

Outdoor Cooking



girl scouts
greater los angeles

Dutch Oven Recipes

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COOKING PROGRESSION

These recipes are designed to introduce leaders and girls to some of the techniques used when cooking outdoors. The recipes are only suggestions. Feel free to substitute your favorite recipes or alternate ingredients (e.g. turkey products for beef or pork). Some of the recipes utilize processed foods for convenience, but healthier alternatives such as fresh fruits and vegetables are always recommended when practical. Consider do-ahead preparations by the girls at a meeting or helpful parents for items like grated cheese, pre-cooked pasta, bacon or ground meats, or spaghetti sauce. Just about anything you can cook at home may be prepared in the out-of-doors with a bit of planning and as you troop's skills progress. The first four levels and some of level six are very doable for an "Indoor" setting, using stovetop, ovens, and convenience foods.

1. **No Cook**

Start teaching cooking skills including knife handling and hygiene. Whole meals may be planned around sandwiches or salads. Open, assemble, and eat with very little prep. Simple recipes may be tried at meetings. Take along in a sack for short hikes.

2. **Heat and Eat**

Boil water for tea, cocoa, and instant soup. Heat and eat items such as canned foods -- soups, stews, and chili -- cooks FAST!

3. **One Pot Meals**

A main dish that is cooked in one big pot, such as a stew, chili, or soup provides a tasty meal with a minimum of talent or clean-up. Supplement with a salad, drink, and dessert for an entire meal. Cook first for a patrol, then for the whole troop/group. Progressive cooking is on a kitchen stove, on a propane stove*, in a pot over charcoal*, or over a wood fire*.

4. **Foil Pouches or Ember Cooking**

Use foil as an open skillet or seal and cook dinners with chicken or other meats in an oven, over charcoal* or wood fires*. Recipes in this group include cooking on grills*, in orange halves, and in foil pans over or near coals*.

5. **Stick Cooking****

Use dowels, other sticks or toasting forks, over charcoal and coals from wood fires.

6. **Griddle, Skillet, or Buddy Burner**†

Need to be careful with handling pans, hot grease, and hot foods to cook pancakes, French toast, bacon, quesadillas, etc. See [Can Cooking](#)* for instructions on making a Vagabond Stove and Buddy Burner, as well as recipes for cooking with cans.

7. **Dutch Oven***

Great food but time consuming. Well worth the effort. Look for the kind of Dutch oven with flat lid and a lip for hot coal placement on top described in [Dutch Oven Care](#).

8. **Box Oven***

Use a cardboard box that is covered with heavy duty foil; challenging, need time and patience. See [Box Oven Directions](#) for instructions on making and using a box oven.

** An adult must be trained at Outdoor Education Level 2 before leading the girls in these methods.

† Griddle and skillet cooking may be done indoors on a kitchen stove with Outdoor Education Level 1 training.

DUTCH OVEN RECIPES

Dutch ovens may be used for baking, stews, roasting various meats, one pot cooking, and some desserts. Set the oven on some hot coals, and put more coals on top of the lid. The temperature may be controlled by adding or subtracting coals. It will probably take a lot less coals than you think.

Some recipes ask you to line your Dutch oven with foil. You can also use a crock pot liner (which is a circle of parchment paper). But in either case, take care when you stir that you don't rip the lining.

MAIN DISHES

Arroz Con Pollo (Chicken with Rice)

12 pieces frying chicken, cut up	¼ c. cooking oil
1 large onion, diced	1 bell pepper, diced
2 cloves garlic, finely chopped	3 cans tomatoes
½ c. chili sauce	1 cup water
4 bay leaves and ½ tsp. cumin	3 tsp. salt and pepper to taste
2 cups rice	

Brown chicken with onions. Add tomatoes, green pepper, chili sauce, spices, water and rice in a large skillet (or Dutch oven). Cover and simmer for 30 - 40 minutes. Check occasionally and add water if necessary. Serve on hot platter, with pieces of chicken around the rice. Serves 8.

Barbecue Meat Roll

Mix Together:

- 4 lb. ground meat
- 2 c. oatmeal
- 4 eggs
- 3 Tbsp. Worcestershire sauce

Dice:

- 1 lg. sweet onion
- 1 sm. green pepper
- 8 oz. mushrooms
- 1 clove garlic, crushed

Barbecue Sauce – mix together:

- 2 (8 oz.) cans tomato sauce
- ½ c. brown sugar
- 2 Tbsp. cornstarch
- 1 tsp. dry mustard
- ½ tsp. cloves
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. allspice
- 2 Tbsp. Worcestershire

Pat meat out on Saran wrap, aluminum foil or a cookie sheet. Use a rolling pin to roll it out to a rectangle about ½ inch thick. Place diced vegetables on top of rectangle. Remove Saran wrap or foil if you used it. Roll meat and veggies as you would a cinnamon roll. Place in an aluminum foil lined 12 inch Dutch oven (make sure any seam you need to make is down). Bend the meat roll to fit the Dutch oven if necessary. Bake for 15-20 minutes and baste with ½ of the barbecue sauce. Bake another 15 minutes. Add the remaining sauce. Bake for approximately 1 hour with coals on top and bottom.

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Beef Skillet Supper

- | | |
|--|------------------------------|
| 1 lb. hamburger | 1 onion, chopped |
| 1 green pepper, chopped | 1 c. catsup |
| 1 can kidney beans | 1 c. elbow macaroni (cooked) |
| 1 small can mushrooms or 6 oz. pkg fresh mushrooms | |

Brown hamburger in skillet with onions and green pepper, stirring until crumbly. Drain off excess fat. Add catsup, bean and mushroom mix together and cook for 10 minutes. Stir in macaroni and simmer for 15-20 minutes. Serves 6-8.

Beef Stroganoff

- | | |
|---------------------------------|------------------------------|
| 1 lb. hamburger | 1 can cream of mushroom soup |
| 1 envelope dry onion soup mix | ½ can water |
| 1 pt. sour cream | salt & pepper to taste |
| 12 oz. pkg egg noodles (cooked) | 1/8 tsp. nutmeg (optional) |

Brown hamburger in skillet. Add seasonings, soup, and water. Cook for approximately 15 minutes. Add more water if necessary. Add sour cream just before serving. Serve over egg noodles. Serves 6-8.

Breakfast Casserole

This breakfast favorite may also be used as a dinner. The contents of this recipe were split between two 12 round by 1.5 inch deep pans that stacked neatly into one Dutch oven. Wire stakes were used to separate the two pans, the lower pan was held above the bottom of the oven with a trivet although almost anything will do.

Ingredients:

- | | |
|---------------------------------------|-----------------------------------|
| 8 slices of bread, broken into pieces | 1 lb. sausage, cooked and drained |
| 8 oz. sharp cheddar cheese, shredded | 6 eggs |
| 2 c. milk | 1 tsp. each salt & pepper |

Beat mixture of eggs, milk, salt and pepper. Divide the ingredients evenly between the pans as follows: place bread in bottom of pan, sprinkle cheese and crumbled sausage on top. Pour egg mixture over all and bake at 350° for ½ hour. Cut into wedges for serving.

Camp Chili

- | | |
|---|---|
| 2 lb. hamburger | 2 onions, diced |
| 2 large cans of kidney or red beans, or a combination of both | |
| 2 cans cream of tomato soup, undiluted or 2 cans diced tomatoes | |
| 4 tsp. chili powder | 2 tsp. garlic powder or two cloves of minced garlic |
| pepper to taste | grated cheddar cheese (optional) |

Brown meat and onions in pot. Drain off excess fat. Add beans, tomatoes or soup, chili powder, garlic and green pepper. Simmer together for about 20-30 minutes to one hour. Top with cheese. Serves 12.

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Campfire Stew

2 lb. hamburger meat
3 carrots, sliced
2 small or 1 large can stewed tomatoes
1 c. pitted black olives
1 onion, chopped
3 stalks celery, sliced
1¹/₃ c. uncooked pasta or ½ c. rice
½ c. liquid from olives

Brown hamburger in skillet (or Dutch oven) with onion. Add remaining ingredients. Cover tightly and cook for 30 minutes. Serves 10-12. May also be made in a coffee can.

Captain's Specialty

3 onions
3 carrots
1 pkg. frozen or 1 can peas
2 #2 cans tomatoes
1 bell pepper
3 large stalks of celery
3 family size cans of tuna, drained
salt and pepper to taste

Cut vegetables finely. Season. Mix with canned tomatoes and simmer covered until well done, about 20-30 minutes. Add flaked tuna and peas. Cook 10 minutes longer. Serve over rice, toast, noodles, or potatoes.

Chicken and Rice

2 cans cream of celery or cream of mushroom soup
1 stick margarine
1 can water chestnuts, sliced
about 1 Tbsp garlic powder
4 c. Minute Rice
2-3 lb boneless chicken
salt and pepper

Melt margarine in the Dutch oven. Add chicken, garlic powder, and brown chicken well. Add rice, and 5-6 c. water. Drain the water chestnuts and add to the chicken mixture with the cans of soup. May be cooked on the stove or on the coals.

Chicken and Rice

2-3 lb boneless chicken
2 (10 oz.) cans cream of chicken soup
salt and pepper
1 c. instant rice

In a Dutch oven, brown chicken in oil. Season and add the soup and rice, plus enough water to keep from sticking. Cover and simmer until done.

Chicken n' Dumplings

3 whole chickens, cut up OR 2 pieces of desired type per person
6 - 9 potatoes, peeled and diced
3 c. biscuit mix
6 - 9 carrots, cut into 1" pieces
water

salt, pepper and other desired spices to taste

6 1 lb coffee cans and enough aluminum foil for a lid.

Each coffee can serves 2 people. Put ½ c. cut up chicken into a can. Add vegetables, spices and ½ c. water. Mix ½ c. biscuit mix with ¼ c. water. Pat into 1" balls of dough and place on top of chicken and vegetables. Cover securely with foil. Place on embers and cook 1 hr. Serves 12. May also be cooked in a box oven or Dutch oven.

Chicken Pot Pie

- 4 c. chicken, cooked and cubed OR equal amounts of canned chicken
- 1 container refrigerator rolls, cut into quarters
- 1 Tbsp. butter or margarine
- 1 stalk celery, sliced
- 1 tsp. garlic powder
- 1 (12 oz.) jars chicken gravy OR 3 pkgs. chicken gravy
- 1 medium onion, chopped
- 1 (16 oz.) pkg. frozen vegetable combination
- 1 tsp. poultry seasoning

Melt butter in Dutch oven, add onion, celery, seasons, and cook until tender. Add gravy, vegetables, and chicken. Place biscuits around the edge of the casserole. Bake 30 minutes. Serve 6 – 8. May use box oven.

Chicken-Rice-Broccoli

- 8 chicken breasts or 2 whole chickens, cut up
- 5 cans water
- 2 cans cream of mushroom soup
- 2 bunches of fresh broccoli or one large pkg. frozen broccoli
- salt and pepper to taste
- 1½ c. rice
- 1 pkg. dry onion soup mix

De-bone chicken and cut into large chunks. Cook over fire in Dutch oven with 1 – 2 cans water until done. Add soups and the rest of the water, bring to boil, then add rice. 10 minutes before rice is done, add broccoli. Steam broccoli on top of rice for a few minutes, then stir into rice. Finish cooking until rice is done. Serves 8 – 12. May also be baked in box oven.

Chicken Stew

- 2 whole chickens, cut up PLUS 2 lb chicken breasts, thighs or legs
- 1 lb. carrots, sliced
- 1 c. water or chicken broth
- 10 potatoes, peeled and sliced
- desired herbs, such as thyme, bay leaf, garlic, poultry seasoning to taste
- 3 onions, sliced
- 2 cans whole tomatoes
- salt and pepper to taste

Place all ingredients in Dutch oven. Heat to boil on fire, and bake with 14 coals on top, 8 on bottom for 1½ hours. Keep coals at peak. Serves 12.

Chili-Cornbread Pie

- 2 lb ground beef
- 2 (15 oz.) cans chili beans
- 2 (6 oz.) pkg. of “water only” cornbread mix
- 1 medium onion
- 2 pkg. chili seasoning

Before leaving home, brown meat and sauté onions. Stow in large heavy duty food storage bag in ice chest. Line Dutch oven carefully with heavy duty aluminum foil. Add pre-cooked meat and onions, chili beans and seasonings mix. Stir well but be careful not to rip foil liner. Mix cornbread per box instructions in plastic bag. Spread out cornbread mix over the top of chili. Place lid on Dutch oven. Fill lid with 18 pieces of charcoal. Place 6 pieces charcoal on aluminum foil under the Dutch oven. Cook for 30 minutes.

Coffee Can Stew

½ lb. hamburger made into 1" patties 1 carrot cut into 2" pieces
2 stalks celery, cut into 2" pieces 1 potato, cut into chunks
1 tomato, cut into thick slices ½ onion, sliced
½ green pepper, chopped garlic, salt and pepper to taste
1 lb. coffee can and enough aluminum foil for a lid

Place one beef patty on bottom of can and alternate ½ of the vegetables. Repeat with the second patty. Place foil over top and punch 3 holes so that the steam can escape. Place can in bed of coals for 20-30 minutes. Serves 2.

VARIATION: chicken pieces or ground turkey or pork. Adaptable for Dutch oven or box oven.

Dutch Oven Chicken

2 chickens, cut up 4 onions, sliced into rings
8 potatoes, sliced 8 carrots, sliced into 3 pieces
4 – 6 celery stalks, cut into 3" pieces
flour salt and pepper to taste
butter or margarine 1 c. water

Put flour, salt and pepper in bag. Add chicken to bag and shake to coat. Melt butter in Dutch oven and brown chicken. Add onions, carrots, and potatoes with water. Cover and steam until tender. Add more water if needed to keep from burning. Serves 10.

Dutch Oven Lasagna

You'll need enough charcoals/embers to cook this pot at 350 degrees...plan on putting the majority on the top.

2 lbs. Rotini (spiral) pasta 1½ lbs. ground meat
2 (8 oz.) cans tomato sauce 1 lb. grated mozzarella cheese
1 pint ricotta cheese

Preheat the bottom of the oven and brown the ground meat. Add the dry pasta to the oven and add enough water to just cover the dry pasta. Close oven and let it boil the pasta for 8-9 minutes. Add the mozzarella, ricotta, and tomato sauce directly to the oven. Cook the mixture another 5-6 minutes. Take the cover off the oven and let stand (off the heat) for 4-5 minutes to absorb the extra moisture. Serve with a tossed salad and garlic bread and your girls will be in heaven. This portion serves a patrol and 1-2 leaders.

For 12" oven use 14 coals on top
10 on the bottom

For other oven sizes – Coals on top equal oven size +2
Coals on bottom equal oven size –2

This will get a temperature of approximately 350 degrees.

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Girl Scout Stew

3 lbs. ground meat
1 Tbsp. oil
Salt and pepper to taste (remember the soup will be salty)

1 large onion peeled and finely chopped
3 (10½ oz.) cans concentrated vegetable soup

Mix ground meat, onion and seasonings. Make little balls of meat mixture. Fry in oil in the bottom of a large pot until meatballs are browned all over. Drain any excess grease. Add vegetable soup concentrate and enough water (2-3 cans) to prevent sticking. Cover and cook slowly until meatballs are cooked through. Serve hot. For thicker gravy, add a package of beef gravy mix. If made in a Dutch oven, take a can of refrigerator biscuits and place over the top of the stew while it simmers; cover and add hot coals to the lid; continue to cook until the biscuits are golden brown.

Grilled Cheese on Lid

Make grilled cheese sandwich as usual. Turn Dutch oven lid upside down on bed of coals. Grill on lid and eat as usual!

Gypsy Trip Goop

4 cans peas
2 bags potato chips
Combine peas, soup and tuna and part of the potato chips in kettle and heat. Serve over remaining potato chips.

3 cans tuna
1 can mushroom soup (optional)

Ham and Scalloped Potatoes

2 ham steaks
onion, sliced (optional)
garlic powder (optional)
1½ - 2 c. flour

8 potatoes, thinly sliced
½ stick butter or margarine
pepper to taste
1 c. grated cheese (optional)

Place ham on bottom of Dutch oven. Layer potatoes, dabs of butter or margarine, and (optional) onions. Season with pepper and garlic powder. Layer potatoes alternating with seasonings leaving at least 1" from top of oven. Mix milk and flour together and pour over potatoes. Bake with 14 coals on top, 10 on bottom for approximately 45 minutes. If using grated cheese, then sprinkle top with cheese and bake for 15 minutes more. Serves 8-10.

VARIATIONS: Omit ham. You may add 2 thinly sliced onions layered between potatoes. May be cooked in a box oven or wrapped in foil and cooked over coals.

Hawaiian Haystacks

4 lb. chicken pieces
1 Tbsp. parsley flakes
1 tsp. salt
½ tsp. pepper

4 qt. cold water
1 carrot, peeled and chopped
½ tsp. basil

Combine all ingredients in a large pot. Cover and cook over high heat until water boils. Simmer until meat is tender. Remove from heat. Strain broth and refrigerate until fat may be skimmed. Cool chicken, remove and discard bones and skin. (This may be done ahead of time at home. Using boneless chicken makes it easy.)

At campout:

Add 2 cans cream of chicken soup to every

1 c. chicken broth
4 c. cooked rice

2 c. chicken mix
1 can chow mein noodles

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3 med chopped tomatoes
½ c. chopped green pepper
1 (20 oz.) can pineapple chunks
½ c. slivered almonds
1 (2 oz.) jar pimento, drained, diced (optional)

1 c. chopped celery
½ c. chopped green onion
1 c. grated cheese
½ c. coconut

Combine soup and broth in a pot to make gravy. Stir to blend. Add chicken mix. Simmer about 8-10 minutes until heated through. On plates layer all ingredients. First stack rice, chow mein noodles and chicken and gravy mix. Add tomatoes, celery, green pepper, and green onion. Top this with pineapple chunks, grated cheddar cheese, and more chicken and gravy, if desired. Stack almonds, coconut and pimiento on top.

Hearty Fish Chowder

4 c. cubed, peeled potatoes
1 tsp. basil
2 (28 oz.) cans whole tomatoes, coarsely chopped
2 (17 oz.) cans whole kernel corn
1 c. finely chopped onion
½ tsp. each salt and pepper
1 lb. frozen cod or haddock fillets, thawed

Combine all ingredients except fish. Bring to boil. Reduce heat and cover and simmer 30 minutes or until potatoes are tender. Cut fish into bite-size pieces. Add fish to hot mixture and simmer 5 minutes or until fish flakes easily.

Hunter's Chicken

1 skinless, boneless chicken breast per person
Flour in a plastic shaker bag
1 chopped medium onion
8 oz. tomato paste
1 tsp. salt
¾ c. chicken stock (hint: 1 can Campbell's chicken broth)
½ tsp. bay leaf
½ tsp. marjoram
Boiled spaghetti noodles

¼ c. olive oil
3 cloves garlic, minced
1 c. apple cider
¼ tsp. pepper
1 tsp. thyme
1 c. sliced mushrooms
¼ stick butter or margarine

Prepare and measure individual items at home if possible. Shake chicken pieces in flour and sauté until golden brown in olive oil, onion, and garlic in Dutch oven. Add remaining ingredients (except spaghetti) in oven, cover and simmer for 1 hour or until tender, stirring occasionally. In a separate pot, prepare spaghetti and melt in ¼ stick of butter or margarine. Serves 5-7.

Lasagna

1½ lb. ground beef
1 tsp. oregano
2 c. cottage cheese
1 box lasagna noodles (1 lb)

1 large jar/can spaghetti sauce
3 c. mozzarella, grated
2 eggs

Brown ground beef, drain fat. Mix ground beef with spaghetti sauce and oregano. Mix grated cheese, cottage cheese and eggs. (Reserve some grated cheese for topping.) Layer UNCOOKED lasagna noodles, meat mixture and cheese mixture. Make at least two sets of layers. Sprinkle top with remaining grated cheese. Pour about 1 cup (or less) water over top. Cook for about 40 minutes, putting 7-8 coals underneath and full ring of coals on the top.

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Meat Loaf

2 ½ lb. hamburger
2 eggs
1 tsp. salt
dash of pepper

8 cheese slices
½ - 1 onion
other spices as desired
bread or cracker crumbs plus milk may be added

Mix thoroughly. Put ½ basic hamburger mix in 2 foil pans. Place slices of cheese on each. Top the cheese with remaining hamburger. Place pans in foil lined Dutch oven (shiny side showing, keeps oven clean!) Space 10-12 well started pieces of charcoal in checkerboard patten and set Dutch oven on top. Place 12-16 coals in lid. Cook approximately 1 hour.

Meaty Beans

1 lb. hamburger
1 c. catsup
2 onions, chopped
½ c. packed brown sugar

5 cans pork and beans
¼ c. prepared mustard
1 cup barbecue sauce
¼ c. pancake syrup

Brown meat and onions in pot (or Dutch oven), pour off excess fat. Mix in remaining ingredients and cook covered for approximately 46 minutes. Serves 10-12.

Mock Jamalaya

1 onion, chopped
chicken flavored Rice-A-Roni

3 stalks celery, chopped
1 (7 oz.) can chicken

Brown the onion and celery. Add the Rice-A-Roni and cook according to directions on package. Add the chicken when you add the flavor packet.

Pizza Hot Dish

2 pkg. crescent rolls
1 jar pizza sauce
1½ lb. ground meat (turkey, beef, Italian sausage, shredded pepperoni)

8 oz. shredded cheddar cheese
8 oz. shredded mozzarella cheese

Brown ground meat, drain. Line Dutch oven with 1 pkg. of crescent rolls. Spread pizza sauce on dough. Add browned meat (or shredded pepperoni), the cheeses and use second pkg. of rolls to form a top crust. Bake 30 minutes at 350°.

Pocket Stew

Each person brings a vegetable or some bouillon cubes. Put 1 C. water for each person into kettle and place on fire. Drop bouillon cubes into kettle. While waiting for water to boil, each person peels and prepares her own vegetables. When water is boiling, each cuts own vegetables and puts in the kettle. (When seasoning, remember that bouillon is salty.) The stew is done about a half-hour after boiling.

Suggested ingredients:

4 raw potatoes
3 handfuls green or lima beans
1 wedge cabbage
6 or 8 bouillon cubes

1 stalk celery
4 raw carrots
1 onion
seasonings

Porcupine Balls

1½ lb. ground beef
1 egg
1 can tomato soup
1 medium onion, diced
½ box minute rice

Dice onion and add to meat. Add rice, egg, and seasoning. Form into balls. Put in pan. Mix tomato soup with 1 can water and pour over meat. Steam about 30 minutes until done.
Serves 8.

Pot Roast

1 – 3 lb. beef roast, rolled, round bone or rump cut
2 Tbsp. oil
6 medium potatoes
6 carrots
1 c. water
garlic to taste

Line the Dutch oven carefully with heavy duty aluminum foil. Brown roast in oil, on each side. Add water to oven, sprinkle garlic on top of roast. Add potatoes and carrots. Place lid on Dutch oven. Place 10-12 well started pieces of charcoal in a checkerboard pattern and put oven on top. Fill lid with 18 pieces of charcoal. Cook for about 2 hours in covered oven, adding small amounts of water if needed.

Quiche

1 ½ c. shredded cheese
2 c. milk
½ c. biscuit mix
seasonings to taste
1 onion, chopped
1 lb. diced ham
4 eggs
oil

Season Dutch oven with oil or line with foil. Sprinkle ham, cheese, and onion on the bottom. Mix other ingredients together and pour over meat and cheese mixture. Bake for 35 minutes with 14 coals on top and 8 on the bottom. Serves 8. May be adapted for a box oven.

Quick Camper's Chili

4 lbs. ground meat
2 Tbsp. chili powder (or to taste)
4 soup size cans ranch style beans
4 cans (cream of) tomato soup or 4 cans of diced tomatoes
2 tsp. garlic powder or 2 cloves garlic, minced
pepper to taste
2 onions, diced (optional)
4 cans kidney and/or red beans
4 soup cans water
grated cheese (optional)

Brown meat (and onions) in oiled deep pot (or Dutch oven). Drain off ALL grease. Add contents of all the cans and chili powder and pepper. Stir well and let cook slowly 30 minutes to one hour. Serves 20. Top with cheese.

Ring-Tum-Diddy

1 lb. bacon, diced
2 green peppers
3 medium onions
2 (19 oz.) cans tomatoes
3 (19 oz.) cans corn
salt and pepper
½ lb. American cheese
12 slices toast or crackers

Fry diced bacon. Wash, seed, dice peppers. Slice onions thin and add to bacon with peppers. When onions and peppers are brown, add tomatoes, corn and season to taste. Heat thoroughly and add cheese. Serve on toast or crackers.

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Shepherd's Pie

3 lb. hamburger
1 lb. grated cheese
garlic and pepper to taste
8 servings instant mashed potatoes and needed ingredients

1 onion, chopped
2 cans mushrooms, drained (optional)
paprika

Brown ground beef, onion, garlic, and pepper in a Dutch oven. Add cheese and mushrooms on top of the meat mixture. Prepare mashed potatoes according to package directions. Put the mashed potatoes on top. Do not mix the layers. Sprinkle paprika on top of the potatoes. Bake for about 30 minutes. Serves 8-12. Easily adaptable for box oven.

Spanish Rice

½ lb. bacon
3 c. Minute rice

1 onion
2 cans tomato soup

Fry bacon that has been cut into small pieces. Dice onion and add. When onion is cooked, add rice and soup. Cook 8-10 minutes. Serve hot. Serves 8.

Tuna Delight

2 small or 1 large can of tuna
½ can milk
8 oz. noodles, cooked and drained (may be done at home before campout and put into baggie in ice chest)

1 can mushroom soup
1 can peas, drained OR 1 small pkg. frozen peas

Mix together in Dutch oven or skillet. Simmer until hot and bubbly. Serves 8.

VARIATION: Add grated cheese on top and cook until melted OR potato chip crumbs.

Tuna Pot Pie

2 boxes French's Instant Potatoes
2 c. milk
4 c. tuna
1 pkg. frozen peas

8 c. water
4 cans mushroom soup
2 c. grated yellow cheese

Heat water and add potatoes and salt. Bring to boiling point and add milk. In a large pan, heat soup (undiluted). Boil. Add all other ingredients, saving some grated cheese. Top soup and tuna with potato mix, garnish with cheese. Heat and serve.

Vegetable Cheese Chowder

1 stick butter or margarine
1 onion, chopped
3 c. carrots, thinly sliced
2 (17 oz.) cans cream style corn
2 tsp. salt (to taste)
1 tsp. thyme leaves

2 cans sliced potatoes (or 4 c. chopped cabbage)
2 cups celery, sliced
2 (9 oz.) pkg. frozen peas
5 cup milk
1 tsp. pepper
20 oz. cheddar cheese, shredded

Melt margarine in large pot or Dutch oven. Add potatoes (or cabbage), onion, celery, carrots and peas. Sauté for 8-10 minutes or until crisp-tender. Add corn, milk, pepper and thyme. Reduce heat, simmer for 20 minutes, stirring occasionally. Add cheese, stir until melted. Serves 12.

VARIATION: add 2 cans chicken.

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Vegetable Stew

1 lb. ground meat	2 c. chopped celery
1 c. chopped onion	2 c. sliced zucchini
1 c. sliced yellow squash	2 (16 oz.) cans tomatoes
1 c. chopped bell pepper	1 tsp. salt
1 tsp. sugar	1 tsp. Italian seasoning
½ tsp. chopped basil	

Brown meat, celery and onion in an open Dutch oven. Drain well. Add zucchini, yellow squash, tomatoes, bell pepper and seasonings. Cover with lid and cook 30-40 minutes. Add small amount of water, if needed.

SIDES

Baked Beans

1 lb. bacon cut into 1" pieces	1 onion, diced
1 large can of pork and beans	½ - 1 green pepper, diced
4 oz. catsup	½ c. brown sugar
1 Tbsp. Worcestershire sauce	1½ tsp. vinegar

Brown bacon in a Dutch oven with onions. Add remaining ingredients and cook for 20-30 minutes. Serves 10.

VARIATION: add 1 pkg. of wieners cut into 1" pieces.

Sweet and Sour: add 1 can pineapple chunks and juice.

Vegetarian Variation: use vegetarian beans and eliminate bacon.

Breakfast Casserole

2 Granny Smith apples, peeled, sliced and sautéed in butter	
2 lb sausage, cooked and drained	9 bread slices, cubed
¾ t. dry mustard	9 eggs, beaten
3 c. milk	1½ c. shredded cheese

Line Dutch oven with foil. Mix ingredients in a bowl, then put in oven and cook for about one hour at 350°

Chaparral Bed Bread

2 c. lukewarm water	1 pkg. yeast
1 Tbsp. sugar	1 t. salt
1-2 Tbsp. oil	2 c. + 5 c. flour

Put the first five ingredients in a large pre-warmed insulated plastic mug. When the yeast is dissolved and starts to bubble over, pour in a pot with 2 cups flour. Beat with a spoon 3-4 minutes until stringy. Keep adding more flour slowly, kneading it into the dough until it forms a non-sticky ball that holds its shape. This will take 4-5 cups of flour. Lightly oil the dough ball and double bag in zip lock baggies. Wear the dough under your jacket so it has a warm place to start rising. Then sleep with it in your sleeping bag overnight to let rise!

In the morning, briefly knead dough again and place in oiled pan or Dutch oven. You can use a water bottle to roll out the dough out and roll in cinnamon-sugar (½ cinnamon, ½ sugar) or add raisin, nuts, etc. Roll dough in small balls and place in pan, top with butter. Bake in Dutch oven or in box oven until done (about 40 minutes.) Yummy!

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NOTE: Recipe may be made during the day for dinner rolls, set the dough in a Dutch oven or oiled plastic bag in the sun to rise.

Cheesy Snakeroots

Prepare 1 pkg. corn bread or muffin mix according to package instructions. Add $\frac{1}{3}$ c. grated Parmesan cheese. Place in well-greased Dutch oven. Sprinkle $\frac{3}{4}$ c. chopped salted peanuts, $\frac{1}{3}$ c. grated Parmesan cheese and $\frac{1}{2}$ t. garlic salt over the top. Melt $\frac{1}{4}$ c. margarine or butter in separate pan and drizzle over the top. Cover Dutch oven and bake over coals 25 minutes or until lightly browned. Cool slightly and cut into wedges.

Corny Corn Bread Casserole

1 can cream corn	1 can regular corn
8 oz. sour cream	1 stick margarine, melted
onion flakes	1 egg
1 package Jiffy corn bread muffin mix	

Mix all together and pour into greased pan. Bake 350° to 375° until done. This should take about 40 minutes with 6 coals on the bottom and 20 on top.

Dumplings

2 c. biscuit mix	$\frac{2}{3}$ c. water
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Mix and drop by spoonfuls into bubbling stew. Cook ten minutes uncovered and ten minutes covered. Place coals on lid of Dutch oven for best results.

Dutch Oven Hopi Indian Fry Bread

In camp, ignite about 15-20 charcoal briquettes and arrange in a pile in your fire pan. Let burn until they are covered with ash (about 20 minutes).

2 c. flour	$\frac{1}{2}$ c. nonfat dry milk
1 Tbsp. baking powder	$\frac{3}{4}$ tsp. salt
$\frac{3}{4}$ c. lukewarm water	vegetable shortening or oil

Stir and knead dough on floured board – cover and let stand for 15 minutes. Cut up into sections – flatten out to 2 inches thick. Melt Crisco or comparable vegetable oil on a Dutch oven so there is a depth of about 2 inches of oil. Then drop sections of dough into the hot oil to fry about 2 minutes or until done. It's like cooking donut holes. Roll in cinnamon and sugar and pig out!

Dutch Oven Potatoes

Use a 12 inch regular (not deep dish) Dutch oven

1 lb. bacon, diced	2 onions, diced
2 green peppers, diced	12 med. red potatoes, peeled and sliced dollar size
1 lb. sharp cheddar cheese	$\frac{1}{4}$ lb. Swiss cheese
salt, pepper	mushrooms optional

Fry bacon in Dutch oven. Add onions, peppers (and mushrooms) and sauté. Pour part of the bacon grease off and add potatoes. Add salt, pepper and season to taste. Mix together, but don't stir while cooking. Put 8 briquettes under the oven and 14 on the lid. This will allow all the potatoes to cook uniformly without stirring. Cook approximately 45 minutes. Check with fork – when done, grate the cheese together, sprinkle evenly over the top of the potatoes, and replace the hot lid. The cheese will melt down through the potatoes and they are ready to eat.

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Indian Corn

4 slices bacon #2 can corn (2 ½ c.)
4 eggs salt and pepper

Fry the bacon until crisp. Remove bacon and drain off most of the grease. Heat the corn in the same skillet. Then add 4 eggs, 1 tsp. salt, 4 ½ tsp. pepper and stir until eggs are set. Add bacon broken into small pieces. Onions and green pepper may be added if desired.

Mexican Rice and Corn

1 pkg. Mexican rice 1 small can of corn
butter or oil

Prepare rice according to directions on package. Bring to boil. Drain corn and add to rice. Cover and steam on the side of fire pit for 20 minutes.

OPTIONAL: a pound of ground beef and a small diced onion may be browned in the Dutch oven before rice is added.

Overnight Oatmeal

2 c. oatmeal 1 c. dried fruit
3 c. water

Foil line a small Dutch oven. Add oatmeal, fruit and water. Make sure there is a very soupy consistency, add more water if needed as this will evaporate all night. Stir. Place lid on oven. At the end of your campfire session dig a hole in the fire pit and bury the Dutch oven, covering with coals. Let sit overnight. Wake in the morning and enjoy! Serve with brown sugar, raisins, etc.

Popcorn

popcorn 1 stick margarine
salt

Melt margarine in Dutch oven. Cover the bottom of the oven with a single layer of popcorn. Cover oven and wait for the popping to stop. It won't be very loud. Dump the "popped" corn into a bag and salt.

Real Hawaiian Baked Beans

1 lb. bacon, cut in pieces ½ c. brown sugar
1 Tbsp. dry mustard
4 (16 oz.) cans of cubed pineapple, drained – save the juice
1 institutional-sized can of baked beans with molasses

Mix all ingredients with ½ c. of juice from pineapple in Dutch oven. Add more juice if too dry. Arrange coals with 7 on top and 5 under. This is about 350 degrees. You must check the coals occasionally to make sure there is still heat and not just sitting on top of the oven.

DESSERTS

How you bake in a Dutch oven depends on its size:

A #8 is 10" – bake 8" pan recipes in bottom lined with heavy-duty foil.

A #10 is 12" – adjust time when baking in foil-lined bottom or use an 8" aluminum pan on lightly crumpled foil (raises pan about 1")

A # 12 is 14" – bake large mixes or double recipes on foil-lined bottom or use an 8" pan for single recipes

A #14 is 16" – bake triple recipes on foil-lined bottom

THE SIZE OF THE DUTCH OVEN ALSO DETERMINES THE NUMBER OF HOT BRIQUETTES NEEDED:

Use the same number on top and the same number underneath as the # on the oven.

If it is cold or windy put a few more on the top.

Dutch ovens with legs may be stacked to conserve briquettes.

If Dutch oven doesn't have legs, use 1½" balls of tightly crumpled foil.

If Dutch oven has domed lid, put a crumpled foil collar around the edge to hold coals, or invert lid.

Bake biscuits, corn bread, mixes, etc. according to package directions.

Black Forest Cake

1 can cherry pie filling
whipped cream or Cool Whip

1 box chocolate cake mix and needed ingredients

Prepare cake according to package directions. Grease the bottom and sides of Dutch oven well. Pour in cherry pie filling, then add cake mix on top. Bake for 30 minutes or until done. Serve with whipped cream. Serves 12. May be made in a box oven.

Brown Bears in the Orchard (Applesauce and Gingerbread)

2 lb. jar of (chunky) applesauce
OR 2 cans apple pie filling
OR 1 (16 oz.) can apple sauce and 3 apples cut into chunks

1 (14 oz.) box gingerbread mix (complete kind)

Line Dutch oven with foil, shiny side up. Put applesauce in bottom of greased Dutch oven. Mix gingerbread according to package directions. Pour gently over applesauce. Cover tightly. Bake in coals about 30-40 minutes. Serve warm with Cool Whip or ice cream or plain.

Brown Bears in an Apple Orchard

Heat: 20 oz. applesauce in Dutch oven or 8" pan

Pour on: 14 oz. gingerbread mix prepared as directed

Cover and bake 20-30 min. Serve with whipped topping.

Cherry Cobbler

2 cans red sour pitted cherries ¼ t. cinnamon
1 – 1½ c. sugar ¼ t. salt
2 c. biscuit mix

Mix cherries, salt, sugar and cinnamon in Dutch oven and bring to boil. Combine biscuit mix with ¾ c. liquid. You may add a Tbsp. butter and sugar to make it taste richer. Spoon biscuit mix lightly onto boiling cherries. Keep bubbling gently. Cover and let cook about 20 minutes.

Cherry Delight

Line Dutch oven with foil, shiny side up. Put in cherry pie filling and apple slices. Sprinkle 1 box dry white cake mix over pie filling. Place Dutch oven on 10-12 coals with 8-10 on top of lid. Bake 20-30 minutes until lightly browned on top.

Chocolate Pudding Cake

Mix together and put in bottom of Dutch oven or 8" pan to heat:

1 c. brown sugar
½ c. cocoa
2 c. water
1 c. mini marshmallows

Pour on: 9 oz. devil's food cake mix prepared as directed
 or 8 oz. brownie mix prepared for cake brownies

Cover and bake 20-30 min. Serve with whipped topping.

Dump Cake

2 large cans of any kind of fruit with juice
 OR 2 cans of any kind of fruit pie filling
 OR 6 c. cut up fresh or frozen fruit
1 box of white or yellow cake mix and needed ingredients
1 stick of butter or margarine
whipped cream or Cool Whip (optional)

Line Dutch oven with foil. Pour fruit (and juices) into oven. Top with dry cake mix and spread evenly. Stir enough to moisten cake mix. Dot with butter or margarine. Bake 25 minutes with 12 coals on top and 8 on the bottom. Serve with whipped topping. Serves 12. Suitable for box oven.

VARIATIONS:

Peach Dump Cake: use 1 (size 2 ½) can sliced peaches with juice

Apple+ Dump Cake: use 1 can apple pie filling and 1 can "your choice" pie filling.

Brown Bears in the (Apple) Orchard: see above

Dump Spice Cobbler

2 cans spice apple pie filling
1 stick margarine
cinnamon-sugar mix (toast)

1 Spice cake mix
1 – 2 c. water

(You can mix the cake as directed on the package, the finished product will be more “cake like.” Either way is good.)

Line Dutch oven with foil. Pour in the fruit filling and spread evenly on foil. Mix the cake mix and water to desired consistency. Pour in the Dutch oven. Cut the margarine stick into ¼” slices and distribute evenly in the Dutch oven. Liberally sprinkle cinnamon/sugar mixture on top. Cook 30-45 minutes until cake is done.

VARIATION: Dump in the dry mix, then mix the water and fruit together until it looks good.

Fruit Cobbler

2 large cans of any kind of fruit
OR 2 cans of any kind of fruit pie filling
OR 6 c. cut up fresh or frozen fruit

1 box of white or yellow cake mix and needed ingredients
whipped cream or Cool Whip (optional)

Place fruit on the bottom of a Dutch oven. Make cake as directed on the box. Pour cake over fruit and cook for approximately 30 minutes until cake is done using 12 coals on top and 8 on the bottom. Serve with whipped topping. Serves 12. Suitable for box oven.

Fruit Cobbler

Put in bottom of Dutch oven or 8” pan to heat:

4 c. canned sliced peaches (or other fruit)

Add: 1 tsp. cinnamon or nutmeg
2 Tbsp. sugar

Pour on: 9 oz. white cake mix prepared as directed
or 2 c. Bisquick and juice from fruit to make dumplings

Cover and bake 20-30 min. Serve with whipped topping.

Fruit Crisp

Pour: 21 oz. can fruit pie filling in bottom of Dutch oven or 8” pan to heat.

Top with: 9 oz. white cake mix (dry) with ¼ c. margarine worked in w/fingers.
or 9 oz. pie crust mix (dry) with ¾ c. brown sugar worked in

Cover and bake 20-30 min. or until topping is brown.

Hillbilly Cobbler

1 stick margarine
1 c. sugar
2/3 c. milk

1 c. flour
2 tsp. baking powder
Your choice of 1 can pie filling, 21 oz. size

Melt ½ stick of margarine in each of two 8” or 9” cake pans. In a separate bowl, mix the flour, sugar, baking powder and milk. Pour ½ of the batter into each of the two cake pans. Pour ½ can of pie filling over each pan of batter. DO NOT STIR! Bake at 350° for 35 minutes or until lightly browned. These pans will stack perfectly in one 12” Dutch oven. Use two clean wire tent stakes on the bottom pan to maintain separation between pans.

Pineapple Upside Down Cake

1 can sliced pineapple
¼ c. butter

½ c. brown sugar, packed firmly
2 pkg. yellow cake mix

additional ingredients necessary for cake mix

Maraschino cherries, drained (optional)

Line the oven with aluminum foil. Place oven on heat, level it, and melt the butter in the oven. When melted, add the brown sugar, then the pineapple slices (drain them first) with a cherry in the center of each slice. While butter is melting, mix the cake according to package directions. Pour the cake mix over the glaze and put lid on pan. Bake in coals about 25 minutes, until golden brown and cake tests done. Lift out of pan by edges of aluminum foil and invert onto plate. Remove foil. Serves 12.

VARIATION:

- Instead of yellow cake mix, use 1½ pkg. Pound cake mix, 3 large eggs, 1 ¼ c. milk
- Pour: 20 oz. can crushed pineapple in bottom of Dutch oven or 8" pan to heat.
Pour on: 9 oz. white cake mix prepared as directed.
Cover and bake for 20-30 min.