

Spanish Rice

with meat, tomatoes and corn served with Corn Bread Muffins

(this dish is a little sweet and not spicy unless you add hot sauce)

Serves 6-8 Serving Size: 1 ½ cups

Equipment: 1 large pot with lid, large spoon, fork, 1 quart Ziploc bag, scissors or knife, Pam or oil, measuring cup, can opener

Ingredients:

3 to 4 pkgs. of **Lipton Spanish rice, Fiesta Sides** (3 for 6 people, 4 for 8 people)

5 to 7 cups of **water** (5 cups for 3 pkgs., 7 cups for 4 pkgs.)

2 (two) 14.5 ounce cans **stewed tomatoes** with juice

1 (one) 15.25 ounce can **corn**, drain the juice from can

1 ½ to 2 pounds (1 ½ lb. for 6 servings, 2 lbs for 8 servings) **lean ground beef**,
90% or 93% lean, this will leave little grease in the pan

1(one) 8 oz package of **grated cheddar cheese**

1 bottle of **hot sauce** (bring from home)

Pam or oil

Pre-made **corn bread muffins** or other muffins, 2 small or 1 large each

Butter or margarine, for corn bread

Directions:

In a large pot with lid (not frying pan) spray with Pam or rub inside with oil, cook the ground beef until brown, stir often. Break up with fork. Add rice mix, water, stewed tomatoes plus juice, and drained corn. Mix well. Bring to a boil, then LOWER heat to lowest setting, make it just bubble on top and COVER with a lid. Cook for 7 minutes. Serve with grated cheddar cheese, hot sauce and muffins.

For 4 Servings: 2 pkgs. Spanish rice, 3 cups water, 1(one) 15 ounce can Stewed Tomatoes, 1 (one) 8 oz can of corn, 1 pound of lean 1 pkg. corn bread mix, foil muffins cups.

Follow cooking directions.

Beef Stroganoff

With Peas and Mushrooms, biscuits

Serves 6-8 about 1 ½ cups each

Equipment: 1 large pot with lid, Pam or oil, fork, measuring cup, can opener, large spoon, 12” frying pan with lid, flipper

Ingredients:

3 - 4 pkgs. **Lipton Stroganoff Pasta Sides** (3 for 6 servings, 4 for 8 servings)

6 - 8 cups liquid, depending on # of pkgs.

(Use 4 ½ cups **water** and 1 ½ cups **milk** for 3 pkgs., or 6 cups **water** and 2 cups **milk** for 4 pkgs.)

1 (one) 15.25 ounce can **peas**, drain water from can

2 (two) 8 ounce cans sliced **mushrooms**, drain water from can

1 ½- 2 pounds of **lean ground beef**, 90% or 93% lean, this will leave little grease when you are frying it and you will not have to drain it off.

(Get 1 ½ lbs. for 6 servings or 2 lbs. for 8 servings.)

1 package of refrigerated Pillsbury **biscuits** or similar, or purchase all ready made biscuits from bakery section of grocery

Butter or margarine for biscuits

Pam or oil

Directions:

Spray inside of a large pot with Pam or rub inside of pot with oil. Add ground beef and brown. Stir and break up meat with a fork. Add rest of ingredients from list except biscuits. Bring to a boil over **medium** heat to make it bubble on top then turn heat to **low**, stir occasionally. Cover. Cook for 8 to 10 minutes until the sauce is thickened.

While beef and noodles are cooking make biscuits:

For refrigerated biscuit dough, spray inside of frying pan with Pam or rub well with oil. Place biscuits inside pan, its OK if they touch, cover and put over **low** heat. Let cook for 5 min. on one side and then flip biscuits over and cook additional 5 min. Serve.

For 4 servings: 2 pkgs. Lipton Stroganoff noodles, 4 cups liquid – 3 water, 1 milk, 1 8ounce can peas – drained, 1 8ounce can slice mushrooms – drained, 1 lb. of lean ground beef, 1 package of refrigerated biscuits or already made biscuits, margarine or butter.

Chicken Tetrazini
With Corn Bread Muffins
Makes 8 servings about 1 ½ cups each

Equipment: 1 large pot, Pam or oil, can opener, large spoon, small spoon, measuring cup

Ingredients:

2 (two) 9.5 ounce cans of **chicken**

2 cans **cream of mushroom** soup, like Campbell's

2 soup cans of **water**

4 pkgs. of **Oriental flavored Ramen noodles** - gently break up the noodles before opening bags.

1 (one) 15.25 ounce can of **peas**, drain water

Pre-made **corn bread muffins**, 1 large or 2 small per person.

Pam or oil

Directions:

Spray inside of pot with Pam or rub with oil. Add soup and water to pot, stir to blend. Warm over **medium** heat. Bring to a boil, turn heat to **low** and add the Ramen noodles, stir to separate, cook (about 3 minutes). Add **two** of the **four** flavor packets only, canned chicken and peas. Cover and cook over **low** heat.

For 4-5 servings: 1 can (9.5ounces) chicken, 1 can cream of mushroom soup, 1 can of water, 2 pkgs. Ramen Oriental noodles, 1 – 8oz can peas. Corn bread muffins.

Follow cooking directions above.

**Ham Steak with Cinnamon Apples
And Diced Potatoes
Serves 6 – 8 people**

Equipment: 2 12” frying pans or 1 griddle and 1 frying pan, Pam, oil, flipper, 1 knife, fork, salt, foil

Ingredients:

2 – 3 1 1/4 pound **ham steaks**, 2 steaks for 6 people, 3 for 8 people – cut each steak into 3 equal servings

1 28 oz. package of frozen **Potatoes O’Brien**, or any frozen diced potato with chopped onion and pepper. This package serves 9 people.

3 – 4 **apples**, wash, do not peel, cut 1/2” thick apple rings, remove seeds and core from each ring. 3 apples for 6 servings, 4 apples for 8 servings.

Cinnamon, bring from home

Foil

Pam, oil

Directions:

In frying pan or griddle, spray with Pam or lightly oil, add ham steaks, layer apples on top, sprinkle lightly with cinnamon, cover with lid or foil and heat on low eat.

In second frying pan, spray with Pam, put on medium heat, add 3 tablespoons of oil, then potatoes, lightly salt. Cover for 3-4 mins. Turn potatoes over with flipper, lightly salt. Add 1 – 2 tablespoons more oil if potatoes stick. Make sure heat is not too high. Cover and cook 3-4 more mins. Flip potatoes again.

Continue cooking until brown. Serve with ham and apples.

For 4 servings: 1(one) 1 1/4 pound ham steak, a 14 oz package of frozen diced potatoes with onion and pepper, 2 apples, cinnamon.

Follow cooking directions.

Ham Barbeque Sandwiches With Corn and Apples

(Lunch or Dinner)

Serves 6-8 Serving Size: 1 cup per sandwich

Equipment: 1 large and 1 small pot with lids, 1 large slotted spoon, fork

Ingredients:

Ham from deli.* Have them slice it very thin (chipped). Keep in Ziploc / cooler

For 8 scouts – 3 pounds, 6 scouts – 2 1/2 pounds, 4 scouts - 1 1/2 pounds

1 bottle of **Barbeque sauce**.

2 – 15 oz. cans **corn** (for 6-8 scouts), or 1 can for 4-5 scouts

6-8 **apples** – 1 small apple per scout - wash and either slice or make Apple Sweet (see below).

{Sugar and Cinnamon - mix 1 tablespoons sugar and 1/4 teaspoon cinnamon for each apple, in a Ziploc baggie **at home**.}

Sliced Potato **sandwich rolls**, 1-2 per scout as desired, take count at planning meeting.

Pam or oil

Foil

1 large **Ziploc bag**

*Rule of thumb: 1/4 pound per sandwich. 1-2 sandwiches per scout

Directions:

If having a campfire, prepare **Apple-sweet** - Soft apple-sauce in an apple skin while cooking meal (see below). Or, if not, slice apple and toss with sugar mixture in large Ziploc bag.

Place apple on piece of foil to cover it. With a knife, carefully dig out the seeds in each apple. But do not break all the way through the bottom of apple. Put 1 tablespoon of sugar/cinnamon mixture in hole. Then wrap the tinfoil tightly around the apple. Put it for 10-15 minutes on hot coals turning often.

In a large pot with lid (not frying pan) spray with Pam or rub inside with oil.

In small portions, pull the ham out of zip lock and add to pot with barbeque sauce little by little. Stir often. Continue to add barbeque sauce to ham mixture until ham is heavily coated with barbeque sauce. Once finished using up all ham and barbeque sauce, stir often for about 3-5 minutes.

While ham is simmering, place 2 cans of corn into small pot and warm. With slotted spoon, scoop ham onto sandwiches. Use same spoon to serve corn.

Tacos with Fruit Salad or Kabobs

(lunch or dinner)
Serves 6-8 Serving Size: 2-3 Tacos per scout

Equipment: 1 large frying pan, 1 pot with lid, 1 large slotted spoon, fork, knife, measuring cup, cutting board

Ingredients:

2– 2 1/2 pounds lean meat: **ground beef*** or **ground chicken** or **ground turkey**

*90% or 93% lean will leave little grease in the pan

12- 16 hard or soft shell **tacos** (or both). Soft shell are 6 – 8” flour tortillas

2-3 Taco seasoning mix pkts.

Lettuce – very small head, finely sliced as needed, decide if want at menu planning

1 – 2 jars **salsa**

1 8-ounce package of **grated Mexican Cheese**

Pam or oil

Wooden skewers (for kabobs, if desire) or make fruit salad

2 **apples** and 2 **pears** cut into chunks

1 8 ounce can **pineapple** – drain

1/4 lb. **grapes** – clean and pull of stem ahead of time.

Directions:

In a large frying pan spray with Pam or rub inside with oil, cook the ground meat until brown, stir often. Break up with fork. Add Taco seasoning and water as directed. Simmer for 5-7 minutes.

Fill taco shell with grated lettuce. Pour meat mixture in.

Top with salsa and grated cheese.

Fruit Kabobs or salad 2 kabobs/scout

Fresh Apple and Pear cut into chunks

Canned Pineapple - drain

Bag of Grapes – clean and pull of stem ahead of time.

Cut apple and pear into chunks, mix in bowl with Pineapple and Grapes

Toss all fruit in bowl or if feeling really adventuresome – make-up Kabobs – apple, pear, pineapple, grape combinations.

Taco in a Bag dinner

(great lunch idea)

Serves 6 to 8 scouts

Equipment: 1 large frying pan, fork, spoon, knife

Ingredients:

- **Hamburger meat**, 2 – 2 ½ pounds ground beef, 90% lean
- Individual bags of **Doritos**, 2 small bags per scout
- 8 oz bag of **Mexican style grated cheese**

- 1 small head of **lettuce**, sliced thin, decide at menu planning time if want
- 1 – 2 medium **tomatoes**, chopped
- **sour cream** – 1 8 oz. container, if desired, decide at menu planning time
- **salsa** – 1 15 oz jar
- **Pam or oil**

Directions:

Spray inside of frying pan with Pam or rub with oil. Fry ground beef, break up with fork. Thinly slice lettuce, chop tomatoes. Take an individual bag of Doritos and carefully smash them up without opening bag. Then open bag and put in what you like on a taco from the ingredients above. Hold the bag closed and mix up. Eat right out of the bag with fork.

Preparation time: 10 minutes

Pineapple - Chicken Stir-Fry and Mini-Muffins

Serves 6-8

Equipment: 1- 2 large frying pans with lids, flipper

Ingredients: (May have to make in 2 pans depending on size of group)

20 ounce bag frozen boneless pre-cooked **chicken breast strips**. (Frozen section)

16-ounce package of **frozen stir-fry vegetables**

8-ounce can **pineapple chunks**, do not drain off juice

4 3-ounce packages dried **ramen noodles**, **do not use seasoning packets!**

1 cup bottled **stir fry sauce**

1 cup **water**

Oil

Mini -Muffins – Lemon poppy seed, or your choice (Pre-made/store bought)

Directions:

Pour 2 tablespoons cooking oil into the skillet and heat to medium high. Add chicken to skillet and continue to turn to thaw out and heat all the way through. Add vegetables to the skillet. Cover with lid. Cook for 5 to 7 minutes until veggies are tender but still crunchy. Stir often. Add pineapple chunks, juice, noodles and stir fry sauce and water to chicken/veggie mix. Divide between both pans as needed. Stir. Bring to a boil and then cover and cook about 3 minutes until noodles are tender.

Serve with salad and muffins.

Fiesta Mac-N-Beef

With Caesar Vegetables

Serves 6-8

Equipment: 1 large pot with lid, 1 large Ziploc bag, 1 large slotted spoon, fork, knife.

Ingredients:

1 ½-2 pounds lean meat - **Ground Beef*** or **Ground Chicken** or **Ground Turkey**

*90% or 93% Lean will leave little grease in the pan

2 boxes of **macaroni and cheese**, get Kraft complete with prepared cheese packet

15 oz can **corn**

1 jar **salsa**

Oil or Pam

1 large **gallon freezer Ziploc bag**

Vegetables

Fresh **broccoli** – 1 to 2 heads (or other favorite vegetable)

1 **Vidalia (purple) onions**

Ken's Light Caesar Dressing

1 **quart Ziploc bag**

Directions:

For Caesar Vegetables – wash and cut broccoli into small flowerets and cut onion (Vidalia's are the best) into medium chunks. Place in a quart Ziploc bag and marinate with Ken's dressing for at least 10 minutes.

Boil water in pot and cook macaroni. When done, drain and put macaroni in large freezer Ziploc bag. In same pot, spray with Pam or rub inside with oil, cook the ground beef until brown, stir often. Break up with fork. Once beef is browned, drain corn and add. Add meat and corn to macaroni bag. Squeeze in cheese and mix all together with spoon. Seal to keep warm. Serve with salsa.

In same pot as meat, add more oil, heat and toss in Caesar vegetables. Stir often. Cook for 5 to 8 minutes.