



CAMPING COOKBOOK

CUB FAMILY CAMPING
ATLANTA AREA COUNCIL, BSA



CAMPING KITCHEN

TIPS & TRICKS

FOR OUTDOOR COOKING

WHAT IS NEEDED FOR COOKING WITH COALS:

- 12IN/6QT CAPACITY CAMP DUTCH OVEN, THE MOST COMMON OVER SIZE FOUND IN SCOUTING.
- BRIQUETTES, OF GOOD QUALITY AND OF STANDARD SIZE, IMPORTANT WHEN USING A RECIPE BOOK SUCH AS THIS ONE WHICH SPECIFIES EXACT COAL COUNTS
- CHIMNEY CHARCOAL STARTER & NEWSPAPER, IF LIGHTER FLUID ISN'T USED
- METALLIC COAL TRAY, SUCH AS A PIZZA PAN
- LONG-HANDLED TONGS, FOR HANDLING THE COALS
- LID LIFTER, A METAL DEVICE FOR SECURELY LIFTING A HOT OVEN LID
- TRIVET, A THREE-POINT DEVICE ON WHICH A PAN RESTS INSIDE A DUTCH OVEN.

WHAT IS NEEDED FOR COOKING OVER A BURNER:

- CAMP STOVE, LARGE ENOUGH TO HANDLE YOUR POTS AND PANS
- FUEL APPROPRIATE FOR YOUR CAMP STOVE
- COOKING POTS – AN ASSORTMENT OF SMALL, MEDIUM & LARGE SIZES
- FRYING PAN, PREFERABLY TWO SIZES, ONE MEDIUM, THE OTHER LARGE

WHAT IS NEEDED FOR COOKING OVER A WOOD FIRE:

- FIREWOOD AND FIRE-STARTING MATERIALS
- STURDY PORTABLE GRILL STAND, IF NO GRILL GRATE IS BUILT INTO THE FIRE RING
- LONG-HANDLED CAMPING FORKS

BASIC EQUIPMENT

TO BE A SUCCESSFUL CAMP CHEF, YOU DON'T NEED A LOT OF EQUIPMENT. FRANKLY, LESS IS NEEDED WHEN YOU ARE COOKING WITH YOUNG SCOUTS, BECAUSE THE FOCUS SHOULD BE ON BUILDING A FOUNDATION IN THE BASICS. REMEMBER ONLY SCOUTS THAT CAN HANDLE KNIFES ARE THOSE THAT HAVE EARNED THEIR TOTIN CHIT. THE RECIPES IN THIS GUIDE ARE DESIGNED FOR THE 3 TYPES OF OUTDOOR COOKING METHODS DISCUSSED ON PREVIOUS PAGE. YOU WILL MOSTLY USE THE CAMP STOVE AND THE DUTCH OVEN FOR YOUR COOKING NEEDS.

THE BASIC GEAR AND COOKING ESSENTIALS ARE ALL THAT WILL BE DISCUSSED IN THIS SECTION. THE MORE EXPERIENCED QUARTERMASTER/CAMP CHEF MIGHT HAVE A MORE DELUXE KITCHEN SET UP FOR COOKING. DO NOT BE INTIMATED BY THIS. THE FOCUS HERE IS ON COOKING WITH THE SCOUTS AND TEACHING THEM THE BASICS.

RECIPES OCCASIONALLY CALL FOR ITEMS THAT ARE REQUIRED FOR THAT RECIPE'S PREPARATION BUT MIGHT OTHERWISE BE CONSIDERED NONESSENTIAL IN A COLLECTION OF STANDARD KITCHEN GEAR. SUCH ITEMS AREN'T LISTED HERE BUT ARE INCLUDED IN THE RECIPE'S REQUIRED EQUIPMENT LIST.

ESSENTIAL EQUIPMENT:

- 3 COOLERS, ONE FOR RAW MEATS AND EGGS, THE SECOND FOR OTHER FOOD NEEDED, AND THIRD FOR BEVERAGES AND DRINKING ICE (WHICH IS CONSIDERED FOOD).
- STURDY FOLDING TABLES
- AN ASSORTMENT OF MEASURING CUPS AND SPOONS
- 2 CHEF’S KNIVES, WITH SHEATHS OR CONTAINER
- 2 PAIRING KNIVES, WITH SHEATHS OR CONTAINER
- 2 CUTTING BOARDS, ONE FOR MEATS AND ONE FOR VEGGIES
- CAN OPENER
- BOWLS-AN ASSORTMENT OF SMALL, MEDIUM, AND LARGE SIZES
- LONG-HANDLED WOODEN SPOON
- LONG-HANDLED SPATULA (FOR FLIPPING PANCAKES AND EGGS)
- LONG-HANDLED SERVING LADLE
- LONG-HANDLED TONGS
- FOOD THERMOMETER
- HAND SANITIZER & SANITIZER SPRAY FOR TABLES
- PAPER TOWELS
- COOKING SPRAY OR VEGETABLE OIL, FOR GREASING FRYING PANS & DUTCH OVENS
- HEAVY-DUTY ALUMINUM FOIL & WAX PAPER
- ZIPLOCK FREEZER BAGS, QUART & GALLON SIZES
- 3 COMPARTMENT SINKS (AS DESCRIBED IN ANOTHER SECTION)
- DISH DETERGENT & BLEACH
- DISH TOWELS
- HEAVY-DUTY TRASH BAGS
- HEAVY BBQ GLOVES
- 2 OR MORE LONG-NECK LIGHTERS
- BINS TO STORE ALL THIS KITCHEN GEAR

NONESSENTIAL BUT VALUABLE EQUIPMENT:

- SERVING TABLES, IF PICNIC TABLE OR THE LIKE ARE NOT AVAILABLE
- KITCHEN TARP OR CANOPY
- SPICE & HERB KIT

3 COMPARTMENT SINKS

WASH, RINSE, SANITIZE.

WITH THE THREE-STEP DISHWASHING SYSTEM, YOU CAN FINISH CAMP DISHES IN NO TIME. THAT MEANS YOU'RE BACK TO HAVING FUN FASTER.

HERE'S HOW TO WASH DISHES AT A CAMPSITE, COURTESY OF THE BOY SCOUT HANDBOOK (PAGE 308).

WHAT YOU'LL NEED

- A DISHWASHING SPOT THAT'S AT LEAST 200 FEET FROM ANY SOURCES OF WATER
- HOT WATER (PRO TIP: START HEATING YOUR WASH WATER BEFORE YOU SIT DOWN TO EAT)
- THREE PLASTIC TUBS
- BIODEGRADABLE DISH SOAP
- A DISH BRUSH/SCRUBBER OR TWO
- HOT TONGS FOR DIPPING PLATES AND SPOONS INTO THE HOT RINSE
- BLEACH OR SANITIZING TABLETS
- GROUND CLOTH, TOWEL, MESH BAG OR LIGHTWEIGHT HAMMOCK FOR AIR-DRYING

BEFORE YOU BEGIN

GET YOUR DISHES AS CLEAN AS YOU CAN BEFORE PLACING THEM INTO THE WASH POT. THAT WAY YOU WON'T OVERWHELM POT 1 WITH FOOD PARTICLES.

NOTE: THIS MAY INVOLVE SCRAPING AND LITERALLY LICKING YOUR PLATE CLEAN. AT SCOUT CAMP, THIS IS PERFECTLY ACCEPTABLE BEHAVIOR.

POT 1: WASH POT

ADD A FEW DROPS OF BIODEGRADABLE SOAP TO HOT WATER. YOUR INSTINCT WILL BE TO USE MORE SOAP THAN YOU NEED, SO USE SPARINGLY.

POT 2: HOT-RINSE POT

FILL THE POT WITH CLEAR, HOT WATER.

POT 3: COLD-RINSE POT

PLACE A FEW DROPS OF BLEACH OR A SANITIZING TABLET (LIKE STERAMINE) INTO COLD WATER.

AFTER YOU'RE DONE

1. HANG OR PLACE UTENSILS AND DISHES TO DRY
2. DISPOSE OF SOAPY WASH WATER 200 FEET FROM ANY WATER SOURCES. FILTER OUT FOOD PARTICLES AND PUT THOSE IN A PLASTIC BAG TO THROW AWAY. THEN SPREAD THE WATER OVER A WIDE AREA.

ALSO, WORTH NOTING

- MINIMIZING DISHWASHING TIME STARTS WITH MENU PLANNING. MEALS THAT USE ONE POT AND FEW FOOD-PREP UTENSILS WILL LEAVE LESS MESS AFTERWARD.
- SCOUTS SHOULD USE AS FEW DISHES AND UTENSILS AS POSSIBLE. ONE BOWL, ONE MUG AND ONE SPORK WILL BE ALL YOU'LL NEED FOR MOST MEALS.

CAST IRON CARE

THE 10 COMMANDMENTS OF CAST IRON CARE

Forget all the myths. Follow these tips and your skillet will last forever. Yes, forever.

1

...RESPECT IT.

You are its steward, and it's your duty to pass it on to the next generation.

2

...USE IT OFTEN.

The more you use your cast-iron skillet, the better it will work, and the more you'll care for it.

3

...SAVE THIS PAGE.

Tear it out and tape it to the inside of your pantry door.

4

...CLEAN CAST IRON AFTER EACH USE.

Wash with hot water while pan is still warm.

5

...DON'T USE SOAP. EVER.

And no matter what, don't ever put cast iron in the dishwasher.

7

...DRY IT IMMEDIATELY.

Wipe dry after washing and heat over low flame for 2 minutes to open the pores of the iron. Use a paper towel and tongs to apply an even, light film of vegetable oil or flaxseed oil on the inside of the pan.

6

...SCOUR SMARTLY.

Use coarse salt like Morton's Kosher Salt for scouring stubborn bits of food without damaging the seasoning. Use a paper towel to rub the salt into the bottom and around the inside edges of the pan. A stiff bristle brush also works well. Still sticking? Loosen residue such as caramel by boiling water in the pan.

8

...STORE IT IN A COOL, DRY PLACE.

For pans with lids, add a paper towel wad, and keep ajar to let air flow.

9

...UNDERSTAND "SEASONING."

For cast-iron cookware, this is the polymerization of fat bonded to the surface of the pan. In layman's terms, seasoning is the glossy sheen that gives cast-iron cookware its nonstick properties and keeps it from rusting. Protect and maintain the seasoning and your skillet will last forever. See below to learn how.

10

...BUST THE RUST.

Rub cast iron with steel wool. For the seriously stubborn rust on old, neglected pans, take the cast iron to a machine shop and ask someone to pressure blast it with air or sand. Then start the seasoning process (see below) to build a protective coat.



11

...RE-SEASON IT.

Here's the best way to rebuild the seasoning and bring your skillet back to life.



WASH VIGOROUSLY

After busting the rust, wash cast iron with warm and—just this once—soapy water. Dry well.



RUB WITH VEGETABLE OIL

Use a paper towel to rub oil inside, outside, and on skillet handle. Wipe away any excess.



BAKE AT 400° FOR AN HOUR

Place upside down on oven rack, line bottom rack with foil. Bake. Repeat oiling and baking until seasoned.

BREAKFAST

DUTCH OVEN OR STOVE

Sausage & Pancake Dunkers

Stove & Dutch Oven



INGREDIENTS

- 1 PACKAGE (12 OUNCES) JOHNSONVILLE BROWN SUGAR & HONEY, VERMONT MAPLE SYRUP BREAKFAST SAUSAGE OR ORIGINAL BREAKFAST SAUSAGE, OR FIRECRACKER SPICY BREAKFAST SAUSAGE
- 1-1/4 CUPS PANCAKE MIX (USE PANCAKE MIX THAT REQUIRES EGGS, MILK AND OIL. DO NOT USE A "COMPLETE" PANCAKE MIX THAT ONLY REQUIRES WATER)
- 1/2 CUP MILK
- 2 TABLESPOONS CANOLA OIL
- 2 TABLESPOONS MAPLE SYRUP
- 2 EGGS
- ADDITIONAL MAPLE SYRUP
- CINNAMON SUGAR

DIRECTIONS

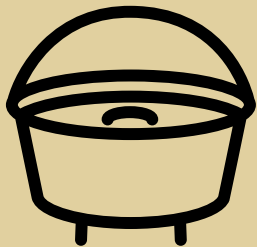
1. COOK SAUSAGE LINKS IN A PAN ON THE CAMPING STOVE UNTIL INTERNAL TEMP IS 160°F.
2. IN A BOWL, COMBINE THE PANCAKE MIX, MILK, OIL, MAPLE SYRUP AND EGGS.
3. POUR PANCAKE MIXTURE INTO PREPARED DUTCH OVEN; SPRINKLE WITH CINNAMON SUGAR. ARRANGE BREAKFAST LINKS EVENLY SPACED ON TOP OF BATTER.
4. COOK OVER FIRE OR CAMPSTOVE UNTIL PANCAKE BATTER IS COOKED THRU.
5. CUT INTO INDIVIDUAL SAUSAGE AND PANCAKE DUNKERS. SERVE WITH ADDITIONAL MAPLE SYRUP.

MOUNTAIN MAN BREAKFAST

DUTCH OVEN

INGREDIENTS

- 1 POUND MILD PORK SAUSAGE (SUCH AS JIMMY DEAN®)
- 1 MEDIUM ONION, CHOPPED
- 1 CLOVE GARLIC, MINCED
- 1 MEDIUM RED BELL PEPPER, CHOPPED
- 1 MEDIUM GREEN BELL PEPPER, CHOPPED
- 1 (2 POUND) PACKAGE FROZEN SHREDDED HASH BROWN POTATOES
- 12 LARGE EGGS, BEATEN
- 1 (16 OUNCE) PACKAGE SHREDDED CHEDDAR CHEESE



DIRECTIONS

- BUILD A CAMPFIRE AND ALLOW THE FIRE TO BURN UNTIL IT HAS ACCUMULATED A BED OF COALS. PLACE A GRATE OVER THE FIRE.
- PLACE A 12-INCH CAST IRON DUTCH OVEN ONTO THE GRATE. ADD SAUSAGE, ONION, AND GARLIC; COOK AND STIR UNTIL SAUSAGE IS BROWNEED AND CRUMBLY AND ONION IS TRANSLUCENT, 5 TO 7 MINUTES. STIR IN HASH BROWNS AND BELL PEPPERS UNTIL WELL MIXED. COOK, STIRRING OCCASIONALLY, UNTIL HASH BROWNS ARE HOT AND PEPPERS ARE TENDER, ABOUT 15 MINUTES.
- POUR BEATEN EGGS INTO THE DUTCH OVEN, ALLOWING THEM TO SEEP DOWN TO THE BOTTOM. COVER THE DUTCH OVEN AND PLACE IT DIRECTLY ONTO 5 TO 10 HOT COALS. PLACE ANOTHER 12 TO 18 HOT COALS ON TOP OF THE DUTCH OVEN LID. LET COOK UNTIL EGGS ARE FIRM, ABOUT 40 MINUTES. OPEN THE LID AND SPRINKLE WITH CHEDDAR CHEESE. COVER AND CONTINUE TO COOK UNTIL CHEESE HAS MELTED, ABOUT 5 MINUTES.

CAMPING QUICHE

DUTCH OVEN



INGREDIENTS

- 12 EGGS
- ¼ CUP MILK
- 1 CUP DICED HAM, BACON OR SAUSAGE
- 1 MEDIUM ONION, DICED
- 1 CLOVE OF GARLIC, MINCED
- 1 CUP CHOPPED BELL PEPPERS
- 1 CUP SLICED MUSHROOMS
- 2 CUPS GRATED CHEESE (ANY TYPE)
- SALT AND PEPPER TO TASTE
- 2 TBSP BUTTER, MELTED
- 1 TBSP VEGETABLE OIL

DIRECTIONS

- GREASE OR LINE A 12-INCH DUTCH OVEN WITH PARCHMENT PAPER, AND THEN PREHEAT TO 450 F.
- IN A LARGE MIXING BOWL, WHISK THE FLOUR, SALT AND BAKING SODA UNTIL COMBINED.
- ADD THE PIECES OF COLD BUTTER INTO THE BOWL AND USE A PASTRY BLENDER OR A FORK TO CUT THE BUTTER THROUGH THE FLOUR MIXTURE.
- ADD THE BUTTERMILK IN SLOWLY. THEN, USE A RUBBER SPATULA TO STIR UNTIL A SOFT DOUGH FORMS. THE MIXTURE SHOULD BE VERY SOFT-ALMOST A THICK BATTER INSTEAD OF A DOUGH. IF THE DOUGH SEEMS DRY, ADD IN ANOTHER ½ CUP OF BUTTERMILK.
- POUR THE DOUGH INTO THE PREPARED DUTCH OVEN, AND USE A SHARP KNIFE TO SCORE AN X INTO THE DOUGH-CUT DEEP, ALMOST ALL THE WAY TO THE BOTTOM OF THE DOUGH.
- PUT THE LID ON WITH 11 HOT COALS ON THE BOTTOM AND 22 ON TOP OF THE LID.
- BAKE FOR 35 MINUTES OR UNTIL THE TOP IS A DEEP GOLDEN BROWN.
- REMOVE FROM HEAT AND REMOVE IT IMMEDIATELY FROM THE DUTCH OVEN.
- SERVE WITH BUTTER AND JAM.

BISCUITS AND GRAVY

DUTCH OVEN

INGREDIENTS

- 1-16 OUNCE CAN REFRIGERATED JUMBO BUTTERMILK BISCUITS
- 1 LB SAUSAGE
- 1/4 CUP FLOUR
- 2 1/2 CUPS MILK
- SALT AND PEPPER TO TASTE



DIRECTIONS

- GREASE AND PREHEAT THE DUTCH OVEN TO 350 F.
- ONCE HEATED, PLACE IN THE BISCUITS.
- PLACE THE LID ONTO THE DUTCH OVEN AND ADD 8 HOT COALS UNDERNEATH AND 17 ON TOP.
- BAKE AT 350 F FOR 25-35 MINUTES UNTIL GOLDEN BROWN.
- REMOVE THE BISCUITS AND SET ASIDE.
- COOK THE SAUSAGE IN DUTCH OVEN 5-6 MINUTES, STIRRING FREQUENTLY UNTIL THOROUGHLY COOKED, AND STIR IN THE FLOUR.
- GRADUALLY ADD MILK; COOK UNTIL MIXTURE COMES TO A BOIL AND THICKENS, STIRRING CONSTANTLY.
- REMOVE A FEW COALS UNDERNEATH THE OVEN TO REDUCE THE COOKING TEMPERATURE. SIMMER FOR 2 MORE MINUTES, STIRRING CONSTANTLY.
- SEASON TO TASTE WITH SALT AND PEPPER.
- SERVE THE SAUSAGE GRAVY OVER THE BISCUITS.

LUNCH

DUTCH OVEN OR STOVE

STUFFED BABY BELLS

DUTCH OVEN

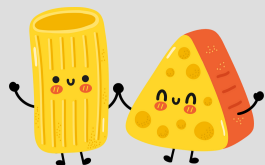


INGREDIENTS

- 1/2 POUND GROUND MILD ITALIAN SAUSAGE
- 2 CLOVES GARLIC, CHOPPED
- 1 SMALL ONION, DICED
- 1 (8 OZ) CREAM CHEESE, SOFTENED
- 1/2 CUP SHREDDED CHEDDAR CHEESE
- SALT AND PEPPER, TO TASTE
- 12 MINI BELL PEPPERS, SPLIT IN HALF LENGTHWISE DESEEDED AND DEVEINED

DIRECTIONS

- IN CAST IRON SKILLET OVER MEDIUM HEAT, BROWN THE ITALIAN SAUSAGE.
- ADD GARLIC AND ONION, COOK TILL SOFTENED.
- REMOVE FROM HEAT AND MIX IN CREAM CHEESE, CHEDDAR CHEESE, SALT AND PEPPER.
- SPOON CHEESE MIXTURE IN PREPARED PEPPERS AND PLACE THEM IN THE BOTTOM OF A NON-PREHEATED 12-INCH CAST IRON CAMP DUTCH OVEN, THEN COVER WITH LID.
- BAKE AT APPROXIMATELY 350° UNTIL THE STUFFING IS BUBBLY AND PEPPERS ARE SOFTENED.
- SERVE WARM.



MAC AND CHEESE

DUTCH OVEN OR CAMP STOVE

INGREDIENTS

- 8 OUNCES ELBOW MACARONI
- WATER FOR BOILING
MACARONI ABOUT 5 QUARTS
- 8 OUNCES VELVEETA CHEESE
CUBED
- 1 10.75 OZ CAN CONDENSED
CHEDDAR CHEESE SOUP
- 1 CUP SOUR CREAM
- 1/4 CUP FRESHLY SHREDDED
PARMESAN CHEESE
- 1/2 CUP MILK
- SALT AND PEPPER TO TASTE
- 1/2 CUP CRUSHED SALTINE
CRACKERS
- 2 TABLESPOONS BUTTER
MELTED
- COOKING SPRAY

DIRECTIONS

- PRE-HEAT A 12-INCH CAMP DUTCH OVEN FOR BAKING AT 350 DEGREES (25 TOTAL COALS = 17 TOP / 8 BOTTOM).
- IF YOU ARE USING A PROPANE STOVE WITH A DUTCH OVEN DOME AND HEAT DIFFUSER PLATE, GET IT READY TO BAKE ON A LEVEL SURFACE.
- MIX THE CRACKER CRUMBS WITH THE BUTTER AND SET THE MIXTURE ASIDE.
- COOK THE MACARONI ACCORDING TO THE PACKAGE DIRECTIONS FOR AL DENTE CONSISTENCY ... YOU WANT IT FIRM TO THE BITE SO IT DOES NOT GET MUSHY AS YOU BAKE IT WITH THE CHEESE.
- DRAIN THE MACARONI ... THEN GENTLY MIX IT IN A LARGE BOWL ALONG WITH THE VELVEETA, SOUP, SOUR CREAM, PARMESAN CHEESE, MILK, SALT, AND BLACK PEPPER.
- SPRAY THE DUTCH OVEN BOTTOM AND SIDES WITH COOKING SPRAY.
- POUR THE MACARONI AND CHEESE MIXTURE INTO THE DUTCH OVEN AND SPRINKLE THE CRACKER CRUMB MIXTURE OVER THE TOP ... COVER WITH THE LID AND BAKE IT UNTIL IT IS BUBBLY. THIS WILL TAKE ABOUT 30 MINUTES. CAMP COOKING TIP: ROTATE THE DUTCH OVEN AND LID 1/4 TURNS IN OPPOSITE DIRECTIONS EVERY 10 MINUTES OR SO FOR EVEN BAKING.
- NOW, MOVE ALL OF THE COALS TO THE TOP OF THE OVEN TO BROWN THE CRUMB TOPPING TO A GOLDEN BROWN COLOR. THIS WILL TAKE ABOUT 5 MINUTES.
- REMOVE FROM COALS AND LET STAND A FEW MINUTES BEFORE SERVING.

DUTCH OVEN WHITE CHICKEN CHILI

DUTCH OVEN

INGREDIENTS

- 1 TABLESPOON OLIVE OIL
- 1.5 LBS SKINLESS BONELESS CHICKEN BREASTS, CUT INTO 1/4-INCH CUBES
- 1 MEDIUM ONION CHOPPED
- 2 GARLIC CLOVES CHOPPED

DRY SPICES CAN BE MEASURED & MIXED AT HOME

- 1 TEASPOON SALT
- 1 TEASPOON GROUND CUMIN
- 1/2 TEASPOON CHILI POWDER
- 1 TEASPOON DRIED OREGANO
- 1/4 TEASPOON CAYENNE PEPPER



BEANS, BROTH & CHEESE

- 1 (14.5 OZ) CAN CHICKEN BROTH
- 2 (15.5 OZ) CANS GREAT NORTHERN BEANS, UNDRAINED
- 1 (4 OZ) CAN CHOPPED GREEN CHILES
- 1 (8 OZ) PACKAGE CREAM CHEESE, CUT INTO CUBES AND SOFTENED

TOPPINGS

- 1 BUNCH CILANTRO CHOPPED
- 4 TOASTED TORTILLAS CUT INTO WEDGES
OPTIONAL FOR SERVING

DIRECTIONS

- PREPARE INGREDIENTS AS DIRECTED.
- HEAT A 12-INCH DUTCH OVEN OVER MEDIUM HEAT. ADD THE OLIVE OIL TO THE POT AND LET IT HEAT UP.
- NOW ADD THE CHICKEN AND STIR OCCASIONALLY UNTIL ALL SIDES OF THE MEAT ARE NO LONGER PINK.
- NEXT, ADD THE ONION AND GARLIC, STIRRING UNTIL COMBINED.
- NOW, ADD THE SALT, CUMIN, CHILI POWDER, OREGANO AND CAYENNE PEPPER, STIRRING UNTIL COMBINED.
- STIR IN THE CHICKEN BROTH, BEANS AND GREEN CHILES. COVER AND BRING THE MIXTURE TO A BOIL, THEN REDUCE THE HEAT AND SIMMER, COVERED FOR ABOUT 20 MINUTES.
- REMOVE COVER, INCREASE TO A MEDIUM-HIGH HEAT AND STIR OCCASIONALLY UNTIL THE CHILI IS SLIGHTLY THICKENED.
- STIR IN THE CREAM CHEESE AND LET IT MELT, STIRRING TO INCORPORATE.
- TOP WITH CILANTRO AND SERVE HOT.
- SERVE WITH TOASTED TORTILLA WEDGES, IF DESIRED. (NOTE: THIS CHILI IS GLUTEN FREE BUT IF YOU WANT TO SERVE TORTILLAS OR CHIPS ON THE SIDE FOR DIPPING, MAKE SURE YOU USE GF VERSIONS.)

CAMPING NACHOS



DUTCH OVEN



INGREDIENTS

- APPROXIMATELY 2 TABLESPOONS VEGETABLE OIL
- 1 (10 OZ) BAG CORN TORTILLA CHIPS
- 1 (16 OZ) CAN REFRIED BEANS
- 1/2 SMALL ONION DICED
- 1 (4 OZ) CAN DICED GREEN CHILE PEPPERS
- 1 (14 OZ) CAN DICED FIRE ROASTED TOMATOES NOT DRAINED
- 1 (2.25 OZ) CAN SLICED BLACK OLIVES DRAINED
- 2 CUPS SHREDDED CHEDDAR CHEESE
- 1/4 CUP SOUR CREAM
- SMALL BUNCH CILANTRO CHOPPED

DIRECTIONS

- PREPARE HEAT FOR COOKING WITH YOUR 12-INCH CAST IRON DUTCH OVEN OVER YOUR CAMPFIRE.
- TO PREVENT STICKING, APPLY A GENEROUS LAYER OF VEGETABLE OIL TO THE BOTTOM OF YOUR DUTCH OVEN ... OR ... USE AN ALUMINUM OR PARCHMENT PAPER DUTCH OVEN LINER.
- LAYER HALF THE TORTILLA CHIPS, REFRIED BEANS (DROPPING AS DOLLOPS), ONION, GREEN CHILE PEPPERS, FIRE ROASTED TOMATOES, CHEDDAR CHEESE AND BLACK OLIVES.
- NOW LAYER THEM AGAIN USING THE REMAINING INGREDIENTS.
- PLACE THE DUTCH OVEN LID ON THE OVEN AND USE APPROXIMATELY 5 COALS ON THE BOTTOM AND 10 COALS ON TOP OF THE LID (YOU CAN EASILY USE CAMPFIRE COALS OR JUST USE CHARCOAL BRIQUETTES).
- HEAT YOUR CAMPING NACHOS FOR 10-15 MINUTES UNTIL THE INGREDIENTS ARE HEATED THROUGH AND THE CHEESE IS MELTED. *SEE NOTE BELOW.
- REMOVE YOUR DUTCH OVEN FROM THE HEAT, THEN TOP YOUR NACHOS WITH SOUR CREAM AND CILANTRO FOR SERVING. ENJOY!

DINNER

DUTCH OVEN OR STOVE

ONE POT PASTA PRIMAVERA

CAMP STOVE

INGREDIENTS

- 1 ZUCCHINI
- 1 YELLOW SUMMER SQUASH
- 4 OZ. CHERRY TOMATOES
- 2 CLOVES GARLIC
- 1 TABLESPOON OIL
- 4 OZ. PASTA
- 1 TEASPOON SALT
- 2 OZ. GOAT CHEESE
- LEMON JUICE, OPTIONAL



DIRECTIONS

- SLICE THE ZUCCHINI AND SQUASH INTO ¼ INCH SLICES. CUT THE CHERRY TOMATOES IN HALF. MINCE THE GARLIC.
- HEAT THE OIL IN A HIGH-SIDED SKILLET. ONCE HOT, ADD THE VEGETABLES AND SAUTE UNTIL THE SQUASH IS SOFT, ABOUT 8 MINUTES. REMOVE THE VEGETABLES FROM THE SKILLET AND SET ASIDE.
- ADD THE PASTA, SALT, AND JUST ENOUGH WATER TO COVER THE PASTA TO THE SKILLET. BRING THE WATER TO A BOIL OVER MEDIUM HEAT AND COOK UNTIL THE PASTA IS TENDER, ABOUT 10 MINUTES (THIS TIME MAY VARY DEPENDING ON THE PASTA YOU USE). BE SURE TO STIR FREQUENTLY TO ENSURE EVEN COOKING. IF THE WATER BOILS OFF BEFORE THE PASTA IS TENDER, YOU CAN ALWAYS ADD A BIT MORE. ONCE THE PASTA HAS COOKED THROUGH, REMOVE THE SKILLET FROM THE HEAT.
- STIR IN THE GOAT CHEESE TO COAT THE PASTA. ADD THE VEGETABLES BACK TO THE SKILLET AND STIR TO COMBINE. FINISH WITH A SQUEEZE OF LEMON, SERVE & ENJOY!

CILANTRO & LIME GRILLED CHICKEN TACOS

CAMP STOVE OR GRILL

INGREDIENTS

CILANTRO LIME MARINADE:

- 4 BONELESS SKINLESS CHICKEN THIGHS, ABOUT 1 LB
- 2 TABLESPOONS CHOPPED CILANTRO
- 2 LIMES, JUICE + ZEST
- 1 TEASPOON SALT
- 1 TEASPOON CHILI POWDER
- 1 TEASPOON CUMIN
- ½ TEASPOON GARLIC POWDER
- ½ TEASPOON GROUND CORIANDER
- 1 TABLESPOON OIL

TACO ASSEMBLY:

- TORTILLAS
- PICO DE GALLO
- CHEESE
- CILANTRO



INGREDIENTS

- PREPARE THE MARINADE: MIX THE OIL, LIME JUICE + ZEST, CILANTRO, AND SPICES TOGETHER IN A SMALL BOWL (THIS CAN BE DONE AT HOME). PLACE THE CHICKEN INTO AN AIRTIGHT CONTAINER OR SEALABLE BAG AND POUR THE MARINADE OVER, SHAKING TO ENSURE THAT THE CHICKEN IS COATED EVENLY. MARINATE FOR AT LEAST 30 MINUTES (AN HOUR IS BETTER), OR UP TO TWO HOURS.
- PREPARE A GRILL OR CAMPSTOVE FOR GRILLING.
- REMOVE THE CHICKEN FROM THE MARINADE AND PLACE IT ON THE GRILL. COOK UNTIL THE INTERNAL TEMPERATURE REACHES 165F, TURNING AS NEEDED TO ENSURE EVEN COOKING (APPROX 5-8 MINUTES ON EACH SIDE). REMOVE FROM THE HEAT AND CHOP INTO BITE-SIZED PIECES.
- TO ASSEMBLE THE TACOS, LAYER CHICKEN, PICO DE GALLO, CHEESE, AND FRESH CILANTRO INTO TORTILLAS (WARMED OVER THE GRILL IF YOU'D PREFER!) AND ENJOY.

ONE POT SPAGHETTI

DUTCH OVEN OR STOVE



INGREDIENTS

- 1 TABLESPOON OLIVE OIL
- 1 LARGE ONION CHOPPED
- 2 CLOVES GARLIC FINELY CHOPPED
- 1 POUND BULK GROUND HOT ITALIAN SAUSAGE
- 1 (24 OZ) JAR SPAGHETTI SAUCE
- 6 CUPS WATER
- SALT AND PEPPER TO TASTE
- 1 (16 OZ) PACKAGE DRIED THIN SPAGHETTI NOODLES
- 1/2 CUP CHOPPED FRESH BASIL
- 1/2 CUP FRESH PARMESAN CHEESE GRATED

DIRECTIONS

- PREP YOUR INGREDIENTS AND COOKING EQUIPMENT.
- HEAT YOUR LARGE CAST IRON SKILLET OR DUTCH OVEN OVER MEDIUM-HIGH HEAT OF A CAMPFIRE OR CAMP STOVE.
- ADD THE OLIVE OIL TO THE POT.
- ONCE THE OIL IS HOT, ADD THE ONION AND GARLIC STIRRING UNTIL THEY ARE SOFTENED.
- NOW ADD THE ITALIAN SAUSAGE TO THE POT, BREAKING IT UP AND FRYING IT UNTIL IT IS ALMOST FULLY COOKED.
- ADD THE SPAGHETTI SAUCE, WATER, SALT AND PEPPER TO THE POT, BRINGING THE MIXTURE TO A BOIL.
- BREAK THE PASTA IN HALF AND STIR IT INTO THE SAUCE.
- REDUCE THE HEAT TO A SIMMER AND CONTINUE COOKING UNTIL THE SPAGHETTI IS COOKED TO YOUR DESIRED TENDERNESS (IT WILL TAKE APPROXIMATELY 10 MINUTES.)
- SERVE TOPPED WITH FRESH BASIL AND PARMESAN CHEESE.

DUTCH OVEN CHICKEN AND



POTATOES

DUTCH OVEN



INGREDIENTS

- 6 SLICES THICK BACON CUT IN BITE-SIZE PIECES
- 1.5-2 POUNDS BONELESS SKINLESS CHICKEN BREASTS CUBED INTO BITE SIZED PIECES
- SALT AND BLACK PEPPER TO TASTE
- 1 MEDIUM ONION CHOPPED
- 2 CLOVES GARLIC MINCED
- 1 (14 OZ) CAN CHICKEN BROTH
- 2 POUNDS RED POTATOES WASHED AND CUT IN 1-INCH CUBES
- 1 POUND CARROTS PEELED AND CUT IN 2-INCH PIECES
- FRESH PARSLEY FOR SERVING OPTIONAL

DIRECTIONS

- HEAT A 12-INCH DUTCH OVEN OVER MEDIUM HEAT (CAMPFIRE, CHARCOAL BRIQUETTES OR CAMP STOVE ALL WORK FINE.)
- ADD THE BACON TO THE POT, STIRRING OCCASIONALLY UNTIL THE FAT IS RENDERED AND THE BACON IS BROWNED, ABOUT 5 MINUTES. DO NOT DRAIN THE GREASE.
- SEASON THE CHICKEN WITH SALT AND PEPPER, THEN PLACE IT IN THE POT AND COOK UNTIL IT IS BROWNED ON ALL SIDES, STIRRING OCCASIONALLY, ABOUT 5 MINUTES.
- ADD THE ONION AND GARLIC TO THE POT AND COOK STIRRING CONTINUOUSLY UNTIL SOFTENED, ABOUT 2 MINUTES.
- NOW, ADD THE CHICKEN BROTH, POTATOES AND CARROTS.
- COVER WITH THE DUTCH OVEN LID AND SIMMER GENTLY UNTIL THE POTATOES ARE TENDER AND THE CHICKEN IS COOKED THROUGH, ABOUT 20-25 MINUTES.
- IF YOU ENJOY A STEW-LIKE CONSISTENCY, SERVE IMMEDIATELY. IF YOU PREFER LESS LIQUID IN YOUR MEAL, TURN THE HEAT TO MEDIUM HIGH, REMOVE THE LID AND BOIL FOR ABOUT 5 MINUTES SO THE BROTH IS REDUCED AND THE MEAL CAN THICKEN SLIGHTLY
- TOP WITH PARSLEY, IF DESIRED, AND SERVE HOT.

DESSERTS

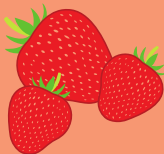
DUTCH OVEN OR STOVE

BERRY CAMPING CAKE

DUTCH OVEN

INGREDIENTS

- 3 $\frac{3}{4}$ CUPS FLOUR
- 1 TEASPOON SALT
- $\frac{1}{4}$ TEASPOON GROUND CINNAMON
- $\frac{1}{4}$ TEASPOON GROUND CLOVES
- $\frac{1}{8}$ TEASPOON GROUND NUTMEG
- $\frac{1}{8}$ TEASPOON GROUND GINGER
- 1 $\frac{1}{2}$ TABLESPOONS BAKING POWDER
- 1 CUP BUTTER, CHILLED AND CUT INTO SMALL PIECES
- 2 $\frac{1}{4}$ CUPS SUGAR
- 50 OUNCES FROZEN STRAWBERRIES (UNSWEETENED) OR OTHER BERRIES*



DIRECTIONS

- AT HOME: IN A FOOD PROCESSOR, PULSE TOGETHER FLOUR, SALT, CINNAMON, CLOVES, NUTMEG, GINGER, AND BAKING POWDER. ADD BUTTER; PULSE UNTIL MIXTURE IS VERY FINE. ADD SUGAR AND PULSE TO COMBINE. TRANSFER TO A LARGE RESEALABLE BAG AND CHILL UNTIL READY TO USE, UP TO 2 DAYS.
- AT CAMPSITE: IGNITE 40 BRIQUETS ON THE FIREGRATE OF A CLEAN CHARCOAL GRILL OR FIREPIT AND LET BURN UNTIL JUST COVERED WITH A FINE LAYER OF ASH. USING TONGS, ARRANGE 20 COALS INTO A 12-IN. RING; PUSH REMAINING COALS ASIDE.
- PUT STRAWBERRIES IN A 12-IN. FOOTED (CAMP) DUTCH OVEN. SPOON HALF THE FLOUR MIXTURE EVENLY OVER STRAWBERRIES, COVER POT, AND SET IN THE RING OF COALS. ARRANGE REMAINING 20 ASH-COVERED COALS IN A SINGLE LAYER ON TOP OF DUTCH OVEN LID.
- ARRANGE ANOTHER RING OF 20 FRESH, UNLIT COALS AROUND AND TOUCHING THE HOT COALS AT THE BASE OF OVEN (THESE WILL IGNITE AND PROVIDE A SECOND BURST OF HEAT LATER).
- COOK CAKE ABOUT 20 MINUTES (DO NOT COVER GRILL OR FIREPIT). WITH TONGS, PUSH COALS AWAY FROM LID HANDLE, REMOVE LID (KEEPING COALS ON TOP), AND SPOON ON REMAINING FLOUR MIXTURE. REPLACE LID AND TOP EVENLY WITH THE SECOND BATCH OF NEWLY ASH-COVERED COALS FROM AROUND THE POT.
- BAKE UNTIL TOPPING IS GOLDEN BROWN AND STRAWBERRY JUICES ARE BUBBLING TO THE SURFACE, 15 TO 25 MINUTES MORE. LET COOL AT LEAST 20 MINUTES BEFORE EATING.
- *IF USING BERRIES OTHER THAN STRAWBERRIES, MIX WITH AN EXTRA $\frac{1}{4}$ CUP SUGAR WHEN PUTTING THEM IN THE DUTCH OVEN.

PACKET APPLE CRISP

CAMPFIRE

INGREDIENTS

- ½ CUP OLD-FASHIONED OATS
- 6 TBSP FLOUR
- 3 TBSP PACKED BROWN SUGAR
- ¼ CUP GRANULATED SUGAR
- ¼ TSP CINNAMON
- DASH OF NUTMEG
- 2 TBSP BUTTER, PLUS MORE FOR FOIL
- 3 APPLES (I USED FIJI)
- SQUEEZE OF LEMON JUICE



DIRECTIONS

- COMBINE OATS, FLOUR, SUGARS, CINNAMON, AND NUTMEG. CUT IN BUTTER UNTIL MIXTURE IS CRUMBLY. TOSS BOWL IN THE FRIDGE WHILE YOU PREPARE THE APPLES.
- WASH APPLES AND PAT DRY. CORE AND SLICE APPLES, THEN TOSS THEM WITH A SQUEEZE OF LEMON JUICE.
- CUT TWO SQUARES OF FOIL (ABOUT A FOOT EACH) AND LIGHTLY BUTTER THE CENTER OF EACH PIECE.
- PLACE THE APPLES ONTO OF ONE OF THE FOIL PIECES AND THEN SPRINKLE WITH THE CRUMBLE MIXTURE.
- PLACE THE TOP PIECE OF FOIL (BUTTER SIDE DOWN) ON THE PACKAGE AND CRIMP THE EDGES INWARDS (ABOUT A CM) ONE AT A TIME UNTIL THE PACKAGE IS WELL SEALED. I USUALLY DO ABOUT THREE CRIMPS PER SIDE TO MAKE SURE IT'S SEALED REALLY WELL. WRAP THE ENTIRE PACKAGE IN ANOTHER LAYER OF TINFOIL - THIS WILL HELP PREVENT BURNING AROUND THE EDGES.
- PLACE THE FOIL PACK ON EDGE OF FIRE PIT FOR ABOUT 20 MINUTES.
- LET COOL A MINUTE OR TWO BEFORE OPENING, AS THE CONTENTS WILL BE VERY HOT.
- SERVE WITH A SCOOP OF VANILLA ICE CREAM OR WHIP CREAM AND A DASH OF CINNAMON.

BANANA BOATS

CAMPFIRE

INGREDIENTS

- BANANAS. FINE IF STILL A TITCH GREEN AND TART.
- CHOCOLATE. SEMISWEET CHIPS OR BROKEN-UP BARS.
- MARSHMALLOWS. MINIATURES USUALLY RECOMMENDED, BUT FULL-SIZE WORKS.
- ALUMINUM FOIL.
- SPOONS.



DIRECTIONS

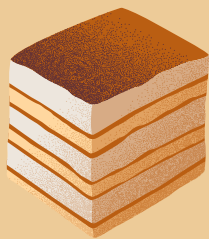
- SLICE UNPEELED BANANAS LENGTHWISE SO THEY OPEN LIKE HOTDOG BUNS.
- INTO OPENING PUT CHOCOLATE AND MARSHMALLOWS, YOUR CALL ON HOW MUCH.
- CLOSE BANANA, WRAP IN FOIL, AND COOK WITH SEAM IN FOIL ON TOP ON COALS AT CAMPFIRE'S EDGE OR ON A GRILL.
- FOR THE FIRST BOAT, COOK FIVE MINUTES, SEE WHAT YOU'VE GOT, AND ADJUST COOKING TIME ACCORDINGLY.
- WHEN DONE, OPEN FOIL, LET COOL (ESPECIALLY FOR KIDS), AND DIG IN WITH SPOONS.

CAMP TIRAMISU

CAMP STOVE

INGREDIENTS

- 2 1/3 CUP WATER
- 2 TEASPOONS INSTANT ESPRESSO POWDER
- 3.4-OUNCE PACKET INSTANT WHITE CHOCOLATE PUDDING
- 2/3 CUP POWDERED MILK
- 12 LADYFINGERS
- 1 DARK CHOCOLATE BAR



DIRECTIONS

- AT HOME: PACK ALL INGREDIENTS SEPARATELY IN SMALL BAGS OR REUSABLE CONTAINERS.
- AT CAMP: HEAT 1/3 CUP OF WATER TO A BOIL AND THEN MIX IN ESPRESSO.
- MAKE PUDDING IN SEPARATE BOWL ACCORDING TO PACKAGE DIRECTIONS USING POWDERED MILK AND 2 CUPS OF WATER.
- PLACE SIX LADYFINGERS IN THE BOTTOM OF A POT OR BOWL, DRIZZLE HALF OF THE ESPRESSO MIXTURE OVER THEM AND THEN SPREAD HALF OF THE PUDDING ON TOP.
- PLACE SIX MORE LADYFINGERS ON TOP AND THEN REPEAT ESPRESSO MIXTURE AND PUDDING TO CREATE A SECOND LAYER.
- USE A POCKETKNIFE TO SHAVE THIN STRIPS OF CHOCOLATE FROM CANDY BAR, AND SPRINKLE THESE OVER THE TIRAMISU.

COOKING TERMS:

- TRIVET – A THREE-POINT DEVICE ON WHICH A PAN RESTS INSIDE A DUTCH OVEN, IF YOU DON'T HAVE ONE YOU CAN USE 3 SMALL ROCKS OR WADS OF FOIL
- CHIMNEY – A CHARCOAL STARTER THAT USES PAPER AND FIRE TO HEAT UP THE COALS BRIQUETTES – CHARCOAL SQUARES THAT CAN BE MATCH READY OR NEED ACCELERANT TO START
- FIRE SAFE ZONE – FIRE BUCKET, FIRE EXTINGUISHER AND GRILL GLOVES ARE IN REACH OF THE FIRE AREA YOU ARE WORKING WITH

TIPS:

- LID LIFTER – CAN SUBSTITUTE A STRONG WOOD BRANCH IF YOU DON'T HAVE THE METAL VERSION.
- LABEL COOLER TOPS – THIS WILL KEEP PEOPLE FROM GOING IN AND OUT TRYING TO FIND THINGS AND CAUSING THE ICE TO MELT QUICKER. PLUS KEEPS FROM CROSS CONTAMINATION HAPPENING.
- PREP FOODS – PRECUT YOUR ITEMS AND STORE IN ZIPLOCK BAGS BEFORE COMING TO CAMP. SAVES TIME!
- PRE-COOKED ITEMS – USE PRECOOKED SAUSAGE OR STEW MEAT TO CUT DOWN COOKING TIME AND THE CHANCE OF CROSS CONTAMINATION.
- SPICE & HERB KIT – USE A LARGE ZIPLOCK BAG TO KEEP SALT, PEPPER, GARLIC POWDER, ONION POWDER, OLD BAY SEASONING, CHILI POWDER, ITALIAN HERBS, ETC. KEEP THIS BAG IN YOUR KITCHEN TOTE FOR EVERY CAMPOUT.
- BIRD'S EYE VEGETABLES – IF THESE ARE NOT AVAILABLE YOU CAN SUBSTITUTE FROZEN STEW OR SOUP MIXED VEGETABLES IN ANY BRAND.