



TROOP 750

GRUBMASTER'S COOKBOOK

October 2003

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DINNERS

RED BEANS AND RICE CASSEROLE

Ingredients:

- * 1 can of red beans
- * Minute rice
- * Chopped dried chives
- * Thyme
- * Fresh onion
- * Paprika
- * Butter
- * Knorr dry mushroom soup mix
- * Water
- * Seasoned salt
- * Parsley

Prepare four servings of Minute rice according to the instructions on box, (about 2 cups each of water and rice, 2 pats of butter.)

While rice is cooking, finely chop about 1/4 of small onion.
Heat beans, onion, and tablespoon of chives in saucepan, simmering 6-8 minutes.

In separate saucepan, combine soup mix with 3/4 cup hot water to make a smooth sauce.
Stir in pinch of thyme and 1/2 teaspoon of parsley flakes. Heat gently, stirring frequently for 3 to 4 minutes.

Rice, beans and soup mix should all be ready about same time.

Fluff rice with fork. Drain beans and fold beans and soup mix into rice. Place mixture into casserole or Dutch oven, sprinkle top with paprika.

Heat in 350 degree oven until top is slightly dry and casserole is steaming.

Chicken Pot Pie

- 2 – Pie Crusts
- 2 – Cans of Vegall
- 1 – Can, Cream of Chicken Soup
- 1 – Can, Cream of Celery Soup
- 2 – Boiled, chopped Chicken Breasts
- 1 – Pie Tin

The ingredients above are for one pie. Enough ingredients have been supplied for four pies. For each pie: cover the pie tin with one pie crust. Mix all other ingredients and pour into the pie tin/crust. Cover with the second crust. Pinch the edges to seal. Poke holes in the top with a fork for ventilation. Cook for 30-45 minutes in a 350 degree oven.

QUARTERMASTER'S STEW (easy to make, serves 6 to 8 boys)

Ingredients:

- * 2 lbs of hamburger
- * 2 cans of mixed vegetables (save liquid)
- * 2 cans of potatoes (drain off liquid and discard)
- * 1 packet of stew seasoning mix
- * If desired:
- * 1 can of stewed tomatoes
- * Sliced fresh mushrooms
- * Additional vegetables, such as beans, corns.

Preheat Dutch oven on fire, add small amount of cooking oil, and brown hamburger.

Drain
off grease.

Stir in stew seasoning mix, add a bit of water, and cook for 5 to 10 minutes.

Add vegetables with liquid. Chop up potatoes into small chunks and add to stew. Add small quantity of water if need to cover contents.

Place oven on bed of charcoal - 8 to 10 briquettes (more in winter) on aluminum foil, shiny side up. Cover with lid and put 2 to 3 times as many coals on top. Cook about 15 minutes.

Add tomatoes and mushrooms. Cook until potatoes are tender and stew is bubbly and hot through- 15 to 20 minutes depending upon heat level.

Stir occasionally.

Cowboy Stew

Potato chunks- the quantity depends on how much potatoes you want in your meal.

1 can peas

1 lb ground beef

1 can green onions

1 medium onion

1 can baked beans

Chili powder 1 can tomatoes

Nutmeg, salt, pepper

OPTIONAL:

bay leaf

1-2 beef boullion cubes

Brown ground beef and onion together. Add all except seasonings. Do NOT drain vegetables. Cook until potatoes are done. Add seasonings and cook 30 min.

Spaghetti with Sauce

2 cloves of Garlic
1 Onion
1 Bell Pepper
2 lbs ground Turkey or Beef
4 Cans (6 oz.each) of Tomato paste
2 Cans (16 oz. each) unseasoned, peeled, whole Tomatoes
2 Tablespoons of whole Basil
3 Teaspoons Salt
3 Tablespoons Sugar
Oregano (to taste)
1 lb Spaghetti Noodles

Sauce: Dice the garlic, onion and bell pepper. Brown the meat in a skillet with the garlic, onion and bell pepper and then drain and discard the juices. Chop up the whole, canned tomatoes. Mix all ingredients (including the juices from the cans of tomatoes), EXCEPT the Noodles in a large pot. Simmer slowly, stirring often, for about 30 minutes.

Noodles: Bring a large pot of water to a boil. Add noodles and stir until the boil returns. Boil for 12 minutes, stirring often. Remove from pot and drain.

Note: You will need a colander (ask your mom) to drain the noodles.

The above recipe feeds about 8 people.

Beef Stew/ can make some rice to pour it over if wanted

2 lb stew meat, 1" cubes
2 tsp salt
1 lg onion, sliced
1/3 c water
3 tbs oil
1/2 tsp pepper
1 can (1lb 12oz) tomatoes
6 carrots, cut into 1" pieces
1/2 c flour
3 med potatoes, peeled, cubed
1 clove garlic, minced

Coat beef cubes with a mixture of flour, salt and pepper. Brown in hot oil in bottom of oven. While oven is still hot, pour water in and scrape brown bits from bottom. Place remaining ingredients into oven and cover. Simmer 1 to 2 hours or until meat is tender and potatoes are done.

Baked Chicken:

Separate boneless chicken breasts into eight pieces.

Trim off excess fat and wash.

Salt lightly and place on bottom of Dutch oven (or ceramic baking dish for home oven) that has been warmed (not hot) and lightly oiled.

Pour tomato sauce over breasts, lifting edges of breasts to allow some of sauce to get underneath.

Sauce should not quite cover the chicken.

Place pepper ring on top of each breast with onion slice in center.

Reserve extra sauce to add as sauce cooks down.

Cover and add heat to top and bottom, sparingly on bottom to prevent burning, more on top. Bake at 325 degrees for about an hour. (In oven at home, bake uncovered.)

Check chicken occasionally, lifting edges to keep sauce under chicken.

If Dutch oven is too hot, chicken may be done in about 40 minutes so monitor progress.

About halfway through baking, toss in whole cherry tomatoes. These will add a bit of bulk

to tomato sauce when served with chicken.

Add more sauce as necessary to keep from boiling dry.

Serve on bed of rice or with side dishes of buttered noodles, scalloped or au gratin potatoes, and vegetable or salad.

Chicken Pot Pie

- 2 - Boneless Chicken Breasts or 12 to 16 ounces of canned chicken
- 2 - Regular Cans of VegAll
- 1 - Can of Cream of Chicken Soup
- 1 - Can of Cream of Celery Soup
- 1 - Can of Biscuits

Boil the chicken breasts for 10 – 15 minutes until completely cooked. Chop up the chicken into bit size pieces. Mix the VegAll, soups (without adding water as the directions say on the can), and chicken (chopped pieces or canned) in a dutch oven. Set biscuits on top of the mix and place the cover on the dutch oven. Add 14 – 15 coals to the lid of the oven and about 12 underneath. Cook until the biscuits are ready. Feeds 5 people.

Beef Goulash

1 – Lb. Ground beef
1 – pkg. Broad noodles
2 – Cans of Tomato Soup
1 – Can of Mushrooms, drained
1 – Can of Cream Corn
1 – Large onion, chopped
1 – Large bell pepper, chopped
8 oz.- Cheddar Cheese, grated
Seasonings – salt, pepper, garlic salt

Pre-cook noodles slightly (1/2 of the recommended time) in boiling water. Drain. Brown meat with onions and bell peppers in skillet. Drain. Add meat and noodles with other ingredients and bake in a Dutch oven at about 325 degrees for 45 minutes. Add grated cheese on top about 10 minutes before done. Makes enough for 6 people.

Chili

- 4 lbs ground beef
- 4 onions
- 8 Cans of Tomatoes
- 4 Cans of Tomato Sauce
- Salt to taste (about 1 teaspoon)
- Sugar to taste (about 4 teaspoons)
- 6 Tablespoons chili powder
- 4 Cans of Kidney Beans
- Water, as needed

Chop onions and add to ground beef as it is browned. Drain Juices from ground beef / onion mixture. Add mixture to pot with other ingredients. Cook for up to two hours. Stir occasionally.

The above recipe feeds about 20 people.

EZ to Pack 4 Bean Soup

- * 1 Medium Ham Hock
- * 1 Can Pinto Beans
- * 1 Can Light Red Kidney Beans
- * 1 Can Black Beans
- * 1 Can White Navy Beans
- * 1 Can Chicken Broth
- * 1 Can Beef Broth
- * 2 Cups Water
- * 1 Clove Garlic, chopped
- * Pepper to taste

Directions:

Add all together in large pot. Bring to boil, reduce heat and simmer for 1-1/2 hour.

Pepper

to taste. Carefully remove the hock and cut the meat away, placing it in the soup. Serve.

Comments:

This is a good camping soup because you only need room in the cooler for a ham hock.

Be careful not to use too large a ham hock, unless you are using more beans. The soup becomes too salty, as it gets salt from the hock. If this happens, toss in another can of beans.

Pepsi Chicken

- * 2 Liter of Pepsi
- * 10-14 Chicken legs
- * 2 (salad dressing sized) Bottles of BBQ sauce

Directions:

Put all your chicken in dutch oven w/lid. Cover it with the BBQ sauce. Then add Pepsi so that the chicken is almost completely covered. Put the lid on and set the dutch oven on a hot bed of coals and cover lid with more coals. Cook 15 - 25 minutes depending on heat of fire.

Comments:

You may have to add more Pepsi to cover chicken in middle of cooking. The Pepsi is added to carmelize the chicken and keep it from burning.

Salsa Chicken

- * Boneless, skinless chicken breasts (6-8)
- * 1 Large onion
- * 2-3 cups of long grain rice
- * Large jar of salsa

Directions:

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 crock pot at home. Serves a crowd

One Pot Sierra Stew

- * 1 Lb. of Ground Beef or Turkey
- * 1 Can of Kidney Beans
- * 1 Can of Campbell's Vegetable Beef Soup
- * 1 Can of Chili with Beans
- * 1 Can of Chili without Beans
- * 1 Can of Mexicorn
- * 1 Can of Water
- * 1 diced Onion (small)
- * Dash of Worcestershire Sauce
- * Dash of Garlic Powder

Directions:

Saute meat and onions, then drain all of the fat. Add all remaining ingredients in large pot or crock pot, and cover with lid. Heat until piping hot or on Auto. Leave it alone until you're ready to eat! Serve with a tossed salad and sourdough rolls.

Taco Bean Soup

- * Ingredient
- * 1 lb. ground turkey or beef
- * 1 med. onion
- * 2 cans rotel tomatoes or diced tomatoes
- * 1 can black beans
- * 1 can ranch style beans
- * 1 can whole kernel corn or mexican corn
- * 1 pkg. Hidden Valley Ranch salad dressing mix
- * 1 pkg taco seasoning

Directions:

Brown meat, drain. Saute onions. Add canned items one at a time without draining liquids and then add the package mixes. This will make the soup chunky and thick. Add more water to make soup more liquid. Cook 30-40 minutes stirring occasionally. Serves 14. This recipe is also low fat and it's um um good!

Comments:

For spicier soup add Jalapenos. Sour cream and/or shredded cheese may be added on top when serving, if desired. This soup freezes well.

Chili Mac

- * 1 Pkg. (7-1/4 oz.) Kraft Mac and Cheese Dinner
- * 1/2 Lb. Ground Beef or Turkey, cooked and drained
- * 1 Cup Chopped Canned Tomatoes
- * 1 Tsp. Chili Powder

Directions:

Prepare Mac & Cheese Dinner as directed on package. Stir in remaining ingredients.
Serve.

Meat Loaf

Categories: Main dish, Supper, Beef

Servings: 8

2 lb Ground beef
1 c Cracker or bread crumbs
2 Eggs
1 1/2 ts Salt
1 Onion, chopped, optional
2 c Catsup
3 Tb Mustard
2 Tb Brown Sugar

1. Mix meat, crumbs, eggs, salt and onion. Make into a loaf and place in casserole dish or pan.
2. Mix catsup, mustard and brown sugar together and pour over meat mixture.
3. Place in a covered Dutch oven and bake for 1 hour

Pizza Hot Dish

Categories: Supper, Beef, Lunch

Servings: 6

2 pk Crescent Rolls
8 oz Shredded Cheddar Cheese
1 pk Pizza Sauce
8 oz Shredded Mozzarella Cheese
1 1/2 lb Ground Beef

1. Brown ground beef, drain.
2. Line Dutch oven with 1 pkg of crescent rolls.
3. Spread pizza sauce on dough. Add browned beef, the cheeses.
4. Use second pkg of rolls to form a top crust.
5. Bake 30 min. at 350 degrees.

Variations

- a. Add any favorite pizza topping to the sauce before adding the top layer.
- b. Use pepperoni or sausage instead of ground beef.

Nachos

1 lb. ground beef
1 can of refried beans
1 packet of taco seasoning
1 pack grated cheddar cheese
2 tomatoes
Large bag of taco chips (rounds work well)
taco sauce or salsa-

Directions:

- Brown ground beef and drain grease
- add refried beans and sprinkle taco seasoning over it
- stir until all ingredients are mixed, and simmer for 8-10 minutes or until mixture thickens

when mixture is thickened, spoon onto taco chips and sprinkle cheddar cheese on top
- you can add chopped tomatoes and taco sauce or salsa to spice up

Feeds four to six

Beef Stroganoff

Categories: Supper

Servings: 6

8 oz Egg Noodles, package

1 lb Ground Beef

1 cn Cream of Mushroom Soup

1/2 cn Milk (soup can)

1 Onion, diced

1 ts Salt

1. Cook the noodles in water according to package instructions.
2. Brown the ground beef and onion in a skillet.
3. Add the soup and milk, and simmer for 10 to 15 minutes.
4. Serve over the noodles.

Variations

- a. Add sour cream, parsley, Worcestershire sauce or mushrooms to the meat mixture.

Hookie House Special

Categories: Supper, Lunch, Main dish

Servings: 4

4 lg Potato, diced
1 lg Onion, diced
1 lb Smoked Sausage
1 c Red Kidney Beans, undrained
3 Tb Sugar

1. Cut sausage into small pieces and brown in frying pan.
2. Add potato, onion and sausage to pot and cover with water. Add salt and pepper to taste, cook until potatoes are done, about 30 minutes.
3. Add red kidney beans, undrained, and sugar. Heat to boiling point and thicken with flour and water (just thicken slightly).

Pork Chops and Rice

Categories: Pork, Main dish, Supper
Servings: 10

20 Pork Chops (2 per person)
2 1/2 lb Minute Rice
5 cn Cream of Mushroom Soup
5 cn Onion Soup in Beef Stock
2 cn Mushrooms, small can

1. Brown pork chops in Dutch oven. Remove and place them on the side and keep warm.
2. Mix rice, soups, mushrooms and 3 cans of water in Dutch oven. Lay the browned pork chops on top of this mixture.
3. Bake in Dutch oven 45 minutes.

Approx. Cook Time: :45

Hamburger Surprise

Comments:

yield 1 serving

8 oz. ground beef.
1 large carrot
1 medium potato
1 medium onion
garlic salt and pepper
olive oil
Worcestershire sauce
tin foil

1. make out hamburger patties on tin foil.
2. cut up potato, carrots, onions on patties.
3. add garlic salt, pepper and Worcestershire sauce to taste.
4. sprinkle with olive oil.
5. wrap in tin foil.
6. cook 10 min. on each side on hot coals.

BREAKFASTS

Breakfast Tortillas

- * 2 Eggs per person
- * Sausage
- * Shredded Cheddar Cheese or Velveeta
- * Salsa
- * Flour Tortillas (small ones)

Directions:

Cook sausage till done. Drain grease if possible (sometimes I will put it on a paper plate with a paper towel and this soaks up some grease and doesn't make too much of a mess.

Don't try this recipe around bears.) Scramble eggs. Add eggs to cooked sausage and cook till done. Add cheese. Wrap tortillas in foil and add to medium hot pan or place on grill

for about 5 minutes. If tortillas are hard, wrap in wet paper towel for a while and they may

soften. Lay tortilla flat and add egg mixture to center of tortilla. Add salsa and roll like a soft taco.

French Toast Special

Categories: Breakfast, eggs

Servings: 2

3 eggs

1 c milk (whole, evaporated or dry)

1/2 c pancake mix

1 tb sugar

3 tb margarine or oil

4 sl bread

1. In a small bowl, mix the eggs and milk.
Add the pancake mix and sugar and blend well.
2. Melt the margarine in a small frying pan.
3. Dip each slice of bread in the batter and place in the frying pan.
Cook both sides over low heat until they are light brown.
4. Serve with honey, syrup or jam.

Breakfast Casserole

Categories: Breakfast, Eggs

Servings: 6

1 lb bulk or link sausage (slice up the links)
5 sl fresh bread (any kind)
1 c shredded cheese (such as cheddar or swiss)
6 eggs
2 c milk
1 ts dry mustard
1 ts salt
1 ds pepper

1. In a large skillet, brown and drain the sausage.
2. Grease a 10- x 12- x2-inch baking pan, or a 12-inch Dutch oven. Tear the bread into 1- inch pieces and arrange them evenly in the pan. Spoon the sausage over the bread and sprinkle with the shredded cheese.
3. Beat together the eggs, milk, mustard, salt and pepper and pour it over the mixture in the baking dish. Cover and refrigerate several hours or overnight, if possible.
4. If a baking pan is used, place it into a preheated Dutch oven, setting it on several stones to keep it off of the bottom. Bake for 30 to 40 minutes, or until set. (350-degree F.)

If the recipe is increased allow a little longer baking time.

Beef-n-eggs Hash

Categories: Breakfast

Servings: 4

2 cn Corned Beef Hash, 15-oz

8 Eggs

Dutch Oven:

1. Prepare a cupcake pan by oiling 8 mold positions, or placing 8 cupcake papers into the pan.
2. Divide the hash between the 8 molds. Press the hash in each mold on the sides and bottom of each cupcake molds, forming a well.
3. Break an egg into each hash-lined mold. Place the cupcake pan into the oven and bake for 25 minutes.

Skillet:

1. Place hash into a large, oiled skillet, break into chunks and heat thoroughly.
2. Make a hole in the hash for each egg. Break an egg into each opening and cook until eggs are the desired doneness.
3. Serve hash and eggs together.

Bacon and Egg in a Sack

Categories: Breakfast

Servings: 1

2 Eggs

2 Bacon strips

1. Cover the bottom of a lunch bag with two strips of bacon.
2. Break 1 or 2 eggs over the bacon.
3. Roll top of bag down in 1 inch folds and shove a sharp pointed stick through the folds.
Place over coals.
4. Cooks in 5 to 10 minutes.

Breakfast "Soup" for Southerners

Ingredients:

- * 4 envelopes of Quaker Instant Grits
- * 6 eggs
- * 2 cups water
- * 1/3 to 1/2 pound of bacon
- * dash of pepper, salt and hot sauce
- * olive oil

Instructions:

Prepare two bowls by pouring 2 packages of grits (we like cheese flavor) in each bowl. Boil the water. For bacon, we cook at home, tear into pieces, and store in a plastic container. Scramble your eggs in a skillet coated with olive oil. This is the only real cooking involved! Throw in your precooked bacon long enough to warm. When water is hot enough, pour into bowls and stir grits. Add your eggs and bacon and stir.

Eggs in a Hat

Ingredients:

- * 4 slices of your favorite bread
- * 4 eggs
- * 4 slices of ham or Canadian bacon
- * 4 slices of cheese

Instructions:

Warm your skillet or griddle over LOW heat. Also, be sure to grease the pan up well! Using either a round cookie cutter or a drinking glass, cut out a hole in the center of your bread, being careful not to break the crust. It will still work if the crust breaks, just not as well. Place the bread in the skillet and lightly toast it on both sides. Crack an egg into the hole in the bread and cook until the egg white is almost solid. Flip over and put a slice of cheese and then a slice of ham. Serve when cheese is melted.

For the bread that was leftover from cutting the circle out, we usually just dip that in a beaten egg and make French toast out of it.

DESSERTS

Campfire Éclairs

Ingredients:

- * 1 8-ounce can Pillsbury crescent dinner rolls
- * 2 vanilla JELL-O Brand pudding snacks
- * 1 tub Betty Crocker whipped frosting (chocolate)
- * thin-tip cooking sticks
- * aluminum foil
- * Pam cooking spray

Instructions:

Cover tip of stick with aluminum foil and spray with Pam.

Stretch one crescent roll over foil and squeeze tip to close and tighten.

Cook over campfire until golden brown turning frequently. (Crescent roll is done when it slides off the foil easily.)

Fill center of crescent roll with vanilla pudding, spread chocolate frosting on top, and enjoy!

Cobbler in a Dutch Oven

Makes enough for two Dutch ovens:

2 standard size yellow cake mixes
1 standard size piecrust mix
6 large or 12 small cans of fruit (about 180 oz)
1 box (1 lb) of dark brown sugar
2 sticks of butter (1/2 lb)
Cinnamon
Eggs (according to the mixes)
Oil (according to the mixes)

Optional:

Line two Dutch ovens with heavy-duty aluminum foil.

Pour fruit (with juices) into the bottom of the Dutch ovens (1/2 of the fruit per oven).

Mix the cake mixes and piecrust mixes together in one bowl, according to the directions on the boxes.

Pour the batter on top of the fruit (1/2 of the batter per oven).

Crumble the brown sugar on top of the batter (1/2 of the box per oven).

Slice the butter and place the slices on top of the batter (one stick per oven).

Sprinkle a generous amount of cinnamon over the mixture.

Bake with 12-16 coals on the bottom and 14-18 coals on the top for 45-60 minutes. Check the cobbler at regular intervals, when the top is golden brown, it is finished...enjoy!