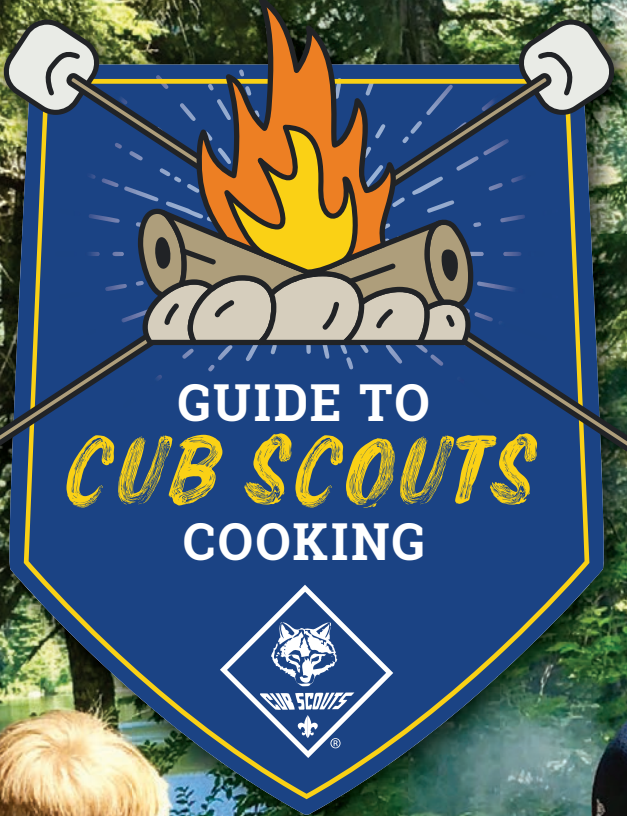




ATLANTA AREA COUNCIL
BOY SCOUTS OF AMERICA

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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 knives 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 intimidated 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

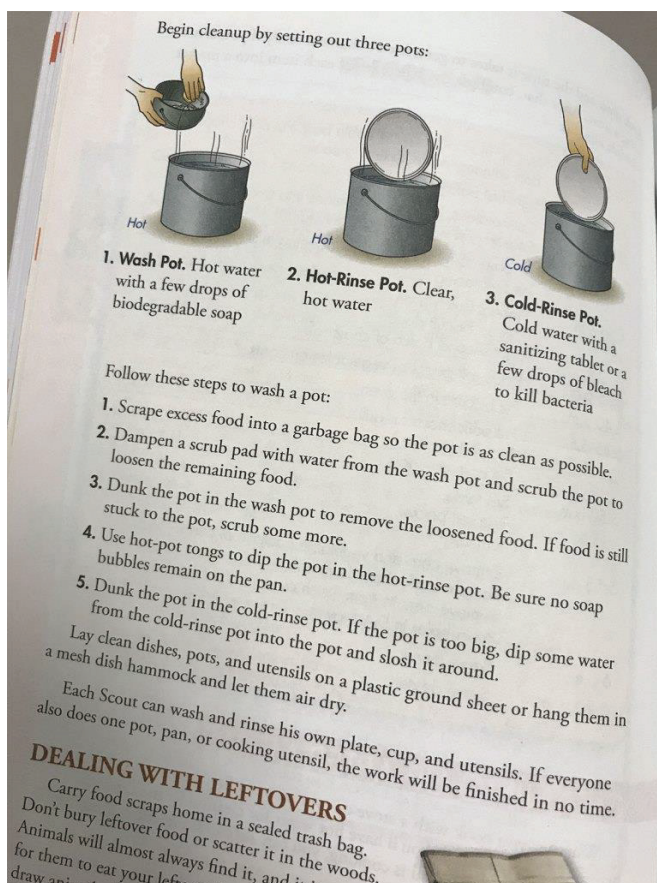
Place a few drops of bleach or a sanitizing tablet (like Steramine) into cold water.

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.
- Here's a look at the *Boy Scout Handbook* guidance on the subject:



CAST IRON CARE

11

THOU SHALT...

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.

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.



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.



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. ♻️



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BREAKFAST RECIPES

Pirate Telescope Burritos

(serves 6)

Required Equipment:

Camp Stove

Medium size frying pan

Wooden spoon

Ingredients:

1-pound precooked frozen sausage patties

Cooking spray

6 eggs

6 (8-in) flour tortillas

1 (16oz) jar salsa

Initial Preparation Steps for Adults:

1. Precooked sausage patties come in a variety of types, and sizes. The number of patties isn't important for this recipe, but the weight is. Set aside about 1 pound of patties for the Scouts if the package contains more than this amount.
2. The sausage must be thawed. If the patties have been in a cooler overnight, they shouldn't need more than about 30 to 60 minutes to soften unless the morning temp is cold. If the patties are frozen or the air temp cold, seal them in a Ziplock bag and set the bag in warm water for about 15 minutes.
3. Prepare cookstove for the Scouts.

Preparation Steps for Young Scouts:

1. Spray the inside of a medium size frying pan with cooking spray.
2. Crumble the sausage patties into the pan. The pieces of sausage should be bite-size, not too large.

3. Crack the eggs over the sausage.
4. Place the frying pan on the stove over a flame that's halfway between the lowest & highest setting.
5. Stir the sausage and eggs together using a wooden spoon. Keep stirring while the eggs cook, to keep the food from burning.
6. Turn the heat off once the eggs are ready. The eggs are fully cooked when there is no clear, runny liquid remaining and they are yellow throughout.
7. Lay a tortilla flat on a serving plate. Scoop some of the sausage-egg mixture onto the tortilla. You'll need enough of the mixture for six tortillas, so try not to use too much or too little.
8. Top the sausage and eggs with a couple of tablespoons of salsa, then roll the tortilla like would a burrito by tucking the sides in, then rolling like a carpet. Ask an adult for help if you're having trouble with this step.
9. Repeat the laying out, filling, and rolling for the remaining five tortillas.

Scott Simerly
Senior Assistant Scoutmaster
Troop 204, Occoneechee Council

DANGER ALERTS:

- Raw eggs! Sanitize your hands after handling.
- Hot & heavy cook wear! Keep frying pan handle turned inward.



BREAKFAST RECIPES

Flying Saucer Sausage Pancakes

(Serves 10)

Required Equipment:

12in camp Dutch oven
Briquettes & accessories for Dutch oven
Heavy duty aluminum foil
Large mixing bowl
Wooden spoon
Spatula

Ingredients:

3 cups buttermilk pancake mix
2 cups water
10 fully cooked sausage links
Maple syrup to taste

Initial Preparation Step for Adults:

Prepare 25 briquettes for the Dutch oven.

Preparation Steps for Young Scouts:

1. Cove the inside of the Dutch oven with aluminum foil. Press it tightly against the bottom and wall, then spray the foil with cooking spray. Do this while an adult prepares the coals for the oven.
2. Dump the pancake mix into a large bowl, then add the 2 cups of water to the bowl.
3. Stir the pancake mix with a wooden spoon until the batter becomes smooth with no large lumps remaining in it.
4. Pour the pancake batter into the Dutch oven

5. Gently set the sausage links on top of the pancake batter.
Arrange the sausage links the pokes on a bicycle wheel, don't push the links down into the batter.
6. Once the adult says the coals are ready, put the lid on the oven, then set the oven on a metal tray. Place 8 coals under the oven and 17 coals on the lid.
7. Bake for 30 to 35 mins.

Final Preparation Steps for Adults:

1. Move the pancake from the Dutch oven and remove the fil.
2. Slice the "pancake" into 10 wedges, using a knife or the edge of a spatula. Make sure there is a sausage in every wedge.
3. Serve with maple syrup to taste.

Allison Rudick

Leader

Troop 872

DANGER ALERTS:

- Hot coals! Enforce your fire-safe zone and use your gloves
- Hot and heavy cook ware! Use your gloves.



BONUS BREAKFAST RECIPE

Camper's Caramel Biscuits

(Serves 4-6)

Required equipment:

12in camp Dutch oven with trivet

Briquettes & accessories for Dutch oven

9in pie pan

Ingredients:

1 (16.3oz) container Pillsbury Homestyle Grands! Refrigerated biscuits

½ cup Smucker's hot caramel topping

½ cup chopped pecans (if no allergies to nuts)

Initial Preparation step for adults:

Prepare 25 briquettes for the Dutch oven.

Preparation steps for Young Scouts:

1. Cover the inside of a round baking pan with cooking spray. Do this while an adult prepares the coals for the Dutch oven.
2. Open the container of biscuits dough by whomping it on the side of something hard, like a picnic table. With clean hands, remove the dough and pull it apart into eight dough disks.
3. Break each dough disk into four pieces.
4. Set all the dough pieces in the bottom of the pan.
5. Drizzle the caramel topping over the dough, then sprinkle the chopped pecans over the topping.
6. Set the pan in the Dutch oven on a trivet. If you don't know what a trivet is, see Cooking Terms & Tips in the back of this book.

7. Once the adult says the coals are ready, put the lid on the oven, then set the oven on a metal tray. Place 17 coals on the lid and 8 coals underneath the oven.
8. Check the biscuits after about 25 mins. They are ready to serve once the biscuit dough has risen and the top of the bread has become a golden-brown color.

Final preparation step for adults:

Assist the Scouts with removing the pan of bread from the hot oven.

Allison Rudick

Leader

Troop 872

DANGER ALERTS:

- Hot coals! Enforce your fire-safe zone and use your gloves.
- Hot and heavy cook ware! Use your gloves.



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LUNCH RECIPES

Sea Creature Noodles

(Serves 8)

Required Equipment:

Camp Stove

Paring knife

Chef's knife

Medium size cook pot

Wooden Spoon

Long-handled tongs

Ingredients:

8 Hot dogs

6 Green Onions

4 (3oz) packets ramen noodles, your choice of flavor

6 cups water

Initial preparation steps for adults:

1. Prepare camp stove.
2. The slicing method required in the first few steps is likely to be confusing to the Scout. Be prepared to demonstrate the technique.

Preparation steps for young Scouts:

1. Using a paring knife to slice a hot dog lengthwise from one end to about halfway down along its length. Don't cut it along the entire length, or it will fall apart.
2. The cut end of the hot dog now consists of two flaps. Using the paring knife, slit each flap down its length two or three more times. Turning it into strips. The bundle of strips will be the

“tentacles” or arms of the sea creature, while the uncut part is the head.

3. Do this for each of the hot dogs, then place them in a medium size cook pot.
4. Cut the ragged top parts from the green onions with a chef’s knife and throw these away. Remove the stringy roots too. Chop the rest of the onion into small pieces and place them in the pot.
5. Add the noodles and flavoring mix from the packets of ramen noodles to the pot, then pour in the 6 cups of water.
6. Place the pot on the stove and set the flame to its highest setting. Bring the water to a boil while stirring occasionally with a wooden spoon.
7. Cook for 3 to 5 minutes until the noodles become soft and the “tentacles” of the hot dog creatures begin to curl.
8. Turn off the stove.

Finial preparation step for adults:

Using tongs to remove the hot dogs from the pot, then assist with serving the hot noodles.

Ken Harbison
Boy Scout
Washington Trails Council

DANGER ALERTS:

- Sharp utensils! Careful slicing and chopping required.
- Hot pot! Turn the handle inward and be careful not to spill contents.



LUNCH RECIPES

Space Shuttle Dogs

(Serves 8)

Required Equipment:

Camping forks, one for each of the Scouts

Ingredients:

1 (16.3oz) container Pillsbury Original Homestyle Grands! Refrigerated biscuits

8 cheese-filled regular length hot dogs

Optional: squeeze ketchup and mustard

Initial preparation step for adults:

Prepare a wood fire well in advance of mealtime, perhaps using the embers from the morning fire.

Preparation steps for young Scouts:

1. Open the container of biscuit dough and separate the biscuits from each other. There will be eight of them.
2. Shape each biscuit dough into a log about 6in in length.
3. Set a hot dog into the dough log, then wrap the dough completely around the hot dog. Pinch the sides and ends of the dough together to seal it shut. Do this for each dog.
4. Spear each dough-covered dog over the hot embers and rotate the fork often to cook all sides of the dough.
5. Heat the dough until it becomes golden brown all over. Move the hot dog away from the fire, then patiently hold the camping fork for a few minutes while the bread and hot dog cool.
6. If desired add ketchup or mustard.

Final preparation step for adults:

It's easy to burn your mouth by biting into hot roasted food. Make sure the Scouts give their dogs time to cool down before eating.

James Landis

Unit Commissioner

Pennsylvania Dutch Council

DANGER ALERTS:

- Live fire! Use barbecue gloves while working with a wood fire.
- Sharp points! Keep the camping forks away from faces.
- Hot steam! Allow the food to cool for a few minutes before eating.



DINNER RECIPES

Captain's Catch

(Serves 6-8)

Required Equipment:

12in camp Dutch oven

Briquettes & accessories for Dutch oven

Wooden spoon

Chef's knife

Ingredients:

Cooking spray

1 (6oz) package Betty Crocker Homestyle cornbread stuffing mix

1 ½ cups water

¼ cup (1/2 standard stick) butter

2 pounds dressed white fish (tilapia, flounder, trout, sole, haddock, cod or pollock) – whatever you catch while fishing

2 lemons

Initial preparation step for adults:

Prepare 25 briquettes for the Dutch oven

Preparation steps for young Scouts:

1. Spray the inside of the Dutch oven with cooking spray. Do this while an adult prepares the coals.
2. Dump the stuffing mix into the Dutch oven.
3. Pour the 1 ½ cups of water over the stuffing mix in the oven and stir well with a wooden spoon.
4. Use a chef's knife to slice the butter into thin pieces. Lay the butter slices over the stuffing mix in the oven.
5. Lay the fish fillets over the butter and stuffing in the oven.

6. Slice the lemons into thin circles using the knife and lay the lemon circles over the fish fillets.
7. Once the adult says the coals are ready, put the lid on the oven, then set the oven on a metal tray. Place 8 coals under the oven and 17 coals on lid.
8. Bake for about 40 mins.

Donna Pettigrew
Camp Director & Master Trainer
Indiana

DANGER ALERTS:

- Hot coals! Enforce your fire-safe zone and use your gloves.
- Sharp utensils! Careful slicing and chipping required.
- Hot and heavy cook ware! Use your gloves.



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DINNER RECIPES

Space Stew

(Serves 12-14)

Required Equipment:

12in camp Dutch oven

Briquettes and accessories for Dutch oven

Chef's knife

Gallon size Ziplock bag

Can opener

Wooden spoon

Ingredients:

3 (16oz) packages Bird's Eye Recipe Ready Stew Blend frozen vegetables

½ cup vegetable oil

2 pounds beef stew meat, such as chuck, round or rump

1 cup all-purpose flour

2 (32oz) cartons beef broth

1 (6oz) can tomato paste

Initial preparation steps for adults:

1. About an hour before starting the coals, set the frozen vegetables out to thaw if they haven't already.
2. Prepare 25 briquettes for the Dutch oven.
3. Pour vegetable oil into oven and warm over all 25 coals on a metal tray.
4. About 45 mins after starting the first batch of coals, begin a second batch of 12.

Preparation steps for young Scouts:

1. Trim any large areas of fat from the stew meat using a chef's knife, then cut the meat into bite-size cubes. Do this while the adult prepares the Dutch oven.
2. Pour the cup of flour into a large Ziplock bag and add the cubes of meat to the bag.
3. Seal the Ziplock bag shut. Doublecheck that it's tightly closed, then hold the bag with two hands on the seal and shake it until all the beef cubes are covered in flour.
4. Once the adult says the Dutch oven is ready, very carefully add the stew meat to the hot oil in the Dutch oven. Leave any unused flour in the bag.
5. Using the wooden spoon to turn the cubes, cook the meat until all sides of the beef are browned. This will take about 5 minutes. Don't cook the meat all the way through on this step. It isn't necessary.
6. Pour both containers of broth into the oven, then scoop the tomato paste into it. Stir everything together.
7. **This step to be done by an adult!** Cut the number of coals under the oven in half to reduce the heat, then place the lid on the oven. No coals go on the lid.
8. About 30 mins late, the coals should be mostly burned to ashes and will need to be replaced. Ask an adult for a new batch of hot coals, which should be ready now. Have the adult evenly spread 12 new coals und the oven.

Final preparation steps for adults:

1. Take over the cooking from the Scouts after the adult puts the new coals in place.
2. Continue baking for another 30 minutes, then remove the lid and add the stew vegetables to the oven. Stir everything well.
3. Cover and bake another 15 mins.

Tim & Christine Conners
Committee members
Troop 340

DANGER ALERTS:

- Hot coals! Enforce your fire safe zone and use your gloves.
- Raw meat! Sanitize your hands after handling.
- Sharp utensils! Careful slicing required.
- Hot oil! Be careful not to splatter.
- Hot and heavy cook ware! Use your gloves.



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DESSERT RECIPES

Tropical Island Clouds

(Serves 5-7)

Required Equipment:

Camp grill (if campfire doesn't have a grid)

Serving plates

Small cook pot

Wooden spoon

Camping forks, one for each Scout

Ingredients:

1 (7oz) package sweetened coconut flakes (if no allergy)

1 (12oz) package of semisweet chocolate chips

1 (10oz) package regular marshmallows

Initial preparation steps for adults:

1. Prepare a wood fire. Allow the fire time to die down to low embers before cooking.
2. Move the fire pit's grill grate into position over the fire. If the fire pit doesn't have a built-in grate, set up a folding grill over the embers.

Preparation steps for your Scouts:

1. Spread the coconut flakes on a serving plate.
2. Pour the chocolate chips into a small cook pot, then set the pot on the grill over the embers.
3. Stir the chips with a wooden spoon after a few minutes. The chocolate chips may look like they aren't melting, but don't be fooled. They'll be soft.

4. Continue to stir frequently until the chips completely melt, then move the pot to a safe location on a table. Don't allow the chocolate to become too hot.
5. Pass around camping forks and marshmallows and have the Scouts roast their own marshmallows over the embers.
6. Direct each Scout to dip their marshmallow in the melted chocolate, then roll the chocolate covered marshmallows in the coconut flakes. This will be easier to do, and more sanitary, if the Scouts keep their marshmallows on the camping forks while dipping and rolling.

Donna Pettigrew
Camp Director & Master Trainer
Indiana

DANGER ALERTS:

- Live fire! Use BBQ gloves while working with a wood fire.
- Sharp points! Keep the camping forks away from faces.



DESSERT RECIPES

Moon Rocks

(Serves 6-8)

Required Equipment:

Cook stove

Medium size cook pot

Wooden spoon

Wax paper

Cooler filled with ice (not the cooler with raw meat and eggs)

Ingredients:

1 cup milk chocolate chips

1 cup salted roasted peanuts (if there is no allergy)

Initial preparation step for adults:

Prepare cook stove.

Preparation steps for young Scouts:

1. Pour the chocolate chips into a medium size cook pot, then place the pot on the stove over a low flame.
2. Stir the chocolate chips constantly using a wooden spoon until all the chips are completely melted.
3. Turn the flame off, then remove the pot from the stove.
4. Add the peanuts to the melted chocolate. Stir with the wooden spoon until all the peanuts are coated.
5. Tear off a sheet of wax paper about 2 feet long.
6. Use the wooden spoon to scoop spoonful of chocolate and peanuts onto the wax paper. Don't allow the chocolate peanut blubs to touch each other.

Final preparation steps for adults:

1. Let the chocolate cool down for about 15 minutes.
2. Carefully move the sheet of “Moon Rocks” to a cooler filled with ice (not the cooler that has raw meat or eggs). Set the wax paper on a plate or tray, if necessary, to keep it from becoming waterlogged.
3. Shut the cooler and allow the “rocks” to chill for about 30 minutes, until the chocolate is firm.

Donna Pettigrew
Camp Director & Master Trainer
Indiana

DANGER ALERTS:

- Hot pot! Turn the handle inward and be careful not to spill contents.



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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.