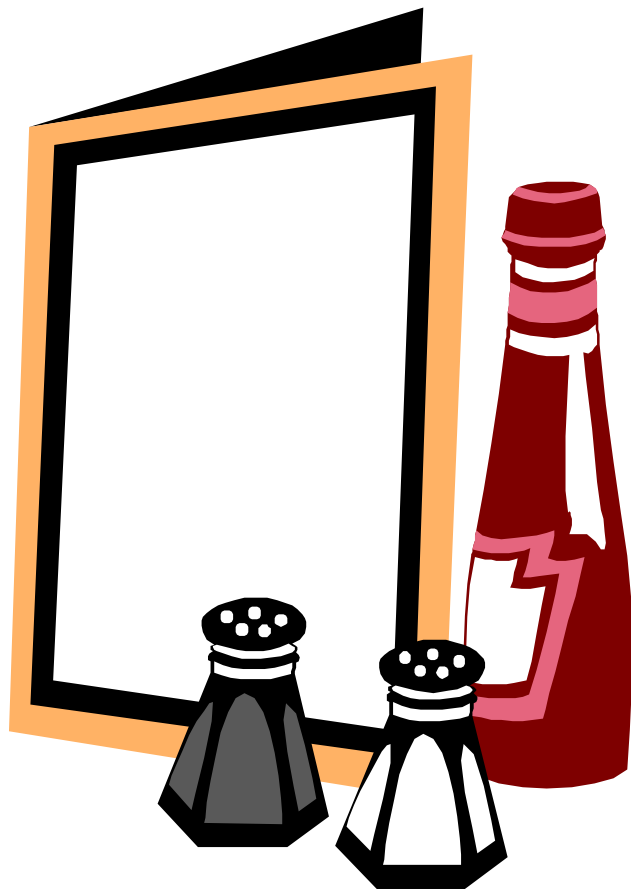


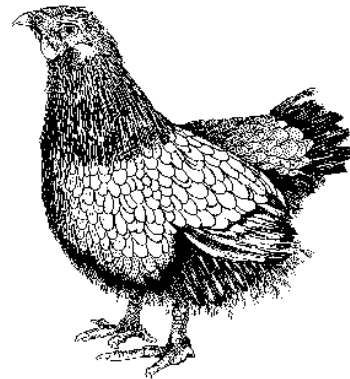
# MENUS:



## ARROZ CON POLLO

*Chicken with Rice*

- 1 2 1/2 to 3 lb. Broiler-fryer chicken, cut up (can be pre-boned pieces)
- 2 tbs. cooking oil
- 1 1/2 cups long grain rice
- 1 cup chopped onion
- 2 cloves garlic, minced
- 3 cups water
- 1 8 oz. Can tomatoes, cut up
- 1 tbs. Instant chicken bouillon granules
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon coriander
- 1 cup frozen peas
- 1 2 oz can sliced pimientos



Sprinkle chicken lightly with salt. In a 12-inch skillet brown chicken in hot oil about 15 minutes. Remove chicken from pan. In drippings remaining in pan, cook rice, onion, and garlic until rice is golden. Add water, undrained tomatoes, bouillon granules, salt, pepper, and coriander. Bring to boiling, stir well. Arrange chicken atop rice mixture. Cover and simmer 30-35 minutes or until chicken is tender. Add peas. Cover and cook 5 minutes more. Garnish with pimiento strips. Makes 4-6 servings.

## AZTEC TOOTHPICKS

**Tortillas**                      **cream cheese**  
**Brown sugar**                **cinnamon**

Heat a white flour tortilla in a skillet; spread cream cheese on tortilla; sprinkle on brown sugar; sprinkle on a small amount of cinnamon; roll up tortilla and pig out.

## BEAUBIAN BEANS

*Philmont*

**1 can Pork and Beans**                      **1/4 cup Brown Sugar**                      **1/4 cup BBQ sauce**  
**2 TBL. onion flakes**

Mix all in one pot, remove can, heat for a few minutes until onions rehydrate. serve around campfire singing tunes..

### **BEEF STEW AND DUMPLINGS**

*Troop 421*

*Onepot*

**1 - 1 1/2 lb. can beef stew**

**1 pkg. biscuits**

Place stew in 3 quart saucepan. Add 1/4 cup water and stir. Bring to a boil over medium heat. Place biscuits on simmering stew. Cover tightly. Turn heat to low and simmer 10 to 15 minutes. Serves 4.

### **BLT SANDWICHES**

*Troop 421*

*Serves 4*

**1 lb. bacon**

**lettuce and tomatoes**

**1 loaf bread**

**miracle whip**

Fry bacon to desired texture. Place bacon on slice of bread and cover with lettuce, tomatoes and miracle whip. Try using toast or Canadian bacon.

### **BURP BURRITOS**

*Wyatt Burp*

*T928*

**1 cup dried refried beans**

**10-12 flour tortillas**

**cheese**

**hot sauce/salsa**

**1 head lettuce**

**2 cups water**

Boil water and add beans and let stand. Warm the tortillas. Place fixings on tortillas and eat.

## **Car Camping Suggestions**

### **SUGGESTED BREAKFAST ITEMS**

Breakfast Bars, Granola Bars  
Pop Tarts  
Canned juice / Dry juice mixes  
Pancake Mix  
Granola Mix (see recipe)  
Powdered Milk  
Melba Toast  
Bakery Goods  
English Muffins w/ butter & Jam  
Fresh fruit - oranges - grapefruit  
Hard boiled eggs (done in advance)  
Milk gravy on pancakes  
Hot Chocolate  
Instant Oatmeal (add raisins, brown sugar)  
Instant Grits  
Sausage and bacon

### **SUGGESTED LUNCH ITEMS**

dried fruit  
fresh fruit  
Triscuit/Wheat thins/ crackers/ pilot biscuits  
cheese  
cheese squeeze  
Hard Boiled eggs (done in advance)  
Raw Carrots/Broccoli/Cauliflower  
Peanut Butter  
Salami Sausage  
Meat sticks Beef Jerky  
Canned chicken/SPAM/Tuna  
Spreadables  
Canned turkey/ham spreads  
Chocolate bars  
chewy brownies or cookies  
Drink Mix

Car camping allows greater use of fresh foods. You can have elaborate kitchens and expanded menus. It is a great time to try variety of cooking styles and techniques. Propane or charcoal. It is still cooking, try out those backpacking meals before you are 20 miles from the store. The grocery is a good place to buy for the trail. You just have to imagine the food without the package. Get curious and browse through your nearby supermarket. That TRAIL PACK of pancake mix is still only pancake mix.



## CHICKEN ORIENTAL

*Troop 421*

**4 to 5 boneless chicken breasts**  
**1 can cream of chicken soup**

**1 pkg mixed stir fry vegetables**

Boil chicken breasts 20 minutes. Coat saucepan with cooking spray then cook vegetables, stirring often. Cut chicken into chunks and add to vegetables. add can of soup and 1/2 can of water, bring to boil, let cool and serve to 4.

## CHICKEN QUESADILLAS

*James Thorne T928*

**2 tortillas for each quesadilla**  
**Salsa, hot or mild**  
**2 Tbs. finely chopped cilantro or parsley**

**1 whole chicken**  
**1 onion**

**2 lb. Monterey Jack cheese**  
**1 Green pepper**  
**oil**

Cook a whole cleaned chicken in large pot of water until meat falls from bone, about 2 hours. Debone and chop chicken, set meat aside, save Stock for tomorrow's soup. Grate the cheese, set aside. Simmer sliced onions and green peppers with a little oil. Add salsa and chicken. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve. Add Guacamole, sour cream, lettuce. Eat and enjoy!

## CHILI: CHILI FOR EIGHT

Thanks to Pete Farnham, SM, Troop 113, GW District, NCAC, Alexandria, VA,  
Dutch Oven

All ingredient amounts are just suggestions; add more or less. It's very free form. You might have your own secret ingredients. Go for it!

**1 large onion, sliced/diced**  
**1/2 green pepper, diced**

**2-3 cloves garlic**  
**1 Tbs. oil.**

Sauté above in the oil in bottom of Dutch Oven until onions are tender. Add:

**2 lb. lean ground beef .**

Brown thoroughly, salting and peppering to taste. Drain off excess fat. Add:

**2 sm. cans tomato paste.**

**1-2 large cans tomatoes** (you can substitute a large jar of spaghetti sauce for the tomatoes and paste).

**3 Tblspns chili powder** (or more, depending on how hot you like it).

Simmer uncovered for 45-60 minutes, cooking off some of liquid. When thickened, add:.

**Drained kidney or black beans** (as many as you like; I suggest 2 soup-size cans)..

Cover and simmer 15 or so minutes. .

Serve with rice or pasta, and salad. Use another Dutch Oven to make corn bread. Hot sauce on side is good, too. I showed my scouts how to cook this shortly after I started as SM, and my senior patrol cooks it frequently on campouts now. They scarf it down by the plateful and want more. There rarely is any left over. .

Mmmmmmm...I'm getting hungry. Enjoy!

### **Chili: Dave's Chili**

*Wendy's Dad*

<b>2 lb. ground beef</b>	<b>2 teaspoons cumin</b>	<b>1 (15 oz) can red beans</b>
<b>1 1/2 teaspoons garlic powder</b>	<b>1 quart tomato juice</b>	<b>1 med. onion chopped</b>
<b>1 (29 oz) can tomato puree</b>	<b>1 teaspoon salt</b>	<b>1/2 cup diced celery</b>
<b>1/4 cup diced green bell pepper</b>	<b>1/4 cup chili powder</b>	<b>1/2 teaspoon black pepper, oregano, sugar</b>
<b>1/8 teaspoon cayenne pepper</b>		

Brown beef in skillet, drain, then add all the rest into a 6 quart pot, cover and simmer 1 to 1 1/2 hours stirring every 15 minutes. **makes 16 (1 cup) servings.**

### **CHILI: FAST CHILI**

*Troop 421*

*Skillet*

<b>1 lb. ground beef</b>	<b>1/4 cup chopped onion</b>
<b>1 (15 oz) can Kidney beans</b>	<b>chopped celery</b>
<b>1 can tomato soup</b>	<b>salt, pepper, and chili powder to taste</b>

Brown beef, celery and onion in skillet. add Tomato soup and beans. Mix well. Add salt, pepper, and chili powder. Simmer for 5 minutes. Serves 4.

### CHILI: HOMESTYLE CHILI

<b>1 lb. ground beef</b>	<b>3 cloves garlic, minced</b>
<b>2 tbs. chili powder</b>	<b>1 (20oz) can tomatoes, chopped</b>
<b>1 c red wine (dry)</b>	<b>1 lb. uncooked kidney beans</b>
<b>1 lg. yellow onion, chopped</b>	<b>1 tbs. cumin</b>
<b>1 tbs. cumin</b>	<b>1 tbs. Worcestershire sauce</b>
<b>1 green bell pepper, chopped</b>	<b>salt &amp; pepper to taste</b>

Cover beans with 2-3" water. Bring to boil, remove from heat and let stand 1 hour. Drain and set aside. Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer about 1 hour. Variations: Use black beans instead of kidney beans. Add fresh ground ginger, paprika or cocoa.

Cook, eat and enjoy!!!

### CHILI: JUST PLAIN OLD CHILI

#### *Kettle*

<b>4 lbs Ground Beef</b>	<b>3 - 16 oz cans tomatoes</b>
<b>1 chopped Onion</b>	<b>2-6 dashes hot sauce</b>
<b>2 cloves garlic, ground</b>	<b>2 cups hot water</b>
<b>3 cans Ranch style Beans</b>	<b>1 tsp. oregano, ground</b>
<b>1 tsp. cumin</b>	<b>6 tsps. chili powder</b>
<b>salt to taste</b>	

Brown meat and onions in a large pot until meat is done. add remaining ingredients, bring to boil, lower heat and simmer 45 minutes to 1 hour. Serves 6.

### CHILI: MARK'S COOKOFF WINNER!

Thanks to Mark A. Michalski, Cubmaster Pack 24, Clinton Valley Council

#### *Dutch Oven*

<b>1/4 cup olive oil</b>	<b>2 lbs hot pork sausage</b>
<b>2 lbs cubed stew meat</b>	<b>1 can rotel tomatoes</b>
<b>8 cloves garlic (minced)</b>	<b>1/3 c chili powder</b>
<b>4 tbs. cumin</b>	<b>1/4 cup jalapenos (sliced)</b>
<b>1 tsp. Tabasco sauce</b>	<b>2 large cans crushed tomatoes</b>
<b>4 large onions (2 wht-2red)</b>	<b>2 lbs ground chuck</b>

<b>Bottle of V8 (hot)</b>	<b>2 cans beef broth</b>
<b>2 large cans of hot chili beans</b>	<b>2 tsp. paprika</b>
<b>1 tbs. dried red pepper</b>	<b>2 tsp. coriander</b>
<b>1 can tomato sauce</b>	<b>6 tbs. red wine vinegar</b>

This recipe will feed a whole troop: In a large skillet, sauté onions in olive oil, set to the side. In a #14 Dutch Oven, brown pork sausage and chuck and then add stew meat. Season with salt and pepper to taste. Cook for about 20 minutes. Add onion mixture. Stir in spices and cook 5 minutes. Add V8, tomatoes, tomato sauce and beef broth. Bring to boil, lower heat and simmer 1 hour. Stir in garlic, Tabasco, peppers and hot chili beans. Simmer another 10 minutes. You can dissolve some corn starch in about a 1/4 cup of warm water and then add to the chili until thick. Sprinkle with cheese, popcorn, frito chips or fixin's of your choice.

We will sometimes cook the meats two days ahead of time, place in gallon freezer bags and keep in the cooler. Also to save time chop the onions and garlic and assemble in a gallon freezer bag ahead of time to cut down on prep time.

### **CHILI: ONE THOUSAND CHILLS/ONE THOUSAND SPILLS**

Troop 1000 Dutch Oven Cornmeal Crusted Chili --Thanks to Morton Raban and the Troop 1000

#### ***Dutch Oven***

**1 Cup minced onion (1 medium onion chopped finely)**  
**1/2 Cup diced green and sweet red pepper (include one or two jalapenos if you wish)**  
**1/2 Cup sliced mushrooms (Optional, fresh or canned, use more for vegetarian chili)**  
**2 cloves garlic minced**  
**1 can beef consomme**  
**1000 beans (red kidney, or black beans, actually I use one or two cans)**  
**1 28 oz can whole Roma tomatoes cut into quarters**  
**1 lb. ground or cubed meat (beef, chicken or lamb) (may be omitted for vegetarian chili)**  
**1 1/2 Tbs. chili powder**  
**1 tsp. oregano**  
**1 bay leaf**  
**2 pkgs. of Jiffy corn muffin mix ( batter prepared according to package directions)**  
**2 Tbs. olive oil**  
**Cayenne pepper to taste .**

Heat Dutch Oven over charcoal. Brown meat (and/or mushrooms) in Olive oil for a few minutes. Add onion and green peppers and fry until Onion is translucent. Finally add garlic, sweet red pepper and jalapeño (if desired) and fry for just a few minutes. If fatty hamburger was used be

sure pour off most of the fat. (Fat can be removed with a large spoon or bulb baster). Add the can of conserve and scrape the solids from the bottom of the dutch oven. Add beans, tomatoes (including juices), one and one half cans of water, and spices. Cover the Dutch oven. Meanwhile make up the batter for the corn bread or corn muffins using package directions. Dilute about 1/3 Cup corn muffin mix with 1/2 can of water. Add to the chili broth with stirring. Correct spices and spoon in the remaining prepared corn muffin so that it floats on top of the chili. Cover the Dutch oven and put charcoal on the top. Cook for about 30-40 min so that the cornbread is slightly browned and crusty. Serve chili together with cornbread in cups or bowls.

**Notes:**

Shredded cheese, chopped peppers or canned corn may be added to corn muffin crust.

Without added Cayenne the chili is mild enough to be served to children; addition of 1/4 t of Cayenne makes a very spicy chili.

It makes sense to spend the extra money and get lean ground beef (ground round) since it is not much fun trying to remove the extra fat.

This recipe won the weekly best chili award during our troops week at Summer Camp at Lost Lake Scout Reservation Clinton Valley Council). However, honesty forces me to admit that it was the only entrant ;-)" Morton Raban.

**CHILI: SOUP WITH MACARONI**

Combine in pint plastic zipper bag:

<b>1/2 cup macaroni</b>	<b>1/3 cup dried diced tomato</b>
<b>1/4 cup dried cooked or canned pinto beans</b>	<b>1/4 cup dried cooked ground beef</b>
<b>1/2 teaspoon crumbled dried parsley leaves</b>	<b>2 teaspoons dried chopped onion</b>
<b>1/2 teaspoon beef bouillon granules</b>	
<b>2 tablespoons dried diced red or green bell peppers</b>	
<b>1/2 package (1.125-ounce package) taco seasoning mix</b>	
<b>Half of the leather from an 8-ounce can tomato sauce</b>	

At camp:

In medium pot, boil 2-1/2 cups water. Add mix; stir well. Cover; remove from heat and let stand about 10 minutes. Stir well and return to boiling. Reduce heat and simmer, stirring occasionally, until macaroni is tender, 5 to 10 minutes. Makes 2 to 3 servings.

## **CHILI: TEXAS CHILI**

<b>2 lb. lean chuck roast</b>	<b>bacon grease</b>
<b>6 jalapeño peppers, seeded and chopped</b>	<b>1 tbs. cumin</b>
<b>1 (20 oz) can tomatoes, chopped</b>	<b>1 large onion</b>
<b>6 cloves garlic, minced</b>	<b>2 tsp. salt</b>
<b>4 tbs. chili powder</b>	<b>1 tbs. oregano</b>

Brown meat, garlic and onions in bacon grease. Add Jalapeno peppers and mix well. Add remaining ingredients, cover and cook 1 hour.

## **CHILI: TEXAS LAVA CHILI**

Thanks to Don Houston  
Yields 12 Servings

### *Dutch Oven*

<b>4 Lb. Boneless Sirloin Roast</b>	<b>2 Lb. Boneless Venison Roast</b>
<b>1/2 Cup Regular Coca Cola</b>	<b>2 Tbls Tabasco Sauce</b>
<b>4 Medium Onions, Chopped Coarse</b>	<b>1 1/2 Cups Tomato Paste</b>
<b>5 Cloves Garlic, Minced</b>	<b>1 Tbls Cayenne Flakes</b>
<b>2 Cups Tomato Sauce</b>	<b>1 tsp. Allspice</b>
<b>1 Tbls Cumin, Ground</b>	<b>2 Tbls Fresh Cilantro, Chopped</b>
<b>2 Tbls Cumin, Ground</b>	<b>2 Tbls Peanut Oil</b>
<b>1 Tbls Cumin, Ground</b>	<b>6 Ancho Peppers, Dried &amp; Chopped</b>
<b>6 Green Jalapeno Peppers Seeded &amp; Diced (or sub your own kind)</b>	
<b>1 Cup Red Bell Pepper, Cored Seeded &amp; Chopped</b>	
<b>1 Cup Green Bell Pepper, Cored &amp; Seeded &amp; Chopped</b>	

Cut all the meat into 1/4 " cubes. Put the peanut oil in a large, cast iron pot. Heat over medium high heat. Add the onions, garlic, meat cubes and the first measure of cumin. Cook until the meat is browned. Add the tomato sauce, beer, bourbon, Coca-Cola, chili peppers, Tabasco, cayenne, allspice, cilantro and second measure of cumin. Cover. Cook over low heat for 45 minutes, stirring often. Uncover. Cook for another 20 minutes. Stir in the third measure of cumin. Serve.

## CHUCK WAGON STEAK

### *Kettle*

<b>1 cup catsup</b>	<b>1 tbs. prepared mustard</b>
<b>1/2 cup water</b>	<b>2 tbs. brown sugar</b>
<b>1/4 cup vinegar</b>	<b>1/2 tsp. salt</b>
<b>1/4 cup chopped onion</b>	<b>1/2 tsp. pepper</b>
<b>1/4 cup chopped bell pepper</b>	<b>4 lbs. Round steak, 1/2" cubes</b>
<b>1 1/2 tbs. Worcestershire sauce</b>	

Pound meat to tenderize, then brown in large pot or skillet. Mix all remaining ingredients and pour over meat; bring to boil. Turn to simmer and cook slowly for 2-3 hours. You can cook with lid on for first portion of cooking time but remove lid for last hour of cooking. Steak is delicious and tender. Would be good served with rice or noodles. Serves 10, 6oz portions.

### Easy Sloppy Joes

<b>2 lbs. ground beef</b>	<b>8 hamburger buns</b>
<b>1 (12 oz) bottle Bar B-Que Sauce</b>	

### *Kettle*

Brown meat in skillet until well done, lower heat, pour in sauce, heat until bubbly hot and serve on buns. Serves 8.

## COWBOY STEAK 'N' VEGGIE SOUP

*Linda Morten of Katy*

**1 (16-ounce) bag frozen mixed green beans, potatoes, onions and red bell peppers**  
**1 (1-pound) boneless beef sirloin steak (1 inch thick)**  
**1/4 teaspoon freshly ground black pepper**      **1 teaspoon dried basil leaves**  
**2 (14.5-ounce) cans ready-to-serve beef broth**      **1/2 teaspoon salt**  
**1 (16-ounce) jar mild chunky-style salsa**      **1 tablespoon oil 2 garlic cloves, minced**  
**1 (15.5-ounce) can great Northern beans, drained and rinsed**  
**1 cup torn fresh spinach**  
**Chopped fresh basil, parsley or cilantro for garnish**

Boil bag of frozen vegetables (without the bag) on high 8 minutes, or until vegetables are tender; set aside.

Cut beef into 1/4-inch-thick strips; cut each strip into 1-inch pieces. Place beef in a 4-quart Dutch oven; add oil, garlic, basil, salt and pepper; toss to coat. Cover with lid. Stirring midway through cooking, 10-15 minutes, or until meat is barely pink.

Add broth, salsa, beans and cooked vegetables. Cover and heat on high 8 to 10 minutes, or until steaming hot. Stir in spinach and garnish with fresh basil.

Makes 6 (1½-cup) servings, each: 260 calories, 24 grams protein, 8 grams fat (17 percent of calories), 23 grams carbohydrates, 5 grams dietary fiber, 50 milligrams cholesterol, 1,140 milligrams sodium.

### **DAVY JONES' SUPPER CREAMETTES**

#### *Kettle*

<b>1/2 lb. elbow macaroni</b>	<b>2 tablespoons butter or margarine</b>
<b>1/4 cup milk</b>	<b>1/4 cup chopped onion or dried onion flakes</b>
<b>1 can cream of shrimp soup</b>	<b>1/4 cup chopped green bell pepper</b>
<b>1/2 cup sour cream</b>	<b>(1) 6 oz can of shrimp salmon or tuna</b>
<b>1 tablespoon mustard</b>	<b>4 oz can of mushroom stems and pieces drained</b>
<b>1/4 teaspoon salt</b>	<b>2 tablespoons sliced green olives</b>
<b>1 teaspoon Worcestershire sauce.</b>	

Cook macaroni and drain. In medium skillet, melt butter and cook onion and bell peppers, if flaked, rehydrate first. Blend in milk and soup, heat through. Combine macaroni, soup mixture and remaining ingredients, mix well and heat until thickening. Simmer... 4-6 servings.

### **DILL-LEMON RICE MIX #1**

Servings: 12

<b>4 c Long Grain Rice, Uncooked</b>	<b>4 tsp. Dill Weed Or Dill Seed</b>
<b>8 tsp. Instant Chicken Bouillon</b>	<b>5 tsp. Dried Grated Lemon Peel</b>
<b>2 tsp. Salt</b>	

1. Combine all ingredients in a large bowl and blend well.
2. Put 1-1/2 cups of mix into 3 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4-1/2 cups of mix.



## **GRILLED CHESS SANDWICHES**

*Troop 421*

**1 loaf bread                  sliced cheese                  Butter or margarine                  Pickles                  Chips**

Heat griddle or frying pan. Spray or oil the pan. Lightly butter bread and place onto pan butter side down. Place 1 slice of cheese on bread and then cover with another slice of buttered bread. Butter side up this time. Brown, then flip and brown the other side.

## **HAWAIIAN CHICKEN**

**3 boneless chicken breasts - cut in half                  1 sweet green pepper                  vegetable. oil  
1 sweet red pepper                  8 oz. can pineapple chunks  
2 oz. apple juice                  1 large red onion                  1 cup minute rice**

Brown chicken in oil. add pineapple chunks and juice. Ring cut the onion and peppers and cook. Cover and simmer 20 minutes. Make the rice and serve chicken over bed of rice.

## **IT'S A WRAP!**

**1 (8-ounce) package black beans and rice mix  
2 tablespoons vegetable oil  
1 cup sliced celery  
1 small onion, sliced  
2 skinless, boneless chicken breast halves  
6 large (burrito-size) flour tortillas  
Romaine lettuce leaves  
1 tomato, diced  
1/2 cup chopped cilantro  
1 cup shredded Monterey Jack cheese**

Prepare rice mix according to package directions. While rice is cooking, heat oil in medium skillet; sauté celery and onion. Remove from skillet; set aside. In same skillet, brown chicken breasts on both sides, cooking until chicken is no longer pink. Remove from pan. Slice chicken in thin slices.

Lay tortillas on flat surface. Line with lettuce leaves. Divide rice in 6 portions, spreading each on top of a lettuce leaf. Add equal amounts of vegetables and chicken. Add tomato, cilantro and cheese. Roll tortillas. Wrap in butcher paper or foil. Makes 6 servings.

## **JAMBALAYIA**

*Dutch Oven*

**Yield: 8 Servings**

**1/2 lb. pork tenderloin, chopped**

**4 cloves garlic, minced**

**1/2 tsp. Pepper**

**6 c Uncooked Rice**

**2 lb. okra, cut in 1/4" slices**

**1/2 c celery, chopped**

**2 cloves garlic, minced**

**1/4 c vegetable oil**

**1 bunch green onions, chopped**

**1 tsp. garlic salt**

**1/4 tsp. red pepper**

**1 c chopped celery**

**8 oz Tomato sauce**

**1/2 tsp. dried Thyme**

**1/4 c Flour**

**2 med onions, chopped**

**3 tbs. flour**

**1/2 lb. smoked sausage, 1/2" slices**

**1 c chopped onion**

**1 tbs. chopped parsley**

**1/2 tsp. paprika**

Cook sausage and pork until browned; drain well and set aside. Cook rice according to package directions and set aside. Heat oil in Dutch oven, add flour and cook over med.-high heat stirring constantly, until roux turns dark brown. Stir in onion, celery, 1/2 of green onion, garlic and parsley. Cook over med. heat 10 minutes stirring frequently. Add tomato sauce and seasonings. Reduce heat and simmer 5 minutes, stirring occasionally. Stir in meat and remaining green onions. Cook until done.

## **JIFFY HAMBURGER STEW**

*Troop 421*

*Onepot*

**1 lb. lean hamburger**

**1 can tomato juice**

**1 pkg. frozen mixed vegetables**

**1 can stewed tomatoes**

Brown hamburger, pour off fat. Cook vegetables according to package directions. Add hamburger, tomato juice and tomatoes. Simmer 10 to 15 minutes. servers 6

**editor's note** Amount of tomato juice is not listed. Start with 6 oz.; you can always add more if too thick.





Prepare Mac and cheese dinner as directed on box. Meanwhile bring water, peas, hot dogs, and margarine to boil in large saucepan. Stir in stuffing mix, cover, remove from heat, stand 5 minutes. Stir stuffing mixture into macaroni and cheese dinner. Serves 6.

### **MACHO NACHO**

**1 can Chili, no beans**                      **1/2 cup shredded cheese**      **1/2 pkg. tortilla chips**

Spoon chili over chips. Sprinkle with cheese. Heat in microwave or reflector oven to melt cheese.

Categories: Appetizer,      Yield: 4

### **MEXICAN RICE MIX**

**4 c Raw Long Grain Rice**

**1 tsp. Dried Basil**

**5 tsp. Parsley Flakes**

**4 tsp. Salt**

**1/2 c Green Pepper Flakes**

Combine all ingredients in a large bowl; stir until well blended. Put about 1 1/2 cups of mix into three 1-pint airtight containers and label as Mexican Rice Mix. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 1/2 cups of mix.

***Mexican Rice:*** Combine 1 1/2 cups of mix, 2 cups cold water, and 1 T butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed. Makes 4 to 6 servings.

### **MICROWAVE BEEF JERKY**

*Nabisco foods*

**1 lb. flank steak**

**1 T. seasoned salt**

**2 T. Wright's Natural Hickory seasoning**

**2 T. soy sauce**

**1/4 tsp. ground red pepper**

Trim meat of all visible fat. Slice beef across grain into 1/8 inch strips; place in nonmetal dish. Blend remaining ingredients; pour over meat, stirring to coat well. Cover and chill at least 8 hours.

Arrange a third of the meat strips on microwave-safe rack or paper-towel-lined microwave-safe plate. Cover with paper towel. Microwave at HIGH 5 minutes; turn over strips. Microwave 3-3 1/2 more minutes or until meat is well cooked and firm, but not crisp. Repeat with remaining strips. Cool completely. Cover and store in refrigerator for up to 1 week. *Watch the last few minutes...*

## **NACHOS**

*Campbell*

**1 can (10.75 oz) Campbell's Condensed Cheddar Cheese Soup**

**1/2 cup Salsa**

**Sliced green onions**

**1 bag tortilla chips**

**1 Chopped Tomato**

**slices pitted ripe olives**

**Chopped green or sweet red pepper**

1. In 1 1/2 quart saucepan, combine soup and salsa. Over low heat, heat through, stir often.
2. Serve over tortilla chips. Top with tomato, green onions, olives and peppers.
3. Add ground beef or chili.

## **ONION-FLAVORED RICE MIX**

Servings: 12

**4 c Uncooked Long Grain Rice**

**2 pkg. Onion Soup Mix (1 1/4 oz)**

**1 Tbs. Parsley Flakes**

**1 tsp. Salt**

1. Combine ingredients in a large bowl; stir until well blended.
2. Put 1-1/3 cups of mix into 3 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix

## **ONION-FLAVORED RICE**

Combine 1-1/3 cups rice Mix, 2 cups cold water, and 1 Tbs. butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed. Add meat as desired. Makes 4 to 6 servings

## PINEAPPLE HAM CRESCENTS

*Count DelMonte*

*Reflector Oven*

**1 can 15.25 oz Pineapple Spears in Juice**    **1 can (8 oz) refrigerated crescent rolls**  
**8 thin slices ham, 2-inches wide**                      **8 slices Swiss cheese, 2-inches wide**  
**1 Tbs. Dijon mustard**

Drain pineapple well, reserving juice. Reserve 2 spears for sauce; chop and set aside. Unroll crescent rolls. Wrap ham and cheese around pineapple. Place at widest part of crescent and roll-up. Place on baking sheet. Bake at 375°F, 12 to 15 minutes or until golden. In sauce pan, boil the reserved juice with mustard until thickened, about 10 min., stirring frequently. Stir in chopped pineapple. Serve with crescents. Makes 8 sandwiches.

## QUICK RICE

*Minute Rice*

*Bag*

**1/2 cup Minute rice**

Place 1/2 cup Minute rice in a heavy freezer zip lock bag, add 1/2 cup boiling water to bag, Wait 3 minutes. Makes 1 serving 3/4 cup cooked. Add butter buds and salt. Multiply recipe by # of serve. **No pot No mess.**

## RICE & FREEBIES

*The Road King*

<b>1 Box instant rice</b>	-	bought with triple coupons
<b>5 packets taco sauce</b>	-	Taco Bell
<b>2 packets Chile Sauce</b>	-	Wendy's
<b>3 packets bacon bits</b>	-	McDonald's
<b>Salt &amp; pepper packets</b>	-	Kentucky Fried
<b>2 honey packets</b>	-	Kentucky Fried
<b>Road Kill</b>	-	only if fresh (only kidding)

Cook the rice, add the sauces and stuff. Eat if you dare.

## **SHRIMP QUESADILLAS**

*James Thorne T928*

**1 cup coarsely chopped cooked shrimp**  
**2 tortillas for each quesadilla**  
**2 Tbs. finely chopped cilantro or parsley**

**1 onion      1 Green pepper**  
**2 lb. Monterey Jack cheese oil**  
**Salsa, hot or mild**

Cook and clean shrimp. Chop set aside. Grate the cheese, set aside. Simmer sliced onions and green peppers with a little oil. Add salsa and shrimp. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve. Add Guacamole, sour cream, lettuce; eat and enjoy!

## **SKILLET FAJITAS SUPREMAS**

**¾ pound well-trimmed pork tenderloin or chicken breast**

**Picante sauce**

**1 tablespoon flour**

**1 1/4 teaspoons ground cumin (comino)**

**1 teaspoon vegetable oil**

**2 garlic cloves, minced**

**1 cup slivered onion**

**8 (7-inch) reduced-fat flour tortillas, heated**

**1 cup each, cut in short, thin strips: green and red bell peppers**

**Sour cream, thin tomato wedges and chopped cilantro, for toppings (optional)**

Cut meat into short, thin strips; set aside. In a small bowl, combine 1 cup picante sauce, flour and cumin. Heat oil in a 10-inch nonstick skillet over medium heat. Add onion and bell peppers; cook and stir 2 minutes. Add meat and garlic; cook, stirring frequently, 4 to 5 minutes, or until meat is cooked through.

Stir in picante sauce mixture; cook, stirring, 1 minute, or until sauce thickens. Spoon about 1/3 cup mixture down center of each tortilla; top as desired. Roll up and serve with additional picante sauce. Makes 4 servings.

## **SKILLET SPAGETTI**

*Kettle*

<b>1 lb. Ground Beef</b>	<b>1 tsp. Dried Oregano</b>
<b>1 - 6 oz can Tomato Paste</b>	<b>2 tbs. Minced Onion</b>
<b>1 - 3 oz can Tomato Juice</b>	<b>1 - 7 oz package Uncooked spaghetti</b>
<b>5 cups water</b>	<b>1 1/2 tsp. Chili Powder</b>
<b>1 tsp. Garlic Salt</b>	<b>1 tsp. Sugar</b>
<b>Parmesan Cheese</b>	

In large pot or skillet brown ground beef. Add remaining ingredients, except spaghetti. Cover and bring to boil; reduce heat and simmer for 10 minutes. Add Spaghetti and stir to separate strands. Simmer covered 12 to 20 minutes until spaghetti is tender. Serve with Parmesan Cheese. Serves 4 to 6.

## **SLOPPY JOE SEASONING MIX**

<b>1 tbs. Instant Minced Onion</b>	<b>1 tsp. Salt</b>
<b>1/2 tsp. Instant Minced Garlic</b>	<b>1/4 tsp. Celery Seed</b>
<b>1 tsp. Green Pepper Flakes</b>	<b>1 tsp. Cornstarch</b>
<b>1/4 tsp. Dry Mustard</b>	<b>1/4 tsp. Chili Powder</b>

Combine all ingredients in a small bowl until well blended. Spoon mixture onto a 6-inch square of aluminum foil and fold to make airtight. Label as Sloppy Joe Seasoning Mix. Store in a cool, dry place and use within 6 months.

Makes 1 package (about 3 T) of mix.

***Sloppy Joes:*** Brown 1 lb. lean ground beef in a medium skillet over medium-high heat. Drain excess grease. Add seasoning mix, 1/2 cup water, 1 (8 oz) can of tomato sauce and bring to a boil. Reduce heat and simmer 10 minutes, stirring occasionally. Serve over toasted hamburger buns. Makes 6 servings

## **SOUTH OF THE BORDER WRAP**

**1 (8-ounce) package red beans and rice mix (recipe developed with Mahatma)**  
**3/4 pound prepared link sausage, diced**  
**1 small onion, chopped**  
**6 large (burrito-size) flour tortillas**  
**2 cups shredded lettuce**  
**1/2 cup chunky salsa**  
**1 cup shredded Mexican cheese blend (such as Cheddar and Monterey Jack)**  
**Sliced jalapeño peppers (optional)**

Prepare rice mix according to package directions. While rice is cooking, brown sausage and onion in medium skillet. Lay tortillas on flat surface. Divide shredded lettuce equally among tortillas. Add equal amounts of rice, sausage-onion mixture, salsa, cheese and peppers. Roll tortillas. Wrap in butcher paper or foil. Makes 6 servings.

## **SPICY CHICKEN WINGS**

*Nikki Schmitt*

### Marinade

**1/2 cup tomato sauce**  
**1/4 cup vegetable. oil**  
**1 tsp. Tabasco \*\***  
**1/2 cup brown sugar**  
**1/2 tsp. chili powder**

### **16-24 chicken wings**

**2 T. herb vinegar**  
**1 tsp. garlic powder or minced garlic**  
**1 tsp. celery seed or celery salt**  
**6 peppercorns or 1 tsp. pepper (black or white)**

Combine marinade ingredients and bring to boil; let cool.. Cut the wings at the joints for finger eating. Submerge the chicken wings in marinade in a zip-lock bag and refrigerate or cool in the ice box for 3 hr. Preheat broiler or start the charcoal. You need 30-40 minutes for charcoal. Arrange wings on broiler or grill. Brush with marinade and broil 4-10 minutes on each side, or until crispy. Check broiler or grill often. \*\* vary amount to your taste.

## **TEXAS RANGER STEW**

*Sgt. Brantley Foster, Company B, Texas Rangers & wife Suzane*

<b>1 1/2 lb. Lean ground beef</b>	<b>1 1/2</b>	<b>teaspoon salt</b>
<b>1 small onion chopped</b>	<b>1/2</b>	<b>teaspoon ground thyme</b>
<b>1 (28 oz) can peeled</b>	<b>1/8</b>	<b>teaspoon ground black pepper</b>

- |          |  |            |  |
|----------|--|------------|--|
|          | <b>whole tomatoes</b>                  | <b>2</b>   | <b>(6-8 oz) cans sliced mushrooms</b>  |
| <b>1</b> | <b>(14 oz) can beef broth</b>          | <b>1</b>   | <b>cup uncooked quick-cooking rice</b> |
|          | <b>Water</b>                           | <b>1/4</b> | <b>cup ketchup</b>                     |
| <b>2</b> | <b>tablespoon Worcestershire sauce</b> |            |  |

Place a large skillet over medium-high heat and add ground beef and onion. Cook, breaking up beef, until beef is no longer pink inside; drain fat. Add tomatoes, broth, 2 soup cans of water, ketchup, Worcestershire sauce, salt, thyme, pepper, and mushrooms. Bring to a boil. Reduce heat and simmer, uncovered, 5 minutes. Stir in rice, cover and set aside 5 minutes. **Makes 4 to 6 servings.**

### TURKEY VULTURE CASSEROLE

*PTC*

- |                                  |                              |                                   |
|----------------------------------|------------------------------|-----------------------------------|
| <b>2 cans turkey,</b>            | <b>1 pkg. elbow macaroni</b> | <b>1 can cream of celery soup</b> |
| <b>1 pkg. vegetable soup mix</b> |                              |                                   |

Cook the macaroni, drain the water, saving 1 cup. Add the soup mix with the water, simmer for 2 minutes. Add the can of cream of celery soup and the canned turkey. Heat to bubbling and serve.

### VEGETARIAN RICE MIX

Servings: 12

- |   |                                 |
|---|---------------------------------|
| <b>4 c Raw Long-grained Rice</b>          | <b>2 tsp. Salt</b>              |
| <b>4 tsp. Onion Flakes</b>                | <b>4 tsp. Red Pepper Flakes</b> |
| <b>3 Tbs. Instant Vegetarian Bouillon</b> | <b>4 tsp. Celery Flakes</b>     |
| <b>4 tsp. Green Pepper Flakes</b>         |                                 |

1. Combine all ingredients in a large bowl; stir until well blended.
2. Put about 1-1/2 cups of mix into three 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 1/2 cups of mix.

## VEGETARIAN RICE

Combine 1 1/2 cups mix, 2 cups cold water, and 1 Tbs. butter or margarine in a medium saucepan. Bring to a boil over high heat; reduce heat and cover. Cook for 15 to 25 minutes, until all liquid is absorbed. Makes 4 to 6 servings.

## WHITE SAUCE

**At Home: 2 Tbsp. dry milk, 1 Tbsp. Butter Buds, 1 1/2 Tbsp. flour, pinch salt into a bag.  
At Camp: >mix mixture and 1 cup water 1 1/2 Tbsp. butter or margarine**

melt butter and cook the mixture slowly 1-2 minutes, low heat. Stir until thick 4-5 minutes.  
Add spices or cheese for a sauce over rice or noodles,

