serve (for flank steak).

---

### 311. GRILLED MARINATED VEGGIES

1 sliced yellow squash  
1 sliced zucchini  
1 sliced onion  
1 coarse-chopped red or green bell pepper  
8 oz sliced mushrooms  
Broccoli florets or chopped and peeled stems  
Italian or Fat Free Italian dressing to coat  
Salt and pepper to taste

Slice veggies 1/4" thick. Place in large sheet of heavy-duty aluminum foil. Sprinkle on Italian dressing, toss to coat. Add salt and pepper and a pat of butter or a drop of olive oil if you want. Fold foil into a packet. Place over medium-hot coals or grill rack, turning occasionally. Good with marinated chicken or venison.

---

### 312. GRILLED ORANGE EGG CUSTARD

1 Orange or Grapefruit  
1 large egg  
2 tb milk  
Sugar & cinnamon to taste

With the navel at the bottom, slice off the top of the orange & dig out all the pulp and fruit (to eat!!)... save the "orange cup"... in fact, serve oranges during dinner & get evryone to save their orange cups for this. Crack egg into a bowl with the milk, sugar & cinnamon and gently whisk it a little with a fork, but don't over mix, you want the lumps of smooth egg white when it's cooked. Place egg mixture in the orange cup & place them over a grilling stand over EMBERS (not the fire).. wait till egg looks cooked, but not hard. Eat! Yum!

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### 313. GRILLED PASTA SALAD

1 8 oz package of linguine  
4 medium tomatoes, chopped  
6 tablespoons olive oil  
1/2 cup fresh basil, chopped  
1 medium red bell pepper, quartered  
1 medium yellow summer squash, halved lengthwise  
1 medium onion, cut into 1/2 inch thick slices  
1/2 eggplant, cut into 1/2 inch thick slices  
4 oz goat cheese  
1 1/2 oz parmesan cheese  
2 cloves garlic, minced  
1/2 teaspoon salt  
1/2 teaspoon black pepper

Combine 2 tablespoons olive oil with garlic. Brush over bell pepper, squash, eggplant and onion pieces. Mix 4 tablespoons olive oil with salt and pepper. Add tomatoes and basil, Toss lightly. Grill pepper, squash, eggplant and onion on preheated grill. Cook for 8-12 minutes, turning frequently. Boil linguine. Remove vegetables from grill and chop coarsely. Add tomato mixture and goat cheese and toss. Mix together with linguine and sprinkle with parmesan cheese.

---

### 314. GRILLED PEANUT BUTTER SANDWICHES

jar of peanut butter  
bread (not too scrunched)  
butter or oil

Spread peanut butter on one piece of bread and put another slice on top to make a sandwich. Butter the outsides and cook on skillet till golden brown. Flip and do same to other side. Very good, but be careful... these are addicting! :)

NOTES: Can substitute cheese (Cheese Whiz works great!) for the grilled cheese enthusiasts.

---

### 315. GRILLED PORK STEAK PACKETS

|                                            |                                     |
|--------------------------------------------|-------------------------------------|
| 4 pork steaks                              | 1 Tbsp of seasoned salt             |
| heavy cooking foil                         | 1 16 oz. can green beans            |
| 4 large potatoes (peeled,washed and diced) | 1 16 oz can of golden mushroom soup |
| 1 Tbsp of garlic powder                    |                                     |

Cut foil to make a fold up package for the steak. Brown steak in skillet on both sides. Put each steak on foil, add together garlic powder and seasoned salt and sprinkle steak. Divide the potatoes and green beans equally in each of the 4 packages. Add 2 tablespoons of soup to each, fold up tight and put on low fire for 45 minutes. Serve.

---

### 316. GRILLED PORTOBELLO MUSHROOMS

4 portobello mushrooms  
1/2 cup red bell pepper, chopped  
1 clove garlic, minced  
4 tablespoons olive oil  
1/4 teaspoon onion powder  
1 teaspoon salt  
1/2 teaspoon ground black pepper

Preheat an outdoor grill for medium heat and lightly oil grate. Clean mushrooms and remove stems. In a large bowl, combine the red bell pepper, garlic, oil, onion powder, salt and ground black pepper and mix well. Spread mixture over the mushrooms. Grill over indirect heat, or to the side of the hot coals, for 15 to 20 minutes.

---

### 317. GRILLED POTATO HALVES

4 Cloves of garlic (chopped)  
1/4 ts Salt  
2 tb Olive oil  
2/3 ts Oregano  
3 ts Dried rosemary  
1/2 ts Paprika  
1/2 ts Black pepper  
4 Long russet potatoes (cut in half)

Combine all ingredients except potato. Let stand 1 hour. Boil potatoes for about 15 minutes. Brush the seasoned oil on top of the potatoes. Grill for about 15 minutes or until slightly charred. Don't cook over direct coals.

HINT: 1 or 2 mesquite chunks added to the coals gives a nice flavor.

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### 318. GRILLED POUND CAKE S'MORES

1 (10.75 oz) frozen pound cake -- thawed  
1 cup marshmallow cream  
1 cup (6oz) semisweet chocolate morsels  
Vanilla ice cream, softened -- optional

Slice cake horizontally into 3 layers. Place bottom layer on a large sheet of heavy-duty foil; spread with 1/2 cup marshmallow cream, and sprinkle with 1/2 the morsels. Repeat procedure, ending with third cake layer. Fold edges of foil to seal securely. Grill, without grill lid, over low heat (under 300 degrees) 7-20 minutes or until warm. Slice and serve immediately with ice cream, if desired.

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### 319. GRILLED SAUSAGE & SWEET MUSTARD TORTILLAS

1 lb Hot or sweet Italian sausage or Spanish choriza\*  
1 c Hearty red wine (such as Italian Barolo)  
9 8-inch flour or 6-inch corn tortillas  
Honey mustard\*\* or Dijon mustard

\*A fresh pork link sausage flavored with garlic and spices, and milder than Mexican chorizo. Spanish chorizo is available at Spanish markets.

Place sausage in single layer in 9-inch skillet. Pour wine over sausage. Bring to boil. Reduce heat, cover partially and simmer until sausages are cooked through, turning frequently, about 12 minutes. Remove sausage from pan and cool slightly. Discard liquid. (Can be prepared 1 day ahead. Cover tightly and refrigerate. Bring to room temperature before continuing.)

Prepare barbecue (medium-high heat). Cut sausages into 1/2-inch slices. Thread slices on long metal skewers, using 3 to 4 skewers. Cut tortillas into quarters and wrap in foil. Place tortillas on side of grill to heat through. Grill sausage until heated through and charred on all sides, about 5 minutes. Remove sausage from skewers and place in serving bowl. Serve sausage with tortillas and mustard.

---

### 320. GRILLED SHRIMP

1 pound medium sized shrimp  
3-4 tablespoons olive oil  
2 tablespoons "Old Bay Seasoning"

Peel and devein shrimp, leaving on the tails. Place all ingredients in a zip lock bag and shake well. This can marinate 5 minutes or several hours. Place shrimp on a "grill pan" (with holes so that the shrimp do not fall in between grates on the grill) and grill medium high for several minutes. Very spicy. Serves 2.

---



### 321. GRILLED STUFFED PEPPERS

|                          |                          |
|--------------------------|--------------------------|
| 2 cans stewed tomatoes   | 1/2 tsp pepper           |
| 2 cups pre-cooked rice   | 1 medium onion, minced   |
| 4 cans roast beef spread | 2 cloves garlic, minced  |
| 1 cup catsup             | 8 medium green peppers   |
| 1/2 cups water           | heavy duty aluminum foil |
| 1 tsp salt               |                          |

In a medium pot, mix together tomatoes, rice, roast beef spread, catsup, water, salt, and pepper. Saute onions and garlic in olive oil and add to mixture. Cut thin slice from stem end of each green pepper. Remove all seeds and membranes. Wash inside and outside. Lightly stuff each pepper with rice mixture and place on square of heavy duty aluminum foil. Wrap securely and cook over medium hot coals 30 minutes. Turn once.

---

### 322. GRILLED STUFFED PORK CHOPS

|                                    |                          |
|------------------------------------|--------------------------|
| 4 porkchops, at least 1 inch thick | Cajun seasoning to taste |
| salt and pepper to taste           |                          |

#### Stuffing:

|                                                   |                                             |
|---------------------------------------------------|---------------------------------------------|
| 1/2 loaf of French bread (cut into 1 inch pieces) | 1 pint of mushrooms (finely chopped)        |
| 1/2 stick of butter                               | 1 egg (beaten well)                         |
| 1 onion (finley chopped)                          | 1-2 cups of chicken broth (or water)        |
| 1 bell pepper (finely chopped)                    | 2 Tablespoon finely chopped parsley         |
| 1 stick of celery (finely chopped)                | Salt, Pepper, and Cajun seasoning to taste. |

First cut a pocket in the chops. Season with the salt & pepper & Cajun spice. Next melt your butter in a skillet and sauté your onion, bell pepper, celery and mushrooms until limp. Then mix the vegetables in the bread pieces, along with the beaten egg, parsley. Next add some of the broth until you get a moist bread mixture (it may not take all the broth). Next season with the salt, pepper, and Cajun spice to taste. Preheat your grill and grill the chops until they are done and the meat is white. Around 10-15 minutes per side.

---

### 323. GRILLED TERIYAKI CHICKEN

|                                            |                                 |
|--------------------------------------------|---------------------------------|
| 4 skinless, boneless chicken breast halves | 2 teaspoons minced fresh garlic |
| 1 cup teriyaki sauce                       | 2 teaspoons sesame oil          |
| 1/4 cup lemon juice                        |                                 |

To Marinate: Place chicken, teriyaki sauce, lemon juice, garlic and sesame oil in a large, resealable plastic bag. Seal bag and shake to coat. Place in refrigerator or cooler for 24 hours, turning every so often. Preheat grill for medium high heat and lightly oil grate. Remove chicken from bag, discarding any remaining marinade, and grill for 6 to 8 minutes each side, or until juices run clear when pierced with a fork.

---

### 324. GRILLED TROUT WITH LEMON BUTTER

|                                             |                                    |
|---------------------------------------------|------------------------------------|
| 4 to 6 gutted and cleaned whole small trout | 2 tbsp margarine or butter, melted |
| salt                                        | 1/2 tsp grated lemon peel          |
| pepper                                      | 1 tbsp lemon juice                 |
| vegetable oil                               | 1/2 tsp Worcestershire sauce       |

Sprinkle trout cavities with salt and pepper. Brush skin with oil. Prepare lemon butter; mix margarine, lemon peel, lemon juice and Worcestershire sauce together. Brush grill with vegetable oil. Grill fish 3 to 4 inches from medium coals, brushing with lemon butter frequently and turning once; cook until fish flakes easily with fork, about 17 minutes on each side. Serve with remaining lemon butter.

---

### 325. GRINDERS

|                              |                  |
|------------------------------|------------------|
| 1/2 pound chopped bologna    | 6 chopped olives |
| 1 cup grated American cheese | Butter           |
| 3 Tablespoons mayonnaise     | 6 buns           |
| 1/3 cup pickle relish        |                  |

Butter buns. Mix rest together and heap on buns. Wrap each in heavy foil. Seal. Heat on hot coals for 5 minutes each side.

---

### 326. GROG SOUP

1 Large Pot  
1 Large Ladle  
Several different kinds of soup

Have each person bring a can of soup. I would advise not using fish. Some people are allergic to it. Mix all the different cans of soup in the large pot and place on the campfire till soup is heated. Soup will taste different every time, but is always good. Obviously, this works best for a group outing.

---

### 327. HAM A LA RAMEN

|                                           |                              |
|-------------------------------------------|------------------------------|
| 1-2 packages Ramen (oriental noodle soup) | 1 5 ounce can of ham         |
| 1/2 cup dried peas                        | red pepper flakes (optional) |
| parmesan cheese                           |                              |

Cook the Ramen noodles (without flavor pack) along with the dried peas. Drain cooked noodles. Top with ham. Add parmesan cheese and red pepper flakes to taste.

---

### 328. HAM & WAFFLE KABOBS

24 frozen miniature round waffles (or cut 6 regular-sized round or square waffles into quarters)  
24 (3/4 inch) pre-cooked ham cubes (8 oz.) or brown & serve sausage links cut in half  
1/2 cup maple syrup

Heat grill. Separate waffles. Alternately thread 6 waffles and 6 ham cubes (or sausage pieces) onto each of four 12 to 14 inch metal skewers. When ready to grill, place kabobs on grill over medium heat, on charcoal grill 4 to 6 inches from medium coals, or on campfire grill over medium heat. Cook 4 to 6 minutes or until waffles are lightly browned, turning once. Serve kabobs with syrup.

---

### 329. HAMBURGER BARBECUE

|                                        |                              |
|----------------------------------------|------------------------------|
| 1 c. catsup                            | 2 1/2 lb. ground beef        |
| 2 Tbsp. Vinegar                        | 8 hamburger rolls            |
| 2 Tbsp. prepared mustard               | 1/2 c. water                 |
| 2 Tbsp. Butter                         | 2 Tbsp. Worcestershire sauce |
| 1 c. chopped onion                     | 2 Tbsp. sugar                |
| 1/2 tsp. monosodium glutamate (Accent) | 2 tsp. salt                  |
| 1/2 tsp. pepper                        |                              |

Combine catsup, vinegar, water, Worcestershire sauce, mustard and sugar in a pint jar and shake. This is handy sauce to just keep on hand in the refrigerator or take along camping. Heat butter and onion in skillet. Stir in meat and remaining seasonings. Cook until meat is brown and onions transparent. Drain off excess fat. Add sauce and simmer gently about 15 minutes. Spoon onto hamburger rolls. Serves 8.

---

### 330. HAMBURGER SURPRISE

|                   |                        |
|-------------------|------------------------|
| 8 oz. ground beef | garlic salt and pepper |
| 1 large carrot    | olive oil              |
| 1 medium potato   | Worcestershire sauce   |
| 1 medium onion    | tin foil               |

Make out hamburger patties on tin foil. Cut up potato, carrots and onions on patties. Add garlic salt, pepper and Worcestershire sauce to taste. Sprinkle with olive oil. Wrap in tin foil. Cook 10 minutes on each side on hot coals.

---

### 331. HAMBURGERLESS HELPER

A box of hamburger helper  
Can of beans (any type)

Prepare as directed, except substitute beans for meat. This makes a nutritious low fat meal while camping. You don't have to worry about meat spoiling, and it is a one pot meal! Kids love it too!

---

### 332. HEARTY CAMP BRUNCH

1 box Betty Crocker hash brown mix  
2 tablespoons oil  
6 eggs (or equivalent freeze dried)  
8 slices Canadian bacon

Add oil and then potato mix to skillet. Allow to cook without stirring. When the mix is brown on bottom flip the whole potato mixture. Add bacon and then eggs on top of potatoes. Cover and cook on low heat until the potatoes are brown and the eggs are cooked to your liking. Sprinkle with a few dashes of hot sauce if desired, and serve.

NOTE: You can also add onion and green pepper. Sprinkled cheese over the top is good as well.

---

### 333. HEAVENLY HASH

2 c rice  
4+ c water  
1 pk onion soup mix  
1 can kernel corn  
1 can Spam, or other canned meat

Put the rice, onion soup mix and the water in a pan (use a little more than 4 cups to make up for the soup mix). Do not add any salt to the water; there is enough in the soup mix. When the rice starts to boil, cover and let simmer for 15 minutes. While the rice is simmering, cut up the Spam. After the rice is done, add the corn and Spam. Feel free to add any other leftovers from previous meals (e.g., bacon, sausage, peas, etc.).

---

### 334. HIKING APPLE SALAD

1 apple  
crunchy peanut butter  
raisins  
chocolate chips  
sunflower seeds

Remove the core from the apple. Stuff with peanut butter and any of the ingredients listed above. A great take-along treat!

---

### 335. HILLBILLY FISH WRAP

I'm sure that just about everyone has a version of this recipe, but I really like the way that the salad dressing steams the vegetables and adds a whole lot of taste to the mix. The big thing on this recipe is experiment. You can't really go wrong on this one.

fresh catch of the day  
1 small onion  
2 potatoes  
2 carrots  
zucchini or squash (optional)  
salt and pepper  
salad dressing

Gut and scale your fish, but otherwise leave it whole. Wrap fish, vegetables, and spices in a heavy duty foil wrap. Place a liberal amount of salad dressing on fish and vegetables. Italian is best, but Ranch, Raspberry, or some other favorite will work also - experiment. Close the foil tightly so as to keep steam in during cooking. Place on medium heat grill or near coals of campfire. Cook gently until potatoes and carrots are cooked the way you like them. The hardest part is judging the heat needed so that things don't burn, but end up being cooked. Remember the salad dressing will steam the vegetables. Servings: 2.

VARIATION: Prepare recipe as above (with or without vegetables and lightly season fish as desired - butter, Italian dressing, or basil/dill are great), but stuff Gardetto's Snack Mix into body cavity of fish before wrapping it up... the Gardetto's turns into a spiced stuffing mix!!

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### 336. HOBO BURGERS

The amount of ingredients used depends on how many campers you are cooking for.

#### INGREDIENTS:

Head of cabbage  
Hamburger patties  
Cut-up potatoes  
Baby carrots  
Onions  
Whatever other ingredients you would like to add  
Season to your own tastes

Also need aluminum foil

Start with large squares of aluminum foil. Size depends on how many ingredients each camper wants in his/her Hobo burger. Line the center of the foil with some cabbage leaves. On top of cabbage leaves, add hamburger patty, potatoes, carrots, onions, etc., seasoning to individual tastes. On top of all this, lay a few more cabbage leaves (the cabbage leaves prevent the ingredients from burning in the foil). Seal foil around all and place directly in coals, cooking for 10-15 minutes per side. When done, the cooked cabbage can also be eaten along with all the rest of the goodies!

---

### 337. HOBO HAM DINNER

1 sweet potato  
4 ham slices  
2 slices of favorite cheese  
butter  
brown sugar

This makes 4 dinners. For each, lay out a 12" square of foil. Lay ham on foil and top with 1/4 of the sweet potato which has been sliced very thin. Sprinkle with cheese, a small pat of butter and brown sugar. Add 1 T water and wrap tightly. Place on grid over a low fire for 10 to 15 minutes.

---

### 338. HOBO STEW

1 lb ground beef  
2 cans Veg-All mixed vegetables  
1 (8 oz) can tomato sauce  
1 can tomato soup  
1 small onion, diced  
1 soup can and 1 tomato sauce can of water  
salt and pepper to taste

Brown the beef and onion in a large skillet. Add all other ingredients stir and simmer for 10 minutes. Hot, hearty, filling, and quick after a day of swimming, fishing and hiking.

---

### 339. HOMEMADE GRANOLA

4 c Rolled oats  
1/4 c Sesame Seeds  
2 tb Light Sesame oil  
1 ts Ground Cinnamon  
1/2 c Wheat Germ  
1/4 c Shelled Peanuts (or soybeans)  
1/4 c Honey  
1/2 ts Grated Nutmeg or Cardamon  
Raisins, grated coconut, nuts, or dried fruit (optional)

Preheat oven to 350 F. Toast the oats, wheat germ, seeds, and legumes lightly on a baking sheet for 5-10 minutes, until slightly browned. Remove and cool. Heat the honey and oil together in a small pan; drizzle it over the dry mixture. Sprinkle with cinnamon or cardamon. Return the mixture to the baking sheet and heat in the oven for 5 minutes. Stir or turn. Bake for a few minutes more, until crispy but not too browned. Remove and cool. Add raisins, nuts, or dried fruit if desired. This is GREAT to take along on camping or hiking trips!

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### 340. HONEY BARBECUED RIBS

4 lbs. pork spareribs  
1 pouch Campbell's dry onion soup mix  
3/4 cup ketchup  
3/4 cup water  
1/3 cup honey  
1/2 teaspoon pepper  
1/4 teaspoon garlic powder or 2 cloves minced

Cut ribs into 2 or 3 rib portions. Place ribs in 6 qt dutch oven and cover with cold water. Heat to boiling over high heat. Reduce to low heat, cover, and cook 45 minutes. Drain. In 1 qt saucepan, combine soup mix, ketchup, water, honey, pepper, & garlic powder. Heat to boiling, reduce to low, cook 5 minutes, stirring occasionally. To grill, arrange ribs on rack directly over medium coals. Grill, uncovered 30 minutes, turning often and brushing with sauce. Makes 4 servings.

---

### 341. HONEY GRANOLA BARS

1 1/4 cups quick-cooking oats  
1/4 cup whole wheat flour  
1/4 cup toasted wheat germ  
1/4 cup honey -- Plus 2 tablespoons honey  
1/3 cup raisins - or chopped dried apricots

Combine the oats, flour, wheat germ, and cinnamon, and stir to mix well. Add the honey, and stir until the mixture is moist and crumbly. Fold in the raisins or apricots. Coat an 8" square pan with nonstick cooking spray. Pat the mixture into the pan, and bake at 300 for 18-20 minutes, or until lightly browned. Cool to room temperature, cut into bars, and serve. Great to take along on camping or backpacking trips!!

---

### 342. HONEY-MUSTARD GRILLED CHICKEN SANDWICHES

1/3 cup honey  
1 tablespoon sliced green onions  
1/2 teaspoon dried tarragon  
3 tablespoons Dijon mustard  
4 boned and skinned chicken breast halves  
4 lettuce leaves  
4 slices tomato  
1 avocado, pitted, cut into slices  
4 kaiser rolls, split

Heat grill. In small saucepan, combine honey, onion, tarragon and mustard; blend well. Bring to a boil. Reduce heat to low; simmer about 5 minutes or until slightly thickened. When ready to grill, place chicken on gas grill over med heat or on charcoal grill 4-6" from med coals. Cook 15-18 minutes or until chicken is fork-tender and juices run clear, turning once and brushing occasionally with mustard mixture. Layer lettuce, chicken, tomato and avocado slices in each roll. We like this with a slice of Swiss or Monterey Jack cheese too.

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### 343. HONEY MUSTARD MARINADE FOR CHICKEN

1 cup Dijon mustard  
1 cup red wine vinegar  
3/4 cups olive oil  
1/4 cups honey  
1 clove garlic, minced  
2 tbs soy sauce

Mix in small pot. Marinate chicken overnight in cooler in double gallon zip-lock bags. Grill chicken over coals.

---

### 344. HOPI INDIAN FRY BREAD

2 cups flour  
1/2 cup nonfat dry milk  
1 tbs. baking powder  
3/4 teaspoon salt  
3/4 cup lukewarm water

In camp ignite about 15-20 charcoal briquets and arrange in a pile in your fire pan. Let burn until they are covered with ash (about 20 minutes) and put on the oil. Meanwhile, stir and knead dough on floured board - cover and let stand for 15 minutes. Cut up into 8 sections - flatten out to 2 inches thick. Melt crisco or comparable vegetable oil in a dutch oven so there is about 2 inches depth of oil. Then drop sections of dough into the hot oil to fry about 2 minutes or until done. It's like cooking donut holes. Roll in cinnamon and sugar and pig out.

---

### 345. HOT HAM & CHEESE SANDWICHES

3 hard-boiled eggs, chopped  
4 stalks celery, diced finely  
1/2 c. grated onion  
1/2 c. grated Velveeta cheese  
1 lb. chipped ham (canned is fine)  
2 T. sugar  
2 tsp. vinegar  
3/4 c. Italian salad dressing  
1 doz. sandwich buns

Mix all ingredients together. Spread on buns. Wrap each sandwich in foil and place on grill or hot coals. Turn frequently until toasted. Makes 12 sandwiches.

---

### 346. HOT ROCK CHICKEN

This is a easy recipe that you can start and forget about for several hours. This is how it's done, and yes, it may sound rather primitive!

Find three good sized rocks about the size of a softball, and place them in the campfire to get hot. Sometimes you get a rock that will crack when heated so it is wise to place a couple of extras in to heat, just in case. Oh yes, by the way, the rocks have to get VERY, VERY HOT!!!!!!! While the rocks are getting hot, take a whole chicken and clean inside and out, then rub it down with salt and pepper to taste. Stuff 2 whole celery sticks and 1 whole onion into the chicken. After the rocks are HOT, take a pair of BBQ tongs and stuff one of the rocks into the chicken with the celery and onion. Place the chicken on a large sheet of tinfoil and take the other two rocks and place one under each wing. Now wrap the chicken in tinfoil, and the more, the better. Remember, if you don't use enough the rocks may burn through and/or you will lose too much heat to cook the bird. Then take wet newspaper and wrap it around the tinfoil. Also make sure you wrap at least 10 layers of newspaper around it, although 20 or more is best. This will hold the heat of the rocks in extremely well. And your done!!!!!! The heat of the rocks will cook the chicken in about 3 hours, giving you time to go fishing, for a walk, or take a nap! :)

---

### 347. HOT & SPICY RIBS

|                                                             |                       |
|-------------------------------------------------------------|-----------------------|
| 4 lb Beef chuck short ribs with bone (or 2 1/2 lbs without) | 1/4 c Molasses        |
| 1/3 c Onion; chopped                                        | 1 t Ground red pepper |
| 1 cl Garlic; minced                                         | 1 t Chili powder      |
| 1 T Oil                                                     | 2 t Hot pepper sauce  |
| 1 1/2 c Catsup                                              | 1/2 t Mustard; dry    |
| 1/3 c Vinegar                                               |                       |

Trim fat from meat. Cut ribs into serving size pieces. Place ribs in a dutch oven; add enough water to cover the ribs. Bring to boiling. Reduce heat and simmer, covered, about 1 1/2 hours or until meat is tender. Drain ribs. Meanwhile, for sauce, in medium saucepan cook onion and garlic in hot oil until tender but not brown. Stir in catsup, vinegar, molasses, red pepper, chili powder, hot pepper sauce and dry mustard. Bring to boiling. Reduce heat and simmer, uncovered, for 15 minutes, stirring occasionally. Preheat gas or charcoal grill (or place a grilling grate over your campfire). Adjust heat for indirect cooking. Place precooked ribs on grill over medium heat. Brush with sauce. Cover and grill for 15 minutes, turning once halfway through and brushing frequently with sauce. Pass any remaining sauce.

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### 348. HOTDOGS JUBILEE

1 can cherry pie filling  
1 package hotdogs, cut into chunks

Heat the pie filling over a campfire and stir in the hotdogs. Believe it or not, it makes a delicious sweet and sour hotdog dish!

---

### 349. HUNTER'S STEW

|                                                                      |                                       |
|----------------------------------------------------------------------|---------------------------------------|
| 7 Lbs. Extra lean ground beef (Or any of the following may be tried) | Diced lamb                            |
| Diced boneless pork chops                                            | Diced cooked boneless chicken breasts |
| Ground pork breakfast sausage                                        | Diced cooked turkey breast            |
| Diced cooked ham                                                     |                                       |
| 4 large diced potatoes                                               | 1 can lima beans, drained             |
| 4 cans tomato puree                                                  | 3 large onions, diced                 |
| 5 cans tomato sauce                                                  | 3 cloves garlic, finely diced         |
| 1 can whole kernel corn, drained                                     | 3 Tbsp vegetable oil                  |
| 1 can green beans, drained                                           | 3 Tbsp worcestershire sauce           |
| 1 can peas, drained                                                  | 3 Tbsp chili powder                   |
| 1 can diced carrots, drained                                         |                                       |

Brown the ground beef. Drain the fat from the ground beef. Put the ground beef in a good-sized pot. Add remaining ingredients and mix well. Put on fire or camp stove and bring to a slight boil. Simmer for 10-15 minutes. Ready to serve.

NOTE: This is good on eggs for breakfast if there is any left over.

---

### 350. HUSH PUPPIES

|                      |                         |
|----------------------|-------------------------|
| 2 cups Corn Meal     | 1/2 cup dry milk        |
| 1 tsp. Salt          | 1 cup water             |
| 2 tsp. baking powder | 1 tbs. dry onion flakes |

Shape the above ingredients into patties. Fry in bacon fat in a cast iron skillet. Brown on both sides. These hush puppies go real good with some freshly caught fish while you are camping!

---

### 351. JACK DANIEL'S FLANK STEAK

|                                            |                               |
|--------------------------------------------|-------------------------------|
| 1 1/2 lb flank steak, about 1/2 inch thick | 1/4 cup Jack Daniel's whiskey |
| 1 cove garlic, minced                      | 2 tablespoons butter          |
| 2 teaspoons dry mustard                    | salt and pepper to taste      |

With a sharp knife score the flank steak, about 1/8 inch deep, making a diamond pattern. Mix garlic, mustard and whiskey together. Place steak and marinade in a resealable bag and refrigerate (or place in cooler) overnight. Remove steak from refrigerator (or cooler) and preheat grill. Grill about 3-5 minutes per side brushing with butter periodically. Slice into strips, across the grain and serve.

---

### 352. JACK DANIEL'S GRILLED CHUCK ROAST

|                             |                           |
|-----------------------------|---------------------------|
| 1/3 c Jack Daniel's Whiskey | 1 tb worcestershire sauce |
| 1/2 c brown sugar           | 1 t lemon juice           |
| 1/3 c soy sauce             | 1/8 ts garlic powder      |
| 1/3 c water                 | 1 chuck roast (2-3 lb)    |

Combine whiskey, brown sugar, soy sauce, water, Worcestershire sauce, lemon juice and garlic powder; mix well. Place roast into a plastic bag; add marinade and seal. Place in a dish; refrigerate or place in cooler overnight, turning occasionally. Grill over medium coals (with Jack Daniel's Barrel Chips, soaked in water--if you can find them), about 20 to 25 minutes per side for medium. Baste occasionally with marinade. To serve, cut into thin slices. Serves 4 to 6.

---

### 353. JALAPENO CHEESE ROLLS

You need a 12 inch Dutch oven for these rolls.

|                                                     |                                                               |
|-----------------------------------------------------|---------------------------------------------------------------|
| 4-5 Cups flour                                      | 1 cup hot water (115 degrees)                                 |
| 1/2 cup grated sharp cheddar cheese                 | 1 heaping Tbs. active dry yeast                               |
| 1/4 cup minced jalapeños (or more if you like them) | 2 Tbs. corn oil plus 2 Tbs. more for the bowl used for rising |
| 1/2 cup sugar plus 1 Tbs. for the yeast             | 2 lightly beaten eggs                                         |
| 3/4 tsp. salt                                       |                                                               |

In a large bowl, combine 4 cups flour, cheese, jalapeños, 1/2 cup sugar, and salt. Set aside. In another bowl, combine the water, yeast, and 1 Tbs. sugar. Stir until the yeast dissolves and wait about ten minutes for the yeast to foam up. Add the oil and the eggs to the yeast mixture and stir. Make a crater in the middle of the flour mixture and pour in 1/2 of the yeast mixture. Mix this with your hands to moisten the flour as much as you can. Pour in the rest of the liquid mixture and mix until flour is totally incorporated. Place on a lightly floured surface and knead until smooth and elastic, about 10 minutes. Place the ball in a bowl that has been oiled and roll the ball around until it too, is oiled. Cover it with a dry heavy towel and put in a warm place until it doubles in size, about one hour.

Punch the dough down and pinch off enough to make 1 1/2 inch balls. Roll each ball until smooth and arrange snugly in a warm, oiled Dutch oven. Put the lid on and let rise again. You can put 1 or 2 coals on the lid to keep the oven warm if it is cold. Bake about one hour, with four (3 and 1 in the middle) evenly spaced coals underneath, six coals around the lower outside edge, and 16-18 around the rim of the lid. Turn the oven and then the lid a bit every 15 minutes to distribute the heat better. Makes 10-12 rolls.

---



### 354. JUICY LIME CHICKEN

2 boneless chicken breasts  
1 bottle Tequila Lime sauce  
1 lime, sliced

Put each chicken breast on a square of aluminum foil. Generously apply lime sauce, covering both sides of the chicken. Place about 4 lime slices on top of each chicken breast. The sauce will prevent the chicken from burning to the foil. Double wrap in foil, place on coals. Cook roughly 30 minutes, depending on thickness of chicken, turning over every 7 minutes or so. After cooking, squeeze cooked lime slices over chicken. If desired, add more sauce. Enjoy! Serves 2.

NOTE: This is good to prepare with campfire potatoes cooked in foil, as you can season potatoes with leftover lime sauce.

---

### 355. KETTLE DOGS

8-10 Hot Dogs  
1 (12 oz) can Chili Beans  
1 pkg Chili Seasonings  
1 (16 oz) jar Mild or Hot Chunky Salsa (as chunky as you can find is best)  
Water

Best when cooked in a kettle suspended on a tripod over a campfire.... Add everything (including the juice from the chili bean can) except the water. Add water to the desired thickness you want. Let it slowly cook until you can't stand how good it smells anymore. I usually will allow it to simmer over a low campfire for 1 1/2 - 2 hours.

---

### 356. KETTLE-COOKED HAM & POTATOES

Best when cooked over an open fire in a kettle hanging on a tripod...

1 lb Picnic Ham (chunked) - (turkey ham is ok, but not as good)  
6 Potatoes (4 chunked - 2 mashed)  
1 Onion (chunked)  
2 Stalks Celery (chunked)  
Milk  
Water  
Salt  
Pepper  
Garlic Powder

You have 4 choices to start with.....

- 1) Substitute canned whole potatoes for fresh
- 2) Pre-boil the potatoes at home before going camping
- 3) Use a regular campstove to boil the potatoes
- 4) Have a hot enough fire going to boil the potatoes in the kettle (this is the one I usually do, but I'm really into the outdoor cooking thing....)

Once you figure out which one you are going to do, put mashed potatoes, ham, and enough milk to make it paste-like. Add 1 more cup milk. Add the rest of the potatoes, onion, and celery. Slowly cook until all the veggies are soft. Season to taste during this time. You may need to add water while it is slowly cooking to keep the texture you desire (milk works as well). This should serve between 4-6 adults. If you need to serve more than this, just figure for every 2 additional people, just add 3 more potatoes (2 cubed, 1 mashed). The other veggies are up to your taste.

NOTE: Chunked means that the veggies don't have to be chopped in equal chunks. The whole idea is to make this meal look and taste homemade.

---

### 357. KIELBASA WITH CHEESY VEGETABLES

|                                                                  |                                            |
|------------------------------------------------------------------|--------------------------------------------|
| 4 sheets (12x18-inches each) foil                                | 2 cups frozen country style potato wedges  |
| 1 small red onion, cut in thin wedges                            | 2 cups frozen mixed vegetables             |
| 1 pound kielbasa smoked sausage, cut in 1/2-inch diagonal slices | 1 cup Cheddar cheese sauce (or Cheez Whiz) |

Preheat grill to medium-high. Center one-fourth of onion on each sheet of foil. Place sausage, potatoes and vegetables on top of onions; spoon cheese sauce over top. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Grill 13 to 15 minutes in covered grill. Serves 4.

---

### 358. LEMON CHICKEN

For best results use boneless/skinless chicken breasts. Use as many as needed for your folks!!! We put 2 in each pack! 1 pack usually per person!

Fresh lemons, slice thinly (unless you REALLY like lemons!!)  
Crushed Garlic  
Italian Seasoning  
A smigion of Real Butter per pack (Spread LIGHTLY on tinfoil)

Take a piece of tinfoil - shiny side IN - place 4 lemon slices - to make a square. Lay 2 breasts, side by side, each on 2 of the lemon slices. Sprinkle breasts with Italian seasoning and crushed garlic. If you are a true lemon lover, place 2 more slices on top of each breast (or 1 will work also). Pull sides of tinfoil up and roll the sides together back down and then roll the ends in. Place the packs right onto your hot coals!! This works great on a grill, or even an open campfire! Cook for about 40 minutes, turning about every 10 minutes. If you see the packs start to puff up, turn 1 more time and they should be done in about 10 minutes.

---

### 359. LEMON PEPPER LAKE TROUT

|                             |                         |
|-----------------------------|-------------------------|
| 1 freshly-caught lake trout | some butter             |
| 1 lemon                     | some lemon pepper spice |
| 1 onion                     |                         |

Gut and remove the head of the trout. Place as many onion and lemon halves as the cavity will hold. Add some butter, and don't be shy with the lemon pepper. Wrap in foil with a tight seal. Cook over coals on the fire grate until the fish is done, which may take 20-30 minutes. Be careful when you flip it over not to tear the foil or you will feed a grease fire for awhile and have a drier fish to eat. The skin should stick to the foil. Remove the top half of fish from the ribs and backbone, followed by the entire backbone and ribs, with the other half of the boneless fish waiting for you when you want second helpings.

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### 360. LOW-FAT BREAKFAST CASSEROLE

|                                                     |                                                                |
|-----------------------------------------------------|----------------------------------------------------------------|
| 2 cartons Egg Substitute (approx. 10 oz. each)      | 1-2 tsp. dry mustard                                           |
| 1 can evaporated milk (low fat or fat free)         | Any vegetables like onions or mushrooms (sauteed with sausage) |
| Low fat sausage (such as Jimmy Dean's 50% less fat) | salt and pepper to taste                                       |
| 6-7 slices bread (any kind)                         | dash or two of cayenne pepper                                  |
| 1 - 1 1/2 cup Low fat shredded cheddar cheese       |                                                                |

Spray a 9x13 pan with Pam or brush with melted butter (for camping I use the Glad Oven Ware pans that are disposable). Tear bread up into small pieces and put in bottom of pan. Cook sausage, breaking it up while cooking it and put on top of bread in bottom of pan. In a bowl, mix eggs with milk and spices and cheese. Pour over bread and sausage. Cover and leave in refrigerator or ice chest for 24 hours.

This can be cooked in a camper oven, on a camping stove, or on a barbeque (Careful if using plastic oven ware, it can melt). If cooked in an oven, cook on 350 degree for 40-50 minutes. If cooked on barbeque or camp stove, just keep checking and cook until eggs appear done all the way through, especially in the middle of casserole. This recipe is great tasting and can be made at home before you go camping!

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### 361. MACARONI SALAD

|                              |                            |
|------------------------------|----------------------------|
| 16 ounce box macaroni elbows | 2 cups mayo                |
| 1 small onion                | 1/2 cup sugar              |
| 4 lrg eggs                   | 2 Tbsp mustard             |
| 1 cup celery                 | 2 Tbsp apple cider vinegar |

Cook the macaroni, drain and set aside. Boil and dice the eggs. Slice the celery and onion and set aside. Mix other ingredients in a bowl, then combine the total ingredients together. Refrigerate for 2 hours before serving.

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### 362. MARGARITA BEEF

|                                         |                         |
|-----------------------------------------|-------------------------|
| 1 1/2 lbs beef, top round, 1" thick     | 1 teaspoon salt         |
| 2/3 cup frozen orange juice concentrate | 1 teaspoon oregano      |
| 1/2 cup tequila                         | 1/4 teaspoon red pepper |
| 1/3 cup lime juice, fresh               | 1 1/2 cups salsa        |
| 2 tablespoons olive oil                 | fresh cilantro          |
| 2 tablespoons ginger, chopped           | lime wedges             |
| 2 cloves garlic, crushed                |                         |

Combine orange juice concentrate, tequila, lime juice, oil, ginger, garlic, salt, oregano and red pepper. Place steak in a plastic bag; add marinade, turning to coat. Close bag securely and marinate in refrigerator or cooler 4 hours or overnight, as desired. Prepare Salsa (recipes below). Remove the steak from the marinade; discard marinade. Place steak on grill over medium coals. (Test about 4 inches above coals for medium with 4 second hand count.) Grill 22 to 26 minutes for medium rare (150 deg F) to medium (160 deg F) doneness, turning once. Remove steak to carving board; let stand 10 minutes. Carve steak crosswise into thin slices; arrange on serving platter. Garnish with cilantro and lime. Serve with Salsa.

Mild Salsa Recipe: Combine all ingredients in a non-metallic bowl and refrigerate a least one hour.

2 oranges, peeled and cut into 1/2 inch pieces  
1 small red or white onion, chopped fine  
1 Jalapeno chile, seeded and finely chopped  
1/4 cup coriander, fresh (cilantro), chopped  
2-3 tablespoons fresh lime juice  
2 tablespoons olive oil  
1/2 teaspoon salt  
1/2 teaspoon oregano leaves, dried

Spicy Salsa Recipe: Mix it all together - let it sit for a 1/2 hour.

2 oranges, peeled and cut into 1/2 inch pieces  
1 small red or white onion, chopped fine  
2 or more (to your heat level liking) minced Habaneros  
1/4 cup chopped cilantro leaves, no stems  
3 tablespoons fresh lime juice  
2 teaspoons olive oil  
1/2 teaspoon dried Mexican oregano  
1/4 teaspoon salt, optional

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### 363. MARINADE FOR PORK CHOPS

|                      |                     |
|----------------------|---------------------|
| 5oz serrano chilies  | 2 tbs mustard seed  |
| 2 tbs rosemary       | 1/4 cups lime juice |
| 2 tbs basil          | 2 tbs orange juice  |
| 2 tbs thyme          | 2 tsp salt          |
| 2 tbs parsley flakes | 2 tbs white vinegar |

At home, puree all ingredients in blender. At camp, place chops in double gallon zip-lock with marinade and let set in cooler overnight. Grill chops on coals.

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### 364. MARINADE TO DIE FOR

1/3 cup steak sauce  
1/2 cup packed brown sugar  
1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage (7-Up, Sprite, etc.)  
1/2 cup butter, melted  
4 tablespoons red wine vinegar  
1/4 teaspoon onion powder  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper

In a medium bowl, combine the steak sauce, brown sugar, lemon-lime soda, butter, vinegar, onion powder, garlic powder, salt and ground black pepper. Mix together well and use on your favorite meat - perfect for pork and chicken.

---

### 365. MARINATED GRILLED VEGGIES

2 medium eggplants  
or 4 portabello mushrooms  
or 4 medium zucchini squash  
or a 2 lb medley of mixed vegetables (broccoli, cauliflower, carrots, etc.)  
1 recipe Veggie Marinade (see below)

Soak wood chips in water (preferably mesquite). Preheat grill so that fired rocks are hot or coals are ready. Marinate vegetables 15 minutes in Veggie Marinade. Wrap vegetables in heavy-duty aluminum foil pierced by a few tiny holes and fire on hot, open grill 10-15 minutes per side. Serves 4.

Eggplant: Halve lengthwise, make deep perpendicular cuts into flat side, spread and spoon marinade into cuts. Fire cut-side up first, 15 -17 minutes per side.

Portabello: Remove stems, place upside down and spoon marinade into gills of mushroom Fire upside down first, 10-12 minutes per side.

Zucchini: Halve lengthwise, make deep perpendicular cuts into flat side, spread and spoon marinade into cuts. Fire cut-side up first, 8-10 minutes per side.

Veggie Marinade:

|                            |                       |
|----------------------------|-----------------------|
| 1/4 cup soy sauce          | 1/2 tsp garlic powder |
| 1/4 cup olive oil          | 1/2 tsp cumin         |
| 1/4 cup vinegar (balsamic) | 1/2 tsp thyme         |
| 1/4 cup red wine or beer   | 1/2 tsp dry mustard   |

---

### 366. MEATBALL SOUP

1 32 ounce package frozen meatballs  
4 14-1/2 ounce cans of beef broth  
2 cups water  
1-2 cups fresh chopped spinach  
1-1/2 cups Orzo (macaroni product)  
1 medium onion, copped  
salt and pepper to taste, or add your favorite spices: pinch of oregano, garlic, paprika, etc.  
parmesan cheese

Mix ingredients together, except spinach, in a large sauce pan and bring to a boil. Reduce heat and cook for 15 minutes, then add the spinach and cook for 5 more minutes. Add parmesan cheese and serve. Servings: 4 - 8

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### 367. MEATBALL SUBS

4 sheets (12x18-inches each) foil  
1 package (16 oz. or approximately 32) frozen Italian-flavored meatballs  
1 jar (27.75 oz.) chunky spaghetti sauce  
4 sub or hoagie-style rolls  
1 cup shredded Mozzarella cheese

Preheat grill to medium-high. Center one-fourth of meatballs on each sheet of foil. Top with spaghetti sauce. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Grill 10 to 12 minutes in covered grill. Serve meatballs and sauce in sub rolls. Sprinkle with cheese before serving. Number of Servings: 4

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### 368. MEATLOAF PACKET

1.5 lbs ground beef  
3/4 c. Oatmeal (instant or regular)  
1 egg  
1 bell pepper  
1 packet onion soup mix  
1/4 tsp. Mustard powder (optional)

Roll out foil (I use about 2 feet, the person who taught me this used a lot more). Put the ground beef on the foil. Make a "well" in the middle of the beef to act as a bowl to contain the other ingredients. Put the ingredients in the "well". Fold over the sides of the meat and knead the ingredients together (kids love to do this!). Shape the mixture into a loaf, fold the foil over it and set it in the embers of the fire to cook for about an hour.

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### 369. MEATY AU GRATIN POTATOES

1 can Corned Beef Or 2 Cans Tuna Or Similar Meat  
2 Boxes Au Gratin Potatoes  
6 c Water  
1/2 c Dry Milk Powder  
1/4 c Margarine Or Oil  
1 medium Pot For Heating Water  
1 large Pot For Potatoes  
1 Stirring Spoon

Put the corned beef or tuna on the bottom of the large pot. Open the potato packages and layer the potatoes on top of the meat. Sprinkle the cheese powder over the potatoes. Put the oil or margarine on the potatoes. Heat the water to near boiling in the medium pot and add the dry milk. Pour the hot liquid over the dry potatoes and put the pot on a moderate fire to simmer gently for 40 minutes. This arrangement should result in a slightly liquid mixture. Turn the pot from time to time if it is being kept at the edge of the fire to assure it heat all the way around. The oil or margarine is to keep the liquid from foaming. A smaller quantity or none can be used, but more care to keep the liquid from boiling over must be made. Good served with something that will sop up the extra juices.

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### 370. MEXICAN SPOON BREAD

1 17-oz can cream corn  
1-1/4 cup corn meal  
3/4 cup whole milk  
3/4 cup all purpose flour  
1/2 cup melted shortening  
1 tsp salt  
2 eggs, slightly beaten  
1 tsp baking powder  
1/4 cup chopped onion  
1 tsp sugar  
2 cup grated cheddar cheese  
1/2 tsp soda  
1 4-oz can green chili

Prepare a 10 or 12-inch dutch oven by greasing sides and bottom, then coat lightly with flour. Mix corn, milk, melted shortening, beaten eggs and onion in large bowl. In separate bowl, mix corn meal, flour, salt baking powder, sugar and soda. Stir the dry ingredient mixture into the corn mixture to make a batter. Drain and chop the chilis and mix with cheese in the bowl that formerly contained the dry mixture. Pour half of the batter into the dutch oven. Sprinkle with half the chili and cheese mixture. Add the remaining batter and top with the remaining chili and cheese mixture. Cover with lid and cook with 15 coals on top and 9 underneath. After about 20 minutes remove from bottom heat. Finish baking with top heat only for another five to ten minutes. Serve warm. Serves 8.

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### 371. MEXI-ROLLS

|                                       |                               |
|---------------------------------------|-------------------------------|
| 1/2 lb Pre-Cooked Ground Beef         | 1 pkg Flour Taco Shells       |
| 1/2 lb Pre-Cooked Ground Pork Sausage | 1 pkg Aluminum Foil           |
| 12-16 oz Hot Or Mild Chunky Salsa     | 1 can Non-Stick Cooking Spray |
| 1 pkg Shredded CoJack Cheese          |                               |

Cut foil into squares big enough to roll 1 mexi-roll. Place 1 foil square dull side up and spray it with the non-stick cooking spray. Lay 1 flour taco shell on a plate. Put some beef, sausage, salsa, and cheese in on the flour taco shell. Roll the flour taco shell into a tube. Fold the 2 ends and place the shell with the seam and folds side down. Roll the foil around the shell and seal. Place it on hot coals for no more than 3-4 minutes per side (times will vary depending on how hot your coals are). Be careful when eating as the cheese will be very hot. Serve with a side of sour cream or ranch dressing. For variation, you can add just about anything that you feel would taste good with this ... mushrooms, hot peppers, black olives, different kinds of cheeses, cut-up chicken, shrimp, etc.....

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### 372. MINI CAMPFIRE PIES

Mini graham cracker pie crusts (4 in pkg)  
3 ripe bananas  
Mini resses peanut butter cups  
Mini marshmallows

Put mini pie crusts in a 9x13 metal pan, layer pie crust with 3-4 banana slices. Put 2-3 mini peanut butter cups on top of bananas, top with several mini marshmallows. Cover 9x13 pan with aluminum foil and put on grate (tri-pod) over campfire for 10-15 minutes. These make a wonderful dessert!!

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### 373. MINI MEAT LOAVES WITH BEANS

|                                   |                             |
|-----------------------------------|-----------------------------|
| 1/4 c. dry bread crumbs           | 1 can of pork and beans     |
| 1/4 c. evaporated milk            | 1/3 c. catsup               |
| 1 t. salt                         | 1 T. vinegar                |
| 3/4 lb. ground beef               | 1/2 t. Worcestershire sauce |
| 1/4 lb. ground lean pork          | 1/4 t. chili powder         |
| 1 T. chopped onions (or to taste) | 1 T. chopped onions         |

Mix bread crumbs, milk and salt. Add beef, pork and onion; mix well. Shape into 4 individual oblong loaves and place on large squares of aluminum foil. Combine last 5 ingredients for barbecue sauce and mix with pork and beans, then pour bean mixture over loaves. Bake 45 minutes in hot coals. You can skip the foil and put into a cast iron dutch oven and put into hot coals, or cook over open flame.

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### 374. MINI PIZZAS

One or two packages of english muffins (2 muffins per person = 4 mini pizzas)  
Squeeze bottle of pizza sauce  
Package of shredded pizza cheeses  
Package or two of pepperoni slices (four or five slices per pizza)

Heat grill on camp stove and coat with a light amount of squeeze parkay or cooking oil. Cut english muffins in half and lightly grill inside surfaces. Turn muffin halves over; add pizza sauce, pepperoni and shredded cheese. Leave on grill until cheese is melted and then serve.

NOTES: Ground beef, sausage or Canadian bacon could also be used if used early in the trip. This is especially popular with kids and teenagers. The grill I use is big enough to cover both burners on my Coleman stove. This makes preparing this meal fast and everyone eats at the same time.

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### 375. MISSISSIPPI PULLED PORK (WITH SANDWICH SLAW)

2 lb Boston Butt/Pork Roast  
2 lb Beef Roast  
1 Diced Onion  
1 Tbls Chili Powder  
2 Tbls Garlic Salt  
2 Tbls Pepper  
1 Tbls Celery Salt  
1 Tbls Paprika  
1/2 Cup Apple Cider Vinegar  
1/2 Cup Bottled BBQ Sauce  
1/2 Cup Prepared Mustard  
1/2 Cup Ketchup  
1/4 Cup Lemon Juice  
1/4 Cup Honey or Maple Syrup  
2 Tbls Hot Sauce

Boil the meat for 2 hours or until tender, reserving liquid. Cool; tear/pull the meat. Return the meat to just enough liquid to moisten. Combine remaining ingredients and add to meat; simmer for 2 hours, adding more reserved liquid as needed to keep moist. Serve on a bun with a dollop of Sandwich Slaw atop the pulled pork, if desired (recipe below).

#### Sandwich Slaw:

2 cups shredded cabbage  
2 tablespoons minced onion  
2 tablespoons white vinegar  
2 tablespoons mayonnaise  
1 clove garlic, minced  
2 teaspoons sugar  
1 teaspoon ground black pepper  
1/2 teaspoon salt

Mix all ingredients together and refrigerate for about an hour. Place a generous portion on each pulled pork sandwich.

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### 376. MOCK BANANA CREAM PIE

#### Ingredients and supplies:

1 large box instant banana pudding  
1 small box vanilla wafers  
milk  
1 c. non-dairy whipped topping, frozen and then thawed (who can keep anything frozen while camping??)  
spoons  
disposable cups (paper is good, but if you can afford the clear plastic ones, the dessert looks "pretty" in those!)  
2 gallon size zip lock bag  
1 c. measuring cup (for measuring the milk)

In one of the gallon zip lock bags pour about a dozen vanilla wafers (more or less to taste...the wafers are going to be your "crust"). Seal up zip lock bag tightly and with your hands or some other hard sturdy object, crush the vanilla wafers. Be careful not to tear holes in the bag.

Pour contents of instant banana pudding in zip lock bag, add milk per directions on pudding box. Seal up zip lock bag tightly and shake bag until pudding is set up.

When pudding is set up, spoon vanilla wafer crumbs into bottom of paper cups, enough to form a small layer. Spoon a layer of pudding on top of the wafers, then a layer of non-dairy whipped topping, then a layer of wafers, layer of pudding, layer of topping. Ta-dum! Banana cream pie! It's delicious! You can also add banana slices if you'd like. Mmmm, mmm good!

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### 377. MOJO WEDGIE FRIES

2 potatoes  
butter  
salt  
ground black pepper  
Lawry's seasoned salt  
Tabasco sauce  
taco seasoning (not needed, but adds lots of flavor)  
garlic salt (or chopped garlic)  
Aluminum foil  
(You can also add vegetables, if desired)

Take a large piece of aluminum foil, and spread butter on it. Cut the potatoes in medium-thin diagonal strips. Place the potato pieces on the aluminum foil and then add some melted (doesn't have to be) butter to the top of the potatoes and sprinkle on your salt, ground pepper, Lawry's seasoned salt, taco seasoning, garlic salt, and 2-4 dashes of Tabasco sauce... then if you wish, add your vegetables. Wrap it all up and throw on the fire, turning it occasionally to prevent it from burning. Cook for about 30 to 45 minutes or until potatoes are fully cooked. Enjoy!

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### 378. MONTEREY JACK SALSA BURGERS

|                                       |                  |
|---------------------------------------|------------------|
| 3 lb. ground beef                     | 1/2 tsp salt     |
| 2 cans chopped green chilies, drained | 1 jar salsa      |
| 1 cup Monterey Jack cheese            | 8 hamburger buns |
| 1 tsp red pepper                      |                  |

Mix ingredients together except salsa. Shape into 8 patties and grill on hot coals until desired doneness. Serve on buns. Top with salsa.

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### 379. MUSTARD BEEF TENDERLOIN

4 beef tenderloin filets  
3 tablespoons Dijon mustard  
3 tablespoons white vinegar  
1 1/2 tablespoons olive oil  
1 tablespoon pineapple juice  
1 tablespoon dried tarragon  
1/4 teaspoon black pepper

Mix together mustard, vinegar, olive oil, pineapple juice, tarragon and pepper. Simmer in a saucepan until evenly heated. Keep warm. Preheat grill. Lightly pound filets with kitchen mallet and sprinkle with salt and pepper. Place on grill and cook about 4 minutes on each side or until desired doneness. Remove from grill. Place about 2 tablespoons of mustard mixture on a plate and place filet onto of sauce.

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### 380. NO BAKE CAMPING COOKIES #1

2 cups of sugar  
3 Tbsp. cocoa  
1 stick butter  
1/2 cup milk  
1 tsp. vanilla  
3 cups oatmeal  
1/2 cup creamy peanut butter

Mix sugar and cocoa in a pan. Add butter and milk. Bring to a boil. Boil 2 minutes while stirring constantly. Remove from heat. Add vanilla and peanut butter. Stir. Put mixture in a bowl containing the oatmeal. Mix the oats into the mixture until they are coated. Drop by spoonfuls onto aluminum foil. Let cool. For a variation, use crunchy peanut butter.

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### 381. NO BAKE CAMPING COOKIES #2

1/2 cup butter, softened  
2/3 cup white sugar  
3 tablespoons unsweetened cocoa powder  
1 tablespoon strong brewed coffee  
1/2 teaspoon vanilla extract  
1 3/4 cups rolled oats  
1/3 cup confectioners' sugar for decoration

Cream together butter or margarine, sugar, cocoa, coffee and vanilla. Add oats and mix well. Roll into 36 balls about 1 inch in diameter. Dip balls into confectioners' sugar. Set on wax paper.

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### 382. NO BAKE CAMPING COOKIES #3

1 1/2 C quick oats  
1/4 C instant chocolate drink mix  
1/3 C sugar  
2 T powdered dry milk  
1/4 T salt

Heat 1/4 C water and 2 T margarine to a boil. Quickly stir in the dry ingredients. Add 2 T peanut butter, shape in walnut sized balls, then flatten in sugar or your favorite granola. Makes 12 cookies.

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### 383. NO BAKE CANDIES

1/2 cup butter or margarine  
2 cups sugar  
1/2 cup water  
2 tablespoons cocoa  
1/2 cup peanut butter  
3 cups oatmeal or 1 cup coconut  
wax paper

Mix sugar, butter, water, and cocoa together. Boil mixture for 30 seconds. Remove from fire and add peanut butter and oatmeal or coconut. Drop on wax paper and let harden.

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### 384. NO FUSS BRISKET

Great for the weekend camper! Prepare the brisket before you leave, wrap well in foil and secure in a sealable plastic bag, and then throw it in the cooler. When you're ready to cook, just remove the plastic bag (leaving the foil on) and cook on the grill!

1 brisket  
1/2 t cayenne pepper  
1/2 t salt  
1/2 t black pepper  
mustard  
sliced onions  
4 cloves garlic

Mix cayenne, salt and pepper and rub well on the brisket. Squeeze on some mustard, top with sliced onions and 4 cloves of garlic; wrap well in foil and secure in a sealable plastic bag. When ready to cook, remove the plastic bag and make sure you have a lot of coals (or wood). Slow cook for about 4-6 hours depending on the size (30 minutes per pound is a good guide). When done, slice and serve with flour tortillas and salsa. Quick clean up too!

---

### 385. NUTTY OATMEAL

1/2 cup oatmeal (Quick oats)  
1/4 cup Carnation low fat powdered milk  
1/3 cup raisins  
1/3 cup mixed nuts (chopped walnuts & sliced almonds)  
a dash of shelled sunflower seeds (unsalted is best)  
1 tablespoon of brown sugar

Mix ingredients thoroughly in a bowl and pour contents into a baggy. When ready to eat breakfast all you have to do is dump contents from the baggy into a pot and add 2 cups boiling water. Let contents sit for two minutes, then serve.

NOTES: You can also add dehydrated fruit, like apples and peaches. This is very filling and much tastier than instant Oatmeal packets. This recipe serves about 2 people, but I like to add about a 1/4 cup of oats to make sure.

---

### 386. "ON THE COALS" SCALLOPED POTATOES

Sliced and peeled Potatoes  
Sliced onions  
Stick of butter  
Salt and pepper  
Heavy weight foil

Peel and slice potatoes and onions. Place in large square of heavy duty foil. Liberally sprinkle with salt and pepper. Cut up butter in medium size pieces and dot across top of potato mixture. Fold up foil ends and seal tightly. Prick top of foil lightly to allow steam to escape. Place foil package in low coals or embers. Do not put on open flame. Cook for approximately 25-40 minutes. Test potatoes before serving. Time may vary to due amounts of potatoes used.

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### 387. "ON THE ROAD AGAIN" HOTDOGS

These hotdogs are cooked under the hood of your vehicle on the way to or from your campsite!!

10 Hotdogs  
American cheese, sliced into hotdog-length fingers  
10 slices Bacon

At home or on the road, cut a deep slit in each hotdog and stuff with fingers of cheese. Then wrap on the diagonal, like an old bias-ply tire, with the bacon. Seal individually in foil. Stuff foil-wrapped hotdogs into tight spots in your vehicle's engine compartment where they'll receive the most heat from the motor and won't fall out when you drive. They should be done after about a 45 minute drive, or when the cheese is melted and bacon is somewhat crisp!

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### 388. ONE-EYED JACK SANDWICH

1 slice Bread  
1 Egg  
2 Tb Butter  
Salt  
Pepper  
1 slice Cheese (optional)

Remove a 2 inch circle from the center of the bread slice. Melt butter in fry pan over medium heat. Place bread slice into the pan. Break egg into the hole in the bread slice, reduce heat and season with salt and pepper. Cook until bread is golden brown. Turn bread and egg over, top with cheese slice (if desired), and cook until egg is the desired doneness.

---

### 389. ONE POT PASTA

|                                          |                                                 |
|------------------------------------------|-------------------------------------------------|
| 4 cups water                             | 1 (2.4ounce) package tomato-with-basil soup mix |
| 2 cups tortellini                        | 1 teaspoon oregano, dried                       |
| 2 tablespoons dried, minced onion        | 1 teaspoon dried minced garlic                  |
| 2 tablespoons crushed, red pepper flakes | 1/2 cup grated Parmesan cheese                  |
| 1/2 teaspoon salt                        | 3/4 teaspoon ground red pepper                  |

Boil 4 cups water in a Dutch oven. Add pasta, onion, red pepper flakes, and salt. Let cook for 10 minutes (or until tender). Add soup mix, oregano, and garlic. Let cook for 5 minutes. Stir in cheese and ground red pepper.

---

### 390. ONION CHEESE ROLLS

|                                                 |                                                                      |
|-------------------------------------------------|----------------------------------------------------------------------|
| 1½ Tbs. yeast in 1 cup warm water (115 degrees) | 1 medium red onion, chopped fine                                     |
| ¼ cup sugar                                     | 4 cups flour                                                         |
| 1 tsp. Salt                                     | 12 oz. package of the sharpest cheddar cheese you can find, shredded |
| 1 Tbs. vegetable oil                            | Can of vegetable cooking oil spray (Pam)                             |
| 2 eggs, lightly beaten                          | 1 egg white, add yolk to the other eggs                              |
|                                                 | 2 Tbs. poppy seeds (or sesame seeds)                                 |

Mix water, sugar and yeast and let sit for about ten minutes until it foams up. Add salt, oil and 2 lightly beaten eggs. Stir lightly and swirl around the bowl. Add two cups of flour and mix well. Add two more cups of flour, one cup at a time, until you have a soft dough. Knead until the dough is well formed. Let rise until double in size. Mix onions with cheese and set aside. After a few minutes drain the onion juice. Roll dough out to ¼ inch thick. Spray lightly with Pam and spread with onion and cheese mix. Roll up the same way as you would for cinnamon rolls. Cut into triangles like this... VVVVVVVVVVVV

Line 12 inch Dutch Oven with heavy aluminum foil and spray with Pam. Arrange rolls in a circle, almost touching, tips in. Let rise again until double. Brush tops with egg white or butter and sprinkle with poppy or sesame seeds. Bake at 350 degrees for about 35 minutes. Use about 4-5 coals on the bottom and 20+ on top. Rotate the lid every fifteen minutes to avoid hot spots. After 30 minutes check the rolls for browning. Remember to pull the coals from the bottom about 2/3 the way through. When the rolls begin to brown on top watch closely, pulling the briquettes when they are golden brown. Leave the rolls in the Dutch oven for about five minutes after the heat is removed. The trick to this recipe is to avoid bottom heat, concentrating instead on top and side heat. Makes 10-12 rolls.

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### 391. OPEN KETTLE STEW

This works best if you have a tripod and a medium kettle to hang over the campfire (can also be prepared on a standard camping stove as well using a standard saucepan).

1 To 1 1/2 lb Stew Beef (cubed)  
3 Potatoes (chunked)\*  
3 Carrots (chunked)\*  
1 Onion (chunked)\*  
3 Celery Stalks (chunked)\*  
2 Tomatoes (chunked)\*  
1 Green Pepper (chunked)\*  
1 Yellow Pepper (chunked)\* - (may substitute colored pepper with green pepper)  
1 Red Pepper (chunked)\* - (may substitute colored pepper with green pepper)  
4-6 Mushrooms (chunked)\*  
Turnip Greens (chopped) - Between 1/2 To A Full Handful (optional)  
Water  
Seasoning (salt, pepper, garlic powder, etc...)

\* Chunked means that you don't have to chop the veggies equally as the whole effect of this stew is to taste and look homemade. Also I didn't define the size of veggies to use as this all depends on how many people you are going to feed. I usually use medium to large sized veggies.

Place stew beef in kettle and cover with just enough water to cook the beef (too much water at this time will increase the amount of time it takes to cook the beef). Once the beef is "just pink" on the inside, add all the veggies to the kettle. Add

more water to the kettle (see note above about using too much water at this time). Allow everything to cook while adding your favorite seasonings (salt, pepper, garlic, and bay leaf is recommended). By adding small amounts of seasoning during the course of the final cooking process allows you to tailor it to your own tastes, plus it helps you to remember to stir the kettle from time to time. You may wish to add more water as it cooks off. I generally use as little water as possible to keep the stew thick, but it's all up to your taste. Once everything is cooked, just grab a bowl and a spoon and enjoy.

NOTE: This stew is meant to be cooked "all day" over an open fire. I will usually start it around 1:00 pm and let it slowly cook all afternoon, stirring it "from time to time".

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### 392. ORANGE CUP CAKES

1 Box Jiffy yellow cake mix -- (8 oz.)  
6 Large thick-skinned oranges  
Water  
Tinfoil (heavy)

Slice 2 inches in diameter from oranges and save. Remove orange from shell being careful not to damage shell. Prepare cake mix per instructions and add some or all of the pulp if desired. Fill each orange shell half full of cake mix. Replace top and wrap in foil. Bake in hot coals or on grill about 20 minutes, turning often. I use this as a breakfast treat when camping. We eat the oranges out of the shell with a spoon. When the cakes are done you may eat them with a spoon or peel your orange and have a hot orange cake.

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### 393. ORANGE CUP CINNAMON ROLLS

4 Oranges  
1 Can of biscuits  
Cinnamon  
Powdered Sugar  
Little bit of milk

Cut 1/3 of the orange off and scrape pulp from the insides of both pieces. Take 1 biscuit and mash out. Sprinkle a little powdered sugar and cinnamon and layer with another biscuit and repeat. Usually takes 2 or 3 biscuits. Roll up the layered biscuits and put into the hollowed orange. Add about a tablespoon of powdered sugar on top and a teaspoon of milk. Replace top and wrap in tin foil. Place in coals of campfire for about 30 minutes. Remove, unwrap, pull top off and out pops a delicious cinnamon roll with a hint of orange flavor!

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### 394. ORANGE CUP EGGS

Cut an orange in half. Scoop it out completely and eat the orange. Leave the rinds or whatever they're called. It should look like a small round bowl. Crack an egg and put it in the orange. Throw it on some coals and scramble or fry it. As soon as it turns white its ready. Delicious breakfast.

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### 395. ORANGE CUP GINGERBREAD

Six or seven oranges  
Your favorite gingerbread mix

Hollow out the oranges from the top making sure that you do not cut a hole in the orange (other than the top). Fill the orange halfway to the top with gingerbread batter. Wrap the orange in aluminum foil loosely. Place the aluminum foiled oranges in the coals of the campfire and allow to cook for approximately 12 minutes or so. Test them to see if the gingerbread is done. If not, place back in the coals and cook a few more minutes. Enjoy!

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### 396. ORIENTAL GRILLED CHICKEN SANDWICHES

1/2 cup orange juice  
2 tablespoons honey  
2 tablespoons soy sauce  
1 teaspoon lemon-pepper seasoning  
1 teaspoon ground ginger  
1/2 teaspoon garlic powder  
2 boneless skinless chicken breast halves  
Sandwich rolls & toppings

In a small bowl, combine and mix first six ingredients. Set aside 1/4 cup for basting. Put chicken and the rest of mixture into a resealable plastic bag. Put in fridge or cooler overnight. Next day drain & discard the mixture. Grill chicken over medium heat. Baste several times with reserved marinade. Serve on rolls with your favorites - lettuce, tomato, etc.

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### 397. PANCAKE TOAST

Pancake Mix Complete - 1 Cup per 4 People  
White Bread, 2 slices per person  
Syrup of Choice  
Butter  
Cinnamon

Mix Pancake mix with water until completely mixed and "slightly" watery. Spray pan or griddle with non-stick cooking spray. Dip White bread into mix to cover both sides, not too long or the bread will begin to fall apart. Place on griddle or fry pan until each side is of desired brown-ness. Serve with butter, syrup and cinnamon, or jam of choice.

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### 398. PAPER BAG BACON & EGGS

Two strips bacon (thick)  
one paper bag  
one egg  
one stick

Cut bacon strips in two, place at the bottom of the paper bag, covering the bottom. It is important that you have thick strips of bacon as thin ones will stick and adhere to the paper bag when cooked. Crack egg and put in paper bag on top of the bacon. Fold the bag's side down 4 times and poke stick through from one side to the other, and slide stick through. So that the bag is hanging on the end of the stick. Hold over charcoal and watch the grease from the bacon protect the bag and cook the meal. After the meal has completed cooking, place bag on table and slice open as the bag now becomes the plate, for easy clean-up.

---

### 399. PASTA SALAD

|                                       |                                                           |
|---------------------------------------|-----------------------------------------------------------|
| 1 (16 ounce) package fusilli pasta    | 1/2 cup chopped fresh parsley                             |
| 2 (2 ounce) cans sliced black olives  | 1 (.7 ounce) package dry Italian-style salad dressing mix |
| 1-1/2 cups frozen petite peas, thawed | 1 cup mayonnaise                                          |
| 1 cup cubed Genoa salami              | 1 cup sour cream                                          |
| 1/2 cup chopped green onions          | 1/4 cup milk                                              |
| 3/4 cup chopped celery                |                                                           |

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain. In medium bowl combine mayonnaise, sour cream, milk and Italian dressing mix. Whisk together until smooth, set aside. In large salad bowl combine cooked and cooled pasta, peas, green onions, celery and parsley. Add dressing last and mix. (You may want to reserve about 1/2 cup of the dressing) Let sit over night in fridge or cooler (pasta will soak up dressing). Stir before serving. Add extra dressing if pasta appears dry.

---

#### 400. PASTA & SWISS CHEESE STUFFED RED PEPPERS

|                             |                                            |
|-----------------------------|--------------------------------------------|
| 1 Small onion               | 2-4 servings of pre-cooked sea shell pasta |
| 1 cup evaporated milk       | 2-4 red peppers                            |
| 1/2 cup grated Swiss cheese | Tin foil                                   |

This recipe is very easy to prepare, especially if you pre-cook your pasta at home before leaving on your trip, and store in ziplock bags or plastic containers with a little olive oil to avoid clumping - this will save time cooking and cleaning when on site! When complete, you will have a dinner that looks and tastes spectacular!

At the campsite: Evenly cut the tops off of the peppers, keeping the tops to work as lids when the peppers are stuffed. Chop the onion into very small pieces and grate the Swiss cheese. In a bowl, mix the pre-cooked sea shell pasta with the evaporated milk, onion and Swiss cheese. Scoop the pasta mix into the red peppers. Add the pepper tops back on top, making a lid for the pepper cups. Put a sheet of tin foil over the campfire cooking rack, and place the peppers over the fire. Cook the peppers for 10-20 minutes depending on the heat of the fire. If available, dribble a little olive oil over the covered peppers. When ready, simply remove the pepper tops and enjoy! Eat right out of the peppers or cut the peppers open and mix in with the pasta.

---

#### 401. PEACH COBBLER

At home - Combine the following ingredients in zip-loc bag #1:

|                 |                |
|-----------------|----------------|
| 2 cups bisquick | 2/3 cups sugar |
|-----------------|----------------|

At home - Combine the following ingredients in zip-loc bag #2:

|                   |                     |
|-------------------|---------------------|
| 1 1/2 cups sugar  | 1/4 tsp. ginger     |
| 1/2 tsp. Cinnamon | 4 tbsps. cornstarch |

At camp - Ignite 25-30 charcoal briquets in a firepan piled up and let burn until they are barely covered with ash (about 20 minutes). Peel 1 peach per person (in season), or use canned peaches off-season. Mix contents of bag #2 with 2 cups water in a dutch oven. Bring to a boil. Stir to dissolve sugar and thicken the syrup. Place peaches into the mixture and bring to a boil again. Mix bag #1 with enough water to make a sticky dough. About 3/4 cup water. Squeeze dough onto hot peaches in dutch oven. Cover with the lid. Place dutch oven on 5-6 hot charcoal briquets and about 15 briquets on top of the lid. Don't peek, and bake 20 minutes. Blow ash off lid before carefully lifting the lid to check doneness. Enjoy!

---

#### 402. PEACH HOT TODDY

40 oz (1 bottle) Dole Pure & Light Orchard Peach Juice  
1/4 c Brown sugar (packed)  
2 Cinnamon sticks  
2 tb Butter/margarine  
1/2 c Peach schnapps (optional)  
Additional cinnamon sticks as garnish.

Combine the juice, brown sugar, cinnamon sticks, & butter/margarine in a dutch oven or covered saucepan and heat to a boil. Remove from heat and discard the cinnamon sticks, add the schnapps, (if desired) garnish with a peach slice and cinnamon stick, and serve.

---

#### 403. PEANUT BUTTER S'MORES

2 packages chocolate covered peanut butter cups -- 1.6 ounces  
8 graham cracker squares  
4 large marshmallows

Place 1 peanut butter cup on each of 4 crackers. Spear marshmallows on long fork or clean stick; toast over campfire coals or over grill on low heat. Place one toasted marshmallow on top of each peanut butter cup; top each with cracker. Press together and hold for a few seconds to melt chocolate. Makes 4 S'mores.

---

#### 404. PEPPER STEAK ON A STICK

|                                            |                                  |
|--------------------------------------------|----------------------------------|
| 1½ to 2 pounds skirt steak, trimmed        | 1 - tablespoon dry mustard       |
| ½ - cup red wine vinegar                   | 1 - teaspoon salt                |
| ½ - cup white grape or apple juice         | 1 - cup olive oil                |
| ¼ - cup onion, finely chopped              | 6 - small-medium bulb onions     |
| 1 - tablespoons rubbed dried sage          | 2 - bell peppers, quartered      |
| 1 - tablespoon freshly ground black pepper | 6 - long metal or wooden skewers |
| 1 - tablespoon ground coriander            |                                  |

Preheat grill to medium heat. Into a glass bowl, place the steak. In another bowl, combine the wine vinegar, juice, chopped onion, sage, pepper, coriander, dry mustard, salt, and olive oil. Pour over the steak and turn to coat with marinade. Keep back ½ cup marinade to brush on steak while cooking. Cover, place in refrigerator (or ice chest) and marinate at least 1 hour.

Remove steak from marinade, cut into 6 portions. Throw out marinade except for ½ cup you kept back. If you are using wooden skewers, soak in water for about 15 minutes before using. Thread meat onto long skewers, weaving meat around bulb onions and quartered peppers. Grill 12 to 15 minutes, turning to cook all sides. Brush meat with reserved marinade as it cooks. Makes 6 servings.

NOTES: Place the unused ½ cup marinade in a small container and close. Then place the container in ice chest. Wrap the portioned steak in plastic wrap. Then place the wrapped steak in a plastic container and shut tight. Place the container in an ice chest. At the campsite, all you need to do is get the grill ready and cook.

---

#### 405. PIE IRON PIES

You will need:

|                                                                           |                     |
|---------------------------------------------------------------------------|---------------------|
| Pie Irons - normally 2 or 3 Pie Irons will keep your group happy and fed. | Butter or margarine |
| 1 can of Pie Filling, Cherry, Blueberry, Apple, etc.                      | Powdered Sugar      |
| 2 slices of white bread per pie                                           |                     |

Butter one side of each slice of bread; place one slice (buttered side down) on the Pie Iron. Drop a tablespoon or 2 of pie filling in the center of the bread. Take the 2nd slice of buttered bread and lay it on the pie filling (buttered side up), so when the Pie Iron is closed the buttered side touches the Pie Iron. Cut the crust off of the bread. Close the Pie Iron and secure. Place Pie Iron in the campfire making sure the pie doesn't burn. It will take about 10 minutes to brown. You may open the Pie Iron slightly to check brownness. Sprinkle with powdered sugar. Yummy!!

---

#### 406. PIE IRON PIZZAS

|                          |                          |
|--------------------------|--------------------------|
| 1 lb Wheat bread         | Pizza or spaghetti sauce |
| Butter                   | Pepperoni                |
| 1/4 lb Mozzarella cheese |                          |

Take two slices of bread and butter one side of each. Take one slice of bread and place it (butter side down) onto pie iron. Top with 1- 1/2 tablespoons pizza sauce, Mozzarella cheese and sliced pepperoni. Place the other slice of bread on top (butter side up). Close pie iron and secure. Place pie iron into coals of fire. Cook until bread is toasted, about 10 minutes or so.

---

#### 407. PIG IN A POT

|                                        |                                                            |
|----------------------------------------|------------------------------------------------------------|
| 1 five pound pork butt, bone in or out | Olive Oil                                                  |
| 1 large onion                          | Peppercorns                                                |
| 6 cloves of garlic                     | 2 bottles of dark beer                                     |
| 1 large bell pepper                    | Banana Leaves                                              |
| 1 (small) bunch of cilantro            | (you can find banana leaves at any oriental grocery store) |
| Kosher salt                            | 1 cup of good Chardonnay                                   |

Preparation: Do this at home, prior to leaving on your trip. Mince/grind all the veggies, add salt to taste. Poke holes in the pork butt, stuff veggie mixture into holes and rub them all over the pork. Put it into a gallon size zip lock bag and pour in the wine. Add a little more salt, zip the bag, and let it marinate in the fridge for at least a day or two before your trip.

Cooking: At the site, wipe down each leaf and crack 8 peppercorns and sprinkle it on the pork. Wrap pork in leaves, use as many as you need, and then place the pork in a dutch oven and pour in marinade and 1/2 cup of water. Place hot coals under the oven and on the lid and then cook it for about 1 hour. Then, pour in one beer (keep the coals hot!) and cook it for another hour. Then, pour in the last beer, cook for another hour to 45 minutes. Beer should caramelize and make rich broth that can be used as gravy.

NOTE: If you aren't going to cook it on the first day of camping, then after it marinates for a day or so, freeze it.

---

#### 408. PIGS IN BLANKETS

|                      |                                                                         |
|----------------------|-------------------------------------------------------------------------|
| 4 Cups Flour         | 6 Tbsp shortening                                                       |
| 2 Tbsp baking powder | Water or milk for desired consistency                                   |
| 1 tsp salt           | 24 link pork sausages (or canned vienna sausages, little polskies, etc) |
| 3 Tbsp sugar         |                                                                         |

Mix dough as for biscuits. Pinch off small pieces of dough and flatten into strips or elongated patties. Wrap each sausage link (which has been seared in a hot skillet) in a strip of dough. Knead the sides of the dough together so that the sausage is completely covered. Wrap in foil and cook for 15 minutes in campfire embers.

---

#### 409. PINEAPPLE PEPPER BEANS

|                         |                               |
|-------------------------|-------------------------------|
| 28 oz. can Pork & Beans | 1/2 cup brown sugar           |
| 1 bell pepper, chopped  | 8 oz. can of pineapple pieces |
| 1 small onion, chopped  | 4-8 oz. summer sausage        |
| 1 tomato, chopped       | garlic powder                 |

Preheat Dutch oven and lid over fire. Chop pepper, onion and tomato. Cut sausage lengthwise, then slice into thin pieces. Pour beans in Dutch oven, add tomatoes, onion, peppers, sausage, pineapple and brown sugar. Stir well to dissolve sugar. Sprinkle on a bit of garlic powder and stir. Place over medium heat and add coals to top. Bring beans to gentle bubble and let cook 45 minutes to an hour, stirring occasionally to avoid sticking. If heat on bottom is too hot, sticking will be a problem.

Option: Stir in a can of Dr. Pepper for an interesting taste.

Option: Serve with a sprinkle of grated cheese and tortilla chips.

---

#### 410. PINEAPPLE UPSIDE DOWN "CAN" CAKES

White cake mix  
Ingredients required for cake mix  
3 Cans pineapple slices  
Brown sugar  
Butter  
Pecans (optional)  
12 (6 ounce) CLEAN tuna or cat food cans

Follow directions on cake mix. Grease small cans. Place a pineapple slice in the bottom of each can with a nut in the center of each pineapple ring. Sprinkle 1 tablespoon of brown sugar over pineapple and dot with 1 teaspoon of butter. Put cake batter into cans and cover with foil. Place on a grill a few inches over fire and cook minutes for 10-15 minutes until done. Invert on a serving plate and wait 5 minutes before removing can.

NOTE: These may also be cooked on a vagabond stove over a buddy burner or cooked in a cardboard box oven. Cook for 15-20 minutes on a vagabond stove.

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#### 411. PIONEER DRUMSTICKS

1 1/4 lb. ground beef  
3/4 c. crushed cornflakes  
1 egg  
onion to taste  
salt and pepper

Thoroughly mix the ingredients and wrap a thin portion tightly and evenly around the peeled end of a stick and squeeze firmly into place. Toast slowly over coals, turning as you toast. Remove from stick and serve in hot dog bun. Fill center with your favorite relish, catsup, or mustard.

---

#### 412. PITA PIZZAS

3 tablespoons pizza sauce  
1 teaspoon olive oil  
1/2 cup shredded mozzarella cheese  
1/4 cup sliced crimini mushrooms  
1/8 teaspoon garlic salt  
1 pita

Preheat grill for medium high heat. Spread olive oil on pita. Add sauce and cheese and top with veggies. Sprinkle on garlic salt. Lightly oil grill. Place pita pizza on grill and cook until cheese completely melts, about 5 minutes.

NOTE: Feel free to add any other ingredients in the pita before grilling, such as pepperoni, green peppers, onions, etc.

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#### 413. PIZZA SANDWICHES

Bread  
Butter  
1 Can Pizza Sauce  
Pepperoni (sliced) - (or whatever toppings you like on your pizzas)  
1 pkg Shredded Pizza Cheese  
Foil

Cut a section of foil big enough to wrap your pizza sandwich. Place foil dull side up. Butter one side of a slice of bread and place it butter side down. Spread pizza sauce on bread. Add pepperoni (or whatever). Add pizza cheese. Butter one side of another slice of bread and place it butter side up on your pizza sandwich. Wrap your pizza sandwich in the foil and place on hot coals for approx 3-4 minutes per side, depending on how hot your coals really are. Unwrap and eat. Remember that the inside will be hot and you could burn your mouth. I recommend that before eating, you cut the pizza sandwich in half.

---

#### 414. POLISH SAUSAGE & CABBAGE

2 lg Onions  
8 Potatoes  
1 med Head of cabbage  
3 lb Polish sausage  
Salt and pepper to taste

Slice onions and arrange to cover bottom of dutch oven. Slice potatoes, layer them on top of onions and cover with water and salt and pepper to taste. Cover and place on coals until water starts to simmer. Cut cabbage into wedges. When water is simmering, add cabbage wedges and sausage and return to heat. Simmer until potatoes are tender and the cabbage is tender.

---

#### 415. POLISH SAUSAGE SURPRISE

1 package of polish sausage, sliced  
1 green pepper, sliced  
1 onion, sliced  
1 package fresh mushrooms, sliced (we use two, because we love mushrooms)  
1 package hash browns, or potatoes o'brien  
garlic powder, salt, pepper to taste

Mix all of the above in a foil bag. Roll up end to seal. When heated all the way through, cut a slit in the foil and serve out of the bag. NO DISHES TO CLEAN!! The beauty of this is that you can make it at home before you leave to camp. Just pitch it in the cooler before you leave. When you get there throw it on the grate with a loaf of French bread (rolled up in foil).

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#### 416. PORK CHOP POCKETS

pork chops (for how ever many people there are)  
cream of mushroom soup (condensed), either golden or regular  
minute rice (uncooked)  
small amount of water

Pull aluminum foil to over-fit the pork chop because you will be adding more to it. Place one pork chop on the foil... place at least two tablespoons of rice on top and then the same amount of soup on top of that. Drizzle with some water. At this point you can also add any seasoning you like. Fold the foil into a package and place on grill or coals of open fire. Usually, the packs will let you know they are done when steam tries to escape (normal cooking time is about 30 minutes).

---

#### 417. PORK ROAST WITH RED POTATOES

|                                           |                                           |
|-------------------------------------------|-------------------------------------------|
| 1 Reynolds Hot Bags® Foil Bag, large size | 1 1/2 teaspoons seasoned salt             |
| 1 tablespoon flour                        | 1 teaspoon coarsely ground black pepper   |
| 1/4 cup fresh parsley, chopped            | 1 teaspoon onion powder                   |
| 2 tablespoons vegetable oil               | 2 to 2 1/2 pound boneless pork loin roast |
| 2 teaspoons fennel seeds                  | 6 medium red potatoes, cut in wedges      |

Preheat grill to medium-high, indirect heat. For indirect heat, the heat source (coals or gas burner) is on one side of grill. Food is placed on opposite side with no coals or flame underneath. Sprinkle flour on one-half of bottom of bag. Combine parsley, oil and seasonings; press mixture onto top and sides of roast. Place roast on floured side of bag. Arrange potato wedges on unfloured side of bag; sprinkle with additional seasoned salt and pepper. To seal, double fold open end of bag. To cook, slide bag onto grill. Grill 50 to 55 minutes in covered grill. Use oven mitts and a knife to cut bag open. Fold back top for steam to escape.

---

#### 418. POT STICKERS

|                                 |                                     |
|---------------------------------|-------------------------------------|
| 8 ounces lean ground turkey     | 2 to 5 tbsp. red chili pepper paste |
| Fresh ginger, peeled and minced | Soy sauce                           |
| 1 bunch cilantro, chopped       | 2 tbsp. extra-virgin olive oil      |
| 4 scallions, chopped            | One package wonton wraps            |

At Home: Combine first 6 ingredients in a bowl. Season with soy sauce to taste. Place in a plastic container and freeze.

At Camp: Defrost turkey mixture, if necessary. Lay wonton wraps on a flat surface. Spoon 1 tbsp. of turkey mixture onto center of each wrap; pinch edges closed. Heat olive oil in a nonstick skillet. Place wontons in skillet and saute' until bottoms are golden brown. Add 3 tbsp. of water to skillet, cover and let wontons steam 2 to 3 minutes. Remove wontons from skillet. Serve with soy sauce. Yield: 24 pot stickers.

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#### 419. POTATO DELIGHT

Fold aluminum foil to make a pocket to hold ingredients. Chop potato in 1-inch chunks, add tablespoon of butter and cook closed over hot coals for about 10 minutes. Open pockets and add vegetables ( I use mushrooms and onions). Add teaspoon butter and salt and pepper. Cook for about 5 more minutes with the pocket closed back up. Let cool for short time and enjoy!

---

#### 420. RAMEN SUPPER

|                                             |                                     |
|---------------------------------------------|-------------------------------------|
| 1 Package Ramen Noodles (a campfood staple) | 1 small onion, thinly sliced        |
| 2 Cans of canned chicken                    | 1 1/4 cup chicken broth             |
| 1 cup frozen or canned peas (optional)      | 1 teaspoon dried tarragon - crushed |
| 1 cup frozen or canned carrots (optional)   |                                     |

In a skillet, arrange the pasta, chicken, peas, carrots and chicken broth and sprinkle tarragon on top. Bring to boil, reduce heat - cover and simmer for 15 minutes.

---

#### 421. RAMJAM CHICKEN

|                                            |                                                              |
|--------------------------------------------|--------------------------------------------------------------|
| 1/4 cup soy sauce                          | 1 teaspoon grated fresh ginger root                          |
| 3 tablespoons dry white wine               | 1 clove garlic, crushed                                      |
| 2 tablespoons lemon juice                  | 1/4 teaspoon onion powder                                    |
| 2 tablespoons vegetable oil                | 1 pinch ground black pepper                                  |
| 3/4 teaspoon dried Italian-style seasoning | 8 skinless, boneless chicken breast halves - cut into strips |

In a large, resealable plastic bag, combine the soy sauce, wine, lemon juice, oil, Italian-style seasoning, ginger, garlic, onion powder and ground black pepper. Place chicken in the bag. Seal, and let marinate in the refrigerator or cooler for at least 3 hours or overnight... the longer the better! The longer you let it marinate, the more intense the flavor.

Preheat an outdoor grill for medium-high heat, and lightly oil grate. Thread the chicken onto skewers, and set aside. Pour marinade into a small saucepan, and bring to a boil over high heat. Cook chicken on the prepared grill for approximately 5 minutes per side, basting with the sauce several times. Chicken is done when no longer pink and juices run clear.

NOTE: I usually have trouble with chicken getting tough on the grill or losing its flavor to the charcoals. Not so with RamJam Chicken! It always turns out succulent and very tasty.

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#### 422. RED EYE STEW

|                            |                           |
|----------------------------|---------------------------|
| 1 1/2 lb Beef Roast, cubed | 1 cn Corn                 |
| 2 Tb Cooking Oil           | 1 qt Canned Tomatoes      |
| 4 Potatoes, diced          | 1 cn Tomato Sauce, 16 oz. |
| 4 Carrots, diced           | 1 ts Salt                 |
| 1 Onion, diced             | 1/2 ts Pepper             |
| 1 cn Lima Beans            | 1/2 ts Summer Savory      |

Cut the beef into 1/2-3/4" cubes. Brown the beef thoroughly in hot oil. Add water to cover meat and simmer over low heat for 30 minutes, or longer for more tender results (if stew meat or a tough roast is used it should be simmered for 1 hour or more for adequate tenderness). Add the raw vegetables, seasonings, tomato sauce and tomatoes. Add additional water if needed to cover all ingredients. Simmer over low heat until vegetables are tender, about 30 minutes. Add the canned vegetables and simmer another 15 minutes.

NOTES: To speed up cooking time cut the meat and raw vegetables into smaller pieces. Be careful not to overcook vegetables. Dumplings may be added at the end if desired.

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#### 423. RED SKIN POTATOES WITH BASIL

On a square of aluminum foil, dice a red skin potato. Add some diced red onion, garlic powder, dried basil, salt and pepper and a couple pats of butter or margarine. Wrap tightly in foil and cook over coals for about 10 minutes or until potatoes are done.

---

#### 424. REUBEN BURGERS

1 pound ground beef  
8 ounces sauerkraut, drained  
4 ounces corned beef  
5 slices swiss cheese  
1/4 cup onion, chopped finely  
1 clove garlic, minced  
1/4 teaspoon salt  
1/4 teaspoon pepper

Mix together everything except the sauerkraut and swiss cheese. Divide into five equal parts and form into patties. Place on preheated grill and cook until nearly done. Top each patty with 1/5 of the sauerkraut and a slice of cheese. Close grill lid and continue cooking until cheese is melted. Serve on toasted rye buns.

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#### 425. RICE KRISPIE POTATOES

2 Potatoes, peeled and cut  
1 cup Rice Krispies Cereal  
2 Tablespoons Vegetable Oil  
Dash of salt and pepper  
\* optional - cheddar cheese

Surround each potato wedge with oil. Roll wedges in cereal. Place wedges in tin foil and sprinkle with salt and pepper, and if desired sprinkle with cheese. Secure foil tightly, toast over an open fire. Enjoy while it's hot !

---

#### 426. ROASTED CORN ON THE COB

Ears of corn  
Salt and pepper  
Butter  
String

Peel ears leaving husks on at bottom and remove corn silk. Replace husks covering ears and tie around top. Dip corn in salt water. Place corn on screen over hot coals and turn often until all side are done. When cooked remove husks and add salt and pepper and butter.

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#### 427. ROCK & ROLL CHICKEN

1 boneless, skinless chicken breast per person  
1 slice swiss cheese per person  
1 slice deli ham per person  
Boil-in-Bag Rice

Find flat-sided "rock" to pound chicken or you can use bottom of pan. Place chicken breast between plastic wrap and pound until flat. Cut new piece of plastic wrap for cooking (without holes). Place chicken on wrap and top with ham and cheese slices. "Roll" chicken very tightly in plastic wrap. Twist ends sausage style and tie together. Place in pot of boiling water for 20 minutes. Place rice in pot after 10 minutes. Spread rice on plate, unwrap chicken and slice into pinwheels. Arrange on top of rice.

---

#### 428. SALAMI EGGS

3 tablespoons butter  
2 medium sized onions, sliced  
1/2 pound salami, thinly sliced  
4 eggs  
salt and pepper to taste

Heat the butter in a skillet over medium coals. Sauté onions until lightly browned, then place in a bowl and keep warm. Sauté the salami slices on both sides and arrange neatly in the bottom of the skillet. Top with the onions and cook briefly. Make shallow wells by pressing the onion rings in four places with the back of a spoon. Break an egg into each well, season with salt and pepper. Cover and cook until the eggs are set, serve immediately.

---

#### 429. SALMON DIJON

Salmon Steaks  
Equal Parts Mayonaise & Dijon Mustard -or- just use "Dijonaise"

Lightly coat salmon steaks on both sides with the Dijon/Mayonaise mixture. Double wrap in foil and cook over coals for 30-40 minutes, turning frequently. Salmon will be flaky when done. This recipe can also be done using a long salmon fillet instead of salmon steaks.

---

#### 430. SALMON TARRAGON

2 lbs fresh salmon steaks or filets  
1 recipe Citrus Marinade (see below)  
1 Tbsp dry tarragon leaves  
1 lime, wedged

Soak wood chips in water (preferably mesquite). Preheat grill so that fired rocks are hot or coals are ready. Marinate salmon, covering completely for 15 minutes. Remove salmon from marinade, brush each side lightly with olive oil, sprinkle each side with tarragon until gone. Place pieces on flat piece of heavy-duty aluminum foil pierced with a few tiny holes. Fire on hot, open grill for 7-8 minutes, gently turn and cook another 7-8 minutes. Garnish with lime wedges and serve white wine. Serves 4.

Citrus Marinade:

1/4 cup olive oil  
1/4 cup orange juice  
1/4 cup grapefruit juice  
1/4 cup lime juice  
1 Tbsp shredded lemon peel  
2 tsp dry thyme  
1 clove of garlic, minced  
1 bay leaf, crushed  
1 tsp salt  
1/4 tsp white pepper

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#### 431. SALSA CHICKEN

Boneless, skinless chicken breasts (6-8)  
1 Large onion  
2-3 cups of long grain rice  
Large jar of salsa

Slice onion into rings and place on bottom of dutch oven. Layer chicken and cover with salsa. Cook for a couple of hours until chicken tests done. Add rice for last 30 minutes. This also works great in the crockpot at home. Serves a crowd and the kids love it!

---

#### 432. SASKATOON Pemmican

|                                                           |                           |
|-----------------------------------------------------------|---------------------------|
| 1 c Jerky; beef or venison                                | 2 ts Honey                |
| 1 c Dried Saskatoon berries or dried blueberries          | 1/4 c Peanut butter       |
| 1 c Unroasted sunflower seeds or crushed nuts of any kind | 1/2 ts Cayenne (optional) |

This version uses peanut butter rather than melted suet or lard as the binding agent, which is more palatable for today's health conscious diets. Grind (or pound) the dried meat to a mealy powder. Add the dried berries and seeds or nuts. Heat the honey, peanut butter and cayenne until softened. Blend. When cooled, store in a plastic bag or sausage casing in a cool dry place. It will keep for months!

---

#### 433. SAUTEED SAUSAGE & APPLES

|                                |                          |
|--------------------------------|--------------------------|
| 1 lb. brown and serve sausages | 1 1/4 c. pancake syrup   |
| 2 apples, pared, cored, sliced | 1/4 c. brandy (optional) |
| 1/4 c. sugar                   |                          |

Cook sausages in large skillet over campfire or stove until browned. Add apples; cook 2 minutes. Sprinkle sugar over apple mixture; cook until sugar is melted and apples are glazed. Stir in syrup; cook until bubbly. Stir in brandy; flame if desired. Spoon mixture over Cheese French Toast, if desired. Serves 4.

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#### 434. SCRAMBLED EGG BAGGIES

##### Food Needed:

|                                               |                      |
|-----------------------------------------------|----------------------|
| 2-3 Eggs per person                           | salt pepper          |
| grated cheese if you like it                  | Salsa if you like it |
| diced onion and/or bell pepper if you like it |                      |

##### Equipment Needed:

|                                       |                                        |
|---------------------------------------|----------------------------------------|
| FREEZER grade small baggie per person | Large pot with hot (not boiling) water |
| permanent marker such as a sharpie    |                                        |

- 1) Each Person needs to put their name on a baggie with the sharpie.
- 2) Break eggs into baggie & add what ever else you like in scrambled eggs.
- 3) Seal baggie and have each person "massage" the eggs with their fingers so that the mixture resembles what you would normally scramble in a pan.
- 4) Place the baggies in the hot water for about 4-5 minutes. The length of time depends on how many bags are in the water and how hot the water is.
- 5) After the eggs are done you can either eat out of the baggie or put the eggs on a plate.

The best thing about this is that there is very little clean up involved and picky eaters can be accomodated!

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#### 435. SCRAPPLE

2 lbs of your favorite flavor of "Little Smokies" sausages (or regular pork sausage)  
Three large apples (red delicious seem to be our favorite)  
One package Corn Bread Mix  
Water for the Corn bread mix  
1/2 cup of brown sugar  
Butter  
Syrup

Put Little Smokies in the bottom of the Dutch oven (If you substitutue pork sausage, brown it first and drain off the fat). Core and slice the apples into 3/8-1/2 inch thick slices and layer them on top of the Little Smokies. Sprinkle the brown sugar on top of the apples. Mix the cornbread mix per instructions. Over 5000 ft. altitude add a few extra tablespoons of water. Pour the mix on top of the apples. Cooks in about 45-55 minutes. Spoon on plate topped with butter and syrup. Yummy!

---

#### 436. SEASONED POTATOES & ONIONS IN FOIL

Lipton Soup Mix  
8 Potatoes

2 Onions  
1-1 1/2 sticks of butter

Slice potatoes and dice onions. Mix in a bowl with your favorite packet of Lipton Recipe Secrets Soup Mix (onion, beefy onion, etc.). Take a piece of tinfoil about 10 X 12 inches. It helps to take a slab of butter and spread it all over the tinfoil (this will help to avoid the potatoes sticking while cooking). Then, scoop some potatoes in the tinfoil. I usually put 2-3 tabs of butter in each serving as well (approximately one tablespoon per packet).

When packing these in a cooler it is best to put the tinfoil into a baggie. I make these in individual servings, so I use sandwich baggies. So, think of this when tearing the tinfoil. I use the tinfoil that is 12 inches in length and I cut a piece about 10 X12. Fold the middle lengthwise, make a crease and fold about 1/2 inch. Fold about 3-4 times or until you can't anymore. Fold the ends in like a triangle then fold 1/2 inch until you can't anymore. Place in baggie. Keep cold until ready to cook.

I usually cook them right on the fire over a grill grid for about 25 minutes. They are awesome. So Enjoy!!

---

#### 437. SHISH KEBABS

1 lb Meat, cubed (beef, pork, chicken or a mixture of 2 or 3)  
1 cn Pineapple Chunks  
1/2 lb Mushrooms, whole  
10 Cherry Tomatoes

2 Onions, quartered  
1 Green Peppers, sliced  
Salt  
Pepper

Alternate pieces of vegetables and meat on a skewer. If you don't have skewers, they can be made from green wood branches about 1/4 - 1/3" thick, wire from a clothes hanger (with paint removed), or a length of wire (form loops on the ends when food is in place for easy handling). Brush with BBQ sauce, Italian Salad dressing or flavored butter if desired. Cook over hot coals until done, about 15 to 20 minutes depending on the type of meat used.

---

#### 438. SHRIMP PACKETS

4 lbs Large Shrimp  
1 Cup Butter or Margarine  
1 Large Clove Garlic, Minced  
1/2 tsp black pepper  
1 tsp salt  
1 cup parsley, minced

Peel and clean shrimp. Cream butter; add remaining ingredients to the butter and mix well. Cut 6 (9-inch) strips of heavy duty aluminum foil. Then cut each strip in half. Divide shrimp equally on each piece of foil. Top each with 1/12th of the butter mixture, bring foil up around shrimp; twist tightly to seal. Place shrimp packets on embers. Cook 5 minutes. Makes 12 packets.

---

#### 439. SIMPLE HAMBURGER STEW

2 lbs. ground chuck  
1 large onion, diced  
couple of cloves of garlic, chopped (or can use powder)  
3 cans mixed vegetables  
2 cans sliced potatoes  
salt & pepper to taste

Brown the burger with the onion & garlic. Add the canned veggies and potatoes, with juice. Boil until hot. Can be served with crackers or a roll of french bread that's been foiled (heavy duty of course) and heated.

---

#### 440. SIX CAN CHICKEN TORTILLA SOUP

1 (15 ounce) can whole kernel corn, drained  
2 (14.5 ounce) cans chicken broth  
1 (10 ounce) can chunk chicken  
1 (15 ounce) can black beans  
1 (10 ounce) can diced tomatoes with green chile peppers, drained

Open the cans of corn, chicken broth, chunk chicken, black beans and diced tomatoes and green chilies. Pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through. Serve with tortilla chips and shredded cheese if desired.

---

#### 441. SKEWERED CANTALOUPE

1 cantaloupe  
1/4 cup butter  
1/2 cup honey  
1/3 cup chopped fresh mint leaves

Preheat grill for medium heat. Thread the cantaloupe chunks onto 4 skewers. In a small saucepan, heat butter or margarine with honey until melted. Stir in mint. Brush cantaloupe with honey mixture. Lightly oil grate. Place skewers on heated grill. Cook for 4 to 6 minutes, turning to cook all sides. Serve with remaining sauce on the side.

NOTE: Don't turn your nose up at this dish. Melon grills beautifully, and the minty sauce takes it to the next level. For a great dessert, serve it with big scoops of vanilla ice cream.

---

#### 442. SKILLET BEEF STEW

3 - 4 oz. of lean beef, sliced very thin  
1 C chopped white OR yellow onion  
1 C green bell pepper  
1 medium potato, unpeeled  
1/2 tsp salt OR 2 Tbsp Soy Sauce  
1 tsp black pepper  
1 tsp garlic powder  
1 Tbsp flour  
2 Tbsp cooking oil  
1 Tbsp butter  
12 oz of beer OR red wine

Cut the onion, green bell pepper and potato into 1/2 inch pieces. Heat the oil in a large skillet, add butter and then saute the onion until nearly transparent. Add beef and stir until the beef is browned. Add bell pepper, potato, spices, and flour. Stir and then add the liquid. Cover, reduce the heat and simmer for 30 minutes. Adjust flavor as needed. Serve with a green salad and bread to sop up the gravy.

NOTES: Feel free to change the amounts of spices, or maybe substitute carrots for the bell peppers. A large Cast Iron Skillet with a snug fitting cover seems to work best for me. An interesting variation is to add sliced mushrooms and 1/2 teaspoon ground nutmeg at the start of the cooking, and then stir in several tablespoons of sour cream just before serving.

---

#### 443. SKILLET BREAD PUDDING

1 1/2 cups milk  
10 slices of white bread  
2 tablespoons butter  
1/4 teaspoon salt  
1/2 teaspoon cinnamon  
1/4 teaspoon cloves  
1/4 teaspoon nutmeg  
2 egg yolks  
1/3 cup sugar  
1/4 cup sherry  
1/4 cup white raisins or chopped dates

Heat the milk in a saucepan, but do not let it boil. Trim the crust from the bread and cut the slices into 1/2 inch cubes. Stir the butter into the hot milk and add all at once to the bread. Allow the bread to soak in this mixture for 10 minutes. Stir in the seasonings, egg yolks, sugar, sherry and raisins. Mix thoroughly and pour into a heavy buttered or oiled skillet. Cook, covered, over medium coals for 30 minutes. Turn the pudding and cook, covered, for 30 more minutes. Serve warm, topped with a bit of jam or honey.

---



#### 444. SKILLET BREAKFAST

2 slices bacon, fried & crumbled (save grease)                      2 mushrooms, sliced, or half a small can, drained  
2 slices bread, buttered then diced                                      2 eggs  
Pepper to taste

Use a big pan, preferably non-stick for easier cleaning. This recipe is for 1 serving! If making it for a large number, you'll want to drain some of the grease. In the hot grease, fry the bread & pepper, allowing it to get golden on all sides. Add mushrooms, stirring, until they sweat. Break eggs into pan, stir all together. Cook, stirring often, until done, maybe 3-4 minutes. Salt to taste & enjoy!

---

#### 445. SMOKED SAUSAGE DINNER

4 sheets (12x18-inches each) foil                                              1 medium green bell pepper, cubed  
Nonstick cooking spray                                                              1 jar (27 3/4 oz.) spaghetti sauce  
1 package (14 to 16 oz.) smoked sausage, cut in 1/4-inch slices                      1/2 teaspoon salt (optional)  
1 1/3 pounds (4 medium) potatoes, cut in 1/2-inch cubes                                      1/2teaspoon pepper

Preheat grill to medium-high. Spray foil with nonstick cooking spray. Combine sausage, potatoes, green pepper, spaghetti sauce, salt and pepper. Center one-fourth of mixture on each sheet of foil. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Grill 18 to 22 minutes in covered grill. Number of Servings: 4

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#### 446. S'MORES

Marshmallows                                                                              Graham crackers  
Hershey bars                                                                                      Green sticks

Get prepared by getting 1 large graham cracker and breaking it in half. Cover 1/2 of the graham cracker with Hershey bar. Put a marshmallow (or 2) on the stick and hold it over the fire until roasted. Some people like them lightly golden, others like to catch them on fire and then blow the fire out. If you do that, be careful. You have to put the fire out quickly or your marshmallow will fall on the ground. When the marshmallow's roasted, place on top of the Hershey bar, put the other graham cracker on top and bite down. Yum!

Variation: You can also use Reese's Peanut Butter Cups in place of the Hershey Bars for a different taste!

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#### 447. S'MORES - ANOTHER VERSION

Marshmallows  
Fudge Striped Shortbread or Graham Cookies (Keebler)

Toast marshmallows until golden brown; place between bottoms of 2 fudge striped cookies. Taste just like the ones you make with graham crackers & hershey bars, but without the mess!

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#### 448. SOUTHWEST BLACK BEANS & PORK

1 lb Pork tenderloin, trimmed of all visible fat and cut into 1" cubes                      1/4 ts Cayenne pepper  
1/2 c Chopped onions                                                                      1/4 c Chopped fresh cilantro  
2 15 oz cans black beans, drained and rinsed                                              4 c Hot cooked rice  
14 1/2 oz Can chicken broth

Spray nonstick saucepan or dutch oven with nonstick spray and heat until hot. Add pork and onion; cook and stir 8-10 minutes or until pork is no longer pink. Add beans, broth, and cayenne; mix well. Bring to a boil. Reduce heat, simmer, uncovered, 10-15 minutes or until hot and flavors are blended. Stir in cilantro. Serve over rice.

---

449. SOUTHWESTERN TATERS

|                                 |                                |
|---------------------------------|--------------------------------|
| dice 1 tomato                   | slice some onions thinly       |
| slice some potatoes very thinly | about 2 C. shredded cheddar    |
| dice a green and red pepper     | salt, pepper, paprika to taste |

Layer some potatoes in square aluminum pan. Top with onions, then peppers, then 1/3 of the cheese, then some tomatoes and season. Repeat 2 more times. Cover with foil. Put onto grill over medium low heat for about 30-45 minutes or until tender.

---

450. SPAM & CHEESE EGG-DIPPED SANDWICHES

1 can Spam luncheon meat - (12 oz); cut in 12 slices  
6 slices Swiss cheese - (1 oz ea)  
12 slices White bread  
3 Eggs  
6 tb Milk  
3 tb Butter or margarine; soft  
Strawberry cream cheese

Layer Spam and cheese on 6 bread slices; top with remaining slices. In a shallow bowl, beat together eggs and milk. Dip both sides of sandwich in egg mixture. In a skillet or griddle, grill sandwiches in butter over medium heat until browned and cheese is melted, turning once. Serve with strawberry cream cheese. This recipe yields 6 servings.

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451. SPAM STEW

One can of SPAM (cut in small cubes)  
One small can of tomato sauce  
One can of whole kernel (drained)  
a pinch of black pepper

Put all together in a small saucepan, heat until boiling. Let it stand for a minute and serve with crackers.

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452. SPICED CAMPFIRE CIDER

1/2 gallons apple cider  
1 c. brown sugar  
1 tsp whole cloves  
1 tsp whole allspice  
1/4 tsp salt  
3" stick cinnamon

Combine sugar & cider. Place spices in cheesecloth bag and put in a kettle with cider. Simmer over fire until hot.

---

453. SPICY CHILE MARINADE FOR BEEF

|                               |                            |
|-------------------------------|----------------------------|
| 1 cup orange juice            | 1 tsp grated orange rind   |
| 1/4 cups lime juice           | 2 tsp oregano              |
| 1/2 jar jalapenos, minced     | 1 tsp cumin                |
| 1/4 cups juice from jalapenos | 2 tbs red wine vinegar     |
| 4 cloves garlic, minced       | 1/2 tsp each salt & pepper |

Combine orange and lime juice in small pot and boil until reduced to 1/2 cup. Add remaining ingredients and blend very well. Let cool and spread on beef (preferably steaks). Place in double gallon zip-lock and let set for 1 hour in cooler. Grill marinated beef on coals.

---

#### 454. SPICY SHISH KABOB MARINADE

|                             |                     |
|-----------------------------|---------------------|
| 1 1/2 cup cooking oil       | 2 tsp. salt         |
| 1/2 cup cider vinegar       | 1/4 tsp. pepper     |
| 1 Tbsp. grated onion        | 1 tsp. sugar        |
| 3 Tbs. chili sauce          | 1/2 tsp. paprika    |
| 1 1/2 tsp. prepared mustard | a few drops tabasco |
| 1 tsp. chili powder         |                     |

Put together your favorite Shish Kabobs and marinate in this sauce, and then bake in a Dutch oven or grill over hot coals.

---

#### 455. SPICY SWORDFISH STEAKS

|                                                 |                                      |
|-------------------------------------------------|--------------------------------------|
| 4 (4 oz) Swordfish steaks                       | 1/4 tsp. Cayenne, thyme, and oregano |
| 2 Tbsp. Paprika                                 | 2 Tbsp. Margarine or butter (melted) |
| 1/2 tsp. Salt, pepper, onion, and garlic powder |                                      |

For an appetizer, cut the swordfish steaks into small strips. For a meal, leave swordfish steaks whole. Mix all seasons together. Dip fish in melted butter. Coat both sides with seasoning. Place on grill. Cook approximately 4 minutes; turn, and cook approximately 4 minutes more or until fish is firm and flaky. Makes 4 servings.

---

#### 456. SPICY TATER DOGS

|          |                           |
|----------|---------------------------|
| potatoes | crushed red pizza peppers |
| hot-dogs | onions                    |

Peel & slice potatoes for frying; slice 1 lb of hot dogs in rings; add onions to taste; add crushed red peppers to taste. Fry potatoes, sliced hot dogs, onions, & crushed peppers in a small amount of cooking oil till done. Makes a different & tasty dish. It tastes a lot better than it sounds....

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#### 457. SPINACH SALAD

|                                       |                                                          |
|---------------------------------------|----------------------------------------------------------|
| fresh spinach (cut into small pieces) | sliced strawberries or canned mandarin oranges (drained) |
|---------------------------------------|----------------------------------------------------------|

Dressing:

|                                   |                                |
|-----------------------------------|--------------------------------|
| 1/2 cup chopped almonds (toasted) | 1 tbsp. poppy seeds            |
| 1/4 cup vinegar                   | 1/4 tsp. Worcestershire Sauce  |
| 1/4 cup sugar                     | 1/4 tsp. paprika               |
| 2 tbsp. sesame seeds              | 1/2 cup vegetable or olive oil |
| 1/2 tsp. chopped onion            |                                |

Make dressing and add just before serving. Toss gently to coat.

---

#### 458. SPLIT PEA SOUP MIX

|                       |                      |
|-----------------------|----------------------|
| 1 cup split peas      | 1 /4 tsp nutmeg      |
| 1 Tbs onion flakes    | 1/2 tsp salt         |
| 1/2 tsp garlic powder | 1/2 tsp black pepper |
| 1/2 tsp celery salt   |                      |

Before leaving home or base camp, pre-mix all ingredients and place in a durable plastic bag or well-sealed container. When ready to cook, add 3 cups water to a small pot, and bring to boil. Add pre-packaged ingredients and boil 30-45 minutes, depending on your elevation. If you're a carnivore and have a couple strips of bacon or jerky along, slice into small pieces and add to the pot. Stir occasionally to avoid sticking to the bottom. Serve when good and thick. Serves 2.

---



#### 463. STRAWBERRY CHOCOLATE CAKE

You will need a 12 inch Dutch oven. (You can have a two layer cake with two ovens! Just double the recipe!)

##### Dry ingredients:

|               |                       |
|---------------|-----------------------|
| 3 cups flour  | 1½ tsp. baking soda   |
| 2 cups sugar  | ½ cup cocoa           |
| 1 tsp. Salt   | 1 cup chopped pecans  |
| 1 tsp. Nutmeg | 2 cups powdered sugar |

##### Wet ingredients:

|                            |                            |
|----------------------------|----------------------------|
| 3 eggs, beaten             | 1 cup crushed pineapple    |
| ¾ cup corn oil             | 1 cup chopped strawberries |
| ¾ cup half and half        | 1 tsp. vanilla             |
| 1 cup chopped ripe bananas | 3 Tbs. lemon juice         |

Mix all of the dry ingredients in a large bowl. Add the eggs and the corn oil and stir until just moistened. Stir in the rest of the ingredients gently. Lightly oil and flour a 12 inch Dutch oven and pour in the batter. Bake about an hour putting 20 coals on the lid around the rim, 3 coals directly under the oven, and 6 to 8 around the bottom outside edge. Rotate the oven and the lid every 15-20 minutes to even up the heat. Remember to pull the bottom coals 2/3 of the way through the baking. Near the end of the baking time stick a big toothpick in the center to make sure it's done. Flip the oven over with the lid on and remove the oven. Let it cool off and frost. We like icing made with 2 cups powdered sugar, 3 Tbs. lemon juice, 1 tsp. vanilla, and 1 package cream cheese. Add a little water if it's too stiff.

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#### 464. STUFFED ONION MINI MEATLOAVES

##### 1 Meatloaf Recipe

4 - 6 onions, depending on size; hollowed

Hollow out the middle of the onions. Mix your favorite meatloaf recipe using the LEANEST beef. Stuff the onions with as much hamburger mixture that will fit. Place onion in middle of square piece of foil. Pull sides of foil to top and twist. Cook on BBQ grill until beef is no longer pink, usually 45 minutes or so, depending on size of onion. You can mix, stuff and freeze at home. Pop into cooler, and these will be ready to cook that night!

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#### 465. STUFFED PEACHES

4 large peaches  
1 cup frozen blueberries  
1/3 cup brown sugar  
3 tablespoons lemon juice

Wash and halve peaches. Remove pit. Place peaches on aluminum foil so that you can fold up the foil and seal the peaches in. Spoon 2 tablespoons of berries into each peach half. Sprinkle 2 teaspoons of brown sugar on each and 1 teaspoon of lemon juice. Fold up foil and seal. Place on hot grill and cook for 15-18 minutes. Turn once. Serve right out of the foil.

---

#### 466. STUFFED TROUT

12 Medium Trout  
3 Medium Onions, chopped fine  
1/4 lb butter or margarine

Clean the fish thoroughly; salt and pepper the insides. Fill each fish about 3/4 full with onion and put a pat of butter on the top of the onion. Wrap each fish separately in aluminum foil. Bury in hot embers. Bake 20 to 25 minutes.

---

467. STUFFED ZUCCHINI

1 pound ground beef  
4 zucchini  
1 egg  
bread crumbs or crackers  
Salt, pepper or chosen seasonings

Scoop out zucchini pulp leaving thick layer in tact. Chop the excess into smaller pieces. Add crumbs, meat, egg and seasonings. Fill shells with mixture and wrap with aluminum foil. Cook directly on the coals.

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468. SUN TEA

4 Tea bags  
1 1/2 qt Cold water  
Lemon slices (optional)

In a two quart clear glass container, place tea bags. Add 1 1/2 quarts of cold water. Cover. Let stand in full sun 2 to 3 hours or until desired strength. Remove tea bags; serve over ice with lemon slices, if desired.

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469. SUPER EASY CHICKEN & DUMPLINGS

2 envelopes Lipton's Cream of Chicken Cup-o-soup  
1 can Swanson's Chunk Chicken Meat  
1/2 package of mixed freeze-dried vegetables  
1 cup Bisquick in a zip-lock bag  
Water

Mix the soup, chicken meat and vegetables in a relatively deep pot with 2 to 3 cups water. Place on camp stove. Heat to simmering, stirring occasionally. While soup stuff is heating, add water (see Bisquick box instructions for qty.) to Bisquick and knead in the zip-lock bag. When soup stuff is hot, tear off a corner of the bag and squeeze out plops of Bisquick into the pot. Cover and cook for about 10 minutes on low heat. Serves 1.

---

470. SUPER POTATO SALAD

|                                                    |                                                      |
|----------------------------------------------------|------------------------------------------------------|
| 4 Strips Cooked Bacon (Chopped)                    | 1 tsp Prepared Horseradish (Not The Creamy Style)    |
| 6 Large Boiled Potatoes, With Skin Left On (Cubed) | 1 tsp Honey Mustard (Yellow Mustard Is OK Mayonaise) |
| 2 Large Hardboiled Eggs (Chopped)                  | 1 pkg Ranch Dressing Mix                             |
| 2 Green Onions (Chopped)                           | 1 cup Mayonaise or Salad Dressing                    |
| 1/2 Green Pepper (Chopped)                         | Salt - Pepper - Garlic Powder                        |

Mix mayo, mustard, horseradish, and dressing mix together and set it aside. Mix bacon, potatoes, eggs, green onions, and green peppers together taking care to not turn the potatoes into mashed potatoes (it does happen sometimes, but it still tastes good so don't throw it out if this occurs). Carefully mix the mayo mixture into the potato mixture. Add salt, pepper, and garlic powder to taste. Place it in the fridge or cooler to chill. Best served on a bed of lettuce with a slice of tomato on the side.

---

471. SWEET & SOUR FISH

Cubed fish fillets  
Tempura batter mix  
sweet and sour sauce in a plastic bottle  
Rice (I use Uncle Bens boil in bag rice - one bag feeds 2 to 3 campers)

Cube fish fillets and dip in tempura batter; fry in hot oil. Heat sweet and sour sauce (we use pre-made sauce, as I haven't yet found a dry mix that is real good.) Mix fried fish with sweet and sour sauce and serve over rice.

---

#### 472. SWEET & SOUR SPAM

|                   |                                                |
|-------------------|------------------------------------------------|
| 1/3 c Brown sugar | 1 sm Onion, chopped                            |
| 3 tb Cornstarch   | 1 Green pepper, chopped                        |
| 3 tb Vinegar      | 1 can Spam, diced (12 oz.)                     |
| 2 tb Catsup       | 1 can Pineapple chunks, reserve juice (20 oz.) |
| 2 tb Soy sauce    |                                                |

Mix brown sugar and cornstarch in 10 inch skillet. Add enough water to pineapple juice to measure 2 1/4 cups. Stir juice mixture, vinegar, catsup and soy sauce into skillet. Cook over medium heat until mixture boils and thickens. Stir in pineapple chunks, onion and green pepper and diced Spam. Reduce heat and simmer until heated. Serve over rice.

---

#### 473. SWEET & SOUR STEW

|                                          |                                 |
|------------------------------------------|---------------------------------|
| 2 Tbsp vegetable oil                     | 1 Tbsp prepared mustard         |
| 2 lb Round steak, cut into 1 inch chunks | 1/4 c firmly packed brown sugar |
| 2 c onions, chopped                      | 2 tsp chili powder              |
| 2 c carrots, cut into 1/2 inch slices    | 2 tsp paprika                   |
| 1 (15 oz) can tomato sauce               | 1 tsp salt                      |
| 1/2 c cider (or white) vinegar           | 1 tsp ground black pepper       |
| 1/2 c light corn syrup                   |                                 |

In a large skillet, heat the oil and cook meat, until just browned (about 4 to 5 minutes). Place in a Camp Dutch Oven, along with all the rest of the stuff. Mix well, cover and cook until the meat is tender (about 4 to maybe 6 hours). Serve in bowls and top with a spoon full of Sour Cream.

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#### 474. TACO SALAD IN A BAG

Small bags of Fritos  
Beef  
Cheese  
Lettuce  
Hot sauce  
Sour cream  
Onions  
Tomato

Cook the beef and chop everything up nicely and then give everyone a bag of Fritos. Let everyone add all their favorite taco ingredients to their bag, then give them a shake and everyone will have a delicious taco salad to eat right out of the bag!

---

#### 475. TACO TATER PACKETS

1 lb. lean ground beef  
1/2 cup Plain Bread Crumbs  
2 Tbsp. Taco Seasoning Mix  
1/4 cup milk  
3 cups frozen southern-style hash-brown potatoes  
1 (10-1/2 oz.) can condensed fiesta nacho cheese soup

Heat grill. In medium bowl, combine ground beef, bread crumbs, taco seasoning mix and milk; mix well. Shape mixture into four 4-inch patties. In medium bowl, combine frozen potatoes and soup; blend well. Cut four 18x12 inch pieces of heavy-duty foil. Place 1 patty on each; top with 1/4 of potato mixture. Wrap each packet securely, allowing room for heat expansion. When ready to grill, place packets, seam side up, on gas grill over medium heat, on charcoal grill 4 to 6 inches from medium coals, or on campfire grill over medium heat. Cook 30 to 40 minutes or until burgers are no longer pink in center, rearranging packets several times during cooking.

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#### 476. TANDOORI CHICKEN

4 boneless, skinless chicken breast halves or 8 small skinless thighs  
1 recipe Tandoori Marinade (see below)  
Fresh cilantro sprigs

Halve breast pieces, then place in Tandoori Marinade, cover and refrigerate 4-5 hours. Soak wood chips in water (preferably apple). Preheat grill so that fired rocks are hot or coals are ready. Place marinated chicken pieces on hot grill and cook 12-15 minutes per side. Garnish with cilantro and serve with basmati rice. Serves 4.

##### Tandoori Marinade:

|                             |                           |
|-----------------------------|---------------------------|
| 1 cup yogurt                | 1 tsp ground coriander    |
| 4 Tbsp olive oil            | 1 tsp turmeric            |
| 2 garlic cloves, minced     | 1/2 tsp ground red pepper |
| 1 Tbsp fresh ginger, minced | 1/2 tsp cinnamon          |
| 1 tsp ground cumin          | 1/2 tsp salt              |

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#### 477. TERIYAKI GRILLED CORN

|                   |                   |
|-------------------|-------------------|
| 1 tb Brown sugar  | 2 tb Water        |
| 1 tb Tomato paste | 1 t Sesame seeds  |
| 1/4 ts Cornstarch | 6 Ears fresh corn |

Place all ingredients, except corn, into a pot. Whisk together & bring to a boil, stirring constantly. Reduce heat & simmer for 1 minute. Remove from heat. Prepare grill. Husk corn & grill covered for 5 to 10 minutes. When almost done, baste with glaze two or three times.

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#### 478. TERIYAKI PORK STRIPS

|                                            |                                |
|--------------------------------------------|--------------------------------|
| 10 Strips of Pork Meat                     | 2 big squares of aluminum foil |
| 1 bottle of lite teriyaki sauce (Kikkoman) | Garlic Powder                  |

Place pork strips on sheet of aluminum foil and pour the bottle of teriyaki sauce on pork. Sprinkle garlic powder on and put the top piece of aluminum foil on and curl up the edges. BBQ for 20-25 minutes. Good when you're camping or anytime!

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#### 479. TERIYAKI STEAK KABOBS

|                                            |                                           |
|--------------------------------------------|-------------------------------------------|
| 2 lbs sirloin steak, cut into 1-inch cubes | 1 green pepper                            |
| 16 small mushrooms                         | 1 large red onion, cut into 1-inch pieces |
| 16 cherry tomatoes                         | 1 recipe Teriyaki Marinade (see below)    |
| 1 red pepper                               | 8 wooden or bamboo skewers                |

Place steak cubes in half the marinade, cover and refrigerate 30-60 minutes. Soak wood or bamboo skewers in water. Preheat grill so that fired rocks are hot or coals are ready. Thread marinated meat and vegetables alternately onto two parallel skewers (to keep the pieces in place when kebabs are turned). Leave a little space between items to allow for complete cooking. Dip or brush assembled kebabs with remaining marinade, then place on grill. Place a strip of aluminum foil under exposed ends of the skewer to prevent burning. Fire on open grill 4-5 minutes per side, then serve with garnishes. Serves 4.

##### Teriyaki Marinade:

|                    |                            |
|--------------------|----------------------------|
| 1/2 cup soy sauce  | 2 Tbsp sesame oil          |
| 1/4 cup peanut oil | 2 tsp fresh ginger, minced |
| 1/4 cup mirin      | 1/2 tsp garlic powder      |
| 1/4 rice vinegar   | 1 Tbsp brown sugar         |

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#### 480. TERIYAKI STEAK POCKETS

|                                                        |                           |
|--------------------------------------------------------|---------------------------|
| 2 lbs. round steak, cubed (or 2 lbs. lean ground beef) | 4 carrots, sliced         |
| teriyaki sauce                                         | 2-3 stalks celery, sliced |
| 4 medium potatoes, diced                               | salt & pepper             |

Marinate round steak in teriyaki sauce at least 1 hour (this is poured into a freezer bag until there is enough, then left in the camp cooler on ice). If using ground beef, skip the marinating part; form into 8 patties. Cut very heavy duty aluminum foil into squares, roughly 10 inches. Portion the meat and vegetables into the center of the foil or 1 burger per packet and if using burgers add a dash of teriyaki (I prefer Worcestershire sauce if making burgers). Sprinkle with salt & pepper. Fold the squares of foil and double-seal securely. You will need to be able to turn the packets over without losing the contents. Place on a grill rack over a low burning wood fire about 45 minutes, turning about halfway through cooking time. Be careful when opening the packets as the steam will be hot.

NOTE: You can also place these in the pit next to the fire, indirect heat. This works if you don't have a grill rack to put over the fire pit.

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#### 481. THAI CHICKEN CURRY

|                               |                         |
|-------------------------------|-------------------------|
| 3 Chicken breasts             | 1-2 tsp red curry paste |
| 2 1/2 cups water              | 5 tbsp fish sauce       |
| 2 packets coconut milk powder | 3 tbsp lemon juice      |
| 8 oz dried mushrooms          | 4 servings rice         |

Cut up chicken, boil in water. When done, add coconut milk powder, mushrooms, paste, fish sauce and lemon juice. Simmer until mushrooms are soft. Serve over rice.

NOTES: If you have the breasts frozen this should work great even the second night. You could substitute any dried meat for a later in the trip meal! Dry the mushrooms in a dehydrator or buy them at the Asian food store. Dried coconut milk is also found at any Asian store. Mix the curry paste, fish sauce and lemon juice in a bottle and it's all ready to pour in.

---

#### 482. TIN CAN PIES

Using thoroughly cleaned tuna or catfood cans allows everyone to have his/her own dessert!

Ingredients:

|                             |                      |
|-----------------------------|----------------------|
| 1 box yellow cake mix (dry) | 1 can of pie filling |
| butter or margarine         |                      |

Spoon pie filling into cans about 3/4 of the way full. Spoon dry cake mix on top (more if you like crunchy pie, less if not). Thinly slice butter and put it on top of cake mix. Bake in a cardboard box oven for 20 minutes with 18 hot coals (you can place 4 soda cans inside the oven to hold up a cookie rack... under the cookie rack goes the charcoal and then you place the pie cans on top of the rack). Bake for 20 minutes or until top is golden.

---

#### 483. TRAIL BROWNIES

|                                |                       |
|--------------------------------|-----------------------|
| 1/2 C graham crackers, crushed | 1 Tbsp powdered milk  |
| 2 Tbsp walnuts, chopped        | 2 oz. chocolate chips |

At home: Package together the graham crackers and nuts in one baggie. In a separate baggie, combine the milk and chips.

At camp: Add 2 Tbsp boiling water to the milk/chip mixture and stir until melted. Quickly stir in cracker/nut mixture and allow to cool. Bet there won't be any leftovers! :)

NOTES: You can also add 1 C fresh blueberries (or strawberries or raspberries) to the above. Any crushed cookie can be substituted for the graham crackers.

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#### 484. TRAIL SHAKE

2 c Dry Milk  
1/2 c Malted Milk Powder  
1/2 c flavoring: cocoa, instant coffee, powdered fruit drink mix, berry syrup mix, jam, etc.

Mix together all ingredients. Package each individual serving in a Ziplock plastic bag, 1/2 cup of mix. To use add 1 cup of water to plastic bag, seal, and shake until mixed. Makes 6 bags of mix.

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#### 485. TRAILSIDE TORTELLINI

1 box dried tricolor tortellini  
Several ounces extra-virgin olive oil  
Fresh italian bread, packed in small pringles can to prevent smushing (optional)  
Several cloves fresh garlic, sliced  
Small ziplock baggie of grated parmesan cheese

Fry sliced garlic in olive oil until golden brown, set aside. Boil tortellini per package instructions and drain. Add olive oil/garlic mixture and parmesan cheese. Mix thoroughly. Serve with warm bread.

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#### 486. TUNA CASSEROLE MIX

1/2 lb noodles flat egg noodles (or your choice)  
2 Tbs dried peas (can use split peas)  
2 Tbs Parmesan cheese  
1/2 tsp dried tarragon  
1/4 tsp white pepper  
Salt to taste  
1 can tuna  
3 cups water

Before leaving home or base camp, place noodles in a sealed container, then mix all ingredients -- except tuna and water -- and place in a durable plastic bag, within the noodle container. When ready to cook, add 3 cups water to a small pot, and bring to boil. Add noodles and boil till tender (10-20 minutes, depending on your elevation and noodle size). Drain most of excess water, and add dry ingredients to pot, stirring well. Add a little more water as necessary. Open and drain tuna, then add to noodle casserole, continuing to stir while heating under low heat 5 more minutes.

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#### 487. TUNA MELT TORTILLA WRAPS

|                                       |                                             |
|---------------------------------------|---------------------------------------------|
| 4 sheets (12x18-inches each) foil     | 1/2 cup light mayonnaise                    |
| 1 can (12 oz.) tuna in water, drained | 1 1/2 cups shredded Cheddar cheese, divided |
| 2 cups cooked rice                    | 1 tablespoon lemon pepper                   |
| 1 cup frozen baby green peas          | 4 (10-inch) flour tortillas                 |

Preheat grill to medium-high indirect heat (for indirect heat, the heat source - coals or gas burner - is on one side of the grill. Place the foil packets on the opposite side with no coals or flame underneath). Spray foil with nonstick cooking spray. Combine tuna, rice, peas, mayonnaise, 1 cup cheese and lemon pepper. Spoon one-fourth of mixture in center of each tortilla. Fold bottom edge of each tortilla up and over filling, just until covered. Fold in opposite sides. Roll up, tucking in sides. Center one tuna wrap, seam side down, on each sheet of foil. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Grill 8 to 10 minutes in covered grill. Sprinkle remaining cheese on top.

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#### 488. TUNA & NOODLES WITH MUSHROOM SAUCE

2 2 1/2-oz packages butter flavored noodles                      2 teaspoons butter crystals  
4 cups water

##### Sauce:

1 6 1/2-oz can tuna, drained                                              1 1/4 cups water  
1 .9-oz mushroom sauce mix                                              2/3 cup dry milk powder

Bring 4 cups of water to a boil with the butter crystals in a large pan over medium-high heat. Stir in the packages of noodles. Cook for 7-8 minutes or until noodles are done. Remove the pot from the fire and cover. In a small saucepan combine the milk powder and the mushroom sauce mix. Stir in the 1 1/4 cup of water and blend well. Stirring constantly with a wire whisk, cook over medium heat until the mixture comes to a boil. Reduce the heat and let the sauce cook for 2 minutes or until the sauce thickens. Add the can of drained tuna. Separating the fish into small pieces. Cook the mixture until heated, then add the mixture to the strained buttered noodles, stirring gently to coat the noodles. This recipe makes 4 heaping cups.

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#### 489. TUNA SPAGHETTI

1 8-ounce package angel hair pasta                                      1 teaspoon dried basil  
8 sun dried tomatoes, sliced                                              1/4 cup parmesan cheese  
1 teaspoon oregano                                                              4 cups water  
1/2 teaspoon garlic powder                                                zip-lock bag  
1 6-ounce can tuna in oil

Mix basil, oregano, parmesan cheese, and garlic powder in a zip-lock bag at home. Soak tomatoes in four cups water for 10 minutes. Remove tomatoes from water and boil. Break angel hair pasta in half and add to boiling water. Cook pasta until tender (4-5minutes). Drain pasta. Add tuna and oil to noodles along with the tomatoes and the contents of the spice package. Stir well.

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#### 490. TURKEY & STUFFING DINNER

2 pkgs turkey gravy  
1 can of turkey  
1 box of stuffing

At home: Transfer the stuffing from the box into a 1/2 gallon ziplock bag. Have a least 2 cups of stuffing per person. Add the gravy packages (still in their packages, of course) and the can of turkey. Seal.

At camp: Fish out the gravy packets and turkey can from the bag. Leave the stuffing in the bag. Boil water, 1 cup per person. Pour boiling water into the ziplock bag with the stuffing. Knead the stuffing to mix, seal the bag, and set aside. If the weather is cold, wrap the bag in a towel to keep it warm. In the pot, prepare gravy mixes according to package directions. When the gravy is hot, open the can of turkey and stir into the gravy. Simmer just until the turkey is heated. About 2 minutes. Spoon stuffing into everyone's bowls, then spoon turkey/gravy mix over the stuffing.

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#### 491. TWICE BAKED CAMP POTATOES

4 medium potatoes                                                              1/2 tsp salt  
1 tbs shortening                                                                1 tbs parsley flakes  
2 tsp onion flakes                                                               1 cup shredded Cheddar cheese  
3/4 cups evaporated milk                                                      foil  
2 tbs margarine

Scrub potatoes well. Rub skins with shortening and pierce well with fork to allow steam to escape. Bake potatoes in coals for 1 hour, turning occasionally. While potatoes are baking, add onion to evaporated milk and let stand. When potatoes are done, cut in halves lengthwise. Scoop out insides. Reserve shells. Mash potatoes and beat in margarine, milk-onion mixture, salt, and parsley. Blend in cheese. Spoon mixture back into shells. Place in pre-heated Dutch oven about 10 minutes. Serve.

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#### 492. TWISTERS

Biscuit mix  
Milk or water  
Honey

Follow the direction on the biscuit box using a little less liquid than called for. Twist the dough around the end of a green stick. Hold rotating slowly over hot coals of fire until cooked. Dip into honey and enjoy. Can also dip in butter, jelly or jam, or cinnamon/sugar mixture.

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#### 493. UPSIDE DOWN CHOCOLATE FUDGE CAKE

3/4 c. sugar  
2 T. margarine  
1/2 c. milk  
1 c. flour  
2 tsp. Baking powder  
1/4 tsp. salt  
2 T. cocoa  
1/2 c. nuts (chopped)  
1/2 c. brown sugar  
1/2 c. sugar  
1/3 c. cocoa

Cream together the 3/4 cup sugar, margarine and milk. Add the flour, baking powder, salt and 2 T. cocoa. Mix until smooth and stir in nuts. Spread into 10" camp Dutch oven. In a small bowl, combine last 3 ingredients. Sprinkle over batter. Then pour 1 1/2 cups boiling water over the top. Place oven on hot coals away from flames. Then shovel hot coals on top of the oven. Bake for 30-40 minutes. Check periodically. Great served with homemade ice cream!!

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#### 494. UPSIDE-DOWN LEMON PIE

At home, package together:  
1/2 package instant lemon pudding  
1/3 C powdered dry milk

In another baggie, package:  
1/2 C crushed Graham crackers (about 8 squares)

At camp: Dump mix into a dish with a tight-fitting lid; add 1 C water. Stir, cover and shake 1 minute. Wait 5 minutes. Portion into two bowls and top with graham cracker crumbs.

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#### 495. VEGETARIAN MUSHROOM "BURGERS"

4 portabella mushroom caps  
1/2 cup olive oil  
5 tablespoon balsamic vinegar  
6 cloves garlic, minced  
2 tablespoons fresh thyme  
hamburger buns  
hamburger fixings

Mix olive oil, vinegar, garlic and thyme together. Place mushrooms in a large resealable bag in a single layer. Pour mixture over mushrooms and press out as much air as possible. Seal bag. Let sit at room temperature for 2 hours. Preheat grill. Grill mushrooms over a medium heat for 2-3 minutes on each side. Serve on hamburger buns, topped with your favorite hamburger fixings.

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#### 496. VEGGIE KABOBS

whole mushrooms  
yellow squash (cubed)  
Vidalia onion (large pieces)  
green pepper (cubed)  
kabobs sticks (we prefer wood as there is less clean-up)  
Kraft zesty Italian dressing (or any other marinade)  
garlic salt  
veggie season mix

Let veggies soak in dressing as you prepare them; thread onto kabob sticks; pour remaining dressing over kabobs and sprinkle with garlic salt and veggie seasoning. Place over hot coals (NO FLAMES) about 10 minutes on each side.

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#### 497. VENISON GOULASH

2 tb Oil  
1 1/2 lb Venison, from neck, flank, shanks, cut into cubes 1 to 1 1/2 inches  
3 md Onions, very thinly sliced  
2 tb Paprika  
1 ts Salt  
1 med Green Bell pepper, thinly sliced, seeds & pith removed  
1/2 c Water

In a Dutch Oven, heat oil and brown venison, stirring often. Add the onions, sprinkle with paprika and salt while stirring, saute over med heat until onions are soft. Put in the green pepper and water, cover the Dutch Oven but do not put coals on top. Cook 1 to 1 1/2 hours, until the venison is fork tender. Traditionally Goulash is served with broad noodles.

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#### 498. VENISON SANDWICHES

2 lb. of deer meat, deboned and cut into small pieces.  
1 lb. of bacon, diced into small pieces.  
2 green bell peppers  
1 large white onion  
2 cans of mushroom steak sauce  
Seasoned salt added as you wish

Add all ingredients into Dutch oven and place over good bed of hot coals. Stir occasionally and add seasoned salt to your taste. When completed, place into a sandwich roll and enjoy!

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#### 499. VIENNA SAUSAGE BREAKFAST

1 Can of Vienna Sausages  
1 Scrambled Egg  
Salt and Pepper to taste

First, take out about 2 or 3 of the Vienna sausages from the can. This should leave a hole in the middle of the can. Drain most of the fat from the can, leaving about a quarter inch still in. Then place the scrambled eggs in the can, you can drizzle it over the sausages in the can or dump it right in the center. Sprinkle a little salt and pepper on top. Then place the top of the can back on and put the can on the grill or right on a hot stone next to the fire. However well you like your eggs done depends on how long you cook it. Usually it does not take more than 5 minutes. When done, you have a cheap, tasty, easy, and fast clean-up breakfast. Kind of tastes like real sausage and eggs. Kids would love to make it with you.

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#### 500. WALDORF SALAD

4 apples, diced  
1 bunch celery, diced  
1 cup nutmeats  
lettuce or other greens

1 cup mayonnaise (can use packets)  
Optional garnish: 1 green pepper cut into strips  
Optional garnish: pimentos

Mix equal parts of apple and celery. Moisten with mayonnaise. Garnish with nuts or strips of green peppers and pimentos. Serve on lettuce leaf or other greens.

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#### 501. WATERMELON SALSA

3 c Chopped watermelon  
1/2 c Green bell peppers, chopped  
2 tb Lime juice  
1 tb Chopped cilantro  
1 tb Chopped green onion  
1 tb Jalapeno peppers, chopped\*  
1/2 ts Garlic salt

\* Use up to 2 TBS. chopped jalapenos, depending on taste.

Combine all ingredients. Cover and chill for 1 hour. Serve on sliced oranges or cheese-filled manicotti. Or, top 1 cup sour cream with 1 cup salsa and serve with chips.

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#### 502. WESTERN STYLE BARBECUE PORK

5 lbs. lean pork loin, cut into 1/2 inch pieces  
2 cloves garlic, mashed

Sauce:

1 green bell pepper, chopped  
1 cup brown sugar  
1 yellow bell pepper, chopped  
1 Tbs. dry mustard  
1 red bell pepper, chopped  
1 Tbs. fresh oregano, chopped very fine  
1 large red onion, chopped  
1 Tbs. fresh lemon thyme (or lemon juice)  
1 large white onion, chopped  
1/2 cup dark molasses  
3 Tbs. red wine vinegar  
1/4 cup soy sauce  
2 cups ketchup  
Powdered chili peppers or cayenne pepper, according to your own taste

Coat the inside of a 12-inch Dutch Oven with Pam. Preheat for 5 minutes with 12-14 briquettes on the bottom and about 20 on top, filling the outside ring of the lid. Melt 1/2 cube margarine in the oven. Add the pork and the garlic. Brown for about 2 minutes, stirring with a wooden spoon. Cover and add four more briquettes to the center of the lid. Let the Dutch oven heat up for about fifteen minutes, then stir the meat until almost done. Add half a can of beer. Note: the alcohol evaporates at about 180 degrees F.

While the Dutch oven is heating up (see above), chop the vegetables. When the pork is done add these along with the rest of the ingredients except for the pepper powder, add this near the end of cooking to taste. Heat to barely boiling, using about 8-10 briquettes on the bottom and filling the outside ring of the lid. Simmer for about 40 minutes rotating the oven and then the lid every 15 minutes to prevent hot spots. Open to stir several times to check for scorching. If it begins to scorch take away about half of the briquettes from the bottom. (Been there, done that.) Serve with rice, pasta, tortillas, or anything else you conjure up.

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### 503. WHOLE HAM ON THE GRILL

Prepared according to these no-fuss directions, this ham makes the perfect centerpiece for a July Fourth feast.

1 8- to 10-pound cooked shankless whole ham or half ham  
1 cup honey  
1/4 cup bottled steak sauce  
1 teaspoon dry mustard

Have your butcher trim off fat and remove the bone from the ham; save the ham bone for soup. In a small mixing bowl, stir together honey, steak sauce, and dry mustard. Place ham in a foil roasting pan or a shallow roasting pan. Pour the honey mixture over the ham and into cavity left by the bone. Cover tightly with a large piece of heavy foil. In a grill with a cover, arrange medium-hot coals around a drip pan. Test for medium heat over drip pan.\* Place the foil-wrapped ham on grill rack, but not directly over coals. Lower the grill hood and grill for 1-3/4 to 2 hours or till a meat thermometer inserted in the center of the ham registers 140 degrees F. Fold back foil at the top of the ham. Grill for 20 to 30 minutes more to let the ham absorb the grilled flavor. Remove the whole or half ham from the grill. Let the ham stand for 15 minutes. Transfer the ham to a cutting board and cut into slices. Serve the sliced ham with warm cooking juices. Makes 20 to 30 servings.

\*Note: To test for medium heat over the grill, you should be able to hold your hand over the drip pan at the height of the food for 4 seconds before having to pull away.

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### 504. WHOLE TURKEY ON AN OPEN FIRE

1 whole turkey (any size, I usually do about a 10 lb bird)  
Heavy duty aluminum foil  
2 cloves garlic  
1/2 cup soy sauce  
1/4 cup honey  
salt and pepper  
butter

Clean out bird thoroughly, remove organ meat and neck from inside cavity, wash and set aside. Roll out aluminum foil long enough to close around bird with a few extra inches. Roll out 2 to 3 sheets the same length and seam together, side by side (not lengthwise). Place turkey on foil and curl up edges of foil. Salt and pepper inside cavity. Cut small slits in skin of bird and place small amounts of butter under skin in multiple places. Pour soy sauce and honey over bird. Add garlic, organ meats and neck to tinfoil package. Close up and seal all sides (leave top loose so you can open and baste). Place on hot, low campfire grill over an open fire. Baste occasionally, every hour or so until done. It will never dry out, so I just keep it on for hours... turkey falls off the bone! To test if done... slice into turkey to the breastbone, as long as it's not pink, it's done.

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### 505. WILD RICE SOUP

|                                    |                           |
|------------------------------------|---------------------------|
| 3 potatoes or 1 cup dried potatoes | 3 pkgs Knorr Leek Soup    |
| 1 cup uncooked wild rice           | 1 chunk of cheddar cheese |
| 1 cup powdered milk                | salt and pepper to taste  |

Reconstitute wild rice all day in a ziplock bag (or cook it for a long time). Reconstitute potatoes if needed or cut fresh potatoes into small chunks. Place potatoes in water in your biggest pot and simmer until soft. Add leek soup mix, water and powdered milk to pot (about 3-4 cups water). Bring to a soft boil. Add wild rice, salt and pepper and small slices of cheese. Add more water as needed. Cook until cheese is melted, potatoes and rice are soft and thickness of soup is desired. Cook 45-60 minutes. Serves 8 hungry campers.

NOTES: If you like more onions, add fresh or dried to the initial potato/water mixture. When you mix the powdered milk, Knorr Leek soup and water together, mix it with cool water and preferably before you add it to the large pot. The hot potato/water mixture will make the leek soup mix lumpy. I usually use a gas 1 burner stove for this soup so you can adjust the flame. Be careful not to burn the soup. Add ANY leftover cheese you have in your food pack. Squeeze in some margarine if you have a little extra.

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506. WILDERNESS STEW

1 can kidney beans  
1 lb. ground lean meat  
2 medium potatoes, diced  
1 large green pepper, chopped  
1 large onion, chopped  
salt to taste  
2 c. water  
1 can tomatoes

In large pot, cook meat, onion and green pepper until meat starts to brown. Add beans, tomatoes, potatoes, salt and water. Cook over low heat until potatoes are tender.

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**THANK YOU... & HAVE FUN!! ;)**