



Dutch Oven Cooking



What is a Dutch Oven?

When most people think of a Dutch oven, they picture a flat bottom pot with a dome lid used to cook in the oven or on the stove top. A Dutch oven can also be used outdoors over a camp fire. There is another, fun way to cook outdoors with a Dutch oven, using preheated charcoal briquettes. A camp Dutch oven is usually made of cast iron. It has a flat bottom with three small legs to hold the pot above the heat source and allow air to circulate. The lid is dome shaped with a flange around the outer edge. In the center is a small handle. The pot also has a bail or swing handle to lift it off the coals.

To cook in a Dutch oven using preheated briquettes, place the oven over a bed of briquettes, and heap more briquettes on the top. The number of briquettes used determines the temperature your Dutch oven will reach on the inside.

You can figure that each charcoal briquette is worth about 25 degrees Fahrenheit. 20 coals will give about 500 degrees. Weather conditions (temperature, wind and humid or rainy conditions) will also affect cooking efficiency. Enough about the oven and on to what you can do with it!

The following chart will help you determine how many briquettes to use with a cast iron Dutch oven.

OVEN TEMPERATURE	6 ½" x 9"		9" x 9"	
	Under	Top	Under	Top
250°-300°	4	6	6	8
300°-350°	5	7	7	10
350°-400°	6	8	8	12
400°-450°	7	9	9	14

Other Things You Will Need

A good pair of leather gloves can save time and prove invaluable around a hot fire. A pair of Work Style gloves will do, but, if possible, see if you can locate a pair of fire handling gloves. Although these typically cost more, they offer thicker leather and an inner insulating lining. They allow you to literally place your hand into hot coals, though I don't recommend doing so.

Something else you will need is a shovel. The standard garden type will be sufficient. It will be used for stirring the coals and lifting them out of the fire pit to the oven. The style and length of the handle is up to you, the user. The longer ones are great but not practical on hikes and canoe trips. While the short Army folders are great for hiking and canoes, they suffer from short handles, getting you and your hands closer to the fire.

Another item which will prove to be worth their weight in gold is a pair of hot pot pliers. The pliers have a specially designed jaw that grips the oven lid very securely. The handle has a hook that is used to grab the bail handle when it is too hot to hold by hand or when it is hanging down in the coals.

A Few No-No's

! NEVER NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.

! Never use soap on cast iron. The soap will get into the pores of the metal and will taint the flavor of your next meal. If soap is used accidentally, the oven should be put through the pre-treatment procedure, including removal of the present coating.

! Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better but cast iron will crack or warp, ruining it. ! Do not get in a hurry to heat cast iron, you will end up with burned food or a damaged oven or pan.

! Never put cold liquid into a very hot cast iron pan or oven. They will crack on the spot!

! One more note: Be careful with high acidic foods as they will eat away at the seasoning on the oven.

Seasoning and Caring for a Dutch Oven

A new Dutch oven comes with a protective coating which must be removed before cooking. The best way to remove this is with hot soapy water and a wire scrubber. Scrub your pot two or three times, rinsing after each time to feel if it is still there. After the cleaning, rinse with hot water to clean off the soap.

Next, dry your pot well in a warm oven for 30 minutes or so, then let it cool enough to handle it.

Now you are ready to begin the seasoning process. Using a paper towel, apply vegetable shortening or lard to the inside and outside of the oven until all is coated. Put some extra inside the oven. Do the same with the lid.

Put both in a 425° oven and bake for an hour; then, using tongs and a paper towel, swish the excess grease around inside the oven, again coating the entire area and lid.

When the time is up, remove from the oven and swish the excess grease on all the inside to coat and let sit in the oven until cool. Using a paper towel, wipe the inside of the oven to coat again all inside surface and then wipe all the excess out to just leave a thin coating on the oven.

It is best to begin with foods which require a lot of oil such as deep fried foods or bread as they tend to continue to coat the oven. After each use wash only in very hot water to clean. If you cooked bread in it, wipe a light coating of shortening on and you are ready to go again. It does not require washing out. (If you cooked something which stuck to the oven, put oven back on the heat source and use a plastic spoon to remove the stuck food.)

Rinse with hot water at least twice, wipe dry with a paper towel and lightly grease the oven and you are ready to cook again. To store your oven, place a paper towel inside the oven to help absorb any moisture. If you are going to store your oven for a long time, simply store it without the lid and apply a light coat of mineral oil and it will not become rancid. Store in a location where it is protected from moisture and dust.

Another method for "sweetening" Dutch ovens is to get some heavy, spicy bacon or sausage and cook it in them. Next, completely cover the inside (and outside if you like) of your Dutch oven with the grease. Next you will want to bake it in the oven at 450° for 20 minute. For a real deep seasoning, and especially for new ones, it's necessary to do this two or three times. This will not make the pan bake everything real spicy or anything, it just gives it a light flavor.

If the oven gets rusty, you can clean it up by soaking the rusty area in Coca Cola for an hour, then scrub with wire scrubber only where it is rusty. Rinse it out and re-season that part of the oven again by applying a coat of shortening and heat to 425° for 30 minutes. You are now ready to begin cooking with it again.

If, during the seasoning process, too much seasoning is applied and a build-up occurs. clean off the flaking material and start over again, or just continue to cook in it as it is.

Enjoy every minute of your time while cooking in these wonderful ovens. They provide wonderful food and wonderful times when they are properly cared for. This requires a minimal amount of care after each use.

Now you are ready to start cooking.

Cooking Techniques

Roasting: The heat source should come from the top and bottom equally. Coals should be placed under the oven and on the lid at a 1 to 1 ratio.

Baking: Usually done with more heat from the top than from the bottom. Coals should be placed under the oven and on the lid at a 1 to 3 ratio, having more on the lid.

Frying, boiling, etc: All of the heat should come from the bottom. Coals will be placed under the oven only.

Stewing, Simmering: Almost all heat will be from the bottom. Place the coals under and on the oven at a 4 to 1 ratio with more underneath than on the lid.

Using the Lid: The lid can be placed on the fire or stove upside down and used as a skillet or griddle. Using the lid in this fashion, you can make virtually error free pancakes and eggs that don't run all over. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center, even if the lid is not level.

The recipes that follow have been designed to be cooked in a Dutch oven over a camp fire or with briquettes. If you want to use the recipes at home in the kitchen, they will work just fine there, too.

Recipes

*Turn the lid upside down on the coals and make French toast or eggs on it.

*Bake jelly Danish by adding a little sugar and butter to a biscuit recipe. Drop on pie tin. Make a depression in middle and fill with spoon of jelly. When baked, drizzle mixture of powdered sugar and vanilla (just a little goes a long way) over top for icing!

Pita Pocket Breakfast

1 lb sausage (pork, turkey or ground beef)	1 bell pepper, diced
1 medium onion, minced	12 eggs, beaten
6 Pita breads, medium	1 jar salsa
1 clove garlic	

Preheat Dutch oven (12 coals on the bottom). Brown sausage drain fat, saving 2 tbsp. Stir in onion, garlic, pepper, saute with sausage. Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into pita pockets; top with salsa to taste.

Hints: Brown sausage and saute garlic onions and peppers in advance, refrigerate or freeze in Ziploc bags. Add 2 tbsp. of Olive Oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that will need to dispose of.)

Quick & Easy Breakfast Casserole

8 slices of bread	1 qt. Milk
2 pounds of sausage	1-1/2 tsp. Dry mustard
16 oz grated cheddar cheese	1 tsp salt
12 eggs	

Line a 12" Dutch oven with heavy-duty foil. Lightly grease the foil with butter. Break up bread into the oven. Crumble cooked sausage meat over bread and cover with cheese. In a separate bowl, mix eggs (lightly beaten), milk, dry mustard, and 1 tsp. salt (to taste). Pour the egg mixture over the layered bread/sausage/cheese in the oven, cover, and bake for 35 - 40 minutes, checking occasionally. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!

Mountain Man Breakfast

1/2 lb bacon (or pre-cooked sausage)
Med onion
2 lb. bag of hash brown potatoes

1/2 pound of grated cheddar
1 dozen eggs
Small jar of salsa (optional)

The following requires 6-9 bottom coals and 12 -15 top coals: Pre-heat 12" Dutch oven. Slice bacon and onion into small pieces and brown in the bottom of the DO until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes) Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set (10 - 15 minutes).

Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted. Optional: cover cheese/egg mixture with a small jar (1 cup) of SALSA. Cover and cook for an additional 3-5 minutes. Slice and server like quiche. Cooking times will vary with the weather and your state of awake but its almost impossible to screw up. Serves 6.

Crustless Quiche

1/4 lb butter
3 oz cream cheese
1/2 c flour
2 c cottage cheese (approx. 1 lb)
10 eggs

1 tsp baking powder
1 c milk
1 tsp salt
1 lb Monterey Jack Cheese
1 tsp sugar

Melt butter and add flour. Cook into a light rye. Beat eggs, milk, 3 cheeses, baking powder, salt and sugar together. Stir into rye until well blended. Pour into Dutch oven and bake 350 for 45 min.

Breakfast Muffins

1/2 lb butter, softened
2 c sugar
2 c boiling water
5 tsp baking soda

4 eggs
1 qt buttermilk
5 c flour
6 c raisin bran

Combine water and baking soda. Allow to cool slightly. Cream together butter and sugar. Can be refrigerated for up to 6 weeks covered. Warning: This makes 6 dozen.

Pecan Caramel Rolls

1 tube of refrigerator biscuits (10 count)
1/2 cup brown sugar
1 stick butter or margarine

Generous amount of chopped pecans
Cinnamon (optional, but good)
Raisins (optional)

Melt butter, brown sugar, cinnamon, and a tablespoon of water in the cover of a chef kit. (large frying pan) Stir well until sugar/butter becomes a caramel. Add pecans and raisins to the caramel mixture. Cut the biscuits into quarters. Stir into the caramel mixture, coating each part with caramel. Place the pan in the Dutch Oven using the "three stone method" bake the biscuits until they are golden brown. About 15 minutes. Enjoy.

Australian Brumbies in the Sandhills

Filling:

Cold cooked meat
Any vegetables you have
Some oil

Batter:

2 cups self-rising flour
Pinch salt
Milk
1 egg

Place flour, salt and the egg in a bowl and mix well slowly adding a little milk until you have a smooth batter. Chop vegetables and leftover cooked meat then mince the vegetables and meat together then mix into the batter. Have hot oil in the camp oven. Spoon mixture into the hot oil. Turn them when the edges look like crumpets that are bubbly. Fry till golden brown. Serve as they are but I like them with Bacon and eggs!

Brownie Pudding Cake

2 cups flour 1 1/2 cups sugar 1/3 cup cocoa 2 tsp. baking powder 1 tsp. salt 2/3 cup oil 1 cup milk 1 tbsp. vanilla 1 cup sugar 1 cup brown sugar 1/2 cup cocoa 1 1/2 cups hot water In a large bowl, combine the first 8 ingredients. Pour batter into 12 inch Dutch oven. In a medium bowl, combine the next 3 ingredients. Then pour the hot water into the dry ingredients and stir until sugars and cocoa are mixed into the water. Carefully pour this mixture on top of the batter in the Dutch oven. **Do Not Stir.** Cook with 8 coals under and 16 coals on the lid for about 35 – 40 minutes. The cake will rise to the top and the hot fudge sauce will form under the cake. Take care not to burn. Rotate oven often. Serve warm with ice cream.

Brown Sugar Cinnamon Biscuits

2 cups Biscuit Mix or Jiffy baking mix
¼ cup milk
¼ cup brown sugar

¼ cup white sugar
1 tsp. cinnamon
1 tbsp. cooking oil, butter or margarine, melted

Blend the baking mix and milk and roll or pat out ¼ inch thick. Mix the brown and white sugars, cinnamon and oil or butter. Spread over the dough. Roll like a jelly roll and cut into ¾ inch thick slices. Place in a greased Dutch oven and back with 8 coals under and 12 over about 15 – 20 minutes. (375° if baking in an oven.)

Homemade Biscuits

1 cup + 2 tbsp flour 1/4 tsp
baking soda 1 tsp baking
powder pinch of salt 2 tbsp
Crisco (solid) 1/2 c buttermilk

Place 1 tbs Crisco in bottom of oven. Place coals on oven to bring temperature to 500° while making dough. Combine flour, baking soda, salt and baking soda in bowl. Cut in Crisco until mixture becomes grainy. Add buttermilk and stir with fork until it forms dough. Turn out on floured surface and briefly kneed. Do not over-kneed. Flatten to 1/2" thick. Cut out with glass or cup. Place in oven and turn once to coat on both sides. Bake at 500° for 10 min. or until done.

Bread Pudding

2 c Milk
2 tsp cinnamon or nutmeg
1/4 c Butter
1/4 tsp salt

2 eggs
8 slices week old bread
1/2 c Sugar
1/2 c Raisins

Dice bread into small cubes. Beat eggs and salt together. Place milk and butter in 2 qt saucepan and heat until scalded. Mix in bread sugar cinnamon and eggs. Stir until bread is well soaked. Stir in raisins and pour mixture into 1 1/2 qt casserole dish and put into Dutch oven on a trivet. Bake until toothpick comes out clean at 350, about 30-40 min. Top with cinnamon sugar or brown sugar.

Monkey Bread

4 cans Biscuits
1 c sugar
1 c brown sugar

4 tbsp Cinnamon
1 stick margarine or butter (don't use soft margarine)

Cut biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop quarters into bag and coat well. Place in Dutch oven. Pour melted margarine or butter over quarters. Bake 350 for 35 min.

Dump Cobbler

1 pkg yellow or white cake mix
2 cans pie filling or 1 large can fruit cocktail
Cinnamon
Butter

Pour cans of filling or fruit cocktail in bottom of Dutch oven. Sprinkle cake mix over top of fruit, DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR, it will burn. Cover and bake until bubbly and top is lightly browned, about 30-45 min. Any combination of fruits can be used. I recommend 1 can apple filling and 1 can of fruit cocktail.

Dutch Oven Cobbler

1 box yellow cake mix
2 boxes Jiffy brand cornbread (or muffin) mix
2 eggs
2 tbsp vegetable oil

Ingredients required by cake mix

Water to make a medium-thick batter
1 can pineapple chunks or crushed pineapple

Combine all 3 boxes of mixes together, mixing well. Add the oil and eggs, and any other ingredients that your particular cake mix calls for. Add water until the resulting batter is fairly thick yet. This doesn't seem to be too critical, except if it is too thick it seems to burn easier. Preheat the Dutch oven slightly and oil up good. Add the batter. Drain the pineapple juice and spread the pineapple out evenly over the top of the batter.

Place the cover on the oven. Use a very small amount of coals on the bottom, about four or five charcoal briquettes worth. Cover the oven top with coals, and bake for about 30 minutes. Replenish the coals on top if needed.

Easy Peach Cobbler

1 box yellow cake mix
2 29-oz cans sliced peaches (or equivalent)
3 eggs
1 cup sugar

1/2 cup brown sugar
oil (at least 1/3 cup plus 4 teaspoons)
1 teaspoon cinnamon water
large Ziploc bag to mix cake in

In Ziploc bag, mix cake mix, 3 eggs, 1 and 1/3 cup water, 1/3 cup oil. Preheat oven over 8 burning coals. Add 4 teaspoons oil to pot. Add 1/2 cup brown sugar to pot. When sugar has melted, dump in peaches (with no more than 1/2 cup of the juice), Add 1 cup sugar, Add 2 teaspoons cinnamon . . . and . . . stir. Pour cake batter on peaches S-L-O-W-L-Y. Put lid on oven and add 12 burning coals on top of lid. After 15 minutes remove oven from coals on bottom and continue baking from top until cake is brown and cake is done (check with toothpick). Allow cake to cool 30 minutes before serving.

Cherry Crisp

2 cans cherry pie filling
2 sticks butter, melted
1 white cake mix
1-3/4 c chopped nuts

Pour pie filling in bottom of oven. Sprinkle cake mix over top and DO NOT STIR. Top with nuts. Pour melted butter over top. Bake for about 30 min at 350 degrees.

Indian Bread Pudding

2 c milk
1/4 tsp Ginger
1/4 c Yellow cornmeal
1 egg
2 tbsp

Sugar
1/4 c Molasses
1/2 tsp Salt
1 tbsp butter
1/2 tsp Cinnamon

Place 1 1/2c milk in Dutch oven and heat to scalding. Combine cornmeal, sugar, salt, cinnamon and ginger, add to milk stirring constantly. Cook 2 min. Combine egg, molasses and butter. Add small amount of the hot milk mixture, slowly. Then add to remaining milk mixture. Stir and cook until thickened, 2-5 minutes. Pour remaining milk OVER (do not stir in!) pudding. Cook until set, 5 minutes. LET STAND 10 to 15 minutes before serving.

Tropical Pie

1 stick margarine
1/2 c chopped nuts (pecans, peanuts, almonds)
1 c sugar
1 tsp vanilla
2 eggs

1 tsp vinegar
1/2 c coconut
1 unbaked pie shell
1/2 c raisins

Combine margarine, sugar and slightly beaten eggs. Add remaining ingredients. Mix well and pour into pie shell. Place on trivet or inverted pie tin in 350 Dutch oven. Bake for 30 minutes. Let stand in oven about 5 minutes after removing coals.

Giant Cinnamon-Pecan Ring

2 1lb loaves frozen bread dough
1/2 c butter, melted
1/2 c sugar
1/2 c packed brown sugar
2 tsp cinnamon
1/2 c chopped pecans

1-1/4 c sifted powdered sugar
1/2 tsp vanilla
Milk (about 4 tsp)
Cinnamon sticks (optional)
Pecan Halves (optional)

Lightly grease inside of Dutch oven. On a lightly floured surface, flatten thawed dough slightly. Cut each loaf into 4 pieces (total of 8). Form each piece into a rope about 18" long. Brush each rope on all sides with melted butter. Stir together sugar, brown sugar, and cinnamon. Place mixture on sheet of foil. Roll rope in sugar mixture to coat evenly. Shape rope into a coil in the center of the Dutch oven. Roll another rope in sugar. Attach securely to end of first rope and continue coil. Continue coating ropes and attaching to form a 10-11" circle. Sprinkle any remaining sugar over coil. Sprinkle with chopped pecans.

Cover and let rise in a warm place for about 30-40 min. Bake at 350 for 30 to 35 min or till done. Cover with foil last 15 minutes to prevent over browning if necessary. Cool about 15 min. Stir together powdered sugar, vanilla, and enough milk to make a thick glaze. Spoon over top of cake. Decorate with cinnamon sticks and pecan halves. Serves 16

Memphis Molly

1 15-16oz can tart cherries (not pie filling)

1 15-16oz can blueberries (not pie filling)

1 smaller can crushed pineapple

1 small package of chopped walnuts

2 boxes Jiffy cake mix

1/2 stick butter pats

Add ingredients order, spread fruit and nuts in bottom of Dutch oven. Sprinkle cake mix over all and put butter pats on top. Cook 20 -30 minutes or until "cake" is done.

Maple Custard Pie

1 c brown sugar

1-1/2 c scalded milk

1/4 tsp maple extract

2 tbsp melted butter

1 tbsp cornstarch

1/2 c cold milk

3 beaten eggs

Pinch of salt

2 uncooked pie shells

nutmeg

Makes 2 pies Into scalded milk, mix sugar, extract and melted butter. Combine cold milk and cornstarch and mix well. Add to mixture along with salt and eggs. Beat well. Pour into pie shell. Place on top of inverted pie tin and bake at 450 for 10 min. Top with nutmeg and bake another 25 min at 350

Sugar Cookies

1/2 c softened butter

1/2 tsp salt

1 c sugar

2 tsp baking powder

1 egg

2 c flour

1/2 tsp vanilla extract

Combine butter and sugar, stirring until well mixed. Blend in egg and vanilla. Add remaining ingredients and mix well. Drop onto greased pie tin or aluminum pan. Place on trivet or inverted pie tin in 400 Dutch oven. Bake for 6 to 7 minutes.

Chocolate Chip Cookies

2-1/4 c all purpose flour

2 eggs

1 c butter, softened

1 (12oz) semi-sweet morsels

3/4 c sugar

3/4 c brown sugar

1 tsp vanilla extract

In large bowl, combine butter, sugar, brown sugar, and vanilla extract. Beat until smooth. Beat in egg. Gradually add flour. Stir in chocolate chips. Drop onto ungreased pie tin or aluminum pan. Place on trivet or inverted pie tin in 350 Dutch oven.

Pineapple Upside Down Cake

Yellow cake mix (Jiffy cake mix doesn't require eggs)

Pineapple slices

Brown sugar

Maraschino cherries

Butter or margarine

Walnuts or pecans - optional

Use a metal pan that will fit into the Dutch oven or use foil. Put the pan into the oven so that it rests above or on top of 1/2 inch of water in the bottom of the oven. If you are using foil, wrap the foil over the sides of the Dutch oven, so that you have a pan inside that just rests on top of the water/other but won't fall in. Use several layers of foil. Put dots of butter in pan. Sprinkle brown sugar over bottom. Place pineapple slices in a single layer on the bottom. Place maraschino cherries in the holes in the pineapple slices. Pour cake batter over this. Close up Dutch oven, place coals on top if desired or possible, and bake until done. Also, you can include walnuts.

Devil's Tooth Cheesecake

Crust:

1/2 cube melted butter

1 pkg chocolate cookie wafers, crushed.

Mix butter and crumbs and press into a 10-inch Dutch oven, going up the sides at least 1-inch.

Filling:

2 packages 8-oz cream cheese

1 cup sugar

1 16-oz tub ricotta cheese

6 eggs

1/2 cup sour cream

1.5 tsp almond flavoring

1.5 tsp vanilla

12 oz. chocolate chips

1/4 cup butter

1/2 cup whipping cream.

Mix first five ingredients (cream cheese, sugar, ricotta, eggs, sour cream) until smooth. Melt chips, butter and whipping cream over low heat until smooth. Add almond flavoring. Pour 1/3 of white mixture into chocolate mixture and mix well. Pour this into crust. Add vanilla to remaining white mixture and carefully pour this over the chocolate layer already in the Dutch oven. This is very dense and takes about 1 1/2 hour to bake, so be patient. It is done when the top cracks and is firm.

Quick Biscuits

While you are preheating the Dutch oven (10 charcoal briquettes underneath), make rolled (or drop, if you're camping) biscuits, using the recipe on a Bisquick box. Powdered milk works just fine.

Put the biscuits into the Dutch oven and cover. Let sit for 5-7 minutes (this browns them on the bottom). Lift the Dutch oven off the bottom coals, and put 25 coals on top. Cook another 8-10 minutes (check at 5 minutes to make sure they aren't burning). Oven needs to be HOT.

Main Dishes

Beef Pot Roast

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

Brown roast in oven on all sides in a small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 for 3-5 hours depending upon size of roast and degree of doneness desired. Cook to a minimum internal temperature of 145°F. Remove meat and vegetables carefully and place on serving platter.

Cook meat dishes to safe internal temperatures.

USDA recommendations:

Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Onion Swiss Steak

3 lb round steak, 3/4" thick
2 pkg onion soup mix
1-1/2 tsp salt

2 cans (10 oz) tomatoes
1/4 tsp pepper

Cut steak into serving pieces, season with salt and pepper and place into Dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meat is done and tender and at a minimum internal temperature of 145°F.

Steak & Mushrooms

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
flour
1 tbsp Worcestershire sauce

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.

Flank Steak Teriyaki

4-6 flank steaks
4-6 pineapple slices
1 tbsp salad oil
1/2 c soy sauce

1/4 c sugar
2 tbsp sherry (optional)
1 tsp ginger
1 clove garlic, crushed

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1 1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Make sure internal temperature of meat reaches 145°F. Serve over rice.

Beef Goulash

3 lb beef, cubed
1 tsp salt
2 tbsp cooking oil
1 can mushroom soup

Brown the beef in cooking oil. Add salt and soup. Cover and simmer about 1 hour.

Hungarian Goulash

2 lb beef tips, 2" cubes
2 tsp paprika
1 small onion
1-1/2 tsp salt
3 tbsp vegetable oil

1/4 tsp pepper
1 can whole tomatoes
1 c sour cream
4 oz whole mushrooms
2 tbsp flour

Brown beef tips and onion in oil, add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours or until internal temperature of meat reaches 145°F. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

Beef Burgundy

2 lb beef round roast
2 cans beef gravy (or packages of instant)
1 clove of Garlic
1/4 tsp oregano
3 med onions, sliced
Cut beef into 1 inch cubes. Sprinkle with tenderizer. Saute garlic and onions in butter slowly until onions are clear or slightly browned. Remove onions and brown meat slowly in the drippings. Add beef gravy, salt, pepper and onions to pan. Simmer 15 min. Make sure internal temperature of meat reaches 145°F. Serve over rice.

1/2 c burgundy wine
4 tbsp butter
1/2 pt sour cream

Cook meat dishes to safe internal temperatures.

USDA recommendations:

Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Sausage Balls

1 lb Sausage (Mild or hot)
1 egg
Mix all ingredients together. Mixes best with your hands. Pinch off small pieces and form into balls. Cook 10-15 min at 350 in Dutch oven. Make sure internal temperature of meat reaches 160°F. Makes 6 dozen.

6 oz grated cheddar cheese
3 cups Bisquick

Beef Stew

2 lb stew meat, 1" cubes
1 large onion, sliced
3 tbsp oil
1 can (1lb 12oz) tomatoes
1/2 c flour
1 clove garlic, minced
Coat beef cubes with a mixture of flour, salt and pepper. Brown in hot oil in bottom of oven. While oven is still hot, pour water in and scrape brown bits from bottom. Place remaining ingredients into oven and cover. Simmer 1 to 2 hours or until meat is tender (and 145°F) and potatoes are done.

2 tsp salt
1/3 c water
1/2 tsp pepper
1 bay leaf 6 carrots, cut into 1" pieces
3 med potatoes, peeled, cubed

Meat Loaf

3 lb ground beef
1/2 cup bell pepper
1-1/2 c quick oats
2 pkg dried onion soup mix
Mix all ingredients and put in casserole pan. Place pan in dutch oven on an oven proof trivet. Bake 1 hour, covered. Make sure internal temperature of meat reaches 160°F.

2 eggs
1-1/2 tsp salt
1/2 tsp dry mustard
1/4 tsp marjoram

Basic Hamburger, Beans & Biscuits

2 lb lean hamburger or ground turkey
2 2-lb cans of Pork & Beans
1 jar Hickory Smoked BBQ sauce
Brown and drain the Hamburger. Add both cans of pork & beans. Mix 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 sure internal temperature of meat reaches 160°F.
Make your rolled 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 cup shredded cheese ketchup mustard onions
Your favorite biscuit mix

Bubble & Squeak

1 small cabbage
4-6 medium potatoes
Peel and cube the potatoes, coarse chop the cabbage, and slice the sausage. Then layer the cabbage, potatoes and sausage in a large pot or pan, repeat layers, add water and simmer until veggies are tender. Make sure internal temperature of meat reaches 145°F. This makes a complete meal in one pot. You can serve more by adding more cabbage, potatoes and sausage.

1-2 smoked kielbasa sausages
1/4 cup water

Pulled Pork Barbecue

pork loin or shoulder roast (shoulder roast will be juicier)
carrots and celery
2 cups of water
1 cup cider vinegar
2 tablespoons brown sugar

1/3 cup catsup
1 teaspoon cayenne
1 teaspoon salt

Place the pork roast on a shallow rack in a 12" deep Dutch oven, prepared for baking at 300°. Next add 2 carrots, 2 stalks of celery, and 2 cups of water to the Dutch oven. Use 10-12 coals under and 8-10 coals on top of the Dutch oven. Slow-cook the pork for 2-3 hours, depending on size, until the fats are broken down and the meat is tender enough to easily pull apart with a fork. While slow-cooking, replenish the coals as needed and rotate the Dutch oven and lid occasionally to avoid any hot spots.

While the lid is off to be rotated, marinate the roast with the juices and check the water level. Add more water as needed so that there's always some under the roast.

When the pork is done (160°F), cover it and set it aside for about an hour to cool before pulling it. While waiting for the pork to cool down, prepare the serving sauce: strain 1 cup of the pork drippings from the Dutch oven and blend it with the other sauce ingredients: vinegar, brown sugar, catsup, cayenne, and salt. When it's cooled, shred the pork into a large pot, stir in the sauce, and heat. Serve hot on a bun with coleslaw and potato chips.

Cook meat dishes to safe internal temperatures.

USDA recommendations:

Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Sausage and Chicken Jambalaya

3 lb chicken pieces, bone in
3 lb sweet sausages
2 lb potatoes, washed and cubed
4 green peppers, seeds removed and cut up

4 onions, cut up
1/4 cup vegetable oil
salt and pepper to taste
Cajun type spice mix, if desired

Combine first five ingredients in a large foil roasting pan. Drizzle oil on top and toss together until coated. Add spices and toss again. Cover with heavy duty aluminum foil and place on a preheated grill or campfire grate (over hot coals, not flames). Cook for approx 50 - 60 minutes, stirring mixture several times. Check meat for doneness.

Cheese Enchiladas

4 c. Monterey Jack, shredded
2 c. Cheddar, shredded
2 medium onions, chopped
1 c. sour cream or plain yogurt
1 c. chopped green bell pepper
3-15 oz. cans tomato sauce
4 T. chopped fresh parsley

1/2 t. dried oregano
18 flour tortillas
3 T. chili powder
3/4 t. ground cumin
1/2 t. pepper
2 cloves garlic, finely chopped

Grease Dutch oven. Mix Monterey Jack, one cup cheddar cheese, 1/2 onion (chopped), sour cream, parsley and pepper. Spoon about 1/3 - 1/2 cup mixture onto each tortilla around filling and face seam side down. Mix remaining ingredients except cheese. Pour over enchiladas. Sprinkle with remaining cheese. Bake until hot and bubbly. Serve about 18.

Easy Taco Bake

DUTCH OVEN SIZE: 10 inch

COOKING TIME: 30 minutes

1 lbs. ground beef
1/2 c. chopped green pepper
1/2 c. chopped onion
1 pkg. taco mix
1/2 c. Miracle Whip

8 corn tortillas
1 jar salsa
1 c. shredded Monterey jack cheese
3/4 c. water

Brown meat with green pepper and onion. Drain. Stir in taco mix and cook five minutes. Arrange tortillas to over lap on bottem of Dutch oven. Top tortillas with meat mixture, and then with cheese. Let stand for 15 minutes.

Zucchini Enchiladas

COOKING TIME: 30 minutes, preheat the lid (use with Mexican Hot Sauce, recipe below)

1 c. uncooked rice	1 c. slivered almonds
2 c. water several cloves of garlic, crushed	
1 large onion, minced	
4 Tbs. olive oil	2 c. sharp cheddar cheese, grated
1 tsp. salt	
2 red (or green) bell peppers, minced	
10 small zucchini, shredded and squeezed out	Mexican hot sauce....see below
1 tsp. each: cumin, oregano, basil, cayenne, black pepper	
1/2 c. unsalted sunflower seeds	14 burrito size tortillas

Cook meat dishes to safe internal temperatures.

USDA recommendations:

Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Make the filling first and then cook the enchiladas in the Dutch, but if you're the adventurous type, the entire dish could be prepared in the Dutch oven. Wash rice, cook with water and a few crushed garlic. Once boiling, reduce heat and simmer for 25-30 minutes. **DO NOT REMOVE THE LID UNTIL DONE!** In a large, heavy skillet, saute the garlic and onion in olive oil and salt. When the onions are soft, add peppers, zucchini and herbs. Stir and continue to cook over medium heat another 8 min. stir in sunflower seed and almonds, cook 2 more minutes. Remove from heat and stir in the cooked rice and cheese. Allow to cool to room temperature. Assemble the enchiladas by placing 1-2 heaping spoonfuls of filling on one side of the tortilla and roll it up. Pour a small amount of sauce into the Dutch oven, place the enchiladas on top. Layer sauce, enchiladas, sauce, cheese, enchiladas, sauce, cheese. There should be enough to make two layers.

Mexican Hot Sauce

COOK TIME: 30 minutes or longer

DUTCH OVEN SIZE: 10 inch or smaller

(Sauce for Zucchini Enchiladas)

2 c. chopped onion several cloves of garlic, crushed	1/2 tsp. ground coriander
2 tsp. salt	1/2 tsp. black pepper
4 Tbs. olive oil	6 c. chopped tomatoes
2 tsp. cumin	2 c. water
1 tsp. cayenne	4 Tbs. tomato paste
1 tsp. chili powder	3 Tbs. dry red wine

Saute onion, garlic, and salt in olive oil until the onion is clear. Add spices and mix. Add tomatoes, water tomato paste, and wine. Simmer for 30 minutes or longer, several hours is best. Hot spices tend to get hotter as they cook.

Coca-Cola Chicken

COOKING TIME: 1 hour

DUTCH OVEN SIZE: 12 inch

2 lbs. chicken strips

1 can coke

1 cup barbecue sauce

Throw it all in the pot and stir. Make sure meat reaches internal temperature of 165°F.

Little Shop of Horrors Stuffed Peppers

COOKING TIME: 25 minutes;

DUTCH OVEN SIZE: 14 inch

8 medium bell peppers (red, green, yellow)

broccoli

yellow squash

mushrooms

pea pods

wooden skewers (large toothpicks)

1 lbs. Italian sausage

4 tbsp dry falafel mix water

1 small yellow onion

diced garlic

diced basil

black pepper

mushrooms, diced

Meat filling: Mix falafel mix with enough water to make a paste. Brown sausage and falafel paste separately. Falafel should be cooled until crumbly. Set meat and falafel aside. Saute onions, garlic, basil, and mushrooms together. Add meat and falafel and mix together. Set aside. **Vegetable filling:** Cube or dice all vegetables. Mix in bowl; set aside.

Prepare bell peppers: Cut tops of peppers, remove seeds and cut a design in top of peppers. Skew peppers together so they won't fall apart in oven. After peppers are secure stuff them full with fillings (4 veggie, 4 meat). Place circle of peppers on top of tomato sauce (see below) Sauce should be about 1 1/2 inch deep. Cook for 25 minutes or until veggies are tender but slightly crunchy. Make sure meat (if used) reaches internal temperature of 160°F. Garnish as desired or just eat.

Spaghetti Sauce Magnifico

COOKING TIME: 40 minutes (minimum)

DUTCH OVEN SIZE: 12 inch

2 cloves garlic

1 onion

1 c. chopped mushrooms

1 lbs Italian sausage (mild, hot or sweet)

2 16-oz. tomatoes, do not drain

1 4-oz. can tomato paste

Brown sausage with onion, garlic and mushrooms. Add tomatoes, paste and all spices listed. Bring to a boil then simmer at low heat for at least 40 minutes. Make sure meat reaches internal temperature of 160°F. Can simmer all day for full flavor.

Note: Make sure your Dutch oven is well seasoned before cooking spaghetti sauce or any food with lots of tomatoes or other high acid foods. You may find you need to re-season your oven after cooking these foods.

Mike's Chili

2 lb ground beef

4 tbsp water

1 tbsp oil

2 tsp each of salt, sugar, Worcestershire Sauce, cocoa, ground cumin, oregano

Brown ground beef in oil. Add onion and cook until it turns clear and meat reaches internal temperature of 160°F. Add remaining ingredients except kidney beans and simmer 1 hour covered. Add kidney beans and cook 1 additional hour uncovered.

Green Chili

2 lb lean pork

2 stalks of celery, chopped

1/2" 2 med tomatoes, chopped

Brown pork in a small amount of oil. Add remaining ingredients and mix well. Add 1-2 cups water. Cover and simmer 45 min to 1 hour. Ensure meat reaches internal temperature of 160°F. If it is too thin, remove cover and continue to simmer until thickened.

Chili Rellano Casserole

2 large cans whole green chillies

1 lb cheddar cheese

1 lb Monterey Jack Cheese

1 can (13 oz) evaporated milk

Place half the chillies in bottom of greased casserole dish, cover with all of cheddar cheese. Top with rest of chillies. Cover with all of jack cheese. Beat egg whites until stiff. Beat yolks with flour, milk, salt and pepper in large bowl. Fold egg whites into yolk mixture. Pour over casserole. Bake in 325° Dutch oven for 45 minutes or until knife inserted in center comes out clean.

Easy Chicken Dinner

2 chickens, skinned and cut up

flour

seasonings - your favorites

Cut vegetables and potatoes into small pieces for eating. Mix flour and seasonings in plastic bag. Place potatoes in bag and shake. Remove potatoes from bag. Place 2 chicken parts at a time in bag and shake. Remove chicken from bag when coated and repeat until all chicken is coated. Put about 1/2 inch of oil in Dutch oven and place on coals. When oil is hot, add chicken and completely brown on all sides. Remove chicken from pot and drain excess oil from pot. Put chicken back in pot. Add approximately 1/4 inch of warm water. Place potatoes and vegetables over chicken. Cover pot and place back on coals. Put 10 coals on top of oven. Cook for 1 hour or until chicken is tender and reaches an internal temperature of 165°F. Check periodically to ensure there is always a small amount of moisture in the Dutch oven.

Cook meat dishes to safe internal temperatures.

USDA recommendations:

Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

1 tsp. basil

1 tsp. oregano

1/2 tsp. thyme

1 tsp. sugar

1 tsp. salt

1/2 tsp. pepper

1/2 tbsp Tabasco sauce

1 large onion chopped

1-1/2 tbsp chili powder

2 cans kidney beans

3 c canned tomatoes

1/2 c Ortega Green Chillies

6 cloves garlic, minced

3 tbsp jalapeno pepper sauce

3 tbsp flour

4 eggs, separated

salt & pepper

potatoes

carrots

broccoli

Festive Chicken Bake

1/4 c flour
2/3 c light molasses
1 tsp salt 1/4 tsp pepper
2-1/2-3 lb fryer chicken
1 tbsp prepared mustard
2 tbsp oil

1 tbsp cider vinegar
1 can (8 oz) Sliced
pineapple
1 can (16 oz) sweet
potatoes, drained

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. Ensure meat reaches an internal temperature of 165°F.

Cook meat dishes to safe
internal temperatures.

USDA recommendations:

Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Chicken Pot Pie

3 to 3-1/2 lb Chicken
Chopped parsley
2-1/2 tsp salt
4 hard-boiled eggs, cut into wedges
1 stalk of celery, chopped

1 med onion, chopped
1/2 tsp saffron
4 med potatoes, peeled, cut
4 stalks celery, thinly sliced
1/4 tsp pepper

Dough:

2 c sifted flour 2 eggs
1/2 tsp salt 4-6 tbsp
water

Place chicken in Dutch oven, add salt, pepper, celery, onion and saffron. Add water to almost cover chicken. Bring to a boil, reduce heat, cover and simmer about 1 hour or until the chicken is tender and reaches an internal temperature of 165°F. Do not overcook. Remove the chicken from the broth to make dough, place the flour into a mixing bowl. Make a well in the center of the flour and add the eggs and salt. Gradually work eggs into the flour, adding only enough water to make a soft but not sticky dough. Knead five minutes.

Cover the dough with clean cloth and let rest 30 minutes. Divide the dough in half and roll out each as thinly as possible into a 15" square and cut each square into 2" squares with a sharp knife. Add potatoes and celery to the broth; simmer 25 min. until vegetables are tender. Add the chicken pieces and bring to boil. Slide the squares of dough into the broth, a few at a time, pushing them down gently. Cover and simmer 20 min. Ladle the pot pie into large soup bowls and garnish with chopped parsley and the wedges of hard cooked eggs.

Texas Pork Roast

1 small leg of pork
2 tbsp lemon juice
1 tsp salt
Dash of Tabasco sauce
Pepper to taste

1 c melted cinnamon-flavored
1/8 tsp allspice or plain apple jelly
1 tsp chili powder
1 tbsp Worcestershire sauce
1-1/4 c chili sauce

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. Ensure meat reaches an internal temperature of 145°F for 15 seconds. Baste frequently with well seasoned drippings in the pan. Serves 14-16.

North Shore Jambalaya

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 tbsp 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

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 (internal temperature of meat should be 160°F). Add cooked rice and mix well. Simmer 5 min covered.

Red-Hots with Kidney Beans

1 lb frankfurters
1 tbsp lemon juice
2 slices bacon, chopped
1 tbsp Worcestershire sauce
1/4 c chopped onion
1 tbsp brown sugar
1 (8 oz) can tomato sauce

1 tsp salt
1 can kidney beans
1/2 tsp chili powder
1/4 c catsup
1/8 tsp garlic salt

Fry bacon bits in oven over low flame until crisp. Remove and reserve bits. Saute onions in bacon fat until light brown. Add tomato sauce into which flour has been blended. Cook until slightly thickened, stirring constantly. Add kidney beans and bean liquid. Blend together liquid and dry seasonings separately; then combine them and stir thoroughly into bean mixture. Cover and simmer 15 min. Cut frankfurters into 1" pieces. Add to beans, cover and cook for 8 min longer. Sprinkle with bacon bits.

Cook meat dishes to safe internal temperatures.

USDA recommendations:

Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Garlic Potatoes

6 medium sized potatoes
Garlic

salt
1/2 pint of cream

Peel potatoes and cut into thin slices. Place the potatoes in the oven in layers, sprinkling some garlic salt on top of each layer. Pour cream over the lot, and cook for an hour or so until the potatoes are cooked through.

Dutch Oven Lasagna

1-1/2 lb. lean ground beef
23 oz spaghetti sauce
9 oz shredded mozzarella cheese
3 eggs
2-1/4 c cottage or ricotta cheese

1/4 cup grated Parmesan cheese
13 lasagna noodles
1-1/2 tsp. oregano
3/4 c hot water

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.

Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done (meat reaches internal temperature of 160°F). Check frequently. Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by pre-cooking and draining the lasagna noodles.

Ham & Potatoes Au Gratin

1-1/2 c cooked ham, diced
2 c milk
3 c potatoes, diced
seasoned salt and pepper
4 tbsp margarine or butter

1/2 c grated cheese
1 onion, minced
2 tbsp fine bread crumbs
3 tbsp flour

Melt margarine and sauté onion. Blend in flour to make a light roux. 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.

Old Fashioned Macaroni and Cheese

8 oz macaroni
8 oz sour cream
2 c cottage cheese
8 oz cream cheese

1 small onion, chopped
Salt & pepper
8 oz sharp cheddar cheese

Prepare macaroni according to package instructions. Mix all ingredients together and place in pan. Put pan in 350° Dutch oven for 30 min or until cheese is melted and bubbly.

Asparagus Tart

1 precooked pie shell
1 c shredded cheddar cheese
1 lb asparagus, trimmed, cut
3 tbsp red pepper strips, cut
1-1/2" long, cooked tender-crisp
2 tbsp cornstarch
1/2 tsp salt pinch of pepper

1-1/2 cup half-&-half
3 eggs, slightly
beaten
1/4 c grated
Parmesan cheese

Line shell with cheese. Top with asparagus and pepper strips. In medium bowl combine cornstarch, salt and pepper. Gradually stir in half and half until smooth. Stir in eggs and Parmesan until well blended. Pour into pastry shell. Bake in 375° oven 35 to 40 min or until knife inserted in center comes out clean. Let stand for 5 to 10 min before serving.

Cook meat dishes to safe
internal temperatures.

USDA recommendations:

Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Cowboy Soup

Potato chunks
1 can peas
1 lb ground beef
1 can green beans
1 med onion
1 can baked beans
Chili powder

1 can tomato soup
1 can corn
1 can tomatoes
Bay leaf
Nutmeg
salt and pepper

Brown ground beef and onion together. Add all except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and cook 30 min. Ensure meat reaches an internal temperature of 160°F.