



# A Taste of Troop 714

# Table of Contents

## Breakfast

|                                 |   |
|---------------------------------|---|
| 1. Easy Clean-Up Omelet .....   | 3 |
| 2. Backpacker's Breakfast ..... | 3 |
| 3. Wamp Donuts .....            | 4 |
| 4. Mountain Man Breakfast ..... | 4 |
| 5. French Toast .....           | 5 |

## Lunch

|                                  |   |
|----------------------------------|---|
| 1. Tacos in a bag .....          | 6 |
| 2. Stuffed Pizza .....           | 6 |
| 3. Sweet-pungent Pork Loin ..... | 7 |
| 4. Tortilla Wrap .....           | 7 |
| 5. Kielbasa Hoagies .....        | 8 |
| 6. Coffee Can Casserole .....    | 8 |

## Dinner

|                                                    |    |
|----------------------------------------------------|----|
| 1. English Muffin Pizza .....                      | 9  |
| 2. Sloppy Joe Rotini .....                         | 9  |
| 3. Guadeloupe Chili Pie .....                      | 10 |
| 4. Chicken Pot Pie .....                           | 10 |
| 5. Old Greezev Come and Get it .....               | 11 |
| 6. Squash Casserole .....                          | 11 |
| 7. Dirty Rice .....                                | 12 |
| 8. Silver Turtles .....                            | 12 |
| 9. Stir-fried vegetables with chicken & rice ..... | 13 |
| 10. Chicken Lo Mein .....                          | 13 |

## Dessert

|                                          |    |
|------------------------------------------|----|
| 1. Ratchie's Award Winning Cobbler ..... | 14 |
| 2. Apple Cobbler Recipe .....            | 14 |
| 3. S'more for One .....                  | 15 |

## Misc.

|                                   |    |
|-----------------------------------|----|
| Backpacking Trip Menu Ideas ..... | 16 |
|-----------------------------------|----|

# Breakfast

| Easy Clean-Up Omelet                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 2 eggs</li><li>• 1/8 milk</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |
| <b>Optional</b> <ul style="list-style-type: none"><li>• Chopped onion</li><li>• Chopped green pepper</li><li>• Shredded cheese</li><li>• Bacon bits</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |          |
| <b>Directions</b> <ol style="list-style-type: none"><li>1. Break 2 eggs into a heavy-duty freezer zip lock bag.</li><li>2. Add milk and whichever “optional ingredients” you want in your omelet.</li><li>3. Carefully close the bag and then shake it up to mix all the ingredients.</li><li>4. Check that the bag is properly closed and then drop it into a pot of boiling water, being careful not to splash the boiling water on yourself or anyone else.</li><li>5. Let boil until the eggs are fully cooked.</li><li>6. Remove from boiling water, open the bag, and enjoy. You can just eat your meal out of the bag.</li></ol> |          |
| Jerry R.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Serves 1 |

| Backpacker's Breakfast                                                                                                                                                                                |          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 1 pkg of instant maple &amp; brown sugar oatmeal</li><li>• 2/3 cup hot water</li></ul>                                                                        |          |
| <b>Optional</b> <ul style="list-style-type: none"><li>• Handful of raisins</li><li>• 3 or 4 walnuts</li></ul>                                                                                         |          |
| <b>Directions</b> <ol style="list-style-type: none"><li>1. Make oatmeal breakfast according to directions on pkg.</li><li>2. Add raisins and walnuts if you want</li><li>3. Serve and enjoy</li></ol> |          |
| Paul N.                                                                                                                                                                                               | Serves 1 |

# Breakfast

| <b>Wamp Donuts</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"> <li>• 1 can of refrigerated biscuits</li> <li>• 3-4 cups of oil</li> <li>• ¼ cup powder sugar</li> </ul>                                                                                                                                                                                                                                                                                                                                                             |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |
| <ol style="list-style-type: none"> <li>1. Put oil in a small to medium skillet. Heat until it's hot enough to make a water drop skitter.</li> <li>2. Open the wamp biscuits separate and press a hole through the center of each biscuit.</li> <li>3. Fry in oil. Turn over when one side is brown. Remove from skillet when both sides are brown and drain on paper towels.</li> <li>4. Put sugar in a plastic zip-lock bag and put one donut at a time into the bag. Shake the bag to mix.</li> </ol> |          |
| Sandra W.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Serves 4 |

| <b>Mountain Man Breakfast</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"> <li>• ½ lb bacon (or precooked sausage)</li> <li>• Medium onion</li> <li>• 2 lb of hash brown potatoes</li> <li>• ½ lb of grated cheddar cheese</li> <li>• 1 dozen eggs</li> <li>• Small jar of salsa</li> </ul>                                                                                                                                                                                                                                                                                                                                                                       |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |          |
| <ol style="list-style-type: none"> <li>1. Preheat 12" Dutch oven.</li> <li>2. Slice bacon and onion into small pieces and brown in the bottom of the Dutch oven until onions are clear.</li> <li>3. Stir in hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 min).</li> <li>4. Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set (10-15 min).</li> <li>5. Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted.</li> </ol> |          |
| Scott A.<br>Ivy M.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Serves 6 |

# Breakfast

| French Toast                                                                                                                                                                                                                                                                                                                              |               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <ul style="list-style-type: none"><li>• 3 eggs</li><li>• ½ tsp salt</li><li>• 2 tbsp sugar</li><li>• ½ cup milk</li><li>• 5 or 6 slices bread</li><li>• Butter or margarine</li></ul>                                                                                                                                                     |               |
| Directions                                                                                                                                                                                                                                                                                                                                |               |
| <ol style="list-style-type: none"><li>1. Beat eggs with salt, sugar, and milk.</li><li>2. Melt butter in skillet.</li><li>3. Soak bread in egg mixture, one slice at a time and cook in hot skillet, over high heat. Brown on one side, turn, and brown on other side.</li><li>4. Serve with maple syrup, jam, jelly, or honey.</li></ol> |               |
| Jeanette G.                                                                                                                                                                                                                                                                                                                               | Serves 5 or 6 |

# Lunch

| <b>Tacos in a bag</b>                                                                                                                                                                                                                                                                                                                                                     |          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 1 lb hamburger</li><li>• ¼ cup taco seasoning</li><li>• 4 individual bags corn chips (Fritos, Doritos, Tostitos, etc)</li><li>• 4 oz shredded cheddar cheese</li><li>• 4 oz salsa</li><li>• Lettuce</li><li>• Chopped tomatoes</li><li>• Sour cream</li></ul>                                                                     |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                         |          |
| <ol style="list-style-type: none"><li>1. Brown the hamburger well and drain off the fat.</li><li>2. Stir in taco seasoning and 1/3-cup water until well blended.</li><li>3. To serve: crunch up the chips a bit and open bag. Spoon ¼ of the seasoned meat into the bag and top with cheese and other toppings (lettuce, tomato, salsa, sour cream) as desired.</li></ol> |          |
| Tim R. – Bear from Pack 417                                                                                                                                                                                                                                                                                                                                               | Serves 4 |

| <b>Stuffed Pizza</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 2 Pillsbury pizza dough pkgs</li><li>• 1 can of tomato sauce</li><li>• 1 yellow onion</li><li>• 1 pkg of mushrooms</li><li>• 1-2 green peppers</li><li>• 1 pkg of sliced pepperoni</li><li>• 1 pkg of shredded cheese, prefer cheddar cheese</li></ul>                                                                                                                                                                                                                                                                                                                         |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |          |
| <ol style="list-style-type: none"><li>1. Flatten out 1 can of dough in tin foil. Shape tinfoil in circle pattern like a pizza.</li><li>2. Spread tomato sauce on dough.</li><li>3. Cut up mushrooms, onion, and green peppers. Spread pepperoni, peppers, onion, and mushrooms on top of sauce.</li><li>4. Sprinkle with shredded cheese of choice</li><li>5. Flatten out 2<sup>nd</sup> pkg of dough across the top of everything.</li><li>6. Squeeze edges of the top and bottom layer of dough with a fork all around the circle.</li><li>7. Bake in Dutch oven until browned. Cut into slices and serve.</li></ol> |          |
| Justin S. – Dragons                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Serves 4 |

# Lunch

| <b>Sweet-pungent Pork Loin</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"> <li>• 4 lbs boneless pork roast</li> <li>• 3 cloves garlic, minced</li> <li>• 6 tbsp teriyaki sauce</li> <li>• ½ cup ketchup</li> <li>• ¼ cup lemon juice</li> <li>• ½ tsp red pepper</li> <li>• 2 cloves garlic, cut into 6 slivers each</li> <li>• 18 whole cloves</li> <li>• 3 cups apricot preserves</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                     |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |          |
| <ol style="list-style-type: none"> <li>1. Combine minced garlic, teriyaki sauce, ketchup, lemon juice, and red pepper to make marinade.</li> <li>2. With a sharp knife, make 12 small cuts ½” deep in fat surface of roast.</li> <li>3. Insert slivers of garlic into cuts.</li> <li>4. Stud remaining surface with whole cloves.</li> <li>5. Put roast into a gallon zip-lock bag and pour in marinade. Double bag and place in cooler overnight.</li> <li>6. Preheat Dutch oven to 325 degrees.</li> <li>7. Place roast on pie pan fat side up and put into oven.</li> <li>8. Cook 1-1/2 hours.</li> <li>9. Heat apricot preserves until melted in small pot.</li> <li>10. Add ½ marinade and brush roast every ten min. for 30 min.</li> <li>11. Remove from oven and serve.</li> </ol> |          |
| Ivy M.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Serves 6 |

| <b>Tortilla Wrap</b>                                                                                                                                                                                                                                                |          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"> <li>• 1 pkg tortillas</li> <li>• Cold cuts – ham &amp; turkey</li> <li>• American cheese</li> <li>• Swiss cheese</li> <li>• Chopped veggies (Lettuce, cucumbers, pickles, olives)</li> <li>• Mayonnaise &amp; mustard</li> </ul> |          |
| <b>Directions</b>                                                                                                                                                                                                                                                   |          |
| <ol style="list-style-type: none"> <li>1. Lay tortilla flat &amp; spread with mayo, then mustard.</li> <li>2. Then ham, turkey, ham, Swiss cheese, American cheese, then the veggies.</li> <li>3. Everybody builds their own tortilla wrap.</li> </ol>              |          |
| Isaac Y. – Penguins                                                                                                                                                                                                                                                 | Serves 6 |

# Lunch

| <b>Kielbasa Hoagies</b>                                                                                                                                                                                                                                                                                                                                                   |          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 1 pkg kielbasa sausage</li><li>• 4 hoagie rolls</li><li>• ½ onion (sliced)</li><li>• ½ green pepper (sliced)</li><li>• Mustard</li><li>• Cooking oil</li></ul>                                                                                                                                                                    |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                         |          |
| <ol style="list-style-type: none"><li>1. Cut each length of kielbasa in half and slice each half together.</li><li>2. Place kielbasa lying flat on the skillet and fry till brown. Add oil if desired.</li><li>3. Remove from pan. Sauté sliced onions and peppers in pan.</li><li>4. Put the sausage, onion, and mustard into the hoagie and top with mustard.</li></ol> |          |
| Isaac Y. – Penguins                                                                                                                                                                                                                                                                                                                                                       | Serves 4 |

| <b>Coffee Can Casserole</b>                                                                                                                                                                                                                                                                                                               |          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 1 lb hamburger (stew beef can be substituted)</li><li>• 3 or 4 medium potatoes</li><li>• Onions</li><li>• Carrots</li><li>• Celery</li><li>• Salt &amp; pepper</li></ul>                                                                                                                          |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                         |          |
| <ol style="list-style-type: none"><li>1. Fry up and drain hamburger.</li><li>2. Cut up potatoes, onions, carrots, and celery into bite size pieces.</li><li>3. Place all in a large pot and cover with water.</li><li>4. Cook until vegetables are soft. Salt &amp; pepper to taste.</li><li>5. Serve as a stew with cornbread.</li></ol> |          |
| Jacqui H.                                                                                                                                                                                                                                                                                                                                 | Serves 4 |



# Dinner

| <b>English Muffin Pizza</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| For each “pizza” you need: <ul style="list-style-type: none"><li>• 1 English muffin, split in half</li><li>• 2 tbsp pizza sauce</li><li>• 2 tbsp mozzarella cheese</li><li>• Other toppings as desired</li></ul>                                                                                                                                                                                                                                                                                                                                                                                 |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          |
| <ol style="list-style-type: none"><li>1. On each English muffin half, spread about 1 tbsp pizza sauce.</li><li>2. Top with cheese, pepperoni, sausage, chopped onions, bell peppers, any toppings you wish.</li><li>3. Put a rack in bottom of Dutch oven and put the two halves in pan. (Most pie plates will hold 4 English muffin halves, so you can cook two sets at once.)</li><li>4. Put the pan in the Dutch oven, cover with a lid.</li><li>5. Bake for ten min, until hot and the cheese melts. Or put the pizzas in a Box Oven for about 10 min, until hot and cheese melts.</li></ol> |          |
| Tim R. - Bear of Pack 417                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Serves 1 |

| <b>Sloppy Joe Rotini</b>                                                                                                                                                                                                                                                                                                                                                                                   |          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 1 lb lean ground beef</li><li>• 2 tsp minced garlic (2 med cloves)</li><li>• ½ tsp salt</li><li>• 1/8 tsp pepper</li><li>• 1 cup water</li><li>• 2 tsp of beef base (can also use plain water also)</li><li>• 15.5 oz can sloppy Joe sauce</li><li>• 1 cup whole kernel corn (drained)</li><li>• 2 cups of tri-color rotini</li></ul>                              |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                          |          |
| <ol style="list-style-type: none"><li>1. Boil a pot of water and add rotini. Cook until tender, drain</li><li>2. Combine ground beef, garlic, salt, and pepper in large saucepan. Brown 5-7 min. until meat is brown and no pink remains. Stir frequently and break up the meat as it cooks.</li><li>3. Add cooked rotini</li><li>4. Reduce to medium and simmer 8-10 min stirring occasionally.</li></ol> |          |
| Thomas W. – Penguins                                                                                                                                                                                                                                                                                                                                                                                       | Serves 4 |

# Dinner

| <b>Guadaloupe Chili Pie</b>                                                                                                                                                                                                                                                                                                                           |          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 2 lbs ground beef</li><li>• 1 medium onion</li><li>• 1 tbsp margarine</li><li>• 1 15 oz can chili beans</li><li>• ½ tsp chili powder</li><li>• ½ tsp salt</li><li>• 1 8oz can tomato sauce</li><li>• 2 6oz pkg corn bread mix</li></ul>                                                                       |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                     |          |
| <ol style="list-style-type: none"><li>1. Brown beef and onion in margarine in open Dutch oven.</li><li>2. Add beans, chili powder, sauce, and salt and cook for 15 min in covered Dutch oven.</li><li>3. Mix cornbread as directed on pkg and add to top of meat and beans. Place lid on oven. Cover for 20-30 min until cornbread is done.</li></ol> |          |
| Ivy M.                                                                                                                                                                                                                                                                                                                                                | Serves 6 |

| <b>Chicken Pot Pie</b>                                                                                                                                                                                                                                                                                                                                                               |          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 2 large chicken breasts (cooked and cubed)</li><li>• 2 large cans mixed vegetables (with potatoes in it)</li><li>• 1 can cream of chicken soup</li><li>• 1 can cream of mushroom soup</li><li>• 1 can of 10 refrigerated biscuits</li></ul>                                                                                                  |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                    |          |
| <ol style="list-style-type: none"><li>1. Mix chicken, vegetables (including liquid) and both cans of soup. Put in a Dutch oven and warm over coals. Don't boil.</li><li>2. When warm, place biscuits on top of chicken mixture and cover with lid.</li><li>3. Place coals on lid. Check after 15 min.</li><li>4. Cook until biscuits are done. Usually takes about 30 min.</li></ol> |          |
| Scott A.                                                                                                                                                                                                                                                                                                                                                                             | Serves 6 |

# Dinner

| Old Geezev Come and Get It                                                                                                                                                                                                                                                                                                                                                                                            |          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 1 lb ground beef</li><li>• 1 lb hot pork sausage</li><li>• 1 pkg taco seasoning mix</li><li>• 1 tsp. Cumin</li><li>• 1 medium onion (chopped)</li><li>• 2 cloves garlic (minced)</li><li>• 1 can refried beans</li><li>• 8 oz shredded jack cheese</li><li>• 8 oz shredded cheddar cheese</li><li>• 1 jar salsa</li><li>• ¼ cup water</li><li>• Chips</li></ul>               |          |
| Directions                                                                                                                                                                                                                                                                                                                                                                                                            |          |
| <ol style="list-style-type: none"><li>1. Brown ground beef, pork sausage, onions and garlic in skillet. Drain.</li><li>2. Add cumin and taco seasoning.</li><li>3. Add ¼ cup water and simmer a few min.</li><li>4. Pour into bottom of Dutch oven.</li><li>5. Layer refried beans over meat. Sprinkle cheese on top. Spoon salsa over top.</li><li>6. Bake for ½ hour over charcoal.</li><li>7. Use as dip</li></ol> |          |
| Christian E. – Nighthawks                                                                                                                                                                                                                                                                                                                                                                                             | Serves 4 |

| Squash Casserole                                                                                                                                                                                                                                                                                                                          |          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 1 lb yellow squash (sliced)</li><li>• 1 small onion (diced)</li><li>• ½ cup shredded cheddar cheese</li><li>• 1 stick butter</li><li>• 1 egg (beaten)</li><li>• 6 tbsp cream</li><li>• Salt/pepper to taste</li><li>• ½ cup breadcrumbs</li><li>• 5 slices bacon (cooked &amp; crumbed)</li></ul> |          |
| Directions                                                                                                                                                                                                                                                                                                                                |          |
| <ol style="list-style-type: none"><li>1. Cook squash &amp; onion in saucepan with butter until soft.</li><li>2. Remove from heat, add egg, cream, cheese, and mix together.</li><li>3. Top w/ bacon &amp; breadcrumbs.</li><li>4. Bake for 30 min at 325 degrees.</li></ol>                                                               |          |
| Kenny M.                                                                                                                                                                                                                                                                                                                                  | Serves 4 |

# Dinner

| <b>Dirty Rice</b>                                                                                                                                                                                                                                                                                                                                                                                                                            |          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 1 lb pork sausage</li><li>• 1 cup chopped onion</li><li>• ½ cup chopped celery</li><li>• 2 tsp chopped fresh parsley</li><li>• 1 clove garlic (minced)</li><li>• ½ cup butter (melted)</li><li>• ½ tbsp dried whole thyme</li><li>• ½ tbsp dried whole basil</li><li>• ½ tbsp pepper</li><li>• ½ tbsp hot sauce</li><li>• 3 cups rice (cooked)</li><li>• 10 ¾ oz chicken broth (undiluted)</li></ul> |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                                                            |          |
| <ol style="list-style-type: none"><li>1. Cook sausage, drain fat and set aside.</li><li>2. Sauté' onion, celery, parsley, garlic in butter until tender.</li><li>3. Add sausage &amp; remaining ingredients and mix well.</li><li>4. Cook over medium heat until thoroughly heated stirring constantly.</li></ol>                                                                                                                            |          |
| Kenny M.                                                                                                                                                                                                                                                                                                                                                                                                                                     | Serves 4 |

| <b>Silver Turtles</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• Potatoes</li><li>• Onions</li><li>• Carrots</li><li>• Hamburger meat</li><li>• Worcestershire sauce</li><li>• Lots &amp; lots of heavy duty foil</li></ul>                                                                                                                                                                                                                                                                                                                                                                                     |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |          |
| <ol style="list-style-type: none"><li>1. Cut up the carrots, potatoes, and onions.</li><li>2. Put a little of all the vegetables in each section of the foil.</li><li>3. Put about a quarter lb of hamburger meat in each section of the foil.</li><li>4. Put a fair amount of Worcestershire sauce on each section of the foil.</li><li>5. Close up the section of foil and wrap it 2-3 times each.</li><li>6. Put the foil containers over the coals around a fire and let cook on one side, then flip over and cook on other side. Take out carefully, unwrap, and enjoy!</li></ol> |          |
| Wesley C. – Cobras                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Serves 4 |

# Dinner

| <b>Stir-fry with chicken &amp; rice</b>                                                                                                                                                                                                                                                                                                                                                                                                                             |          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 1 lb boneless chicken breasts (cut into strips)</li><li>• 2 tbsp vegetable oil</li><li>• 2 cloves garlic (chopped)</li><li>• 2 tsp cornstarch</li><li>• 2 tbsp oyster sauce or teriyaki sauce or stir fry sauce</li><li>• Bag of frozen mixed vegetables (chopped broccoli, sliced carrots, bell pepper, celery, and green onions.)</li><li>• 2 tsp salt</li><li>• Soy sauce</li><li>• Rice</li><li>• 1 cup water</li></ul> |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                   |          |
| <ol style="list-style-type: none"><li>1. Marinade chicken &amp; soy sauce &amp; cornstarch &amp; oil.</li><li>2. Heat oil. Add chicken, garlic, and stir fry till cooked.</li><li>3. Stir in mixed vegetables &amp; water.</li><li>4. Add salt, oyster sauce or teriyaki sauce or stir fry sauce till heated through.</li><li>5. Serve with rice.</li></ol>                                                                                                         |          |
| Isaac Y. – Penguins                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Serves 4 |

| <b>Chicken Lo Mein</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 2 cups chicken broth</li><li>• 2 cups water</li><li>• 2 tbsp soy sauce</li><li>• 1 tsp ground ginger</li><li>• ½ tsp garlic powder</li><li>• 2 cups frozen vegetables</li><li>• 1 ½ cups cooked shredded chicken</li><li>• 2 tsp sesame oil</li><li>• 8 oz thin spaghetti</li><li>• Sliced green onions</li></ul>                                                                                                                                    |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |          |
| <ol style="list-style-type: none"><li>1. Mixed the first 5 ingredients together in a big pot and bring to a boil.</li><li>2. Break the spaghetti in half and put into big pot and bring to a boil.</li><li>3. After the pasta is limp, about 7 min or so, add frozen vegetables. Cover &amp; reduce heat to med low.</li><li>4. Continue cooking until liquid is almost absorbed.</li><li>5. Add shredded chicken, sesame oil, and green onions. (You can sauté chicken if needed)</li></ol> |          |
| Isaac Y. – Penguins                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Serves 4 |

## Dessert

| <b>Ratchie's Award Winning Cobbler</b>                                                                                                                                                                                                                                                                                                                                                                          |          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 1 box yellow cake mix</li><li>• 2 16oz cans sliced apples</li><li>• 1 stick (8oz) butter</li><li>• 1/3 cup brown sugar</li><li>• Cinnamon</li><li>• ½ cup chopped pecans</li></ul>                                                                                                                                                                                      |          |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                               |          |
| <ol style="list-style-type: none"><li>1. Pour two cans of apples into Dutch oven.</li><li>2. Sprinkle with box of cake mix.</li><li>3. Sprinkle the brown sugar and cinnamon over the cake mix.</li><li>4. Cut the butter into small pats and arrange all over the top.</li><li>5. Sprinkle with the ½ cup chopped pecans.</li><li>6. Bake with medium coals (10-12 bottom and top) for about 45 min.</li></ol> |          |
| Danny R. - Eagle Scout of Troop 714                                                                                                                                                                                                                                                                                                                                                                             | Serves 4 |

| <b>Apple Cobbler</b>                                                                                                                                                                                                  |          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• 8-10 peeled and diced Granny Smith Apples (Large Ones)</li><li>• 2 tbsp cinnamon</li><li>• 2 cups sugar</li><li>• 1 box Yellow Cake Mix</li><li>• 1 stick of butter</li></ul> |          |
| <b>Directions</b>                                                                                                                                                                                                     |          |
| <ol style="list-style-type: none"><li>1. Line Dutch oven with aluminum foil.</li><li>2. Mix the apples, sugar, and cinnamon together.</li><li>3. Mix in the cake mix</li><li>4. Top with a pat of butter.</li></ol>   |          |
| James C. – Cobras                                                                                                                                                                                                     | Serves 4 |

# Dessert

| S'more for One                                                                                                                                                                                                                                                                                    |          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>• Graham crackers</li><li>• Marshmallows</li><li>• Chocolate bars</li><li>• 1 stick to roast marshmallows over fire</li></ul>                                                                                                                               |          |
| Directions                                                                                                                                                                                                                                                                                        |          |
| <ol style="list-style-type: none"><li>1. Place chocolate bar on top of graham cracker.</li><li>2. Roast marshmallow and place on top of chocolate.</li><li>3. Top with another graham cracker.</li></ol> <p>Note: You can use chocolate chip cookie, Reese's Peanut Butter Cups, Hershey Bars</p> |          |
| Isaac Y. – Penguins                                                                                                                                                                                                                                                                               | Serves 1 |

## **Backpacking Trip Menu Ideas (For a group of 2-4 boys)**

### **Lunch**

Bagels/peanut butter/ individual packs of honey or jelly  
Tortillas or pitas w/ tuna, canned chicken/ cheese  
Summer sausage/ cheese/ crackers (like Wheat Thins, bagel chips)  
Lunchables w/o drink  
Sides: dried fruit, Fritos

### **Dinner**

Liptons Noodles and Sauce or Rice and Sauce w/ canned chicken, ham, tuna, or dried beef  
Stove Top Stuffing w/ canned chicken  
Red Beans and Rice (quick cooking) w/ kielbasa  
Mac & Cheese (Kraft – small box, or, other – need powdered milk for some!)  
Sides: carrots, celery, dried fruit, cookies  
Hot chocolate, apple cider mixes

### **Breakfast**

Instant oatmeal  
Instant grits w/ powdered cheese added or flavored varieties  
Instant mashed potatoes w/ powdered cheese or gravy mix added  
Slim Jims  
Snacks (Brought Individually)  
Payday candy bars (filling w/ peanuts)  
Trail Mix  
Dried Fruit

Ferrell M. - Scoutmaster