

Troop 804 Meal Plan

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Campout Meal Plan

How the Plan Works

- An amount per person chosen by the committee will be budgeted for meals for each Campout.
- No fewer than four (4) scouts will be included in a patrol meal plan.
- Meals will be grouped into Food Classes.
- Each class will have "Includes" which must be planned into the meal.
- Salads, Soups, and Vegetables can be added to any Class C-E meal.
- The meals will be maintained in a master list, which each patrol will have. Patrols can have a meal, which is not on the list, by having the meal classified and placed on the list by the food advisor or the Scoutmaster.
- The expected usage is to have a Class B breakfast, Class C lunch, and a Class E dinner. This meets the health and cost goals, while meeting normal program goals which call for a low preparation/cleanup lunch. If the program allows for more time at lunch, and a Class D lunch is desired, then a Class A breakfast will be needed.
- In order to provide for variety, and to introduce new foods into the camping program, no food choice can be used two (2) campouts in a row. For example, if Breakfast Burritos are served in January, then they cannot be selected until at least March.
- Portion sizes as listed in the Boy Scout Handbook and the attached handout will be used to assist in planning purchases, so that food is not wasted and costs can be held within the budgeted amounts.
- Recipe lists will be provided for all approved meals. The recipes will give ingredients, required equipment, and purchase lists based on portion sizes.
- Ice (2 bags), paper towels (2 rolls), toilet paper (1 roll), condiments (salt, pepper, sugar and spices), and emergency foods will be purchased out of the budgeted money.
- Patrols should plan to provide after campfire snacks, and invite the adults to sample the snacks. Competitions could be held to develop patrol spirit and to teach cooking skills.
- Emergency foods are foods kept in the chuck box to be used in case a meal is accidentally ruined. The emergency foods will be enough for each patrol member. These should include two (2) packages of oatmeal; one (1) fruit cup; and one (1) package of hot chocolate.

Class	Description	Examples	Includes
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A	No Meat Breakfast	Cold Cereal & Milk; French Toast; Granola Bars; Oatmeal; Pancakes; Doughnuts.	Entree Fruit or Juice, Drink.
B	Meat Breakfast	Breakfast Burrito; Bacon & Eggs; Sausage & Eggs; Hoppel Poppel. Class A with a Meat Entree.	Meat, Egg, Bread, Fruit or Juice, Drink.
C	Light Meal	Submarine Sandwiches; Grilled Cheese Sandwiches; Peanut Butter & Jelly Sandwiches; Pimento Cheese Sandwiches; Egg / Ham / Tuna Salad Sandwiches; Lunch Meat Sandwiches.	Meat and/or Cheese, Bread, Fruit, Vegetable, Drink.
D	Medium Meal	Sloppy Joes; Hamburgers; Hot Dogs; Macaroni & Cheese; Chili & Fritos & Cheese; Bacon, Lettuce & Tomato Sandwiches.	Meat and/or Cheese, Bread; Fruit, Vegetable, Drink.
E	Heavy Meal	Fajitas; Guadeloupe Chili Pie; Stew & Rice; Chili & Beans; Spaghetti; Shepherd's Pie; Pizza; Hamburger/Tuna Helper; Foil Packs; Tacos, Burritos, Tostadas; Sheeskabobs; Chicken, Rice, & Cream of Mushroom Soup.	Meat, Bread, Vegetable, Drink.
F	Cracker Barrel	Chips & Dip; Cookies.	Snack, Drink.
G	After Campfire Snack	Peach Cobbler; Apple Cobbler; Peach/Pineapple Cobbler; Amish Funnel Cakes.	Snack, Drink.
H	Soup, Salad, Vegetable	Tomato Soup, Raman Soup, Any Vegetable, Cole Slaw, Tossed Salad, Fruit Salad.	Can be added to any Class 4/6 Meal.

Meal Lists

Class A - No Meat Breakfast

Cold Cereal & Milk

Prepared By Tom Cosgrove

Doughnuts

Early American Pan-Cakes

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French Toast
Fruit Bars (no recipe)
Granola Bars (no recipe)
Instant Oatmeal (no recipe)
Pancakes

Class B - Meat Breakfast

Bacon
Breakfast Burrito
Eggs
Ford's Eggs Benedict
Hoppelpoppel
Sausage
Any Class A with a Meat Entree.

Class C - Light Meal

Deviled Eggs
Egg Salad Sandwiches
Grilled Cheese Sandwiches
Lunch Meat Sandwiches (no recipe)
Peanut Butter & Jelly Sandwiches (nr)
Submarine Sandwiches (no recipe)
Tuna Salad Sandwiches

Class D - Medium Meal

Bacon, Lettuce & Tomato Sandwiches
Chili & Fritos & Cheese (no recipe)
Hamburgers
Hot Dogs / Smoked Sausage
Sloppy Joes / Manwich's

Class E - Heavy Meal

Battalion Alarm Chili Pie
Cheeseburger Macaroni, Chili Macaroni,
Stroganoff, Beef Taco, Nacho Cheese, Beef
Noodle, or Spaghetti
Chicken, Rice, & Cream of Mushroom Soup
Chili & Beans
Dinty Moore Stew and Rice
Dutch Oven Meat Loaf
Fajitas
Foilpack Beef

Class E - Heavy Meal continued

Foilpack Chicken
Guadeloupe Chili Pie
Kabobs
One-Pot Hamburger Meals

Pizza
Shepherd's Pie
Spaghetti
Stove Top Dressing
Squaw Corn
Sweet 'N Easy Beans
Tacos, Burritos, Tostadas
Texas Trail Beans
Tuna Tetrazini, Au Graten, Cheesy Noodles or
Fettuccini Alfredo

Class F - Cracker Barrel

Chips & Dip
Cookies

Class G - After Campfire Snack

Amish Funnel Cakes
Monkey Bread
Peach Cobbler
Peach/Pineapple Cobbler
Pineapple Upside-Down Cake

Class H- Soup, Salad, Vegetable

Any Vegetable
Cole Slaw
Fruit Salad
Raman Soup
Tomato Soup
Tossed Salad

Miscellaneous Suggestions

Drinks

Coffee
Fruit Drinks
Hawaiian Punch
Hot Chocolate

KoolAid
 Lemonade
 Milk
 Orange Juice
 Sunny Delight
 Tea
 Water

Soup

Beef
 Chicken Noodle
 Ramen Noodles
 Tomato

Bread

Biscuits, Buttermilk
 Biscuits, Drop
 Bread, French
 Bread, White
 Bread, Whole Wheat
 Buns, Hamburger
 Buns, Hoagie
 Buns, Hot Dog
 Cornbread
 Rolls, Cinnamon
 Rolls, Dinner
 Tortillas, Corn
 Tortillas, Flour

Beans, Green
 Beans, Lima
 Beans, Red
 Beans, Refried
 Beets
 Broccoli
 Cabbage
 Carrots
 Cole Slaw
 Cauliflower
 Corn
 Peas, Black-Eyed
 Peas, Sweet Green
 Potatoes, Baked
 Potatoes, French Fried
 Potatoes, Hash Browns
 Potatoes, French Fried
 Spinach
 Rice, White
 Rice, Wild
 Squash
 Turnip Greens

Fruit

Apples
 Applesauce
 Bananas
 Canned Fruit
 Grapes
 Oranges
 Strawberries

Vegetables

Asparagus
 Beans, Baked

Portion Sizes

Entrée	Portion Size	Entree	Portion Size
Meat, Poultry, Fish and Eggs		Bread, Flour, & Pasta	
Stew Meat	4 oz.	Bread	2-4 slices
Hamburger Patties	4 oz.	Cookies	2 oz

Hamburger Other	6 oz	Cereal	2 oz
Hot Dogs	2 each	Macaroni	3 oz
Chicken	12 oz.	Pancake Mix	3 oz
Ham	3 oz	Pop Tarts	2
Bacon	2 oz (3 slices)	Ramen Noodles	1 Pkg
Eggs	2	Rice	1/2 cup
		Spaghetti	3 oz
Milk & Cheese		Tortillas (6 inch)	4
Milk	8 oz. (Pint)	Tortillas (10 inch)	2
Cheese	2 oz (2 slices).		
Vegetables & Fruits			
Canned Juice	4 oz.		
Canned Vegetables	4 oz.		
Potatoes	2		
Instant Potatoes	2 oz.		
Corn on the Cob	2 ears		
Canned Soup	5 oz		
Fresh Fruit	1-2		
Applesauce	1 cup		
Canned Fruit	1 can		

Campout Menu Worksheet

Patrol: _____ **# On Campout:** _____ **Food Buyer:** _____ **Date:** _____

Meal	Item	Portion	Amount
Cracker Barrel:	Chips: Tortilla Potato / Cookies:		
	Dip: / Salsa: Hot Medium Mild		

	Drink:		
Breakfast:	Egg		
	Meat		
	Cheese		
	Bread/Potatoes		
	Vegetable/Fruit		
	Fruit Juice/ Drink		
Lunch:	Meat		
	Cheese		
	Bread		
	Vegetable/Fruit		
	Soup		
	Drink		
Dinner	Meat		
	Cheese		
	Sauce/Seasoning		
	Vegetable/Fruit		
	Potatoes		
	Bread		
	Drink		
Dessert:			
Breakfast:	Bread/Cereal		
	Fruit/Juice		
	Drink		
Condiments:	Salt __ Pepper __ Butter __ Syrup __ Salsa _____ Sour Cream __ Salad Dressing(s) _____ / _____ Mayonnaise __ Mustard __ Ketchup Pickles Relish Sugar Sweetener Creamer		
Special Equipment:	Grill __ Griddle __ Dutch Oven __ Dutch Oven Pliers __ Leather Gloves __		
Additional Items:	Ice(2) __ Trash Bags __ Paper Towels(2) __ Dish Soap __ Cooking Spray __ Cooking Oil __ Matches __ Emergency Food __ Aluminum Foil Charcoal Toilet Paper Cups Plates Bowls Utensils		

Recipes

Class A - No Meat Breakfast

Cold Cereal & Milk

Serves: 6

Cuisine: American

Meals: breakfast

Courses: main

Ingredients

6 box Individual Cereal

1 cup Milk

Utensils

Individual Bowl

Cooking Instructions

Pour cereal and milk into bowl.

Doughnuts

Serves: 6

Cuisine: American

Meals: breakfast

Courses: side

Ingredients

2 pkg. 7.5 oz Canned Biscuits

Powdered Sugar

Cooking Oil

Utensils

4-qt Pan

Paper Towels

Propane Stove and Propane or Charcoal

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter, and Matches

Cooking Instructions

Cut Biscuits in half. Fry in hot oil. Drain on paper towels. Sprinkle Powdered Sugar on Doughnuts and serve.

Early American Pan-Cakes

Serves: 8

Cuisine: American

Meals: breakfast

Courses: main

Ingredients

6 Eggs

2 cups Whipping Cream

1/2 cup Sugar

1/4 tsp. Nutmeg

3 cups Flour

3 tsp. Baking Powder

1 tsp. Salt

2 oz Melted Butter

Utensils

Mixing Bowl

Griddle

Spatula

Propane Stove and Propane

Cooking Instructions

Beat eggs, sugar, and nutmeg together. Add cream to mixture. Sift flour, baking powder and salt into bowl. Add previous mixture and melted butter.

Cook as you would regular pancakes.

French Toast

Serves: 6

Cuisine: American

Source: Betty Crocker's Cookbook

Meals: breakfast

Courses: main

Ingredients

6 eggs

18 slices Bread

1/2 cups Milk (optional)

1/4 tsp. Pepper

1/4 tsp. Salt

Syrup

Margarine, Butter or Shortening

Utensils

Griddle or 10-in Skillet

Spatula

2-qt Pan

Propane Stove and Propane

Cooking Instructions

Beat salt, pepper, milk, and eggs until smooth in pan.

Heat griddle or skillet over medium heat or to 375 degrees. Grease griddle with margarine if necessary.

(To test griddle, sprinkle with few drops water. If bubbles skitter around, heat is just right.)

Dip bread into egg mixture. Cook about 4 minutes on each side or until golden brown.

Pancakes

Serves: 4

Cuisine: American

Source: Betty Crocker's Cookbook

Meals: breakfast

Courses: main

Ingredients

2 Eggs

2 cups Bisquick

1-1/3 cups Milk

2 tbs. Vegetable Oil

Margarine, Butter or Shortening

Syrup

Utensils

Griddle or 10-in Skillet

2-qt Pan
Spatula

Propane Stove and Propane

Cooking Instructions

Beat eggs with hand beater in pan until fluffy. Beat in remaining ingredients except margarine just until smooth. For thinner pancakes, stir in additional 1 to 2 tablespoons milk. Heat griddle or skillet over medium heat or to 375 degrees. Grease griddle with margarine if necessary. (To test griddle, sprinkle with few drops water. If bubbles skitter around, heat is just right.) For each pancake, pour scant 1/4 cup batter onto hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown.

Class B - Meat Breakfast

Bacon

Serves: 6
Cuisine: American
Source: Betty Crocker's Cookbook
Meals: breakfast, brunch
Courses: side

Ingredients

16 oz Bacon

Utensils

10-in Skillet
Paper Towels
Long Fork
Propane Stove and Propane

Cooking Instructions

Prepared By Tom Cosgrove

Place separated slices of bacon in cold skillet. Cook over low heat 8 to 10 minutes, turning bacon to brown evenly on both sides. Dry on paper towels.

Breakfast Burrito

Serves: 6
Cuisine: Mexican
Meals: breakfast
Courses: main

Ingredients

2 lb. Sausage (hot, mild, or mixed)
8 oz Velveta (plain or Mexican)
12 Eggs
24 6-inch Flour Tortillas
Onion (optional)
Salsa
Tiger Sauce (Optional)

Utensils

10-in Skillet
Spatula
Propane Stove and Propane

Cooking Instructions

Brown Sausage in skillet over medium heat.
Add Onion and Sauté (if desired).
Beat Eggs. Add to Meat in skillet.
When Eggs are almost done, add cheese and cook until cheese melts.
Serve on heated tortillas.

Eggs

Serves: 6
Source: Betty Crocker's Cookbook
Meals: breakfast
Courses: main

Ingredients

12 Eggs
12 tbs. Milk (optional)
1-1/2 tsp. Salt
Dash of Pepper
2 tsp. Margarine or Butter

Utensils

10-in Skillet
2-qt Pan
Spatula
Propane Stove and Propane

Cooking Instructions

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Scrambled:

Stir eggs, milk, salt and pepper thoroughly with fork for a uniform yellow, or slightly for streaks of white and yellow. Heat margarine in 10-inch skillet over medium heat. Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist.

Fried:

Heat margarine, butter, or bacon fat (1/8-inch deep) in heavy skillet over medium heat. Slip egg carefully into skillet. Gently turn eggs over after 3 minutes and cook 1 to 2 minutes longer or until yolks are thickened.

Hard Cooked Eggs:

Place egg(s) in saucepan. Add enough water to come at least 1 inch above eggs. Heat rapidly to boiling; remove from heat. Cover and let stand 18 minutes. Immediately cool eggs in cold water to prevent further cooking. Tap egg to crack shell. Roll egg between hands to loosen shell, then peel. If shell is hard to peel, hold egg in cold water.

Ford's Egg Benedict

Serves: 6

Cuisine: American

Meals: breakfast

Courses: main

Ingredients

6 English Muffins

12 Slices Bacon

12 Eggs

1 lb. Velveeta Cheese

2 cups Sour Cream

1 tsp. Dijon Mustard

Utensils

Small Saucepan

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter, and Matches

Propane Stove and Propane

Cooking Instructions

Place sour cream, Velveeta (cut into small pieces) and mustard together in small saucepan. Heat over low heat, stirring frequently until cheese is melted and mixed well.

Cook Bacon and toast English Muffins.

Poach Eggs in boiling water in a cast iron skillet or Dutch Oven.

Cover each half of muffin with a slice of bacon and a poached egg. Top with generous serving of cheese sauce.

Hoppelpoppel

Serves: 6

Cuisine: German

Meals: breakfast

Courses: main

Comments: A truly tremendous breakfast feast.

Takes a long cooking time.

Ingredients

4 Cans Sliced New Potatoes

12 Eggs

16 oz Bacon

1 small Onion

Salt

Pepper

Mushrooms (Optional)

Utensils

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter, and Matches

Cooking Instructions

Slice Bacon into 1-inch pieces and place in large Dutch Oven. Fry Bacon until about half done and add chopped onion. When bacon is cooked, add potatoes and stir. Mushrooms may be added if desired. Scramble the eggs and add to the potatoes after they are cooked. Add salt and pepper as desired. Add lid to the Dutch Oven and cook until eggs set.

Sausage

Serves: 6

Cuisine: American

Source: Betty Crocker's Cookbook

Meals: breakfast

Courses: side

Ingredients

1 lb. Sausage

Utensils

Skillet

Propane Stove and Propane

Cooking Instructions: Fresh sausage should be thoroughly cooked at low to moderate temperatures. It is ready to eat when the center is no longer pink, but turns gray

Class C - Light Meal

Deviled Eggs

Serves: 12

Cuisine: American

Source: Betty Crocker's Cookbook

Meals: lunch

Courses: side

Comments: With their mayonnaise binding, be sure to keep Deviled Eggs chilled-in a cooler on very long trips-or in the refrigerator until just before serving at home.

Ingredients

6 hard-cooked Eggs, peeled

3 tablespoons Mayonnaise, Salad Dressing or Half-and-Half

1/2 tsp. dry Mustard

1/8 tsp. Salt

1/4 tsp. Pepper

Paprika

Utensils

Mixing Bowl

2-qt Pan

Propane Stove and Propane

Cooking Instructions

Hard Cooked Eggs:

Place egg(s) in saucepan. Add enough water to come at least 1 inch above eggs. Heat rapidly to boiling; remove from heat. Cover and let stand 18 minutes. Immediately cool eggs in cold water to prevent further cooking. Tap egg to crack shell. Roll egg between hands to loosen shell, then peel. If shell is hard to peel, hold egg in cold water.

Deviled Eggs:

Cut eggs lengthwise in half. Slip out egg yolks and mash with fork. Mix in mayonnaise, mustard, salt and pepper. Fill egg whites with egg yolk mixture, heaping it lightly.

Egg Salad Sandwiches

Serves: 6

Cuisine: American

Source: Betty Crocker's Cookbook

Meals: lunch

Courses: main

Ingredients

9 hard-cooked Eggs, chopped

3/4 cup Mayonnaise or Salad Dressing

1-1/2 medium stalk Celery, chopped (about 1/2 cup) (Optional)

3/8 tsp. Salt

3/8 tsp. Pepper

12 slices of Bread.

Utensils

2-qt Pan

Mixing Bowl

Propane Stove and Propane

Cooking Instructions

Hard Cooked Eggs:

Place egg(s) in saucepan. Add enough water to come at least 1 inch above eggs. Heat rapidly to boiling; remove from heat. Cover and let stand 18 minutes. Immediately cool eggs in cold water to prevent further cooking. Tap egg to crack shell. Roll egg between hands to loosen shell, then peel. If shell is hard to peel, hold egg in cold water.

Egg Salad Sandwiches:

Mix all ingredients. Spread on bread.

Grilled Cheese Sandwiches

Serves: 6

Cuisine: American

Source: Betty Crocker's Cookbook

Meals: lunch

Courses: main

Ingredients

24 slices Processed American Cheese

24 slices white or whole wheat Bread

Margarine or Butter, softened

Utensils

Class D - Medium Meal

Bacon, Lettuce, and Tomato Sandwich

Serves: 6

Cuisine: American

Source: Betty Crocker's Cookbook

Meals: breakfast, brunch

Courses: side

Ingredients

16 oz Bacon

2 Tomatoes

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Griddle or 10-in Skillet

Spatula

Propane Stove and Propane

Cooking Instructions

Place 2 slices of the cheese on each slice of half the bread. Top with remaining bread. Spread top slices of bread with margarine. Place sandwiches, margarine sides down, on griddle or in skillet. Spread tops of bread with margarine. Cook uncovered over medium heat about 5 minutes or until golden brown. Turn and cook 2 to 3 minutes or until golden brown and cheese is melted.

Tuna Salad Sandwiches

Serves: 4

Cuisine: American

Source: Betty Crocker's Cookbook

Meals: lunch

Courses: main

Ingredients

1 can (9-1/2 ounces) Tuna in water, drained

1/2 cup Mayonnaise or Salad Dressing

1 medium stalk Celery, chopped (about 1/2 cup)

1 small onion, chopped (about 1/4 cup)

1/4 tsp. Salt

1/4 tsp. Pepper

1 tsp. Lemon Juice

8 slices Bread

Utensils

Mixing bowl

Cooking Instructions

Mix all ingredients. Spread on bread.

Lettuce

12 slices of Bread

Mayonnaise

Pepper

Salt

Utensils

10-in Skillet

Paper Towels

Long Fork

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Propane Stove and Propane

Cooking Instructions

Place separated slices of bacon in cold skillet. Cook over low heat 8 to 10 minutes, turning bacon to brown evenly on both sides. Dry on paper towels.

Slice Tomatoes.

Wash lettuce and let dry on paper towels.

-Serve on bread.

Hamburgers

Serves: 4

Cuisine: American

Meals: lunch, dinner

Courses: main

Ingredients

1 lb. ground Beef

3 tbs. finely chopped Onions, if desired

3 tbs. water

1/2 tsp. Salt

1/4 tsp. Pepper

4 Hamburger Buns, split and toasted

4 slices of Cheese

Condiments:

Dill Pickles

Ketchup

Lettuce

Mayonnaise

Mustard

Tomato

Utensils

10-in Skillet

Spatula

Propane Stove and Propane

Cooking Instructions

Mix all ingredients except buns. Shape mixture into patties, each about 3/4-inch thick.

To Grill:

Grill patties about 4 inches from medium coals 7 to 8 minutes on each side for medium, turning once, until desired doneness.

To Pan-fry:

Cook patties in 10-inch skillet over medium heat about 10 minutes for medium, turning occasionally.

About 1 minute before hamburgers are done, top each with cheese slice if desired. Broil until cheese is melted. Serve on buns.

Sloppy Joes / Manwich's

Serves: 6

Cuisine: American

Meals: lunch, dinner

Courses: main

Ingredients

16 oz Ground Beef

15-1/2 oz Manwich Mix

6 Hamburger Buns

Utensils

10-in Skillet

Spatula

2-qt pan

Propane Stove and Propane

Cooking Instructions

Brown hamburger in skillet.

Add Manwich and to browned meat and heat to boil.

Serve over buns.

Hot Dogs / Smoked Sausage

Serves: 6

Cuisine: American

Meals: lunch, dinner

Courses: main

Ingredients

12 Hot Dogs or

15 oz. smoked sausage

12 Hot Dog Buns

Condiments:

Ketchup

Mayonnaise

Mustard

Sweet Relish

Chopped Onions

Grated Cheese

Utensils

2-qt Pan

Propane Stove and Propane

Grill

Charcoal, Starter, and Matches

Cooking Instructions

Frankfurters or other cooked smoked sausage links do not require cooking; they need only be heated to serving temperature (140 degrees) if they are to be served hot.

To Simmer:

Drop frankfurters into boiling water; reduce heat. Cover and simmer 5 to 10 minutes (depending on size) until hot.

To Grill:

Place over medium heat 5-10 minutes. Turn as necessary.

Class E - Heavy Meal

Battalion Alarm Chili Pie

Serves: 6

Cuisine: Mexican

Meals: dinner

Courses: main

Ingredients

Chili:

3 lb. Hamburger

2 15 oz Chunky Chili Tomato Sauce

1 10 oz Rotel Diced Tomatoes and Green Chilies

4 tbs. Chili Powder

1 Onion

Cornbread:

2 pks Mexican Cornbread Mix

2 Eggs

1-1/3 cup Milk

Utensils

2-qt Pan

Spatula

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter, and Matches

Prepared By Tom Cosgrove

Optional:

10-in Skillet

Propane Stove and Propane

Cooking Instructions

Chili:

Chop Onion. Brown Hamburger. Drain Fat. Add Chopped Onion and cook until clear. Add Tomato Sauce, Rotel Tomatoes and Spices. Place cover on Dutch Oven. Place Dutch Oven on 18-20 briquettes, and simmer for 20-30 minutes, until juice is almost absorbed.

Cornbread:

Break eggs into 2-qt pan. Add milk and beat until frothy. Add Cornbread mix and stir until blended. Cover Chili with cornbread mixture. Place lid on Dutch Oven. Put Dutch Oven over 6-8 briquettes, and place 12-15 briquettes on top of Dutch Oven. Bake until Cornbread golden brown on top, and a straw comes out clean.

Optional:

Ground Beef may be browned in skillet and onions sautéed while charcoal is getting ready.

Cheeseburger Macaroni, Chili Macaroni, Stroganoff, Beef Taco, Nacho Cheese, Beef Noodle, or Spaghetti

Serves: 4

Cuisine: American

Meals: dinner

Courses: main

Ingredients

1 lb. Ground Beef

1 box Hamburger Helper: Choices include:

Cheeseburger Macaroni, Chili Macaroni, Stroganoff, Beef Taco, Nacho Cheese, Beef Noodle, Spaghetti.

Milk as required by recipe

Butter as required by recipe

Water as required by recipe

Utensils

10-in skillet

Spatula

Serving spoon

Measuring Cup

Propane Stove and Propane

Cooking Instructions

Prepare per instructions on box.

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Chicken, Rice, Mushroom Soup

Serves: 6

Cuisine: American

Meals: dinner

Courses: main

Ingredients

12 boneless Chicken Breasts

4 10 1/2 oz Cream of Mushroom Soup

1 can Peas

3 cups Instant Rice

3 cups Water

3/4 tsp. Salt

1 tbs. Butter or Margarine

Utensils

10-in skillet or

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter,
and Matches

2-qt pan

4-qt pan

Spatula

Measuring Cup

Propane Stove and Propane

Cooking Instructions

Brown chicken breasts in Skillet. 10-12 minutes.

Cover with soup and cook for 5-7 minutes.

Boil water in 4-qt pan. Add salt and butter or
margarine. Add rice, remove from heat and cover for
5 minutes.

Optional: (Heat Peas in 2-qt pan. Add to cooked rice.)

Serve chicken and soup over rice (& peas).

Chili with Beans

Serves: 4

Cuisine: American

Meals: lunch, dinner

Courses: main

Ingredients

1 lb. ground Beef

1 large Onion, chopped (about 1 cup)

1 tbs. Chili Powder

1/2 tsp. Salt

1 tsp. dried Oregano leaves

1 tsp. Cocoa (optional)

1/2 tsp. Red Pepper Sauce

1 can (16 ounces) whole Tomatoes, undrained

1 can (15-1/2 ounces) Red Kidney Beans, undrained

Prepared By Tom Cosgrove

Utensils

4-qt pan

10-in skillet

Propane Stove and Propane

Cooking Instructions

Cook ground beef, onion and garlic in 4-quart
saucepan, stirring occasionally, until beef is brown.
Drain. Stir in remaining ingredients except beans.
Break up tomatoes. Heat to boiling; reduce heat.
Cover and simmer 1 hour, stirring occasionally. Stir
in beans. Heat to boiling; reduce heat. Simmer
uncovered about 20 minutes, stirring occasionally,
until of desired thickness.

Dinty Moore Stew and Rice

Serves: 4

Cuisine: American

Meals: lunch, dinner

Courses: main

Ingredients

40 oz Dinty Moore Stew

2 cups instant Rice

2 cups Water

1/2 tsp. Salt

1 tbs. Butter or Margarine

Utensils

2-qt Pan

4-qt Pan

Measuring Cup

Propane Stove and Propane

Cooking Instructions

Heat Dinty Moore Stew in 2-qt pan.

Boil water in 4-qt pan. Add salt and butter or
margarine. Add rice, remove from heat and cover for
5 minutes.

Serve Dinty Moore Stew over rice.

Dirt Burgers

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Serves: 6
Cuisine: American
Meals: dinner
Courses: main

Ingredients

2 lb. Ground Beef
6 Potatoes
3 Onions
6 sliced Carrots
1 head of cabbage
Condiments

Salt
Pepper
Ketchup or Steak Sauce

Utensils

Heavy Duty Aluminum Foil
Charcoal, Starter, and Matches
Tongs

Cooking Instructions

Slice Onions. Slice Potatoes. Slice Carrots. Cut Aluminum foil into 14-in strips. Put a large cabbage leaf on the center of the foil. The cabbage leaf is to keep the other ingredients from burning and is not intended to be eaten. Put half the onions flat on the center of the cabbage leaf. Put the potatoes and carrots on the onion and salt and pepper to taste. Shape the hamburger patty and put on the vegetables. Put the rest of the vegetables on top of the meat. Salt and pepper to taste. Seal the foil pack. Place on coals. Cook 10 minutes and turn over. Cook for an additional 10-15 minutes.

Dutch Oven Meat Loaf

Serves: 8
Cuisine: American
Source: Wood Badge Cookbook
Meals: dinner
Courses: main

Ingredients

3 lb. Ground Beef
1-1/2 cups Cracker Crumbs
1 tbs. chopped or flaked Parsley
1 8-oz can Tomato Sauce
1 chopped Onion
1/2 cup Bell Pepper
1-1/2 tsp. Salt
2 Eggs
1/4 tsp. Marjoram

Utensils

Dutch Oven, Dutch Oven Tongs, Charcoal, Starter, and Matches

Cooking Instructions

Mix all ingredients; place in pan. Bake 1 hour in Dutch Oven.

Special notes:

2 envelopes of Lipton soup mix can be used to substitute onion, bell pepper, salt, marjoram.

Fajitas

Serves: 6
Cuisine: Southwestern
Meals: lunch, dinner
Courses: main

Ingredients

1 1-1/2-pound Chicken Fajita Meat
12 10-inch Flour Tortillas
2 tbs. Vegetable Oil
2 large Onions, sliced
2 medium green or red Bell Peppers, cut into 1/4-inch strips
1 jar (8 ounces) Picante Sauce
1 cup shredded Cheddar or Monterey Jack Cheese (4 ounces)
Guacamole or 2 containers (6 ounces each) frozen Guacamole, thawed 3/4 cup sour cream

Utensils

10-in skillet
Propane Stove and Propane
Dutch Oven, Dutch Oven Pliers, Charcoal, Starter, and Matches

Cooking Instructions

Heat tortillas in skillet and wrap in aluminum foil. Heat chicken in skillet.

While chicken cooks, heat 2 tablespoons oil over medium-high heat. Sauté onions and bell peppers in oil 6 to 8 minutes or until crisp-tender. Cut beef

diagonally into very thin slices.

For each serving, place chicken, onion mixture, picante sauce, cheese, Guacamole and sour cream in center of tortilla. Fold 1 end up about 1 inch over beef mixture; fold right and left sides over folded end.

Foilpack Chicken

Serves: 6

Cuisine: American

Source: Wood Badge Cook Book

Meals: dinner

Courses: main

Ingredients

1 medium Chicken
1 lb. bulk Italian Sausage
1 finely chopped Carrot
1 finely chopped Onion
1 finely chopped stalk of Celery
2 finely chopped Garlic Cloves
Garlic Marinating Sauce
Salt
Pepper

Utensils

String
Foil
Charcoal, Starter, and Matches
Tongs

Cooking Instructions

Debone the chicken, leaving the meat attached to the skin. Combine the other ingredients thoroughly. Spread the sausage mixture evenly over the meat side of the deboned bird, leaving a 1 inch border around the skin area. Using the backbone area as a guide, fold the two sides of the bird toward the center. With a piece of string, begin at the upper part of the bird

and tie the sections closed crossing the front of the bird and returning to the back until the length of the bird is trussed and all seams are sealed.

Lay the trussed bird in a large piece of foil. Create a secure foil pack. Before sealing, pour in the sauce. Put the first pack into another foil pack and secure. Place the bird on the coals for 25 minutes on each side. Let stand for approximately 10 minutes. Remove the string and slice across the width of the bird. Serve slices with remaining sauce.

Guadeloupe Chili Pie

Serves: 6

Cuisine: American

Source: Dutch Oven Cooking

Meals: dinner

Courses: main

Ingredients

2 lb. Ground Beef
1 medium Onion, chopped
1 tbs. Margarine
15 oz can Chili Beans
1/2 tsp. Chili Powder
1/2 tsp. Salt
8 oz can Tomato Sauce
2 6 oz pkg. Cornbread Mix
Milk as required for cornbread mix

Utensils

Spatula
Dutch Oven, Dutch Oven Pliers, Charcoal, Starter, and Matches

Cooking Instructions

Brown ground beef and onion in the margarine in open oven. Add beans, chili powder, salt, and sauce. Cook for 15 minutes in covered oven.

Mix the cornbread according to directions on box. Add cornbread to top of meat and beans.

Place lid on oven. Place on coals, put coals on top of oven. Bake for 20-30 minutes, until cornbread is done.

Kabobs

Serves: 4

Cuisine: American

Source: BSA Intro to Family Camping

Meals: dinner

Courses: main

Ingredients

1 lb. Beef, cut into chunks

1 Onion, cut into wedges

1 Green Pepper, cut into wedges

8 Cherry Tomatoes

16 Pineapple slices

16 Mushrooms

Utensils

4 Kabob skewers

Grill

Charcoal, Starter, Matches

Cooking Instructions

String ingredients on skewers. Cook over hot coals for about 15 minutes. Turn once. Season to taste.

Rice goes good with kabobs.

One-Pot Hamburger Meals

Serves: 4

Cuisine: American

Source: BSA Intro to Family Camping

Meals: dinner

Courses: main

Ingredients

1-1/2 lb. Ground Beef

1 chopped Onion

1/2 chopped Green Pepper

10-1/2 condensed Tomato Soup (undiluted)

Salt

Pepper

For Yum Yums

1/2 tsp. Chili Powder

4 Hamburger Buns

For Hunter's Stew

21 oz Condensed Vegetable Soup

For Chili

16 oz Red Beans

Chili Powder to taste

For Chili Mac and Cheese

Add Macaroni and Cheese Recipe

Utensils

10-in Skillet

Prepared By Tom Cosgrove

Propane Stove and Propane

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter, and Matches

Cooking Instructions

Brown ground beef in 10-in Skillet or Dutch Oven. Add onion, green pepper, and Tomato soup. Simmer until hot. Add the other ingredients to make Yum Yums, Hunter's Stew, Chili, Chili Mac and Cheese.

Pizza

Serves: 6

Cuisine: American

Source: Dutch Oven Cookbook

Meals: dinner

Courses: main, side

Ingredients

1-1/2 lb. Ground Beef

1 pkg. Pizza Mix

1/2 lb. grated Cheese

sliced Olives

Utensils

2 Dutch Ovens, Dutch Oven Pliers, Charcoal, Starter, and Matches

Cooking Instructions

Brown beef in open skillet and set aside to remain warm. Mix Pizza dough as directed and divide into 8 equal portions. Form these portions into crust pieces about the size of doughnuts but of size enough to allow placing of all 8 crusts into two ovens. Place the ground beef and cheese on the crusts; pour tomato sauce from pizza mix on each crust; then add sliced olives on top. Bake for about 25-30 minutes.

Shepherd's Pie

Serves: 6

Cuisine: American

Meals: dinner

Courses: main

Ingredients

2 lb. Hamburger

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1/2 lb. Velveeta Cheese
1 box instant Mashed Potatoes

Utensils

10-in Skillet
2-qt Pan
Spatula
Propane Stove and Propane

Cooking Instructions

Brown Hamburger in Skillet. Drain grease.
Fix Mashed Potatoes according to box instructions.
Cover Hamburger with sliced Velveeta Cheese.
Cover with Mashed Potatoes and simmer for 2-3 minutes.

Spaghetti

Serves: 6
Cuisine: Italian
Meals: dinner, party
Courses: main

Ingredients

1 tsp. dried Oregano leaves
1 tsp. dried Basil leaves
1/2 tsp. dried Marjoram leaves
1 tsp. Sugar
1/2 tsp. Salt
1 large Onion, chopped (about 1 cup)
1 clove Garlic, crushed
1 can (16 ounces) whole Tomatoes, undrained
1 can (8 ounces) Tomato Sauce
1 pound Ground Beef
4 cups hot cooked Spaghetti

Utensils

8-qt Pan
Propane Stove and Propane

Cooking Instructions

Cook ground beef, the onion and garlic in 10-inch skillet, stirring occasionally, until beef is light brown; drain. Stir in remaining ingredients, except spaghetti; break up tomatoes. Heat to boiling; reduce heat. Cover and simmer about 1 hour, stirring occasionally. Serve over spaghetti and, if desired, with Parmesan cheese.

Squaw Corn

Serves: 8
Cuisine: American
Meals: dinner

Courses: main

Ingredients

1 tsp. Chili Powder
3 lb. Hamburger Meat
3 Onions
1 Green Pepper
2 12 oz cans of Tomato Soup
2 12 oz cans of Yellow Corn
1/2 lb. medium Cheddar Cheese

Utensils

10-in Skillet
Dutch Oven, Dutch Oven Pliers, Charcoal, Starter, and Matches

Cooking Instructions

Dice onions and pepper.
Cook meat, onion, and pepper in Skillet until meat is brown. Drain well.
Add tomato soup and drained corn.
Place over hot coals and bring to simmer, stirring occasionally.
Add cubed cheese just prior to removal from coals.

Stove Top Dressing

Serves: 4
Cuisine: American
Meals: dinner
Courses: side

Ingredients

1 box Stove Top Dressing mix
1/2 stick Butter or Margarine
Water

Utensils

10-in Skillet
Spatula
Serving Spoon
Propane Stove and Propane

Cooking Instructions

Prepare per instructions on box.

Sweet 'N Easy Beans

Serves: 6
Cuisine: American
Source: Dutch Oven Cookbook
Meals: dinner
Courses: side

Ingredients

60 oz Pork and Beans
1/2 lb. Bacon

1 cup Ketchup
1 cup Brown Sugar
1 cup chopped Green Peppers
20 oz crushed Pineapple & Juice
1 small chopped Onion
1-1/4 tbs. Liquid Smoke

Utensils

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter,
and Matches

Cooking Instructions

Brown onions, peppers, and bacon over hot coals.
Add the rest of the ingredients. Place over 4-5 coals
with 3-4 coals on top of oven. Simmer for 3-4 hours.

Tacos, Burritos, Tostadas

Serves: 4
Cuisine: Mexican
Meals: dinner
Courses: main

Ingredients

1-1/2 lb. ground Beef
1 pkg. Taco Seasoning
water
1 head Lettuce, chopped
1 lb. grated Cheese
2 chopped Tomatoes
1 can Refried Beans
chopped olives (optional)
1 pkg. Taco Shells
1 pkg. Tostada Shells
12 8-in Flour Tortillas

Utensils

10-in skillet
2-qt pan
Propane Stove and Propane

Cooking Instructions

Brown ground beef and add Taco Seasoning
according to package instructions. Chop lettuce and
tomatoes. Warm tortillas, taco shells, and Tostada
shells.

Cook Refried beans in 2-qt pan.
Serve meat and selected ingredients on choice of
taco, Tostada, or tortilla.

Texas Trail Beans

Serves: 6
Cuisine: American
Meals: dinner
Courses: main

Ingredients

2 cans Lima Beans
2 cans Pinto Beans
2 cans White Navy Beans (save juice)
6 Onions
2 lb. Ground Chuck
2 tbs. Brown Sugar
2 tsp. Salt
2 tbs. Mustard
1/2 tsp. Black Pepper
2 Fresh Jalapeno (optional)

Utensils

Dutch Oven, Dutch Oven Tongs, Charcoal, Starter,
and Matches

Cooking Instructions

Brown the meat, add onions and cook until
transparent. Drain meat, add all ingredients and mix
thoroughly. Simmer 30-45 minutes. Add some of the
bean juice if you need liquid.

**Tuna Tetrizzini, Au Gratin, Cheesy Noodles, or
Fettuccini Alfredo.**

Serves: 4
Cuisine: American
Meals: dinner
Courses: main

Ingredients

6-1/2 oz Tuna
1 Box Tuna Helper: Choices include: Tetrizzini, Au
Gratin, Cheesy Noodles, Fettuccini Alfredo.
Milk as required by recipe

Butter as required by recipe

Water as required by recipe

Utensils

10-in Skillet

Spatula

Serving Spoon

Measuring Cup

Propane Stove and Propane

Cooking Instructions

Prepare per instructions on box.

Class G - After Campfire Snack

Amish Funnel Cakes

Serves: 8

Cuisine: American

Meals: snack

Courses: dessert

Ingredients

1-1/3 cup Flour

2 tbs. Sugar

1/4 tsp. Salt

3/4 Tbs. Baking Powder

2/3 cup Milk

1 Egg

Vegetable Oil

Cinnamon

Confectioner's Sugar

Utensils

Strainer

8-qt Pan

Propane Stove and Propane

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter,
and Matches

Cooking Instructions

Mix dry ingredients in a 1-2 quart plastic container before camping trip. When ready to prepare, add the egg and milk. Heat oil in Dutch Oven until quite hot. Pour in batter in circular motion. When batter starts to turn brown, flip over with tongs. When cooked, remove from Dutch Oven and drain on paper towels. Sprinkle with a mixture of confectioner's sugar and cinnamon.

Monkey Bread

Serves: 12

Cuisine: American

Meals: snack

Courses: dessert

Ingredients

4 tubes Biscuits

1-1/2 tsp. Cinnamon

3/4 cup Sugar

1-1/2 sticks Margarine

1/4 cup Milk

1/4 cup Brown Sugar

Utensils

Biscuit pan

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter,
and Matches

2-qt pan

Cooking Instructions

Quarter Biscuits and place in pan.

Peach Cobbler

Serves: 12

Cuisine: American

Source: Scouting

Meals: snack

Courses: dessert

Ingredients

2 29 oz Sliced Peaches in heavy syrup

18.25 oz Yellow Cake Mix

Utensils

Serving Spoon

Heavy Duty Aluminum Foil

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter,
and Matches

Cooking Instructions

Line Dutch Oven with Aluminum Foil.

Pour Peaches into Dutch Oven and bring to boil.

Pour 2/3 cake mix into boiling peaches and stir.

Sprinkle remaining cake mix over peaches and juice.

Place 6 charcoal briquettes under Dutch Oven. Cover oven and place 14 charcoal briquettes on top of oven.

Bake for 20-30 minutes, or until crust browns.

Peach-Pineapple Cobbler

Serves: 12

Cuisine: American

Source: Dutch Over cookbook

Meals: snack

Courses: dessert

Ingredients

2 29 oz sliced Peaches in heavy syrup

18.25 oz Yellow Cake Mix

1 16 oz Pineapple Chunks

Utensils

Serving Spoon

Heavy Duty Aluminum Foil

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter, and Matches

Cooking Instructions

Line Dutch Oven with Aluminum Foil. Pour Peaches and pineapple into Dutch Oven and bring to boil.

Pour 2/3 cake mix into boiling mixture and stir.

Sprinkle remaining cake mix over peaches and juice.

Place 6 charcoal briquettes under Dutch Oven. Cover oven and place 14 charcoal briquettes on top of oven.

Bake for 20-30 minutes, or until crust browns.

Pineapple Upside Down Cake

Serves: 8

Cuisine: American

Source: Dutch Oven Cookbook

Meals: dinner, snack

Course: dessert

Ingredients

1/2 cup Brown Sugar

1/4 cup Butter

Maraschino Cherries

1 can Sliced Pineapple

1 Yellow Cake Mix

3 Eggs

Utensils

Dutch Oven, Dutch Oven Pliers, Charcoal, Starter, and Matches

2-qt pan

serving plate

Leather Gloves

Cooking Instructions

Put butter and sugar in a Dutch Oven and melt while stirring over warm fire. Place the pineapple slices in the butter and sugar mixture and place halved maraschino cherries in each pineapple center. In a separate container prepare the cake mix according to instructions on the package. Pour batter over pineapple and place lid on the Dutch oven. Place oven on a 8-10 coals, making sure your Dutch Oven is kept level. Add 12-14 coals on top of oven; cook for approximately 15 minutes. Remove oven from coals, continue cooking with coals on top only for 15-20 minutes or until golden brown. Make sure your cake is completely baked by inserting a toothpick into cake. If toothpick comes out clean, your cake is done. Cool for about 10 minutes, remove from oven and serve.

A helpful hint for removing cake from Dutch Oven is to use a round piece of cardboard covered with

aluminum foil; cut to fit inside your Dutch Oven. Set the cardboard round on cake and invert Dutch Oven.