

Indian Nations Council 2008 Council Camporee Dutch Oven Cook Book



Thanks to all units who participated in the 2008 Council Camporee Dutch Oven Cooking Contest and provided recipes from that contest for inclusion in this cook book.

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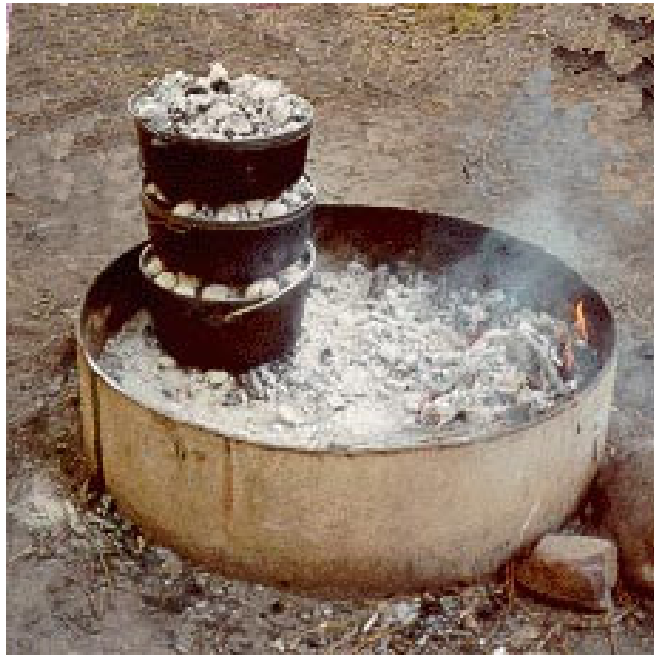
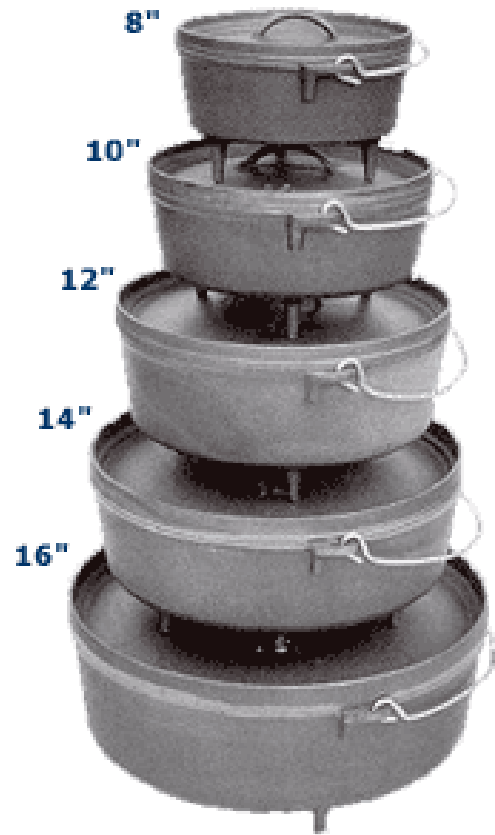
** NOTE:

Many recipes provided for the **STEWES AND CHILI'S** and **MAIN DISHES** listed in this cook book were provided solely by the participants of the 2008 Camporee as entries in the cook-off. The remaining recipes were copied from other sources.

Units using this cook book are invited to add their own recipes, or to include this cook book with their existing recipes to aid their unit programs.

CAPACITIES OF VARIOUS POPULAR SIZES OF DUTCH OVENS

DUTCH OVEN SIZE	OVEN CAPACITY	TYPES OF DISHES	# PERSONS SERVES
5"	1 Pint	Any	1 – 2
8"	2 Quarts	Vegetables, Desserts	2 – 4
10"	4 Quarts	Beans, Rolls, Cobblers <i>Good for testing new recipes</i>	4 – 7
12"	6 Quarts	Main & Side Dishes, Rolls, Desserts	12 – 14
12" DEEP	6 Quarts	Turkeys, Hens, Hams, Standing Rib Roasts	16 – 20
14"	8 Quarts	Main & Side Dishes, Rolls, Potatoes, Desserts	16 – 20
14" DEEP	10 Quarts	Turkeys, Hens, Hams, Standing Rib Roasts	22 – 28
16"	12 Quarts	Anything for a large group	22 – 28



SEASONING, CLEANING and STORAGE

SEASONING

Seasoning is basically the process of filling the pores of the cast iron material creating a non-stick cooking surface. Seasoning methods typically vary from person to person. The following is the method used by well known Dutch oven manufacturer “Lodge” for seasoning or reconditioning cast iron cookware.

- Warm the oven, skillet, etc over a flame or in a cooking oven and for new equipment, remove the label.
- Wash the utensil in warm water using a mild soap to remove excess adhesive or cooking residue. Wash the entire utensil – inside and out – and rinse and dry completely.
- Apply a thin coating of a good grade of **vegetable oil** over the entire surface of the utensil – both inside and out.
- Place in an oven or in an enclosed cooking grill for 30 minutes to one (1) hour at 350 °F.

NOTE: If seasoning indoors, be sure to open nearby windows.

- Remove the utensil from the heat and allow it to cool to room temperature. When properly cooled the utensil is ready for use and may be stored as defined in the following text.

NOTE: The first use after seasoning or reconditioning is recommended to be deep fat frying with vegetable oil. The heat built opens the pores of the cast iron allowing the oil to be absorbed providing further seasoning.

- Deep fat fry something like fried cookies, french fries, fish, donuts or something similar.

- Also for the first several uses, it is recommended that dishes with a high water or acidic content (tomatoes) be avoided. The acid can remove the oils and seasoning until the surface is allowed to “harden”.

When well-seasoned, besides providing a non-stick cooking surface, the coating will enhance the flavoring of the meals being prepared and provide a surface that deters the formation of rust when well cared for.

Be sure to season all surfaces of the utensil – inside and out – as well as the lids.

CLEANING

To novice users, the sight of a Dutch oven conjures up sights of an extensive clean-up. That could not be farther from the truth.

When cooking, do not use steel or aluminum cooking utensils. As well, when cleaning, do not scrape the surface with metallic utensils. Use of plastic or wooden utensils is highly recommended when cooking with cast iron.

- Drain or thoroughly wipe the inner surface clear of food debris. To scrape food debris or chunks, use a small wad of aluminum foil, a plastic scraper, a plastic scrub pad or a bamboo scrubbing brush (such as the “Camp Scrubber” from Crazy Crow – www.crazycrow.com).
- Using **HOT** water, rinse out any remaining cooking debris. Do not use **ANY** soap on a seasoned utensil during normal cooking and cleaning.
- Once all food debris is removed, wash the entire utensil with hot water. Then rinse completely, again with hot water, and dry completely. The utensil may be placed near the fire to aid drying.
- Once dry, apply a new thin coat of vegetable oil to protect the surfaces. Coat the utensil completely – inside and out, including lids. Do not permit the oil to puddle as it can turn rancid between uses.
- **DO NOT** “burn” food out of the utensil as it can damage or remove the seasoning.
- **NEVER** cool or rinse a hot cast iron utensil with cool water. This can lead to warping, cracking or breakage of the utensil.

- Some dishes (specifically cakes and breads) may be cooked by lining the Dutch oven with aluminum foil to make clean-up easier.

Drawbacks:

- This method of cooking may alter cooking temperatures and times.
- Excess heat from direct contact when cooking with this method can destroy or remove the seasoning.

STORAGE

Proper storage of your cast iron utensil will provide long life and require less reconditioning.

- Store the utensil in a warm, dry place.
- Do not allow the lid to close completely and “seal shut”. Use a paper towel, or a folded strip of aluminum foil or other similar material to keep the lid “open” or ajar to aid ventilation to all surfaces. If using a paper towel, be sure to change them out occasionally as paper will draw moisture from the surrounding atmosphere aiding the formation of rust.

CAST IRON or ALUMINUM

Most people think "Cast Iron" when it comes to Dutch ovens, but they are also manufactured from cast aluminum. Here is a comparison of the two types:

Aluminum is lighter than cast iron. A 12" aluminum oven weighs about 7 pounds as opposed to about 20 pounds for a cast iron oven.

Aluminum is easier to care for. Because it doesn't rust you can wash aluminum ovens in mild soap and water. Cast iron, however, requires protection from rust. Bare cast iron rusts very quickly so it must be "seasoned" to protect the metal. This seasoning is usually done by burning some kind of oil or animal fat into the pores of the metal forming a hard protective barrier. Soap should never be used to clean a seasoned oven because it will dissolve the formed protective barrier and embed itself into the pores of the metal where it will return to taint your next meal.

Aluminum reacts quickly to temperature changes. Aluminum Dutch ovens will heat up much faster than cast iron ovens, but they also cool down much faster after removing them from heat. Aluminum ovens are ideal for cooking foods that need to be cooled down quickly. Cast iron Dutch ovens react more slowly to temperature changes so you don't burn food as easily in them. Cast iron ovens also retain their temperature for quite a while after they have been removed from heat.

Because aluminum reacts quickly to changes in temperature it is much harder to keep at a constant temperature on a windy day. Cast iron, on the other hand, because it retains heat well, fairs better in windy weather.

Aluminum ovens can melt if too much heat is applied to them! The melting point of aluminum cast alloy is around 1200° F. as opposed to cast iron's melting point of over 2000° F. It is possible to reach temperatures of 1200° F. if too many coals are used during cooking, or if the bottom of the Dutch oven is in direct contact with the coals.

METHODS OF USE

The Dutch oven is likely one of the most versatile cooking utensils ever invented. Almost anything you can consider to cook can be prepared in a Dutch oven.

Various uses:

- Bean hole cooking (refer to Boy Scout Handbook).
- Use the inner surface of the lid as a griddle. Support on rocks for a level cooking surface.
- Stack ovens to enable cooking an entire meal.
 - Specific cooking times for each oven must be known.
 - The item requiring the longest cooking time with the least attention should be on the bottom.
 - Stacking requires an extremely flat cooking surface for stability of the ovens and safety of the cooks.
- Use as a covered pot for stews and casseroles.
- Use as an oven for baking.
 - Use a small trivet, small stones of equal size or other means to support a pie tin for baking pies or breads.
 - As there is typically more direct heat on the bottom of the oven than the top, overcooking can easily occur.
- Use as a deep fryer.
 - Fill with the proper amount of cooking oil and follow the instructions to your favorite recipe.
- Use as a suspended oven.



METHODS of USE (cont'd)

<u>COOKING METHOD</u>	<u>DUTCH OVEN APPLICATION</u>	<u>RECIPE EXAMPLES</u>
Baking	Direct Covered (Stacked) Indirect with Trivet Bean Hole	Cobblers Sticky Buns Beans
Frying	On Lid In Kettle	Pancakes, Eggs Sausage, Bacon, Hamburger (Lg. qty.)
Stir Fry	On Lid In Kettle	Vegetables, Meat Lg. qty – Veg., Meat
Deep Fat Fry	In Kettle	Chicken, Donuts, Pigs in Blanket
Stews / Soups	Covered (Traditional) Hanging	Minestrone Soup Chili, Stews (All Day)
Roasting	Covered (Traditional)	Pot Roast Leg of Lamb
Poaching	Covered (Traditional)	Salmon
Steaming	Covered with Trivet	Vegetables
Boiling	Covered or Open Kettle	Pasta, Eggs, Potatoes

CHARCOAL and HEAT

With each passing year, more and more restrictions are placed on campers in state and national parks in regards to gathering wood and building open fires. In most of those instances, charcoal is a very viable alternative. Besides being easy to obtain and transport, it is useful for regulating cooking temperatures. However, pay close attention to campground regulations. In cases of extreme wildfires, some campgrounds may even restrict the use of charcoal for open cooking.

At home, stove temperatures are usually determined by knowing how to position the knobs. It is common knowledge that frying, boiling and steaming need a higher amount of heat under the utensil, simmering needs less, and baking requires both a top and bottom heat source.

Dutch oven cooking employs the same principles. With a Dutch oven, the proper temperature is determined by using the correct amount of charcoal and proper placement.

The chart on the following page provides the amount of briquettes required to heat various Dutch oven sizes to 325°F. “Top heat” refers to the fuel placed on the Dutch oven lid. “Bottom heat” refers to the fuel placed under the oven. Change the cooking temperatures by adding or subtracting briquettes.

Basically, 2 charcoal briquettes provides 20-25°F of heat. To increase the temperature by this 20-25°F, add one extra briquette on top and one extra briquette below the oven. To reduce the temperature by this amount, remove one briquette from each top and bottom. If you need to raise the temperature by 40-50°F, add 2 briquettes on top and 2 on bottom.

For frying, steaming or boiling, add 3-6 briquettes on the bottom, and eliminate the top heat. Reduce the bottom for simmering as needed. Practice helps cooks perfect the temperatures.

Under ideal circumstances, freshly lit briquettes yield up to one hour of cooking time. High winds or air moisture, or wet ground will rob coals of heat. A good coal bed will be required to help maintain heat for cooking.

“3 Up + 3 Down = 325°F”

To help determine baking temperatures for standard sized Dutch ovens, use the “3 Up, 3 Down” formula. It is based on the diameter of the oven and the use of full sized charcoal briquettes. The diameter of the oven plus 3 equals the number of briquettes for top heat. The diameter minus 3 equals the number required for bottom heat. This total heats the oven to 325°F.

Example: For a 12” diameter Dutch oven heated to 325°F

12 + 3 = 15 briquettes for top heat

12 – 3 = 9 briquettes needed for bottom heat

Oven Size	8"	10"	12"	14"	16"
Top Heat	11	13	15	17	19
Bottom Heat	5	7	9	11	13

Use a consistent pattern when placing the charcoal briquettes on and under the oven when cooking to provide even heat and reduce over-cooking. Charcoal that is bunched will provide for excessive heat in specific areas and create the possibility of burning the food.

As the coals reduce in size, the heating capacity reduces as well. Add new briquettes as required to maintain heat.

Ash buildup from the burnt coals acts as an insulator, reducing the heating capacity of the charcoal in use. A small whisk broom or the Crazy Crow Camp Scrubber will come in handy for removing the ash. However, this same ash can be used to help retain the existing heat after cooking if serving will be delayed for a time.

OTHER METHODS FOR ESTIMATING TEMPERATURE

- **HAND METHOD:**

Before thermometers were invented, cooking temperatures were estimated by holding the palm of the hand or the wrist over the close to the cooking surface, then counting (one-one-thousand, two-one-thousand, three-one- thousand, etc) until the heat forced the hand to be removed. A count of 6-8 indicated a temperature of 250-300 °F. A count of 4-5 indicated a temperature range of 350-400 °F, and a count of 2-3 could be as high as 450 °F. A count of only one indicated a temperature of 500 °F or higher.

- **FLOUR METHOD:**

This method involves sprinkling a pinch of flour on the cooking surface, leaving it for 5 minutes and observing it.

- **No change** in color indicates a temperature of **250 °F** or less.
- If the flour becomes **PALE TAN**, the oven is at about **300 °F**.
- **GOLDEN BROWN** flour indicates approximately **350 °F**.
- **DARK BROWN** indicates about **400 °F**.
- **BLACK** will allow anything being cooked to burn.

TWO-THIRDS COOKING TIME

Rolls or other foods baked directly in the pot of a Dutch oven are not automatically subject to crusty, blackened bottoms. The proper temperature is important, but timing is just as important. Timing is crucial to over-cooking on the bottom.

The “TWO-THIRDS TIMING” method is a starting point. Put simply, it means to cook the food with proper top and bottom heat for about 2/3 the total cooking time. At that point, remove the oven from the bottom heat and continue cooking using only top heat.

Example:

For a recipe calling for 15 minutes cooking time, with the proper temperature achieved, remove the bottom heat at approx 10 minutes and continue cooking with top heat until done.

CONVERSIONS AND OTHER INFORMATION

Anything that can be cooked on a stove or in an oven can be converted for cooking in a Dutch oven. However, there are recipes that should likely be avoided.

- Anything that can be baked, roasted or otherwise oven-cooked, or cooked in a pot can be cooked in a Dutch oven.
- Try to avoid recipes that require multiple pots or pans for preparation. Larger Dutch ovens are too cumbersome to keep lifting or handling to remove the ingredients to prepare the following cooking steps.
- Recipes that easily stick or burn in normal cook pots can be a real problem in a Dutch oven.
- When first starting out, begin with familiar recipes or those already Dutch oven proven. This will allow you to familiarize yourself with the heating characteristics of your particular oven.
- Experiment. You will find some recipes more adaptable than others or that provide more of a comfort level in overall preparation or cooking methods.
- Make certain that finished serving sizes will fit the oven you are using. Make the needed adjustments to the ingredients to fit within your oven.
- The most delicate part is the amount of heat – cooking temperature. Follow the guidelines provided for the recipe and adjust as needed for your oven.
- When baking, elevate your pan or dish. This will reduce over-cooking and the possibility of burning on the bottom while baking.
- Lifting the lid has the effect as opening the oven door on the kitchen range and requires increasing the cooking time to finish the bake. Keep “lid checks” to a minimum.

EQUIVALENTS

LIQUID MEASURE EQUIVALENTS

60 Drops = 1 Teaspoon (tsp)
3 Teaspoons = 1 Tablespoon (Tbsp)
2 Tbsp = 1 Ounce (oz)
4 Tbsp = $\frac{1}{4}$ Cup (C)
5 $\frac{1}{3}$ Tbsp = $\frac{1}{3}$ C
8 Tbsp = $\frac{1}{2}$ C = 4 oz
16 Tbsp = 1 C = 8 oz
1 C = $\frac{1}{2}$ Pint (pt)
2 C = 1 pt = 16 oz
4 C = 2 pt = 1 Quart (qt)
8 C = 4 pt = 2 qt = $\frac{1}{2}$ Gallon (gal)
16 C = 8 pt = 4 qt = 1 gal

DRY MEASURE EQUIVALENTS

2 Cups = 1 Pt
2 pt = 1 qt
4 qt = 1 gal
2 gal = 1 Peck
4 Pecks = 1 Bushel

BUTTER / MARGARINE MEASURE

1 Pound (lb) = 4 Sticks = 2 C
1 C = 2 Sticks
 $\frac{1}{2}$ C = 1 Stick
 $\frac{1}{4}$ C = $\frac{1}{2}$ Stick

CHEESE MEASURE

1 lb (Amer / Cheddar) = 4 C
1 lb (Cottage Chs) = 2 C
 $\frac{1}{2}$ lb (Cream Chs) = 1 C (8 oz)
5 oz (Chs Spread) = $\frac{1}{2}$ C (8 Tbsp)

MISCELLANEOUS MEASUREMENTS

1 Dash = 10 Drops
1 Pinch = As much as can be taken between the tips of thumb and finger
6 Dashes = 1 tsp

CAN SIZES

WEIGHT

APPROX. CUPS

8 oz	8 oz	1
Picnic size	10 - 12 oz	1 $\frac{1}{4}$
12 oz	12 oz	1 $\frac{1}{2}$
No. 300	14 - 16 oz	1 $\frac{3}{4}$
No. 303	16 - 17 oz	2
No. 2	1 lb - 4 oz	2 $\frac{1}{2}$
No. 2 $\frac{1}{2}$	1 lb - 13 oz	3 $\frac{1}{2}$
No. 10	6 $\frac{1}{2}$ lb to 7 lb - 5 oz	12 - 13

COOKING TERMS

BAKE	-	To cook in an open or covered pan in an oven with dry heat
BARBEQUE	-	To cook over fire or oven burner with high heat
BEAT	-	To mix ingredients with a spoon or with hand or electric mixer
BLANCH	-	To immerse briefly in boiling water and rinse in cold water
BOIL	-	To cook on top of stove in a boiling liquid
BROIL	-	To cook close to (either over or under) a source of intense heat
DICE	-	To cut or chop into small cubes
FRY	-	To cook quickly in fat over moderate to high heat
JULIENNE	-	To cut into long, thin (match-stick sized) slices
MINCE	-	To cut or chop into very small pieces
POACH	-	To cook slowly in hot liquid on stove top over low heat
ROAST	-	To cook in an uncovered pan, without liquid added, in an oven or over a fire with dry heat
SAUTE	-	To cook in a small amount of fat over a low to moderate heat (or to gently fry)
SIMMER	-	To cook slowly in a liquid
STEAM	-	To cook over boiling liquid
STIR	-	To mix or move ingredients using a spoon until blended or mixing to prevent burning during cooking
STIR FRY	-	To fry quickly in a lightly oiled pan over a high heat while continuously stirring
WHIP	-	To beat air into the mixture rapidly to add volume

TIPS FOR COOKING HEALTHIER RECIPES

Many recipes can be made healthier by reducing the amount of sugar, salt or fat during cooking. Ideas to help make better meals follow:

SUGAR SUBSTITUTES

<u>Brand</u>	<u>Amount</u>	<u>Sugar Amount</u>
Sprinkle Sweet / Sugar Twin	1 tsp	1 tsp
Sweet'n Low / Liquid Sucaryl	1/2 tsp	1 Tbsp
	1 Tbsp	1/2 C
Adolph's Sugar Substitute /	1/4 tsp	1 Tbsp
Liquid Sweet 10	1 Tbsp	3/4 C
Weight Watchers	1/8 tsp	1 tsp
	1 Tbsp	1/2 C
Sweet 10 / Equal (tablets)	1 tablet	1 tsp
Equal (granulated)	1 packet	2 tsp

Typically, if the sweetener is mixed with dry ingredients, use a dry sugar substitute. If mixed with a liquid, use a liquid sweetener. "Equal" (aspartame) should be used to sweeten mixtures that do not require cooking. Note that these are only guidelines and personal taste should determine the amount of sweeteners to be used.

REDUCING SUGAR

Instead of adding sugar to your recipes, add a drop or two of vanilla or a dash of cinnamon to fruit dishes to enhance the sweetness of the fruit.

Cut the amount of sugar called for by half and reduce the amount of liquid by a quarter. Increase the sweetness of low sugar desserts by heating them prior to serving.

REDUCING SALT

By using herbs and spices, salt intake can be reduced while retaining flavor.

Herb / spice recommendations:

MEATS, FISH, POULTRY – allspice, basil, sage, bay leaf, chives, dry mustard, lemon, garlic, onion, dill.

VEGETABLES – sesame seed, basil, oregano, allspice, ginger, tarragon, ginger, garlic.

FRUITS – cinnamon, cloves, vanilla, ginger, mint, nutmeg.

REDUCING FAT

Select lean cuts of meat and use slow cook methods. Skim all visible fat from cooking liquids.

Remove the skin from poultry prior to cooking.

Use skim milk rather than low fat or whole milk; liquid margarine rather than solid margarine; and liquid vegetable oil rather than solid shortening or butter.

RESOURCES

Below are several websites that provide either Dutch oven cooking recipes, information related to Dutch oven cooking and use, or related supplies. There are many other resources at your disposal.

<http://www.legendsofamerica.com/WE-DORecipes.html>

<http://www.justdutchovenrecipes.com/index.html>

http://www.ceedubs.com/dutch_oven_recipes.htm

<http://www.uglybrothers.net/RECIPES/dutchoven.htm>

<http://www.fabulousfoods.com/campers/campers.html>

http://www.cowboyshowcase.com/dutch_oven_cooking.htm

<http://www.lsdos.com/>

<http://www.ahappycamper.com/>

<http://www.castironcookware.com/outdoor-cooking.html>

http://www.cowboyshowcase.com/dutch_oven_cooking.htm

<http://www.lodgemfg.com/recipe.asp>

<http://www.backwoodshome.com/articles/beattie47.html>

<http://www.crazycrow.com>

<http://www.chuckwagonsupply.com/fa>

<http://www.kamperskettle.com/qs.html>

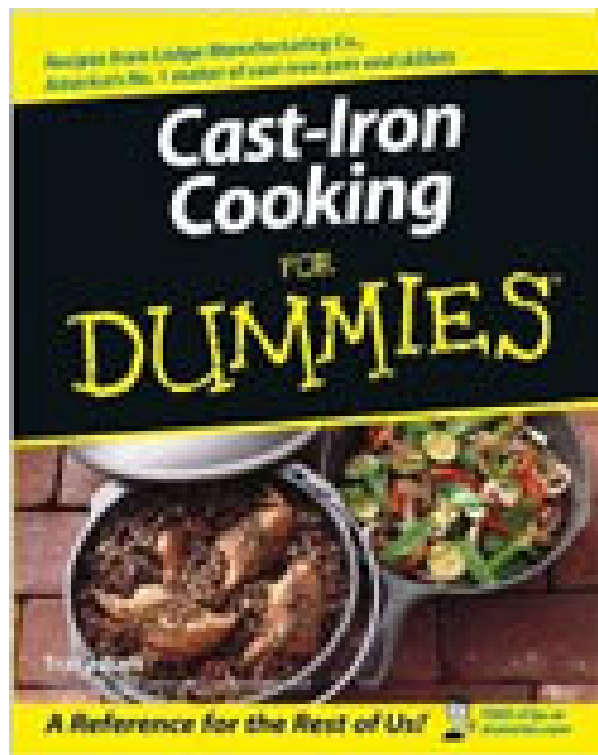
<http://www.macscouter.com/>

<http://papadutch.home.comcast.net/dutch-oven-recipes.htm#Recipes>

<http://www.scoutorama.com/contents/recipes.cfm>

<http://camping.about.com/cs/campingrecipelinks/l/blrcdutchoven.htm>

SAUCES



Collegiate Peaks BBQ Sauce

Created by Lisa Bender

2 cups Worchestire Sauce
1tsp garlic, minced
2 tsp red pepper (cayenne)
1/3 cup mustard
2 Tbls chili powder
1 cup jelly (your choice –grape, strawberry, apple)

Mix this first group together making sure jelly is well dissolved.

Then add:

1-12 oz can tomato paste
Small can jalapeno peppers (or 4 small finely chopped or minced, fresh)
2 cup brown sugar
½ medium onion, minced or finely chopped

Mix all together well. Makes a good amount of sauce to store if not used! But make sure to store in coolers, not in food boxes! Can be made ahead or made on the campout!

**This recipe was created on a Troop 977 Colorado campout when the BBQ sauce was forgotten for the ribs. All the above ingredients were in our camp food boxes & thrown together. The campers thought this was a Colorado brand sauce, thus the name.

General Purpose Barbecue Sauce

This is a sauce that Julia Child developed for spare ribs (*The Way to Cook*). It makes sense as a general purpose sauce for chicken and pork. Honey replaces sugar. Vinegar is added. Pungency is provided by cayenne pepper. Flavorings are paprika and thyme.

Serves 3, 1/3 cup

Light soy sauce, 2 tablespoons

Plain cooking oil, 2 tablespoons

Honey, 2 tablespoons

Vinegar, 1/2 tablespoon

Cayenne pepper, pinch, to taste

Paprika, 1/4 teaspoon

Thyme or sage, 1/4 teaspoon

Mix all ingredients in a bowl.

Chinese Traditional Barbecue Glaze

This is a simple glaze. Soy, oil, and sugar form the base, lightly flavored with Sherry and paprika. The Chinese use it for chicken, pork, lamb, and duck. It was designed for barbecue on the grill, but it may also be used as a glaze in the oven, as for roast chicken. The glaze is very light, refreshingly so if you are tired of thick barbecue sauces. For more robust, conventional sauces, see recipes following this one. Adapted from Wonona Chang, *An Encyclopedia of Chinese Food and Cooking*.

Makes scant 1/4 cup, enough for 1 chicken, split for barbecue, or roasted whole in the oven

Light soy sauce, 2 tablespoons

Plain oil, 1 tablespoon

Sugar, 1/4 teaspoon

Sherry, 1/2 tablespoon

Paprika, 1/16 teaspoon

Mix all ingredients in a bowl.

Variation

For a somewhat darker glaze, substitute balsamic vinegar for Sherry, and olive oil for plain oil.

Orange-Ginger Dressing with Walnuts

This is an excellent dressing for broccoli. It is sweet, with honey, orange, and ginger flavors. There is no countervailing sour. Try it as a glaze for pork or a split, baked chicken. May be served hot or at room temperature.

Serves 4

Dressing:

Plain cooking oil, 3/4 tablespoon

Soy sauce, 3/4 tablespoon

Honey, 3/4 tablespoon

Orange zest, 3/4 tablespoon

Orange juice, 2 tablespoons

Garlic clove, 1 small

Fresh gingerroot, a 3/4-inch piece, peeled

Salt

Rancher's Steak Sauce

2 tablespoons vegetable oil
1 medium onion, finely chopped
1 celery rib, finely chopped
2 teaspoons anise seeds, crushed
1 teaspoon celery seeds
1 tablespoon dry mustard
1 cup ketchup
1 cup bottled chili sauce
1/4 cup apple cider or juice
3 tablespoons cider vinegar
2 tablespoons Worcestershire sauce
2 tablespoons soy sauce
1 tablespoon honey
2 tablespoons dark brown sugar, packed

In a medium saucepan, heat oil and cook onion and celery over medium heat until softened, about 5 minutes.

Add anise seeds and cook, stirring, for 1 minute. Add celery seeds and cook, stirring, for 30 seconds. Stir in the mustard until dissolved; stir in remaining ingredients. Bring to a boil; reduce heat to medium-low and simmer uncovered until slightly thickened, 15 to 20 minutes

Emergency Tomato Sauce

Preparation time is 10 minutes, once you become familiar with the procedure.

For making a quantity of sauce, canned tomatoes are more convenient than plum tomatoes or fresh summer tomatoes. This sauce may be refrigerated or frozen.

Serves 2-3, makes 1 cup of sauce

Canned tomatoes, drained and chopped, 14 ½ ounce can, 1 ½ cups

Olive oil, 1 tablespoon, or more

Garlic, minced and crushed (optional)

Salt

Large sauté pan, to hold tomatoes in a shallow layer

Basil, dried, pinch , or (preferred) ½ tablespoon chopped fresh basil

Drain the tomatoes, reserving the liquid to add back if necessary. (Use any liquid left for stock or breakfast juice.) Chop the tomatoes.

Heat the olive oil in pan at medium heat. Add the chopped tomatoes. As they soften, mash them with a potato masher or fork.

Add optional garlic. Add salt, but taste first as canned tomatoes usually have salt.

Simmer, stirring constantly. Cook rapidly until moisture evaporates from the tomatoes and they begin to cohere as a sauce, perhaps 6 to 10 minutes.

Stir in basil and remove from heat. Adjust seasoning. If sauce is too thick, thin with reserved juice. There you have it, an instant tomato sauce.

Variations

In place of basil, or with, use dried thyme, oregano, Italian seasonings, or other favorites, cooking these from the start. For dried herbs to develop flavors, sauce should be cooked, instead of 10 minutes, 20 minutes or longer.

Emergency Dipping Sauce

For dipping shrimp, pork, or vegetables. Per person

Catsup, 1 teaspoon
Soy sauce, 1 teaspoon
Tiger sauce, ½ teaspoon

Mix in a bowl.

Pungent Sauce

For meatloaf. Per person

Catsup, 1 tablespoon
Soy sauce, 1/2 tablespoon
Tiger sauce, 1/2 tablespoon

Mix in a bowl.

Lemon Balsamic Mustard Dressing

This sauce is superb. Serve it with vegetables and lamb.

Use for vegetables: carrots, potatoes, turnips, cauliflower, broccoli, cabbage. It is also excellent with fish, lamb, and pork.

Lemon juice is what lifts this out of the ordinary. May be prepared ahead.

Makes 1/3 cup, serves 2

Dijon mustard, 1 tablespoon

Hot sweet mustard, 1 tablespoon

Olive oil, 1 tablespoon, more to taste

Small bowl

Balsamic vinegar, 2 tablespoons

Lemon juice, 1 tablespoon

Pepper, ground black, to taste (optional)

Additional lemon juice

Parsley, chopped, for decoration

Place the mustard in a bowl. Beat in olive oil gradually, using whisk or fork. When olive oil is incorporated, stir in the other ingredients. (For a large quantity, use a food processor.)

If the mixture sits for a lengthy time, taste before serving, refreshing with lemon juice if necessary.

Lemon Butter

This is the Fannie Farmer (1943) formula.

Butter, room temperature, 1 tablespoon
Lemon juice, 1/4 tablespoon

Cream the butter and beat in lemon juice, drop by drop. Refrigerate until needed.

Lime-Dill Butter

This butter is excellent with salmon, scallops, mahi mahi, tuna, boiled potatoes, or baked potatoes.

Butter, 1 tablespoon
Lime juice, 1/4 tablespoon
Dill, 1/4 teaspoon
Garlic, 1/4 clove or more
Hand held garlic press

Cream the butter and stir in dill. Beat in lime juice gradually. Refrigerate until needed, on a plate or in a ramekin.

Just before serving, puree the garlic in the hand press. Stir some into the butter, taste, and add more as desired.

Variation

For cold salmon, consider lime-dill yogurt. (Substitute yogurt or thick yogurt cream for the butter above.)

Sage-Butter Sauce

Good with gnocchi for a change from cheese, or butter and cheese.

Sage
Butter

Heat butter. Add sage. Let butter boil up and then subside.

Hot Mustard Sauce

1/2 cup Coleman's Dry Mustard

1/2 cup apple cider vinegar

Mix the above and let sit overnight, then add:

1 beaten egg

1/3 cup sugar

Cook the mixture (over stove) until thick, then add:

1 cup salad dressing or mayonnaise (more or less)

Roasted Habanero Salsa

from "Salsas, Sambals, Chutneys & Chowchows" by Chris Schlesinger & John Willoughby

1 Tbsp + 1/4 Cup virgin olive oil
1 tsp minced garlic
6 ripe plum tomatoes, halved
salt & freshly cracked pepper to taste
10 habaneros, stems removed
1/4 Cup lime juice
1/4 Cup cilantro

Combine 1 Tbsp. oil & garlic. Rub tomato halves with mixture. Sprinkle with salt & pepper. Roast in 500F oven until seriously colored, about 15-20 minutes. Allow to cool. Dice.

Grill habaneros over medium hot fire until slightly colored, 2-3 minutes. Remove from fire and mince. Combine tomatoes, peppers, 1/4 Cup oil, lime juice & cilantro. Mix well.

Cover & refrigerate. Keeps 5-6 days.

SAUCE FOR ITALIAN DISHES

It leaves no water on the plate when used with spaghetti. Use it for short ribs, lasagna and stuffed noodles and most everything else that calls for red Italian sauce.

4 large cloves of crushed garlic

2 qt of tomato juice (strange but true)

1 large can of tomato paste

Combination of Italian spices to taste (oregano, basil, etc.)

olive oil *to brown short ribs in if you have them*

Salt and pepper

Mix together the tomato juice and tomato paste. Add spices, salt and pepper to taste. Slow boil for 30 minutes. Cover and cook for seven hours, add water occasionally when the sauce gets thick. GREAT.

SPAGHETTI SAUCE WITH MEATBALLS

Olive Oil

1 Large Onion (chopped)

1 Bell Pepper (chopped)

Clove Garlic (minced)

3 or 4 bay leaves

2 tblsp Oregano

2 tblsp Basil

2 tblsp Salt

2 tblsp Sugar

2 12oz cans Tomato Paste

4 24oz cans Tomato Puree

2 24oz cans Whole Tomatoes

Pour Olive Oil in the bottom of LARGE pot, enough to cover bottom (about 1/4 inch deep), add onions, garlic and bell pepper. Lightly brown in oil. Add all tomato stuff, stir well, add all other ingredients, stir well. add a couple cans of water (approx 24 oz's). Let simmer at least 5 hours (the longer it cooks the better it is!)

Meatballs:

1 lb hamburger

4 cloves of garlic

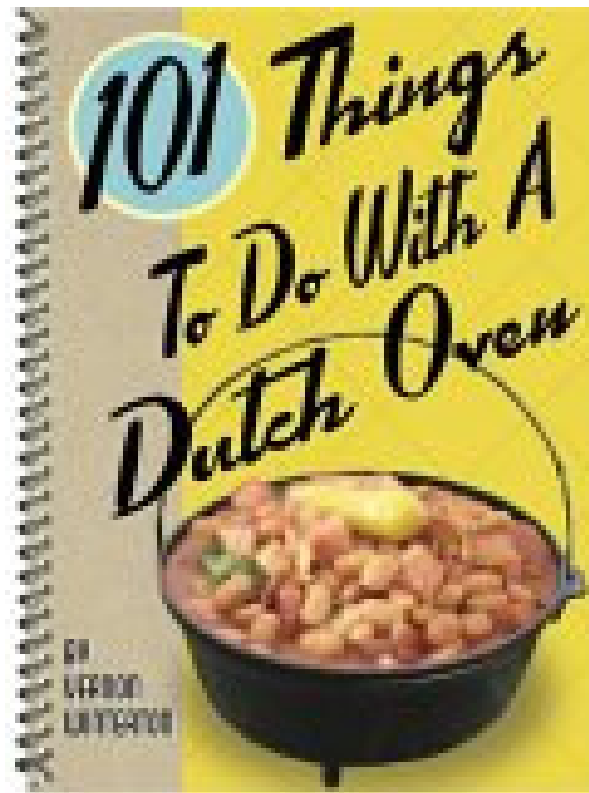
1 tsp each of oregano & basil

1 1/2 cup of bread crumbs

1 cup of parmesan cheese

Veg oil (cover bottom of heavy frying pan about 1 inch) Mix all ingredients together except for oil. Make little balls, and fry in oil until cooked.

RUBS



All Purpose Dry Rub

Rubs combine with the juices drawn from the meat and work like a dry marinade.

3/4 cup paprika
1/4 cup ground black pepper
1/4 cup salt
1/4 cup granulated sugar
2 tablespoons chili powder
2 tablespoons garlic powder
2 tablespoons onion powder
2 teaspoons cayenne

1. Mix the spices thoroughly in a bowl. Store covered in a cool, dark pantry.

Makes about 2 cups.

Asian Dry Rub

1 tablespoon black peppercorns, crushed
1/4 teaspoon salt
1 teaspoon brown sugar
1/2 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1 1/2 teaspoons anise seeds, crushed
1/4 teaspoon ground cloves

In a small bowl, stir together the spices. Rub spice mixture evenly over meat, coating the entire surface. Cook as desired, or cover and refrigerate for 15 minutes to several hours.

Cajun Dry Rub

1 teaspoon ground white pepper
1 teaspoon onion powder
1/2 teaspoon garlic powder
1 teaspoon dried thyme leaves, crushed
1 teaspoon ground black pepper
1/2 teaspoon celery seeds
1/2 teaspoon ground red pepper
1/4 teaspoon salt

In a small bowl, stir together the spices. Rub spice mixture evenly over meat, coating the entire surface. Cook as desired, or cover and refrigerate for 15 minutes to several hours..

Caribbean Rub

1 teaspoon granulated sugar
1 teaspoon dried minced onion
1/4 teaspoon salt
1/2 to 3/4 teaspoon crushed red pepper
1/2 teaspoon ground ginger
1/2 teaspoon ground allspice
1/2 teaspoon ground black pepper
1 teaspoon dried thyme leaves, crushed

In a jar with a tight sealing lid, shake together all the ingredients. Store in jar. Can be used on pork chops, small roast or tenderloin.

Makes about 1/2 cup.

Greek Dry Rub

Lemon, garlic and oregano are the “trinity” of Mediterranean island cooking. Mint gives light lift to flavors.

- 1 tablespoon minced garlic
- 1 tablespoon finely shredded lemon peel
- 1 1/2 teaspoons dried rosemary, crushed
- 1 teaspoon dried mint crushed
- 1 1/2 teaspoons dried oregano leaves, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

In a small bowl, stir together the spices. Rub spice mixture evenly over meat, coating the entire surface. Cook meat as desired, or cover and refrigerate for 15 minutes to several hours to boost flavors.

Who says that pork ribs have to be sauced? Use this rub on pork ribs instead.

Latin American Rub

- 4 tablespoons ground cumin
- 4 tablespoons chili powder
- 2 tablespoons ground coriander
- 1 tablespoon ground cinnamon
- 1 tablespoon brown sugar
- 2 tablespoons salt
- 1 tablespoon red pepper flakes
- 2 tablespoons ground black pepper

Combine all ingredients. Place in a jar with tight fitting lid; shake well to blend seasoning thoroughly. Store covered at room temperature.

Makes about 1 cup, enough for 2 slabs of ribs.

Mediterranean Rub

Zest of 2 lemons
1/3 cup thinly sliced garlic cloves
1/3 cup fresh rosemary
1/4 cup fresh sage leaves
1/4 cup coarsely ground black pepper
1 tablespoon salt

Place all ingredients in the bowl of a food processor and process until garlic, herbs and lemon zest are chopped finely and ingredients are thoroughly combined. Store covered in refrigerator.

Makes about 1 cup.

A great "dry marinade" for chops, tenderloin, or roast. Can also add a little to butter and use the mixture on corn on the cob and then grill along side chops.

Mexican Dry Rub

1 tablespoon chili powder
1 teaspoon brown sugar
1 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1/4 to 1/2 teaspoon ground red pepper
1/4 teaspoon salt

In a small bowl, stir together the spices. Rub spice mixture evenly over meat, coating the entire surface. Cook meat as desired, or cover and refrigerate for 15 minutes to several hours.

BREAKFASTS



Train Wreck

2 pounds sausage
12 oz frozen hashbrowns
1 medium onion, chopped
1-2 green bell peppers, chopped
1 dozen eggs, beaten
1-2 cans biscuits

Brown sausage in Dutch Oven with onions and green peppers. When sausage is about half done, then add hashbrowns. Finish cooking sausage and add the beaten eggs. Lay the biscuits on top. Cover & bake until eggs & biscuits are done.

Apple Pancakes

1 can apple pie filling
4 eggs
2/3 cup milk
1 cup flour
1 tsp sugar
1/8 cup melted butter
Pinch of salt

Cinnamon sugar
syrup

Mix well ingredients except pie filling. Then add pie filling. Pour onto HOT Dutch Oven Lid heated over hot coals or wood chips. Cook until bubbles bust & golden brown, then turn. Top with cinnamon sugar or syrup.

Baked Three Cheese Egg Casserole

7 large eggs
1 cup milk
2 teaspoons granulated sugar
4 cups shredded Monterey Jack (1 pound)
4 ounces cream cheese, cubed
1 (16-ounce) container small curd cottage cheese
2/3 cup butter *or* margarine, melted
1/2 cup all-purpose flour
1 teaspoon baking powder

Preheat oven to 350°F (175°C). Grease a 3-quart casserole dish; set aside. Beat together eggs, milk and sugar. Add cheeses and melted butter and mix well. Stir in flour and baking powder and pour into a prepared dish. Bake for 45 to 50 minutes or until knife inserted in center comes out clean. Cut into squares and serve.

Makes 12 servings.

Blueberry Sausage Breakfast Bake

2 cups all-purpose flour
1/4 cup firmly packed brown sugar
1 teaspoon baking powder
2 large eggs
1/2 teaspoon baking soda
1 pound sausage, browned and drained
1/2 cup butter *or* margarine
1 cup (8 ounces) sour cream *or* yogurt
3/4 cup granulated sugar
1/2 cup chopped pecans

Mix flour, baking powder and soda. Set aside. Beat butter until fluffy. Add sugar, brown sugar and eggs, one at a time, beating each addition for 1 minute. Add flour mixture to butter mixture. Fold in browned sausage and sour cream. Pour into lightly greased 9 x 13 x 2-inch pan. Sprinkle nuts on top. (At this stage, may be covered and refrigerated overnight and baked in the morning.) Bake at 350°F (175°C) for 35 to 40 minutes. Cool slightly. Serve warm with Blueberry Sauce.

Blueberry Sauce:

1/2 cup granulated sugar
2 tablespoons cornstarch
1/2 cup water
2 cups fresh *or* frozen blueberries
1/2 teaspoon lemon [juice](#)

For Blueberry Sauce: Combine sugar and cornstarch, add water and blueberries. Cook over medium heat until thick and bubbly. Cook and stir 2 minutes more. Remove from heat and stir in lemon juice.

To serve cut into squares, drizzle with Blueberry sauce and top with a dollop of sour cream, if desired.

Additional sour cream for accompaniment (optional)

Makes 12 servings.

Farmer's Breakfast

4 potatoes
4 strips of bacon
3 large eggs
3 tablespoons milk
1/2 teaspoon salt
1 cup diced ham
2 tomatoes, thinly sliced
1 tablespoon sliced green onion

In a large pot over medium-high heat bring plenty of cold salted water to a boil. Add potatoes and boil for 30 minutes until tender but still firm. Remove from heat. Rinse under cold water, and set aside to cool enough to handle. Peel and slice; set aside. In a large skillet, cook bacon over medium heat until transparent and limp. Add potato slices and cook until lightly browned 5 to 10 minutes.

Meanwhile, in a medium bowl beat eggs with milk and salt. Stir in ham and tomato. Pour over potatoes in skillet. Cook until eggs are set, about 8 minutes. Garnish with green onions to serve.

Makes 4 servings.

Cinnamon Rolls - Quick!

4 1/2 cups biscuit/baking mix

1 1/3 cups milk

Filling:

2 tablespoons butter, softened

1/4 cup granulated sugar

1 teaspoon ground cinnamon

1/3 cup raisins, optional

Icing:

2 cups powdered sugar

2 tablespoons milk

2 tablespoons butter, melted

1 teaspoon vanilla extract

In a bowl, combine biscuit mix and milk. Turn onto a floured surface; knead 8 to 10 times. Roll the dough into a 12 x 10-inch rectangle. Spread with butter. Combine sugar, cinnamon and raisins if desired; sprinkle over butter. Roll up from a long side; pinch seam to seal. Cut into 12 slices; place with cut side down onto a large greased baking sheet. Bake for 10 to 12 minutes at 425°F (220°C) or until golden brown.

Meanwhile, combine the icing ingredients; spread over rolls. Serve warm for best taste.

Makes 1 dozen.

Easy Pull-Apart Buns

2/3 cup chopped walnuts
1/3 cup granulated sugar
1/2 teaspoon ground cinnamon
1 (10-ounce) package refrigerated biscuits
1/3 cup mayonnaise

Preheat oven to 400°F. In a bowl, combine walnuts, sugar and cinnamon; set aside. Cut each refrigerated biscuits into quarters. Coat each biscuit quarter in mayonnaise then roll in the sugar mixture. Place 4 balls in each muffin cup. Bake 15 to 17 minutes, or until golden brown. Cool on wire rack.

Makes 12 buns.

Easy Sausage Gravy and Biscuits

Drop Biscuits:

2 cups biscuit mix
2/3 cup milk

Sausage Gravy:

1 pound bulk pork sausage
1/4 cup butter
1/4 cup all-purpose flour
1 (12-ounce) can evaporated milk diluted with 12 ounces of water*
Salt and freshly ground pepper to taste

For Drop Biscuits: Preheat oven to 425°F (220°C).

In medium bowl, stir ingredients together with a fork until just mixed. Drop 12 large spoonfuls or 18 smaller spoonfuls of biscuit dough about 1-inch apart onto a greased baking sheet, smoothing biscuits into a more rounded form with the back of the spoon, if desired. Bake for about 12 to 15 minutes or until golden brown. Serve warm.

For Sausage Gravy: In 10-inch skillet cook sausage until well done. Drain off excess fat. Add butter and melt over medium-high heat; add flour and cook for 1 minute, stirring constantly. Slowly pour in canned milk diluted with 12 ounces (1 can) water, stirring constantly. Bring to a boil, reduce heat and cook until thickened, stirring occasionally. Season to taste with salt and pepper, as desired.

Serve sausage gravy ladled over warm, split biscuits.

Makes 6 servings gravy and 12 large or 18 small biscuits.

* Substitute 3 cups milk for the canned evaporated milk and 12 ounces of water.

Sausage and Egg Puff

1 pound ground hot *or* mild sausage
2 slices white bread, diced
1 cup grated sharp cheddar cheese
6 large eggs
1 2/3 cups milk
1/2 teaspoon salt
Dash of Tabasco sauce
1 teaspoon dry mustard
1 teaspoon Worcestershire sauce

In a skillet, brown sausage, breaking up lumps; drain. In a 2-quart casserole, layer sausage, bread, and cheese. In a medium bowl, beat eggs with remaining ingredients. Pour over sausage mixture in casserole dish.

Cover and refrigerate 12 hours or overnight. Remove from refrigerator 1 hour before cooking. Preheat oven to 350°F (175°C); bake, uncovered, 45 minutes or until firm and golden on top.

Makes 6 servings.

SANDWICHES



Amelia's Italian Pork Pita Pockets

8 thin boneless pork chops, about 2 ounces each
2 green bell peppers, each cut into 8 lengthwise strips
2 portabello mushrooms, cut into 8 slices
1 large red onion, cut into 8 wedges, separated
2 tablespoons balsamic vinegar
1 tablespoon olive oil
1/2 teaspoon Italian seasoning
2 teaspoons crushed red pepper flakes
1 teaspoon fennel seed
8 pita pocket bread halves
4 slices (1 ounce each) low-fat, part skim mozzarella cheese, cut in half

Heat oven to broil. Coat a large baking pan with cooking spray. Arrange pork chops and vegetables in a single layer on baking pan. In a small bowl, combine vinegar, oil, Italian seasoning, red pepper flakes and fennel seed. Brush mixture on both sides of pork. Broil 5 to 6 inches from heat for about 6 to 10 minutes, or until pork is browned and vegetables are crisp-tender. Remove from oven; divide pork and vegetables among pita pocket breads. Add 1 slice of cheese to each sandwich.

Makes 8 sandwiches (4 servings).

Chicken Burritos

1 tablespoon vegetable oil
1 pound boneless, skinless chicken breast halves, cut into 2-inch strips
1 1/4 cups water
1 (1.5-ounce) package ORTEGA® Taco [Seasoning Mix](#)
8 (10-inch) burrito-size flour tortillas, warmed

Heat vegetable oil in large skillet over medium-high heat. Add chicken; cook for 3 to 4 minutes or until no longer pink. Add water and seasoning mix. Bring to a boil. Reduce heat to low; cook for 3 to 4 minutes or until mixture thickens. Spoon chicken mixture evenly over tortillas. Top with shredded cheddar cheese, shredded lettuce, chopped green onions, sliced olives and ORTEGA® Thick & Chunky Salsa, if desired. Fold into burritos.

Makes 8 servings.

Ham Tortilla Roll-Ups

Serve with fresh grapes and a pudding snack for dessert.

1 (6-inch) flour tortilla
2 teaspoons reduced-fat cream cheese*
1 ounce thinly sliced ham
2 tablespoons shredded lettuce
2 tablespoons shredded carrot

Spread tortilla evenly with cream cheese. Top with ham, lettuce and carrots. Roll up tortilla and enjoy.

Makes 1 serving.

*Experiment with different cream cheese flavors. This roll-up tastes great with veggie-flavored cream cheese.

APPETIZERS



Buffalo Wings

Fill Dutch Ovens with sectioned Wings. Pour in a packet or two of wing seasoning & water or BBQ sauce. Cover & let set over low heating coals for one hour. Make sure the wings are fully cooked & then enjoy!!

Artichoke Parmesan Bruschetta

1 (6-ounce) jar marinated artichoke hearts, drained and chopped
1/2 cup freshly grated Parmesan cheese
1/3 cup finely chopped red or white onion
5 to 6 tablespoons mayonnaise
French bread baguette, sliced into 1/3-inch-thick rounds

Place first 3 ingredients in bowl. Mix in enough mayonnaise to form a thick spread. Preheat broiler. Top bread rounds with spread. Arrange bruschetta on baking sheet. Broil until spread is heated through and begins to brown, about 2 minutes.

Makes 16 to 18 appetizers

Time-Out Cheese Bread

1 (1-pound) loaf frozen bread dough, thawed
2 tablespoons butter or margarine, melted
1/2 teaspoon chili powder
1 cup (4 ounces) American cheese, shredded
1 cup (4 ounces) mozzarella cheese, shredded
1/2 cup (2 ounces) cheddar cheese, shredded
1 (4-ounce) can chopped green chilies, drained

Heat oven to 375°F. Press bread dough onto bottom of greased 15 x 10 x 1-inch jelly roll pan. Brush dough with melted butter; sprinkle with chili powder. Combine cheeses in small bowl. Sprinkle dough with 1 cup cheese and chilies. Bake for 18 to 24 minutes or until bread is lightly browned. Sprinkle with remaining cheese. Continue baking for 1 to 2 minutes or until cheese is melted.

To serve, cut into square, triangle or diamond shapes. Serve warm.

Makes 36 appetizers.

Beef Pizza Bagels

4 plain bagels, halved
1/2 pound cooked, lean ground beef
1/2 cup shredded Mozzarella cheese
1/2 cup pizza or spaghetti sauce

Spread top of each bagel half with 1 tablespoon sauce. Top with approximately 3 tablespoons cooked ground beef. Sprinkle with 1 tablespoon cheese. Place bagels on cookie sheet sprayed with non-stick cooking spray. Bake at 350°F for 10 minutes or until cheese is melted and bagel is golden brown. (Or, place bagel in 400°F toaster oven for 10 minutes.) Serves 4.

Pizza Dippers

8 ounces mozzarella cheese, cut into cubes
6 ounces salami OR summer sausage, cut into cubes
12 cherry tomatoes
12 pitted black olives
1 small loaf Italian bread, cut into 12 thin slices
12 (6-inch) wood skewers
1 1/2 cups prepared pizza sauce
Freshly grated [Parmesan cheese](#), (optional)

Alternate cheese, meat, tomatoes, olives and bread on skewers. Serve with pizza sauce for dipping. If desired, sprinkle with grated Parmesan after dipping.

Makes 12 servings.

SIDE DISHES



Voodoo Green Beans

Smoked Ham or Bacon

3 cans green beans

4 sliced, peeled, medium potatoes

1 medium, sliced, onion

Pepper, to taste

Salt, to taste

Dice ham (or slice bacon) into 1 inch cubes and put into Dutch Oven. Add green beans and juice, onions, potatoes and enough water to cover the contents. Put Lid on and bake 50 minutes or until the potatoes and onions are tender.

Green Chili Macaroni

1 tablespoon corn oil
1/4 cup diced red bell pepper
1/2 cup sweet corn kernels
1/4 cup diced red onion
2 tablespoons finely chopped garlic
2 cups cooked macaroni (1 cup dry)
6 poblano chilies, roasted, seeded, peeled and pureed (about 3/4 cup)
2/3 cup grated hot pepper Jack cheese
1/2 cup heavy cream
Salt and freshly ground black pepper, to taste

In a large saucepan, heat the oil over medium-high heat. Add the red bell pepper, corn, onion, and garlic; sauté until the vegetables are softened, about 5 minutes. Add the macaroni, poblano puree, and cheese; stir until well blended. Fold in heavy cream, season with salt and pepper to taste and serve immediately, or keep warm until ready to serve.

Serves 4.

Lite 'n Creamy Macaroni Casserole

1/2 cup pasteurized process cheese spread
2/3 cup evaporated skim milk
3 cups cooked elbow macaroni
1 large egg, slightly beaten
2 large egg whites
1/4 teaspoon paprika
1/8 teaspoon dry mustard powder
1/8 teaspoon pepper
1/2 cup (2 ounces) shredded reduced fat sharp cheddar cheese

Heat oven to 400 degrees F. Spray 1-quart casserole with on-stick cooking oil spray.

In 1-quart saucepan, combine cheese spread and milk. Cook over low heat, stirring occasionally to prevent sticking, until cheese melts. In casserole, combine macaroni, egg, egg whites and seasonings; mix well. Stir cheese mixture and shredded cheese into macaroni, mixing until blended. Bake at 400 degrees F. 20 to 25 minutes, until heated through and lightly browned.

Serves 6.

Mushroom Pasta Pilaf

1 small onion, chopped
1/4 cup butter
1 1/3 cups uncooked ring, orzo or other small pasta
1 (10 1/2 ounce) can beef consomme, undiluted
1 cup water
1 (7-ounce) can mushroom stems and pieces, undrained
1 tablespoon Worcestershire sauce
1 teaspoon salt
1/4 teaspoon soy sauce
Freshly ground pepper to taste

In a large skillet, saute onion in butter until tender. Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 15 to 20 minutes or until pasta is tender and liquid is absorbed.

Makes 6 to 8 servings.

Orzo-Broccoli Pilaf

2 teaspoons olive oil
1 cup sliced fresh mushrooms
1/2 cup chopped onion
2/3 cup orzo (rosamarina)
1 (14-ounce) can reduced-sodium chicken broth
1/2 cup shredded carrot
1 teaspoon dried marjoram, crushed
1/8 teaspoon pepper
2 cups small broccoli flowerets

In a large saucepan heat olive oil over medium-high heat. Cook and stir the mushrooms and onion in hot oil until onion is tender. Stir in the orzo. Cook and stir about 2 minutes more or until orzo is lightly browned. Remove from heat.

Carefully stir in the chicken broth, carrot, marjoram, and pepper. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until orzo is tender but still firm. Remove saucepan from heat; stir in broccoli. Let stand, covered, for 5 minutes.

Makes six 2/3-cup servings.

STEW

&

CHILLIES



AAA Sooner Chuckwagon Stew

Troop 171 Unit Leader: Dave Busby

Chef: Darrin Wells

Asst Chef: Rusty Johnson

2 pounds ground chuck
1 lg onion,diced
1 Small can mushrooms-drained
2 lg tomatoes-diced
1 jalapeno-diced
1 can Ranch Style Beans
1 can Chili Beans
1 tsp seasoning salt
1 tsp cumin
1 can whole kernel corn-drained
6 potatoes-diced, peeling is optional

Boil potatoes until soft. In Dutch oven put ground chuck, onion, mushrooms and green peppers. Cook over open fire until meat is completely cooked, stirring occasionally. Put in all other ingredients, stir well. Bring to a boil and simmer with lid on for 10 minutes. Stir, then simmer for 10 minutes, stir and serve. Serves 8-10

Roast Beef Stew

Troop 007 Unit Leader: Stephan Schalo

1 clove garlic (sliced)
¼ cup vegetable oil or butter
1 large onion (sliced)
1 green bell pepper (sliced up small)
2-3 ribs of celery (sliced)
1 can mushrooms
3 cubs beef bouillon
4-5 medium sized potatoes (peeled & cut to bite size)
3 lbs beef stew meat (cut to bite size)
1 bag frozen corn
1 bag frozen peas
2-3 sliced carrots (sliced)
1 cup flour
salt & pepper to taste
3-4 cups of water

Preheat the Dutch oven (using approx. 12-14 briquettes) for about 10 minutes. Add oil or butter to oven. Mix beef stew meat and flour in a bag. When oven is heated brown stew meat . Add 3 cups of water and the rest of the ingredients to the meat in oven. Place lid on oven with 10-12 briquettes on top. Allow to cook for approx. 1 ½ hours stirring every 20 -30 minutes. (add water if needed to for desired consistency).

Bean-Pasta Soup Mix

3/4 cup dried onion flakes
2 (1/2-ounce) jars dried celery flakes
1/2 cup dried parsley flakes
3 tablespoons dried basil leaves
3 tablespoons dried oregano leaves
2 teaspoons garlic powder
2 teaspoons coarsely ground black pepper
2 (2 1/4) ounce jars beef-flavored bouillon granules
1 (16-ounce) package dried black-eyed peas
1 (16-ounce) package dried black beans
1 (16-ounce) package dried kidney beans
1 (16-ounce) package dried navy beans
1 (16-ounce) package small shell pasta, uncooked

Combine first 7 ingredients; divide evenly, and place in 6 airtight plastic bags. Add 2 tablespoons plus 1/4 teaspoon bouillon granules to each bag. Label "Herb Mix" and seal.

Combine black-eyed peas and next 3 ingredients; divide evenly and place in 6 airtight plastic bags. Label "Bean Mix" and seal.

Place 1/3 cup pasta into 6 airtight plastic bags. Label "Pasta" and seal.

Place 1 bag herb mix, 1 bag bean mix, and 1 bag pasta in a gift container; repeat procedure with remaining bags.

Makes 6 meals.

DIRECTIONS FOR RECIPE CARD:

Sort and wash bean mix; place in a Dutch oven. Cover with water 2-inches above beans; soak 8 hours or overnight. Drain. Combine beans, 3 quarts water, herb mix, 1 carrot, chopped, and 2/3 cup chopped cooked ham in Dutch oven. Bring to a boil; reduce heat, and simmer 2 1/2 hours, stirring occasionally. Add 1 (14 1/2-ounce) can stewed tomatoes, undrained, and pasta; cook 15 to 20 minutes.

Note: To use the quick-soak method, place beans in a Dutch oven; cover with water 2-inches above beans. Bring to a boil. Remove from heat; cover, and let stand 1 hour. Drain.

Baked Bean Stew

1 cup chopped onion
1 cup chopped green pepper
1 tablespoon vegetable oil
12 ounces boneless skinless chicken breast or tenders, cut into 1/2-inch pieces
2 cans (15 ounces each) baked beans or pork and beans
1 can (15 ounces) garbanzo beans or blackeyes*
1 can (14 1/2 ounces) diced tomatoes with roasted garlic, undrained
3/4 teaspoon dried sage leaves
1/2 teaspoon ground cumin
Salt and pepper, to taste

Sauté onion and green pepper in oil in large saucepan until tender, 3 to 4 minutes. Add chicken and cook over medium heat until browned, 3 to 4 minutes.

Add beans, tomatoes, and herbs to saucepan; heat to boiling. Reduce heat and simmer, uncovered, 8 to 10 minutes. Season to taste with salt and pepper.

Makes 8 servings (1 cup each).

Basic Jambalaya

6 ounces link sausage, sliced
2 (14.5-ounce) cans stewed tomatoes, drained, liquid reserved
1/2 pound shrimp, peeled and deveined
6 ounces ham, diced
1 cup cooked white rice
1 clove garlic, minced
1 whole bay leaf
2 tablespoons chopped fresh flat-leaf parsley

In a heavy saucepan over medium-high heat, brown the sausage, 5 to 7 minutes.

Add stewed tomatoes to the sausage. Add enough water to the reserved liquid to make 3/4 cup liquid for each can of tomatoes used. Add the liquid to the sausages and tomatoes.

Stir in shrimp and ham. Add rice, garlic, bay leaf and parsley. Continue cooking for 15 to 20 minutes; serve hot.

Makes 3 servings.

Bayou Stew with Chicken, Sausage and Rice

2 tablespoons vegetable oil
3/4 pound fresh boneless, skinless chicken thigh cutlets, cut into 1/2-inch cubes
1/2 pound andouille sausage, sliced into 1/4-inch rounds
1/4 pound okra, trimmed and sliced
1 cup chopped onions
1/2 cup thinly sliced celery
1/2 cup chopped green bell peppers
1/2 teaspoon ground black pepper
1/2 teaspoon ground white pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon dry mustard
1/2 teaspoon dried thyme
1/2 teaspoon crushed dried basil
1/2 teaspoon salt
5 cups chicken broth
1 (14.5-ounce) can diced tomatoes, drained
1 1/2 cups long-grain rice

Heat a large, heavy-bottomed pot over medium-high heat. Add oil and when hot, but not smoking, brown chicken and sausage until all sides are browned, about 7 minutes. Transfer to a paper towel-lined plate with a slotted spoon and set aside.

Add okra, onion, celery, bell pepper, black pepper, white pepper, cayenne pepper, dry mustard, thyme, basil and salt. Cook, stirring frequently, for 10 minutes, or until vegetables are soft. Stir in broth, tomatoes and rice and bring to a boil. Cover, reduce heat and simmer for 15 minutes, or until rice is tender. Add reserved chicken and sausage and simmer gently until thoroughly heated. Serve warm.

Makes 6 servings.

Can Opener Vegetable Stew

- 1 (14.5-ounce) can stewed tomatoes, undrained
- 1 (12-ounce) jar beef gravy
- 1 1/2 cups water
- 1 tablespoon dried onion flakes
- 1 tablespoon chopped fresh flat-leaf parsley
- 1/2 cup water
- 3 tablespoons cornstarch
- 1 (15-ounce) can whole potatoes, drained
- 1 (15-ounce) can sliced carrots, drained

In a large skillet, combine tomatoes, gravy, water, onion flakes and parsley. Bring to a boil and simmer for 5 minutes. Meanwhile mix water and cornstarch. Stir until well combined and add to skillet. Stir constantly until thickened. Add potatoes and carrots. Stir and reduce heat; simmer for 10 minutes. Serve hot.

Makes 6 servings.

* Handy start-up stew recipe made from ingredients that are easy to keep on hand. Add meat, chicken or rice and beans for more protein

Chile Verde de Puerco

3 pounds boneless pork shoulder or country-style ribs, cut into 1 1/2-inch pieces
1 teaspoon salt
1 teaspoon black pepper
4 to 6 tablespoons all-purpose flour
5 tablespoons vegetable oil, divided use
2 large onions, diced
8 cloves garlic, crushed
2 pounds tomatillos, husked, cored and quartered
1 tablespoon ground cumin
1 tablespoon dried oregano
1 cinnamon stick
1 (12-ounce) can beer
1 (14 1/2-ounce) can chicken broth
6 poblano chiles, halved, seeded, sliced into 1/2-inch-thick strips
2 yellow bell peppers, seeded and cut into 1-inch squares
3/4 cup chopped cilantro
2 teaspoons grated orange zest

Season pork with salt and pepper; dust with flour.

Heat 4 tablespoons oil in Dutch oven, brown pork in batches, transferring pork to bowl when browned.

Heat remaining tablespoon oil in pot. Add onion, sauté 3 to 4 minutes, until soft, stir in garlic and sauté one minute more. Add tomatillos, cumin, oregano, cinnamon and pork. Add beer and broth; bring to a boil, lower heat and simmer, partially covered, 2 hours, stirring occasionally.

Add chiles and yellow pepper, simmer partially covered for 30 to 45 minutes more, until chiles are tender. Discard cinnamon stick. Stir in cilantro and orange zest.

Makes 8 servings.

Chuckwagon Stew

2 tablespoons all-purpose flour
1 tablespoon paprika
2 teaspoons salt
1 teaspoon chili powder
2 1/2 pounds round steak, diced
3 tablespoons vegetable oil
2 onions, sliced
1 clove garlic, crushed
1 (28-ounce) can whole tomatoes, undrained
3 tablespoons chili powder
1 tablespoon ground cinnamon
1 teaspoon ground cloves
1/2 teaspoon crushed red pepper flakes
2 cups diced potato
2 cups chopped carrot

Combine flour, paprika, salt and 1 teaspoon chili powder. Add steak and toss to coat.

Heat oil in a large stockpot. Brown meat over medium heat, about 5 minutes.

Add onion and garlic; cook until soft. Add tomatoes with juices, 3 tablespoons chili powder, cinnamon, cloves and red pepper flakes. Cover and simmer for 2 hours.

Add potato and carrot and cook, uncovered, until vegetables are tender, about 45 minutes.

Makes 8 servings.

Pepper & Pineapple Pork Stew

4 boneless pork chops, cut into 1-inch cubes
4 carrots, sliced
1/2 cup chicken broth
3 tablespoons teriyaki sauce
1 tablespoon cornstarch
1 (8-ounce) can pineapple chunks in juice, drained and juice reserved
1 green bell pepper, seeded & cut into 1-inch pieces

Brown pork cubes in hot skillet.

Mix pork, carrots, broth and teriyaki in 3 1/2-quart slow cooker; cover and cook on low for 7 to 8 hours.

Mix cornstarch with reserved pineapple juice; stir into pork mixture. Stir in pineapple and green pepper. Cover and cook on high 15 minutes or until thickened and bubbly.

Makes 4 servings.

Satisfying and Simple Chicken Stew

1 pound fresh boneless, skinless chicken breasts, cut into 1-inch pieces
1/4 cup all-purpose flour
3 cloves garlic, finely chopped
1 teaspoon dried thyme
1 (14.5-ounce) can fat-free chicken broth
12 small red potatoes, quartered
2 carrots, peeled, cut into 1-inch rounds
1 (10-ounce) package frozen pearl onions, thawed

Lightly coat chicken with flour. Spray a deep skillet or soup pot with vegetable cooking spray and heat over medium-high heat. Add chicken and brown on all sides, about 3 minutes. Add garlic and thyme; cook 3 more minutes.

Add broth and stir to remove any browned bits stuck to the bottom of the pot. Add potatoes and carrots. Cover and simmer until vegetables are tender, about 15 minutes.

Add onions and simmer 5 more minutes to heat through.

Makes 4 servings.

Venison Stew

2 tablespoons vegetable oil
2 pounds venison stew meat
3 large onions, coarsely chopped
2 garlic cloves, finely minced
3 cups low-salt beef broth
1 tablespoon Worcestershire sauce
1 tablespoon soy sauce
1 dried bay leaf
1 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon pepper
6 medium potatoes, peeled and quartered
3/4 pound carrots, peeled and cut into 1-inch pieces
1/4 cup all-purpose flour
1/4 cup cold water

Heat oil in a Dutch oven over medium heat. Add venison and Cook until all sides are nicely browned.

Add onions and garlic and cooked, stirring often, until onions are softened, about 3 to 4 minutes. Stir in beef broth, Worcestershire sauce, soy sauce, bay leaf, oregano, salt and pepper. Bring to a boil, reduce heat and simmer, covered, for 1 1/2 to 2 hours or until meat is tender.

Add potatoes and carrots and continue to cook, covered, until vegetables are tender, about 20 to 30 minutes.

In a small bowl or cup, combine flour and water until smooth; stir into stew. Cook and stir until thickened and bubbly.

Remove bay leaf and serve.

Makes 8 servings.

Chutney Chili

- 1 tablespoon vegetable oil
- 1 1/2 pounds lean ground turkey breast meat
- 2 small onions, chopped
- 4 cloves garlic, finely chopped
- 1 (29-ounce) can crushed tomatoes in puree
- 2 (15-ounce) cans great northern white beans, drained
- 1 (9-ounce) jar CROSSE & BLACKWELL® Apple Curry Chutney
- 1/4 cup water
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano leaves, crushed

Heat vegetable oil in large saucepan over medium-high heat. Add turkey, onions and garlic; cook, stirring occasionally, for 4 to 5 minutes or until turkey is no longer pink.

Stir in tomatoes, beans, chutney, water, chili powder, cumin and oregano. Bring to a boil. Reduce heat to low; cover. Cook, stirring occasionally, for 1 hour.

Makes 6 servings.

Zippy Baked Bean Chili

1 tablespoon vegetable oil
1/2 cup chopped onion
3 cloves garlic, finely chopped
8 ounces sausage, cooked, crumbled and drained
8 ounces ground beef, cooked and drained
1 (16-ounce) can pork and beans
1 (10.75-ounce) can condensed tomato soup
1 cup beef broth
1 (4-ounce) can diced green chilies
1 tablespoon chili powder
2 teaspoons ground cumin
1 tablespoon chopped fresh cilantro (optional)

Heat oil in large saucepan; add onion and garlic. Cook for 5 minutes. Add sausage, beef, beans, soup, broth, chiles, chili powder and cumin. Bring to a boil; reduce heat to low. Cook for 15 minutes. Season with salt and ground black pepper. Garnish with cilantro, if desired.

Makes 4 servings.

Prima Chili

1 pound ground beef
1 small onion, chopped
1 (32-ounce) jar ORTEGA Salsa - Homestyle Recipe
1 (15-ounce) can kidney, pinto or black beans
1 cup water
1 (4-ounce) can ORTEGA® Diced Green Chiles
1 (1.25-ounce) package ORTEGA® Taco Seasoning Mix
Garnish suggestions: ORTEGA® Diced Jalapeños, shredded mild cheddar cheese or shredded Monterey Jack cheese, diced tomatoes, sliced ripe olives, sliced green onions, sour cream, chopped onion

Cook beef and onion in large saucepan until beef is browned; drain. Stir in salsa, beans, water, chiles and seasoning mix. Bring to a boil. Reduce heat to low; cover. Cook, stirring occasionally, for 20 to 25 minutes. Garnish as desired.

Makes 6 servings.

Hungarian Goulash

1/4 cup butter or margarine
2 pounds beef stew meat, cut into cubes
1 cup diced onion
1 clove garlic, minced
1 1/2 cups water
3/4 cup tomato ketchup
2 tablespoons Worcestershire sauce
1 tablespoon packed brown sugar
2 teaspoons Beef or Vegetable Redi-Base
2 teaspoons paprika
1/2 teaspoons dry mustard
Dash cayenne pepper
1/4 cup cold water
2 tablespoons all-purpose flour
Cooked wide noodles as accompaniment

Saute in butter the beef, onion, and garlic until onions are softened. Drain fat. Stir in water, ketchup, Worcestershire sauce, sugar, Redi-Base, paprika, mustard and cayenne pepper. Cover and simmer 2 to 2 1/2 hours.

Shake 1/4 cup water and flour in a tightly covered container and gradually stir into beef mixture. Heat to boiling, stirring constantly until stew is thickend.

Serve over hot noodles.

Makes 6 to 8 servings.

A [tasty](#) and colorful pork stew that cooks while you are out. Serve with hot cooked brown rice and breadsticks.

Light and Fluffy Dumplings

2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
1 large egg, beaten
1 cup milk

Combine flour, baking powder and salt in mixing bowl. Make a well in the center.

Combine egg and milk, mixing well. Pour into well in flour mixture and stir with a fork until just blended.

Drop by tablespoonfuls into boiling broth. Cook 10 minutes uncovered. Cover pot and cook another 10 minutes. Don't peek! That's the secret to light and fluffy dumplings.

Makes about 16 dumplings

MAIN DISHES



Cheese Enchiladas

3 Pre Heated Dutch Ovens

1lb shredded Colby Cheese

1lb shredded Cheddar Cheese

2 lg Green Bell Peppers, chopped

2 small Onions, chopped

2 small cans green chilies

4 cans Cream of Chicken Soup

2 pks. Lg. Flour Tortillas

Lg jar Picante Sauce

Mix together peppers, onions, chilies. Take tortillas & fill with cheese (save some for topping) & previous mixture. Roll up & place in heated lightly greased Dutch Ovens for about 15 minutes. Then top with Cream of Chicken soup make sure all tortillas are covered. Sprinkle rest of cheese over top. Bake another 10 minutes. Makes 24 enchiladas.

Pepperoni Pizza

Pre Heated Dutch Ovens
Packaged Pepperoni
Boboli Shells for each camper
Shredded Mozzarella Cheese
Pizza Sauce

Pie Tins

Fix Your Boboli with toppings & place on a pie tin, place on a trivet in preheated Dutch Oven. Cook for 15 minutes! ENJOY!

Seafood Jambalaya

1 pd. Boneless chicken breast, cubed
1 pd. Mild Italian sausage, chunked
1 pd. Mixed seafood (shrimp, crab, crawfish)
1/3 cup oil
1 large onion, chopped
1 each green & red peppers, chopped
1/2 cup celery, chopped
2 medium tomatoes, chopped
14 oz chicken broth
3 cups okra, sliced
2 cups mushrooms, sliced
1/2 tsp cayenne pepper
1 tsp each white & black pepper
1 tsp gumbo file' (powdered sassafras leaves)
1 TBSP Worcestershire Sauce
1/2 cup Orange Juice
2-3 cups of white long grain rice

*Optional Replace Cayenne with Crushed Red Peppers

14 inch Dutch Oven

Cook chicken & sausage thoroughly but not browned. In a separate pot steam the seafood until shrimp is pink. On Dutch Oven lid sautee the onions & peppers. Add sautéed vegetables, mushrooms, okra, tomatoes & broth to the chicken & sausage. Mix thoroughly. Add dry pepper, gumbo file', rice & mix thoroughly. Cover & bring to a boil. Add the remaining ingredients & water as needed to cook rice. Add steamed seafood mixture after rice has cooked. Simmer 10 minutes more. Serves 8-10

Shrimp & Chicken Spaghetti

1/2 lb skinless, boneless chicken breast, cubed
1/2 lb raw shrimp, shelled & deveined
1 medium onion, diced
3 cloves garlic, minced
1 small green pepper, diced
1 small sweet red pepper, cut in strips
1 large (28oz) can whole italian plum tomatoes
1/2 tsp hot red pepper flakes (more or less if you like)
1/4 tsp salt
oregano, marjoram & basil to taste (LOTS!)

Instructions:

Sautee chicken and vegetables until chicken is firm and onions are translucent. Crush tomatoes lightly in your hands (or food-processor if you're not a tactile cook) and add to chicken & veggies with their liquid. Simmer over low heat uncovered for 1/2 hour. Turn off heat, add the shrimp wait 10 minutes and serve over fettucini or spaghetti. The residual heat should cook the shrimp within 5 minutes, but give it 10 just to be sure. A dash of white wine when you add the shrimp is also nice.

Note: This is a thin sauce, don't expect it to cling to the pasta!

Texas Skillet

1 Bell Pepper, chopped
1 Medium Onion, chopped
1 Box Mexican Rice-a-Roni
1 Box Spanish Rice-a-Roni
1 Can Chili Beans
1 Can Ranch Beans
1 Can Refried Beans
1 pkg Grated Cheese –your choice of flavors
1 pkg Burritos-each burrito cut into thirds
1 Large jar of Picante Sauce
Oil

Sautee onion & pepper in 2 TBSP oil. Add Rice-A-Roni & cook as instructed on boxes. Add burritos, chili & ranch beans. Cook 30 minutes in Dutch Oven. After 30 minutes add Refried Beans. Top with Picante Sauce & Cheese. Cook another 5-10 minutes or until Cheese melts. Serves 8-10

Zesty Chicken Enchiladas Florentine (2pgs)

Troop 117 Charter: First United Methodist Church - Bixby

Unit Leader: Steve Corbett

Chef: Bruce King

Asst Chef: John Pondelik

- 2 cans of Cream of Chicken Soup
- 1 lb. tub of Sour Cream
- 1 medium onion
- 2 Tbsp butter or margarine
- ½ Tbsp Chili Powder
- 1 ea 10 oz package frozen chopped spinach
- 3 each cooked chicken breasts (cheaper cuts work fine as well)
- 1 ea 4 oz. can of chopped green chilies
- 1 ea 2 cup bag of shredded cheese (your choice)
- 1 ea 12 oz can of Jalapeno peppers
- 1 ea 15 ½ oz can of diced New Potatoes (drained)
- 1 package of 20 flour tortillas (6")

Dice the chicken breasts into small pieces, set aside. In mixing bowl, mix the soup and Sour Cream until smooth, set aside. Chop 1 medium onion and cook on medium/high heat in Dutch oven with 2 Tbsp of butter or margarine and Chili Powder until onion is tender, stir often. Stir in diced chicken, diced potatoes, green chilies, chopped spinach and stir. Stir in 1 cup of the soup/Sour Cream mixture made earlier. Season well with salt and pepper to taste. Stir all ingredients until well blended and remove from heat by pouring into a mixing bowl or 1 gal freezer bag. This is now the enchilada "Filling". Add 1 cup of water to the remaining soup/Sour Cream mixture and mix again. Wipe out/clean your 12" Dutch Oven and prepare it to cook the Enchiladas. Take 4 of the flour tortillas and cover the bottom of the 12" Dutch Oven, rip them in half if you like to insure the entire bottom is covered with 1-2 layers of tortillas

Take the remaining 16 flour tortillas and spoon a liberal amount of "Filling" onto each tortilla. The trick is to try to get even amounts of "Filling" on each tortilla. Once even amounts are on each tortilla, (use ALL of the "Filling"), fold sides over filling and place seam side down in 12" Dutch oven - 6 of these folded enchiladas will fit nicely in a neat row across the bottom and one will fit on each side of this row, totaling 8. Repeat this same procedure with 8 more enchiladas on the second layer, totally 16 in the 12" Dutch oven

Spread the remaining soup/Sour Cream mixture over the enchiladas Sprinkle 1 cup (half of the bag) of the shredded cheese over the top. Add a few slices of Jalapenos decoratively on the cheese Cook with normal top and bottom heat until mixture is bubbling and the cheese is well melted (approx 30-45 minutes)

Serving Suggestions:

Normal serving size is 2 enchiladas; however, younger Scouts may find one to be enough. Spoon sauce and melted cheese over the serving and sprinkle with remaining shredded cheese (second half of the bag). The remaining Jalapenos can be used as garnish and a little more zip. Scouts don't usually do this, but the adults can't get enough!

These are usually served with some crunchy Tortillas chips and Picante Sauce. Enjoy!

Dutch Oven Beef Lombardi

Troop 975 Charter: Central Church of the Nazarene

Chef: Jacque Schneider Asst Chef: Leslie Anderson

- 1 lb lean ground beef
- 1 (14 ½-ounce) can chopped tomatoes (do not drain)
- 1 (10-ounce) can diced tomatoes and green chilies
- 2 tsp sugar
- 2 tsp salt
- ¼ tsp pepper
- 1 (6 ounce) can tomato paste
- 1 bay leaf
- ½ (12 ounce size) package of medium egg noodles, cooked according to package directions.
- 6 green onions, chopped (about ½ cup)
- 8 ounces sour cream
- 1 cup (4 ounces) shredded sharp Cheddar cheese
- 1 cup shredded Parmesan cheese
- 1 cup (4-ounces) shredded mozzarella cheese

Preheat size 12 Dutch oven. Brown ground beef in Dutch oven. Stir until beef crumbles and is no longer pink. Drain beef, and return to Dutch oven. Stir in chopped tomatoes and next 4 ingredients. Cook 5 minutes. Add tomato paste and bay leaf. Simmer 30 minutes in covered Dutch oven (using 9-10 coals on bottom and 14-15 on top). Remove from Dutch oven, and keep warm. Stir together cooked egg noodles, chopped green onions, and sour cream until blended. Place noodle mixture in bottom of Dutch oven. Top with beef mixture; sprinkle evenly with cheeses. Put lid on Dutch oven. Put 9- 10 coals on bottom, 14-15 on top and cook for 35 minutes. Remove coals from Dutch oven, and allow to sit for 5 more minutes. Serve and enjoy! Serves 6-8

Southwest Chicken

Troop 520 Charter: Glenpool First Christian Church Unit Leader: Jay Justice

Chef: Alan West Asst Chef: Jay Justice

Crew Member: Bret Woodring

6 boneless Chicken Breast (cut into 1" pieces)
1 medium Yellow Onion (cut into small pieces)
1 Yellow or Red Bell Pepper (cut into small pieces)
1 small can Green Chilies
1 can EACH Black Beans, Red Beans (drained & rinsed)
2 cans corn (drained & rinsed)
3 Tbs Chili Powder
1 packet Pioneer Brown Gravy
4 oz can Tomato Sauce
8 cups water (use Chicken Broth for more flavor)
5 cups Minute Rice
3-4 Tbs Cooking Oil

Cook over burners or charcoal. Heat 14" Dutch Oven with oil, add chicken and brown, add onion and bell pepper. Cook till onion is clear. Add 3 cups water then everything else except for rice & cook for about 15 minutes (if looking too thick add a little more water).

Heat 12" Dutch Oven with (5) cups water (or chicken broth) to boil then add equal amounts of rice, cover & set off the fire.

Served over rice (add corn chips for some crunch) Serves 8-9

Garlic Stuffed Cornish Game Hen

with Potatoes & Vegetables

Troop 1 Unit Leader: Sam Arndt

Chef: Scott Stapleton

4 Cornish Game Hens
4 Lg Potatoes
4 Carrots
4 Stalks of Celery
2 Sm white Onions
2 Garlic Bulbs
Olive Oil
Salt & Pepper & other seasons, to taste
4 Pieces of Pita Bread (optional)

Cut potatoes into $\frac{1}{4}$ to $\frac{1}{2}$ inch thick coins then cut coins in half. Slice carrots & celery at an angle. Cut the onions in quarters. Peel 16 good size cloves of garlic. Pour 2 Tbs of Olive Oil into a 12" Dutch Oven and rub over the sides and bottom. Place all the vegetables except the garlic in the Dutch oven. Season the vegetables to taste. (I use salt, pepper & Cavender's Seasoning).

Salt Hens lightly, inside and out, stuff 4 cloves of garlic into each hen. Put the hens on top of the vegetables, breasts up. Drizzle 1-2 tsp. Olive Oil in each hen and season to taste. Out lid on Dutch Oven. Place 10 charcoal under and 13 on top. Cook for 1 hour. Rotating the oven and Lid (DO NOT OPEN the Lid when rotating) $\frac{1}{4}$ turn every 15 minutes. After $\frac{1}{2}$ hour add 3-4 more charcoal under and 4-5 on top.

When you can strongly smell the hens cooking (at least one hour) remove lid. The hens are ready when the juices are running clear. Pita bread can be warmed by wrapping in aluminum foil and placing it on the hot coals on top of the oven for last 15 minutes of cooking. Turn once. Serves 4

Taco Tot Casserole

Troop 123 Charter: Joy Lutheran Church Unit Leader: Jim Hinkle

Chef: Al Davis Asst Chef: Joe Houghton

Crew Members: Chris York, Ax Synar

4 cups frozen Tator Tot
2 Lbs Lean Ground Beef
2 – 1.25 oz Taco Seasoning
15 ¼ oz can Whole Corn (drained)
1 Small White Onion (diced)
10 oz can Diced Tomatoes & Green Chilies
11 oz Can Condensed Nacho Cheese Soup
Salsa (optional)
Sour Cream (optional)

Brown meat in Dutch Oven, drain the fat. Stir in taco seasoning mix and water as directed on taco season package. Add diced onion, cook until onion is clear. Add corn, diced tomatoes & green chilies, soup. Arrange Tator tots in a single layer on top. (excess can be cooked, wrapped in foil separately). Bake for 40-50 minutes at 375° or until bubbly and potatoes are lightly browned. If desired serve with sour cream and/or salsa. Serves 8

Stuffed Green Peppers

Troop 214 Charter: St. James Presbyterian Church

Unit Leader: Dennis "Bear" Hall

Chef: Rev. Craig Gibson

- 2 Dutch ovens
- Salt & black pepper
- 4 Large green peppers
- 2 pounds ground beef
- 1 Cup chopped onion (1 large is fine)
- 4-5 Cloves chopped garlic
- 1 14.5 oz can tomatoes – diced or cut (do not drain)
- 1 Cup water
- 2/3 Cup long grain rice
- 2 Tablespoons Worchester sauce
- 1 Teaspoon dried oregano
- 2 Cup cheddar cheese

Boil water in one Dutch oven. Water must be deep enough to completely cover the halved peppers. Halve sweet peppers lengthwise (resulting in 8 pieces), removing stem ends, seeds, and membranes. Immerse peppers into boiling water for 3 minutes. Remove peppers from water and very lightly salt inside of each pepper half and place pepper cup side down on paper towels and allow to drain well. Empty water and use this preheated Dutch oven for cooking pepper filling as follows. Add chopped onion and garlic. Brown ground beef in onion/garlic mixture. Drain off fat. Stir in undrained tomatoes, water, uncooked rice, Worcestershire sauce, oregano, ½ teaspoon salt, ½ teaspoon pepper. Stir well and bring mixture to a boil. Pull Dutch oven to cooler area of fire and simmer covered for 15-20 minutes or until rice is tender. When done, stir in 1 cup of cheese.

Place pepper halves in the bottom of lined Dutch oven cup side up. Fill pepper halves with meat mixture. Cover Dutch oven and return to medium heat area of fire. Cook about 15 minutes or until heated through. Remove Dutch oven from fire. Sprinkle remaining cheese on the stuffed peppers and close Dutch oven for 2 more minutes letting the heat of the oven melt the cheese.

Serve and be proud of your creation. Serves 8

Beefy Beans and Rice

Troop 4 Charter: Brookhaven Christian Church

Unit Leader: Jim McClaughry

Chef: Scott Smith Asst. Chef: Randy Wolf

Bacon grease
2 pounds ground beef
2 large coarsely chopped onions
1 each green/red/yellow pepper (chopped)
2 ribs chopped celery
1 clove crushed garlic
1 cup brown sugar
2 tbsp. mustard
1 cup ketchup
1 tsp. salt - black pepper, thyme, spices to taste
2 cup of rice
5 cups water
6 cubes of beef bullion (crushed before adding)
1 can black beans
1 can baked beans
1 can butter beans, drained
1 can navy beans
1 can kidney beans, drained

Add lean ground beef, coarsely chopped onion, and chopped peppers in enough bacon grease to cover the bottom of the Dutch oven. Cook beef until browned and onions until translucent. Combine all the remaining ingredients except the beans and stir until blended. Add the canned beans and mix well. Cover and bake at about 350 cooling to 300 (do not add coals) for 1½ hours. Don't peek, stir and serve.

You can chop the bacon from which you get the grease and leave it in the oven and/or use a variety of beans for variety of texture and color. You should cook this longer and with lower heat at about 200 - 250 after the first hour and add a cup of water for normal preparation. Option: You can cut up sausage and/or hot dogs to appeal to younger scouts in place of the beef.

CRACKER BARREL



Magic Marshmallow Crescent Puffs

Puffs:

1/4 cup granulated sugar
2 tablespoons Pillsbury BEST® All Purpose Flour
1 teaspoon ground cinnamon
2 (8-ounce) cans Pillsbury Refrigerated Crescent Dinner Rolls
16 large marshmallows
1/4 cup margarine *or* butter, melted

Glaze:

1/2 cup powdered sugar
1/2 teaspoon vanilla extract
2 to 3 teaspoons milk
1/4 cup chopped nuts, if desired

Heat oven to 375°F (190°C). Spray 16 muffin cups with nonstick cooking spray or lightly grease with vegetable shortening. In small bowl, combine sugar, flour and cinnamon; mix well.

Separate dough into 16 triangles. Dip 1 marshmallow in margarine; roll in sugar mixture. Place marshmallow on shortest side of triangle. Roll up, starting at shortest end of triangle and rolling to opposite point. Completely cover marshmallow with dough; firmly pinch edges to seal. Dip 1 end in remaining margarine; place margarine side down in sprayed muffin cup. Repeat with remaining marshmallows.

Bake for 12 to 15 minutes or until golden brown. (Place foil or cookie sheet on rack below muffin cups to guard against spills.) Remove from muffin cups; place on wire racks set over waxed paper.

In small bowl, blend powdered sugar, vanilla and enough milk for desired drizzling consistency. Drizzle over warm rolls. Sprinkle with nuts.

Makes 16 rolls

Treasured Crescents

1 (8-ounce) package refrigerated crescent dinner rolls
1 tablespoon granulated sugar, divided use
8 Peanut Butter NESTLÉ® TREASURES®

Preheat oven to 375° F. Spray baking sheet with nonstick cooking spray.

Unroll dough; separate into 8 triangles. Sprinkle triangles lightly with 1/2 tablespoon sugar.

Place one Nestlé Treasure on each triangle at the shortest side of the triangle. Starting at shortest side, roll up each triangle, enclosing the Nestlé Treasure while rolling. Curve ends of triangles to form crescent shape and to completely enclose Nestlé Treasure.

Sprinkle each crescent with remaining sugar; place on prepared baking sheet.

Bake for 11 to 13 minutes or until golden brown. Cool for 5 minutes before serving.

Makes 8 crescents.

Great Idea for a Webelos Woods Treat!

That's Amore Popcorn!

2 1/2 quarts popped popcorn, (in vegetable oil)
1/2 (0.7-ounce) package of Italian salad dressing mix

Place popped popcorn in large bowl. Sprinkle zesty Italian salad dressing mix on top of the popcorn. With a large wooden spoon, toss popcorn until seasoning is distributed evenly.

Makes 3 cups.

Be Careful of Peanut Allergies!

Five-Spice Popcorn

2 1/2 quarts popped popcorn
1 cup crispy chow mein noodles, optional
1/2 cup peanuts
1/3 cup peanut oil
2 tablespoons soy sauce
1 teaspoon five-spice powder
1/2 teaspoon garlic powder
1/2 teaspoon sesame salt OR salt
1/2 teaspoon ground ginger
1/4 teaspoon cayenne pepper
1/8 teaspoon granulated [sugar](#)

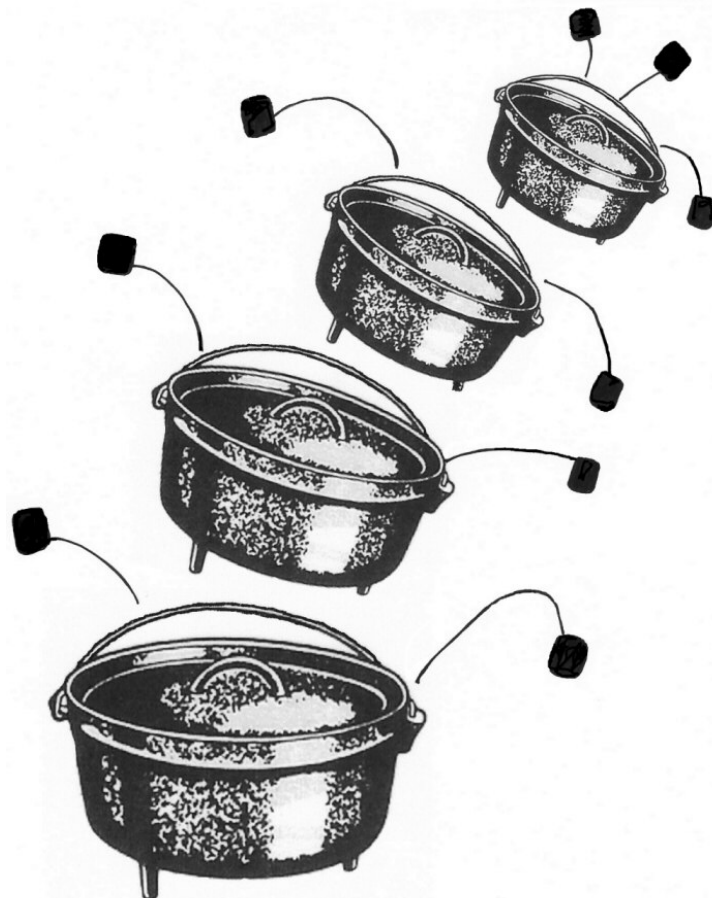
Keep popcorn, noodles and peanuts warm. Combine remaining ingredients and mix thoroughly. Slowly pour over popcorn mixture, tossing to blend. Pour into a large roasting pan.

Heat in a 300°F (150°C) oven for 5 to 10 minutes, stirring once.

Makes 2 1/2 quarts.

We hope you enjoy the recipes and information provided in this cookbook. Most importantly, we hope this information adds to your unit's program and benefits your Scouts. A special THANK YOU goes out to everyone who provided a hand in putting this cook book together.

Ron and Lisa Bender
Camporee Cook-Off Coordinator



CAMP COOKIN'