



Troop 205

Patrol Cook Book

Updated September 2007

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Breakfast Main Dishes

French toast

Serving Size	2 slices							
Serves		4	5	6	7	8	9	10
Ingredients	eggs	2	3	3	4	4	5	5
	tablespoon milk	1	1	2	2	2	2	3
	slices bread	8	10	12	14	16	18	20
	dash of cinnamon							
	margarine							
	syrup							
Equipment	medium mixing bowl fork flipper griddle or frying pan							
Instructions	<ol style="list-style-type: none"> 1. Beat egg, milk, cinnamon together. 2. Dip bread in to mix. 3. Cook on stove in griddle or frying pan till brown 4. Serve with butter and/or syrup to taste 							
Nutrition	One serving of grain. Must go with fruit, dairy and meat.							

Pancakes

Serving Size	2 pancakes	
Serves		See box for amount of each ingredient – they vary by brand and size of box.
Ingredients	Pancake mix	
	Milk	
	Water	
	Eggs	
	margarine	
	syrup	
Equipment	medium mixing bowl flipper griddle or frying pan	
Instructions	<ol style="list-style-type: none"> 1. Mix amounts of milk water, egg and pancake mix as instructed on box to make batter. 2. Pour small amounts of batter on to griddle of frying pan. 3. Cook on low heat till bubbles stop. 4. Then flip over and wait till done. 	
Nutrition	One serving grain. Must have fruit, dairy and meat included in meal. Add fruit, to batter for one serving fruit (½ if canned or 1 fresh medium fruit or 1/2 berries) you can add coca mix to batter for chocolate pancakes (one serving dairy and one individual pack) or ½ cup nuts for one serving meat	

Breakfast Burritos

Serving Size	1 burrito							
Serves		4	5	6	7	8	9	10
Ingredients	eggs	2	3	3	4	4	5	5
	potato	2	3	3	4	4	5	5
	Sausage links	8	10	12	14	16	18	20
	Onion (cup chopped)	1	1.5	1.5	2	2	2.5	2.5
	Peper jack Cheese (oz)	4	5	6	7	8	9	10
	tortilla	4	5	6	7	8	9	10
	Cajun Seasoning							
	Jalapeno Powder							
	salt							
	pepper							
Equipment	aluminum foil frying pan medium mixing bowl flipper pot coals the night before.							
Instructions	<ol style="list-style-type: none"> 1. The night before wash and partially cook potatoes in aluminum foil in the coals of your fire 2. In the morning cook the sausage links then dice them and the potato, and onion. 3. Cook the potato and onion in the frying pan with the seasonings till lightly brown then add the sausage and onion in. 4. When the potato is fully brown add the eggs and cheese. 5. Mix and cook till eggs are done. 6. Put tortillas between 2 pieces of aluminum foil and put on top of boiling water to soften. 7. Fill the tortillas. 							
Nutrition	2 Servings grain, 1 serving veg, 2 servings meat, 1 serving dairy. Must go with fruit.							

Breakfast hash

Serving Size	2 slices							
Serves		4	5	6	7	8	9	10
Ingredients	eggs	2	3	3	4	4	5	5
	potato	1	1	2	2	2	2	3
	Sausage Links	8	10	12	14	16	18	20
	Cup diced onion							
	Shredded cheddar cheese							
Equipment	medium mixing bowl fork flipper griddle or frying pan							
Instructions	1. Beat egg, milk, cinnamon together. 2. Dip bread in to mix. 3. Cook on stove in griddle or frying pan till brown 4. Serve with butter and/or syrup to taste							
Nutrition	One serving of grain. Must go with fruit, dairy and meat.							

Ingredients

One medium potato
4 sausage links
½ cup onion
2 eggs
2 ounces shredded cheddar

Equipment

Cutting board,
Knife
frying pan
mixing bowl
fork
flipper.

Instructions: Wash potatoes. Crack and beat eggs. Dice potatoes, sausage links, and onion. Cook potato till light brown. Add sausage links, and onion. Cook till potato is fully brown, and then add eggs. Cook till eggs are done. Add shredded cheddar on top and let melt.

1 serving grain, two servings protein, one serving veg., 1 serving dairy.
Must go with fruit.

5th dish: Zip-Lock Bag breakfast

Ingredients

2 eggs

4 sausage links

1 tortilla

salsa

2 ounces cheddar cheese, Optional: onion, green pepper, japaleno.

Equipment

Pot

aluminum foil

tongs

flipper

frying pan.

Instructions: Brown sausage in frying pan. Then cook onion, green pepper, and japaleno if using. Crack 2 eggs into Zip lock bag, and then add sausage, onion, pepper, and japaleno. Seal bag and mix stuff by squishing bag. Cook bag in boiling water until egg is done. Meanwhile put tortilla between aluminum foil to soften. Then remove tortilla and bag with tongs. Put stuff in bag onto the tortilla. Add shredded egg and salsa. roll into burrito

1 serving grain, 1 serving veg. 1 serving dairy, 2 servings protein. Must go with fruit.

6th dish: Sausage and gravy.

Ingredients:

Sausage

Flour

Butter

Milk

Salt

pepper.(see Mr. Larry for amounts)

Equipment

?Grilling pan?

measuring spoons and cups, ?

saucepan?

slotted spoon.

Instructions: Brown sausage in pan. Remove with slotted spoon and put to the side. Melt butter in same pan. Stir in flour when mixed add in milk. Stir till thick. Then add sausage and sauce. Add salt and pepper to taste.

One serving grain. ?One serving dairy?, One serving protein> Must go with fruit and veggie.

7th dish: Mountain Man Breakfast

Ingredients

1 ½ eggs

¼ lb hash brown potato

1/8 lb of favorite cheese

1/16 lb of ground sausage

salt

pepper

onion

Equipment

Frying pan

Flipper

Instructions: Cook sausage and drain grease. Move sausage to one side of pan and cook egg on other side. When eggs are done add hash brown potato mix and continue to cook when hash browns are almost done add cheese and let melt. Add salt, pepper and onion to taste.

One serving grain, 2 servings protein, one serving dairy, Must go with fruit and or veggie.

Hints when you must have a fruit or veggie try having fruit or veggie juice, or add fresh or canned fruit. If you need to add dairy try milk or chocolate milk.

Lunch and Dinner Dishes

1st dish: 3 Minute Pizza

Ingredients

- 1 piece pita bread
- ½ cup spaghetti
- 1/8 cup grated mozzarella cheese
- 8 slices pepperoni
- Any other toppings

Equipment

- Aluminum foil
- Spoon

Instructions: Cut pita bread in half and spoon spaghetti sauce into the pocket and spreading it evenly. Add other toppings into the pita and wrap it with heavy duty aluminum foil, Place the packet in the coals. Cook it for 1 and ½ minutes and make sure the cheese is melted.

This dish has one serving grain, one serving veg. one serving dairy and one serving protein. Goes great with salad

2nd dish: Blue Ribbon Kielbasa

Ingredients

1/4 pound of kielbasas

1/4 large onion

1/6 large bell pepper

1/5 med. can of pineapple in

Juice

1/4 table spoon of cooking oil

Equipment

12" Dutch oven

Instructions: Cut the onion and pepper into 3/4" wide strips. Saute onion and pepper till onion starts to become clear. Cut Kielbasa in 1" chunks and add to the onion and pepper. Then add pineapple with juice. Put the lid on the oven and let cook for 35 minutes at around 350 deg.

This dish has one serving protein, two servings veg. one serving fruit.

3rd dish Chicken and Dumplin's

Ingredients

- 1/6 Pound Boneless chicken tenders
- 1/12 bag of carrots
- 1/6 Large onion
- 1/2 stalk of celery
- 1/2 medium sized potato
- 1/6 table spoon oil
- 1/3 can cream of chicken soup
- 1/6 can biscuits or 1/3 cup of Bisquik

Equipment

- Dutch Oven
- Spoon for stirring and serving
- Knife.

Instructions: Cut up chicken carrots, onion, and celery. Place oven over coals add oil then chicken. Cook till slightly browned. Add Onion, celery, carrots, and potatoes and a cup of water. Put lid on and let simmer 15 minutes. Add Cream of Mushroom Soup and water till it has the consistency of gravy. Put the lid back on and let simmer 15 more minutes until vegetables are tender. Add biscuits to top of the mixture then cook it covered for 20-25 minutes. Bisquik dropped by spoonful can be used in place of biscuits.

Has two serving grain, 3 servings veg. two servings protein.

4th dish: Dutch Oven Lasagna (For 12)

Ingredients

- 1 can of spaghetti sauce
- 4 pounds hamburger
- 2 pounds hot sausage
- 4 pounds mozzarella cheese
- 2 large containers of cottage cheese

Equipment

- 14" dutch oven 10"
- skillet large or Pot

Instructions: brown meat, drain, and set aside. mix cottage cheese and eggs and set aside. boil noodles. Then in layers place meat, cheeses, & noodles when dutch oven is about full pour in spaghetti sauce
put remaining cheese on top
cover and cook about 45 min on charcoal or hot coals, top & bottom

2 servings of grain, 0 servings of fruit, 1 servings of veg. 1 servings of protein, 1 servings of dairy.

5th dish: Hamburger Stew (for 5)

Ingredients

2 lbs hamburger
2 carrots
2 potatoes
1 medium white onion
beau monde (spice)
salt and pepper to taste

Equipment

frying pan,
spatula
something to boil water in

Instructions: Cut onion into rings, wheel carrots and cube potatoes. Put carrots and potatoes in the boiling water a half an hour before you cook your hamburger. Brown hamburger. Drain. put onion rings over hamburger. let cook until wilted and soft. Mix together and let simmer or if on a wood fire set to the side of a grill. Add beau monde, salt and pepper every time you can't smell the beau monde (it is very potent and do this for 5 minutes serve immediately.

1servings of grain, 0 servings of fruit, 2 servings of veg. 1 servings of protein, 0 servings of dairy.

6th dish: Italian Chicken (for 5)

Ingredients

5 lbs of Cut up Chicken (Leg
quarters work the best)
1 Bottle (12-15oz) of cheap
Italian Dressing

Equipment

Dutch Oven
Aluminum Foil

Instructions:

Line the dutch oven with foil.
Place skinless chicken in oven.
Pour dressing over chicken. Cook for 2hrs with good supply of charcoal on
bottom and top of oven. Remove the chicken and serve. Remove the foil
for easy clean up.

Must go with grain, 0 servings of fruit, Must go with veg. 2 servings of
protein, 0 servings of dairy.

7th dish: Stuffed Apples (This a snack or a dessert)

Ingredients

1 apple

Brown Sugar

Raisins

bit of butter

Cinnamon

Equipment

Aluminum foil

Knife

Instructions: Core the apple and stuff with Brown sugar, cinnamon, raisins, and butter. Wrap in 2 layers of foil (be sure it's sealed well) bury under a bed of hot coals. Wait a few minutes and unwrap and eat

0 servings of grain, 1 serving of fruit, 0 servings of veg. 0 servings of protein, 0 servings of dairy.

9th dish: Jerry's Jambalaya

Ingredients

- 1 lb Boneless - Skinless Chicken Breasts
- 1/2 lb Smoked Bacon
- 1 each Yellow, Red and Green Pepper
- 1 medium yellow onion
- 1 lb smoked sausage or bratwurst.
- 8 oz Small Salad Shrimp
- 1 regular can of Cream of Mushroom Soup
- 2 cups of minute rice
- Cajun or Jambalya Seasoning to taste
- 1 cup water

Equipment

- Dutch Oven
- Some type of heat to 350 degrees

Instructions: Cut all into bite size pieces. Brown the bacon first - do not drain. Season the chicken before cooking. Cook the chicken completely. Add the vegetables and cook until the onion is somewhat clear. Add the smoked sausage, Shrimp, the cream of mushroom soup and the water. Simmer until bubbly remove from the heat. Stir in the rice and let sit COVERED for 5 to 10 minutes

1 servings of grain, 0 servings of fruit, 3 servings of veg. 3 servings of protein, 1 servings of dairy.

10th dish: Homemade Donuts (this is a snack)

Ingredients

Cooking oil

Canned biscuits

vanilla flavoring

powder sugar cinnamon

Equipment

Cooking Pot

Hot dog fork

Ziplock bag

Instructions:

Put cooking oil in pan & begin heating it. Put powdered sugar and about 2 tablespoons cinnamon into ziploc bag and shake, (add cinnamon to your taste). Set this bag aside until your donut is cooked. Open biscuits and make a hole in each one. Dip each biscuit into a bowl of vanilla flavoring. Then drop biscuit into hot oil carefully! (oil will pop up so be careful) Using long fork turn donut over so each side cooks evenly. Don't overcook. When donut is cooked take out of oil and drop in sugar/cinnamon mixture. Shake donut well. Take out and place on a paper towel to cool. Eat when ready.

1 servings of grain, 0 servings of fruit, 0 servings of veg. 0 servings of protein, 0 servings of dairy.

10th dish: *Easy Meatloaf*

Ingredients

- 2 pounds ground beef
- 1 small can evaporated milk or
1/2 cup milk
- 2 packages dried onion soup mix

Equipment

- Dutch Oven

Instructions:

Mix all ingredients together and form loaf in Dutch oven. Bake approximately 50 to 60 minutes.

0 servings of grain, 0 servings of fruit, 1 servings of veg. 1 servings of protein, 1 servings of dairy.

11th dish: Blueberry Muffins

Ingredients

2 c flour
1/2 c Milk
2/3 c sugar
1/2 c melted butter
1 tbs baking powder
3/4 c blueberries
1/2 tsp salt
1/4 c sliced almonds
1/2 tsp nutmeg
1 tbs sugar
2 eggs, beaten

Equipment

Ducht oven

Instructions:

Combine water and baking soda. Allow to cool slightly. Cream together butter and sugar. Mix in eggs. Gradually add flour and buttermilk alternately. Blend in water mixture. Mix in raisin bran. Bake in 375 oven for 25-30 min.

1 servings of grain, 1 servings of fruit, 0 servings of veg. 1 servings of protein, 1 servings of dairy. For 6 dozen

12th dish: French Style Roast Beef

Ingredients

- 3 lb Boneless chuck or rolled rump roast
- 6 whole cloves
- 1 bay leaf
- 4 c water
- 2 med. onions, quartered
- 2 med. stalks celery, cut into 1" pieces
- 1 tsp salt
- 5 peppercorns
- 1 lg clove, garlic
- 4 med. carrots cut into quarters
- 2 med. turnips cut into quarters

Equipment

- Dutch oven

Instructions:

Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2-1/2 hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables.

0 servings of grain, 0 servings of fruit, 2 servings of veg. 1 servings of protein, 0 servings of dairy.

13th dish: Beef Pot Roast

Ingredients

- 3-4 lb rump roast or pot roast
- 3 med potatoes, pared and halved
- 3 med carrots, cut into 2" pieces
- 2 med onions, halved
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 c water

Equipment

- Dutch oven

Instructions:

- 3-4 lb rump roast or pot roast
- 3 med potatoes, pared and halved
- 3 med carrots, cut into 2" pieces
- 2 med onions, halved
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 c water or beef broth

1 servings of grain, 0 servings of fruit, 2 servings of veg. 1 servings of protein, -- servings of dairy.

15th dish: Steak and Mushrooms

Ingredients

1 lb mushrooms sliced

1/2 tsp salt

1 c onions, diced

1/2 tsp pepper

1/4 lb butter

1 round steak

8 oz can tomato sauce

Equipment

Duct oven

Instructions: Cut meat into strips and coat with flour. Saute in melted butter for 5 min. Add onion and mushrooms, cook another 5 min or until onion turn clear. Add remaining ingredients and stir well. Simmer 1 to 1-1/2 hours. Serve over rice.

1 servings of grain, 0 servings of fruit, 1 servings of veg. 1 servings of protein, 1 servings of dairy.

16th dish: Easy Beef Stew

Ingredients

2 lb. Stew meat

3 large onions

Potatoes

Corn

Carrots

Peas

Cauliflower

2 Beef bouillon cubes

Mushrooms

Seasonings

Cornstarch

Water

Kitchen Bouquet

Equipment

Dutch oven

Instructions: Cut meat into pieces of eating size, Cut onion into quarters, Cut vegetables and potatoes into desired size for eating. Put 1/4 inch of oil in Dutch oven and place on coals. When oil is hot, add meat and onions. Cook until meat is browned. Remove pot from fire and drain off excess oil. Add all vegetables, potatoes, and mushrooms. Add seasoning to taste. Add bouillon cubes. Add enough warm water to cover vegetables. Cover and place pot on coals. Put 10 coals on top. Cook until vegetables are tender. When vegetables are tender, add corn starch to thicken water mixture. Add some Kitchen Bouquet to create browner gravy.

3 servings of grain, 0 servings of fruit, 3 servings of veg. 2 servings of protein, 0 servings of dairy.

17th dish: Stew and Biscuits

Ingredients

- 1 roast (1/4 - 1/2 lb. per person)
- 1 bottle Zesty Italian salad dressing
- 1 tbsp. Worcestershire sauce
- 1 tbsp. butter or margarine
- 1 large onion
- 1 tsp. pepper
- 1 tsp. garlic salt
- 1 tsp. seasoning salt
- 1/2 cup corn starch
- 1 - 2 cans refrigerated jumbo biscuits
- 1 large Ziplock bag
- 2 - 3 1 lb. bags frozen vegetables (chef's choice)

Equipment

- Cups
- Dutch oven

Instructions:

The morning of the dinner, cut up the roast into bite-sized cubes, put the cubes in the Ziplock bag, and add the salad dressing and Worcestershire sauce. Seal the bag and knead to mix the contents. Put the bag back in the cooler until its time to cook. It is best if the meat can marinate at least four hours (this imparts a wonderful flavor to the meat as well as tenderizes it).

Dice the onion. Saute' in the butter in the Dutch oven. Then add the marinated meat and spices and brown the meat. After the meat has browned, add the mixed vegetables and stir. When everything is combined, mix the gravy mix with water in a separate cup per the instructions on the package and add to the stew. If there is not enough liquid to the mixture, add a little more water. Cover the Dutch Oven and allow to cook for about 1/2 hour, stirring occasionally. There will be extra liquid in the stew from the marinade, vegetables, and added water, which will have to be thickened. To do this, mix the corn starch with cold water in a separate cup until it is a thick white liquid. Slowly stir this into the stew over heat until it starts to thicken. Cover and allow to simmer on low heat for 5 - 10 more minutes, stirring frequently. Pull the oven off the fire and uncover. Place jumbo biscuits on top of the stew leaving a small gap between the biscuits. Cover the oven and place the oven on a pile of coals, then place coals on the lid. Check periodically until the biscuits are light golden brown.

2 servings of grain, 0 servings of fruit, 3 servings of veg. 1 servings of protein, 0 servings of dairy.

18th dish: Genuine Australian Camel Stew

Ingredients

- 3 Medium sized Camels
- 1 ton salt
- 500 bushels Potatoes
- 1 ton pepper
- 200 bushels carrots
- 3000 sprigs parsley
- 2 small rabbits
- 1000 gallons of brown gravy.

Equipment

- One large Dutch oven

Instructions:

Cut camels into bite sized pieces, cube vegetables.

Place meat into pan and cover with 1000 gallons of brown gravy. Simmer slowly for 4 weeks.

Garnish with Parsley, Should serve 3800 people. If more are expected add 2 rabbits.

Mr. McGregor's note: I haven't tried this recipe as I have been having trouble obtaining the camels but you may have better luck. Jim McGregor, Australian Scouter

A lot of servings of grain, 0 servings of fruit, A lot of servings of veg. A lot of servings of protein, 0 servings of dairy.

19th dish: Salisbury Steaks

Ingredients

2 lb ground beef
2/3 c bread crumbs
1 tsp salt
1/2 tsp pepper
2 eggs
2 lg onions, sliced
2 cans(10 oz) condensed beef
2 cans (4 oz) mushrooms, drained
Broth
1/4 c cold water
4 tbs cornstarch

Equipment

Stove
Pan
Flipper thingy

Instructions:

Mix ground beef, bread crumbs, salt, pepper and eggs, shape into 8 oval patties, each about 3/4" thick. Cook patties over medium heat, turning occasionally, until brown, about 10 min, drain. Add onions broth and mushrooms. Heat to boiling, reduce heat. Cover and simmer until beef is done, about 10 min

2 servings of grain, 0 servings of fruit, 3 servings of veg. 3 servings of protein, 0 servings of dairy.

20th dish: Meat Loaf

Ingredients

3 lb ground beef
1/2 c bell pepper
1-1/2 c quick oats
2 pkg onion soup mix
2 eggs
1-1/2 tsp salt
1/2 tsp dry mustard
1/4 tsp marjoram

Equipment

Casserole pan
Dutch oven

Instructions:

Mix all ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

1 servings of grain, 0 servings of fruit, 2 servings of veg. 2 servings of protein, 0 servings of dairy.

21st dish: Basic Hamburgers, Beans and Biscuits

Ingredients

2 lb lean Hamburger or Turkey Hamburger
2 2 lb cans of Pork & Beans
1 jar Hickory Smoked BBQ sauce
1 jar Mesquite BBQ sauce
1 jar Regular BBQ sauce
1 cup shredded Cheese
Ketchup
Mustard
Onions
Your favorite Rollout Biscuit Mix

Equipment

Pan or Dutch oven
spoon

Instructions:

Brown and drain the Hamburger. Add both cans of Pork & Beans. Fix well. Add as much or as little of the three BBQ sauces to the mix. Again, mix well. Add Ketchup and Mustard to taste. Once all is mixed, add a handful of chopped onions (the finer the better). Let simmer on low heat for 15 minutes.

Make your Rollout Biscuits. Cut out in circles. Cut circles in half giving two half circles. Stir the Beans & Hamburger. Arrange biscuit halves on top of simmering beans. Stand biscuit halves on end so that round halves are up. Cover the complete top of the beans and hamburger mix with biscuit halves. Add all shredded cheese on top of biscuits. Bake for 30 minutes at 400 degrees. It's done when the biscuits are done
1 servings of grain, 0 servings of fruit, 1 servings of veg. 2 servings of protein, 0 servings of dairy.

22nd dish: Mike's Chili

Ingredients

2 lb ground beef
4 tbs water
1 tbs oil
2 tsp salt
2 tsp sugar,
2 tsp Worcestershire Sauce
2 tsp cocoa,
2 tsp ground cumin,
2 tsp oregano
1/2 tbs Tabasco sauce
1 lg onion chopped
1-1/2 tbs chili powder
2 cans kidney beans
3 c canned tomatoes

Equipment

Dutch Oven
Spoon

Instructions:

Brown ground beef in oil. Add onion and cook until it turns clear. Add remaining ingredients except kidney beans and simmer 1 hour covered. Add kidney beans and cook 1 additional hour uncovered. Serve over rice.

1 servings of grain, 0 servings of fruit, 1 servings of veg. 2 servings of protein, 0 servings of dairy.

23rd dish: Home Style Chili

Ingredients

- 1 lb ground beef
- 1 lg yellow onion, chopped
- 3 cloves garlic, minced
- 1 tbs cumin
- 2 tbs chili powder
- 1 tbs Worcestershire sauce
- 1 (20 oz) can tomatoes, chopped
- 1 green bell pepper, chopped
- 1 c red wine(dry)
- Salt & pepper to taste
- 1 lb uncooked kidney beans

Equipment

- Pan
- Dutch oven
- Spoon

Instructions:

Cover beans with 2"-3" water. Bring to boil, remove from heat and let stand 1 hour. Drain and set aside. Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer about 1 hour. Serve over rice.

1 servings of grain, 0 servings of fruit, 3 servings of veg. 1 servings of protein, 0 servings of dairy.

24th dish: Arroz con Pollo

Ingredients

- 3-4 lb chicken, cut up
- 2 bouillon cubes
- 1 c chopped onion
- 1 c diced ham
- 1 c green pepper, chopped
- 1 can (14 oz) tomatoes
- 1 jar (2 oz) pimento, diced
- 1 pkg (10 oz) frozen peas, thawed
- 3/4 tsp chili powder
- 1 tsp salt
- 1 jar (3-1/2 oz) stuffed green olives, drained
- 1/2 tsp white pepper
- 1 tsp paprika
- 2 cloves garlic, minced
- 1 c raw rice

Equipment

- Dutch oven
- Small bowl
- brush

Instructions:

Mix salt, pepper, and paprika together. Season chicken with this mixture. Put all ingredients except rice and peas in dutch oven. Cover and cook at 300 for about 2 to 3 hours. Add rice and peas and cook at 375 for 1 hour. Water may be needed near end of cooking.

1 servings of grain, 0 servings of fruit, 4 servings of veg. 3 servings of protein, 0 servings of dairy.

25th dish: Festive Chicken Bake

Ingredients

- 1/4 c flour
- 2/3 c light molasses
- 1 tsp salt
- 1/4 tsp pepper
- 2-1/2-3 lb frier chicken
- 1 tbs prepared mustard
- 2 tbs oil
- 1 tbs cider vinegar
- 1 can (8 oz) Sliced pineapple
- 1 can (16 oz) sweet potatoes, drained

Equipment

- Pan
- Small bowl
- Brush
- dutch oven

Instructions:

Combine flour, salt and pepper. Coat chicken pieces in flour mixture. Brown in hot oil. Drain pineapple, reserving juice. Combine juice, molasses, mustard, and vinegar, mix well. Place chicken in dutch oven, arrange potatoes around chicken. Brush with half of the sauce. Cover and bake at 350 for 30 minutes. Top with pineapple, brush with remaining sauce, cook 30 min more.

1 servings of grain, 1 servings of fruit, 0 servings of veg. 1 servings of protein, 0 servings of dairy.

26th dish: Baked Chicken with Cheese

Ingredients

- 8 chicken breasts, deboned
- 6 tbs peanut oil
- 2 tbs lemon juice
- 2 tbs thyme
- Salt, pepper
- 8 slices of boiled ham
- 8 slices of cheese
- 8 slices of tomato

Equipment

- Small bowl
- Spoon
- Aluminum foil
- Dutch oven

Instructions:

Cut foil into 12" squares, place chicken in center. Combine oil, lemon juice, thyme and mix well. Spoon over breasts. Seal foil well and place in 350 dutch oven. Bake 30 min. Open foil and place one slice ham, cheese and tomato over each breast. Bake open for 3 to 5 min. Serve with bread.

1 servings of grain, 0 servings of fruit, 1 servings of veg. 2 servings of protein, 1 servings of dairy.

27th dish: Texas Pork Roast Serves 14-16.

Ingredients

- 1 small leg of pork
- 2 tbs lemon juice
- 1 tsp salt
- Dash of Tabasco sauce
- Pepper to taste
- 1 c melted cinnamon-flavored
- 1/8 tsp plain apple jelly
- 1 tsp chili powder
- 1 tbs Worcestershire sauce
- 1-1/4 c chili sauce

Equipment

- Pan
- brush
- dutch oven
- small bowl

Instructions:

Place pork in oven and sprinkle with mixture of salt, pepper, allspice and chili powder. Combine remaining ingredients, and spread evenly on pork. Roast at 350 for 30 min per pound. Baste frequently with well seasoned drippings in the pan. Serve with bread and veg.

1 servings of grain, 0 servings of fruit, 1 servings of veg. 1 servings of protein, 0 servings of dairy.

28th dish: Ham and Chicken al serves 9

Ingredients

- 1-1/2 c baked ham, 1/2" cubes
- 3 tbs flour
- 1/2 c cooked chicken, 1/2" cubes
- 1 c hot chicken stock
- 1 c sliced mushrooms
- 1 c light sour cream
- Salt
- 1 lg green pepper, chopped
- Ground pepper
- 3 tbs butter
- 1 lg pimento cut in small squares

Equipment

- Dutch oven
- spoon

Instructions:

Saute mushrooms and green pepper in butter; remove to a hot platter. Add flour to the oven and blend well. Gradually stir in hot stock, cream, salt & pepper. Place over low heat and simmer for about 10 min. Combine chicken, ham, mushroom mixture and pimento, and add to the sauce. Heat thoroughly. Serve with grain.

1 servings of grain, 0 servings of fruit, 2 servings of veg. 3 servings of protein, 1 servings of dairy.

29th dish: Northshore Jambalaya

Ingredients

1/2 lb pork tenderloin, chopped
1/2 lb smoked sausage, 1/2" slices
1/4 c vegetable oil
1/4 c all-purpose flour
1 c chopped onion
1 c chopped celery
1 bunch green onions, chopped
4 cloves garlic, minced
1 tbs chopped parsley
1 (8 oz) can tomato sauce
1 tsp garlic salt
1/2 tsp pepper
1/2 tsp Hungarian paprika
1/2 tsp dried thyme
1/4 tsp red pepper
6 c uncooked rice

Equipment

Pan
Spoon
dutch oven

Instructions:

Cook sausage and pork until browned; drain well. Set aside. Cook rice according to package and set aside. Heat oil in dutch oven, add oil and cook over medium-high heat stirring constantly, until rue turns dark brown. Stir in onion, celery, 1/2 of green onion, garlic and parsley. Cook over medium heat 10 min stirring frequently. Add tomato sauce and seasonings. Reduce heat and simmer 5 min, stirring occasionally. Stir in meat and remaining green onions. Cook until thoroughly heated. Add cooked rice and mix well. Simmer 5 min covered.

1 servings of grain, 0 servings of fruit, 3 servings of veg. -2 servings of protein, 0 servings of dairy.

30th dish: Spaghetti and Meatballs

Ingredients

1 lg onion
1 clove garlic, crushed
1 tsp sugar
1 tsp oregano leaves
3/4 tsp salt
3/4 tsp basil leaves
1/2 tsp marjoram leaves
1 can(8 oz) tomato sauce
4 c hot cooked spaghetti
1 can(16 oz) whole tomatoes

For Meatballs:

1 lb ground beef
1/2 c dry bread crumbs
1/4 c milk
3/4 tsp salt
1/2 tsp Worcestershire sauce
1/4 tsp pepper
1 sm onion diced (1/4 c)
1 egg

Equipment

Mixing bowl
Pot
Dutch oven

Instructions:

Meatballs: Mix all ingredients, shape into 1-1/2 inch meatballs. Place in dutch oven and bake at 400 until done and light brown, 20 to 25 min.

Spaghetti: Prepare spaghetti according to package instructions. Mix all ingredients except meatballs, break up tomatoes. Heat to boiling, reduce heat. Cover and simmer, stirring occasionally, 30 min. Stir meatballs onto mixture, Cover and simmer stirring occasionally, 30 min longer. Serve over spaghetti and if desired, with grated Parmesan cheese

1 servings of grain, 0 servings of fruit, 3 servings of veg. 1 servings of protein, 0 servings of dairy.

31th dish: Pizza Hot Dish

Ingredients

- 2 pkg Crescent rolls
- 8 oz Shredded Cheddar Cheese
- 1 jar Pizza Sauce
- 8 oz Shredded Mozzarella Cheese
- 1-1/2 lb Ground Beef

Equipment

- Pan
- Spoon
- Dutch oven

Instructions:

Brown ground beef, drain. Line dutch oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second pkg of rolls to form a top crust. Bake 30 min. at 350.

2 servings of grain, 0 servings of fruit, 1 servings of veg. 1 servings of protein, 1 servings of dairy.

32nd dish: Calzone

Ingredients

Dough: 2 cup warm water

1 Tbsp sugar

1 packet yeast (approx. 1 Tbsp.)

1 tsp salt

6 cups all purpose flour

1/4 cup olive oil

Filling: Your choice Must have protein, dairy, and veg.

Equipment

Cutting Board

Dutch oven

Instructions:

Mix water, yeast and sugar and let bubble. Add salt, 2 cups flour, olive oil and mix. Add approximately 4 more cups of flour 1/2 cup at a time till you have a workable dough. Let it rest. Divide into eighths. flatten into pizza thin rounds on floured board. put 1/4 cup pizza filling of your choice on each round. fold over and seal. Bake in the middle of a very hot dutch oven with coals piled on the lid for approximately 15 minutes

1 servings of grain, 0 servings of fruit, 1 servings of veg. 1 servings of protein, 1 servings of dairy.

33rd dish: Ham and Potatoes Au Gratin

Ingredients

1-1/2 c Cooked Ham, Diced
2 c Milk
3 c Potatoes, Diced
Seasoned Salt and Pepper
4 tbs Margarine
1/2 c Grated Cheese
1 onion, minced
2 tbs Fine bread crumbs
3 tbs Flour

Equipment

Mixing bowl
Dutch oven
spoon

Instructions:

Melt margarine and saute' onion. Blend in flour to make a light rue. Gradually add milk and cook; stirring until thickened. Add pepper and seasoned salt. Pour over ham and potatoes in dutch oven. Sprinkle cheese and bread crumbs over top. Bake at 400 for 20 min

2 servings of grain, 0 servings of fruit, 0 servings of veg. 1 servings of protein, 2 servings of dairy.

Deserts

8th dish: Quicky Cobbler (this a snack)

Ingredients

- (2) 16 oz. can Cherry Pie Filling
- (2) Packages Cinnamon Rolls

Equipment

- #12 Dutch Oven
- Can Opener
- Aluminum Foil
- Large Serving Spoon

Instructions: Line dutch oven with foil. Dump cherry pie filling into dutch oven. Place over fire until filling bubbles. Place Cinnamon Rolls on top of filling. Cover and bake as per instruction on cinnamon rolls adding 2 min. to time

1 servings of grain, 1 servings of fruit, 0 servings of veg. 0 servings of protein, 0 servings of dairy.

14th dish: Dutch Oven Black Forest Cobbler (this is a dessert)

Ingredients

1 dark chocolate cake mix

1 can 7-Up soda

1 can Cherry Pie filling

Equipment

Dutch oven

Instructions:

Put cake mix in Dutch oven, dump in pie filling and about 1/2 the can of 7-Up, stir and Dutch Oven cook, about an hour, turning the pot every 10 minutes or so, to cook evenly.

1 servings of grain, 1 servings of fruit, 0 servings of veg. 0 servings of protein, 0 servings of dairy.