



OUTDOOR RECIPES & COOKING STRATEGIES FOR CUB SCOUTS

Introduction

This is a collection of Scout camping recipes for age appropriate and economical camping recipes spanning the entire Scouting program (Tiger Cubs to Venture Crews). Additionally, we have attempted to provide strategies that emphasize ease of preparation and minimal usage of cookware.

The recipes are organized into 5 general categories:

- 1) Dessert,
- 2) Side dishes,
- 3) Main dishes,
- 4) Snacks/trail mix,
- 5) Drinks

The method of meal preparation will be indicated (i.e., no cooking required, camp stove, campfire, just add water, etc...).

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DESSERT

Fudge in a Bag

(no cooking required)

- 1/2 cup cocoa powder
- 1 box confectioners' sugar
- 1/2 cup butter or margarine
- 1 teaspoon vanilla extract
- 3 ounces cream cheese

Add all ingredients to a one gallon zip-lock bag and seal. Pass bag around and let everybody help mix it up by squeezing it for 30 minutes. Fudge can be served out of bag or spread on pan and cut.

Cinnamon Sugar Biscuit Stick

(Cook on a stick)

- 1 can refrigerated biscuit dough
- 1 stick of butter or margarine
- ~½ cup cinnamon sugar (1 tablespoon cinnamon to ½ cup table sugar)
- ¾ inch diameter stick or dowel

Wrap a refrigerated biscuit around a buttered ¾ inch stick or wooden dowel. Stretch dough down stick about 6 inches. Turn over campfire until brown. (5-10 min.) Roll browned biscuit around a stick of butter until well coated. Sprinkle with a mixture of Cinnamon/Sugar. Remove from stick and enjoy!

Kelly Pudding

(mix and serve)

- 2 instant chocolate pudding packages
- 1lb vanilla wafers

Prepare one pack of pudding in small bowl. Put ~ ½ inch layer of pudding on bottom of a second larger bowl. On top of the pudding place a layer of cookies.

Continue with another layer of pudding, then a layer of cookies. Make the second batch of pudding when the first is used and add more layers. The last layer should be pudding. Keep refrigerated until dessert time.

Ranger Apple Pie

(Grill over fire or bake on coals)

- 1 cooking apple (per person recipe)
- 1/8-cup sugar
- 1-tablespoon brown sugar
- 1-tsp cinnamon

Combine sugar, brown sugar and cinnamon in a one pint, sealable plastic bag and set aside. Place apple on cooking stick. Roast apple four inches over coals, gradually turning apple so all sides will cook. Roast until the skin puckers all over, about 15 minutes. Carefully pull off skin. Place cooked apple on stick in bag and roll in sugar mixture. Return to heat, allowing sugar to melt (about 2 minutes). Eat in a bowl or off your stick after cooled.

Orange Peel Cakes

(foil on coals)

- 1 box yellow cake mix (add water, oil, and eggs as directed)
- 1 or 2 oranges per person

Prepare oranges by slicing a small disc off the top of each orange, saving the lids. Scoop the pulp out of the orange with a spoon, being careful not to pierce skin; reserve pulp. Prepare cake mix according to directions and add some or all of the pulp if desired. Spoon cake batter into orange cups and replace lids. Wrap tightly with aluminum foil. Place foil packets (lid side up) in coals and cook until cake is no longer batter. Remaining cake batter can be prepared in a traditional pan.

SIDE DISHES

Grilled Corn on the Cob

(Foil on Coals)

- corn on the cob
- cold salted water
- butter or margarine

Strip the husk back over the end of the cob but don't tear them off. Remove all silk and soak in the cold salted water for 15 minutes. Then smooth on some butter. Bring the husk back over the corn, wrap each ear in a piece of foil, and twist the ends tightly. Lay on hot coals and cook 15 to 20 minutes, turning once.

Seasoned Baby Red Potatoes (serves 6)

(foil on coals or on BBQ grill)

- ~20 baby red potatoes
- 1 packet dry Italian dressing mix
- olive oil

Cut potatoes into bite-sized pieces. Place in a large bowl, toss with olive oil until lightly coated. Sprinkle dressing mix over potatoes and toss until all sides are covered. Wrap in foil, put near coals or on BBQ grill until potatoes are fork tender.

Grilled Zucchini and Squash (serve 3)

(foil on coals or on grill)

- 2 zucchini, halved lengthwise and cut into ¼ inch slices
- 1 summer squash, thinly sliced
- ¾ cup butter
- 1 tablespoon salt
- 2 tablespoons ground black pepper
- 2 tablespoons garlic powder

Place zucchini and squash on a large sheet of aluminum foil and dot with butter. Season the vegetables with salt and pepper, and garlic powder. Seal vegetables in foil. Lay the foil packet in coals or place onto pre-heated grill and cook 20 minutes until vegetables are done.

Onion-Butter Biscuits

(foil pan over grill)

1/3 cup butter or margarine

¼ cup onion soup mix

2 cups Bisquick baking mix

½ cup cold water

Heat butter in 8 inch foil pie pan on grill over fire until melted; stir in 2 tablespoons of the soup mix. Pour half of the butter mixture into second 8 inch pie pan. Swirl both pans until butter mixture covers the bottoms and sides of the pans. Stir baking mix, remaining soup mix and the water until soft dough forms; beat vigorously 20 strokes. Drop spoonfuls of dough into one of the buttered pie pans (~10 biscuits). Pour butter mixture from remaining pie pan over deposited biscuit dough. Invert the empty pie pan and place on top of the pan containing the biscuit dough. Secure pie pans together with spring clothespins. Place pan on grill 4 inches from hot coals; cook 8-10 minutes on each side.

Couscous Curry Ginger

(boil water)

3 cups couscous

3 Tbsp powdered shortening

1 tsp ground ginger

2 tsp curry powder

¾ cup cashews

1 ½ cup dehydrated vegetables

At home:

Mix ingredients (except vegetables) in a zip-lock bag. Bag the vegetables separately. Tapes the bags shut.

On the trail:

In the morning, place the vegetables in a large-mouth 1 quart water bottle and cover with water to rehydrate.

At mealtime:

Bring 4 cups of water to a boil, add all ingredients, including the rehydrated vegetables with the water. Boil under tender (5 - 10 minutes).

MAIN DISHES**Mountain Melts**

(foil on coals)

bread rolls (any kind)

deli sliced meat

sliced cheese

mustard

butter

Cut rolls (butter if desired). Fill rolls with meat and cheese and mustard. Wrap each roll in foil. Place rolls on edge of the coals or on a grill above the coals for about ½ hour.

Omelet in a Bag

(freezer bag and boiling water)

eggs

milk

cubed or shredded cheese

cubed or deli sliced cooked ham

chopped onions

seasonings (salt, pepper)

Materials: 1-quart heavy-duty re-sealable freezer bags, indelible marker, pot of boiling water

Crack one or two eggs into a bag and add a splash of milk and other ingredients as desired. Carefully press the air out of the bag and seal. Gently knead the mixture to combine ingredients. Write the boy's name on the bag with a marker. Place the bag in boiling water and cook until done. Eat right out of the bag.

Campfire Pizza

(grill foil over campfire)

large pita bread or pre-baked pizza crust

pizza or spaghetti sauce

sliced salami, pepperoni, or other cured or cooked meat

package of shredded cheese

sliced vegetables (onions, peppers, mushrooms, zucchini,...)

Spread sauce onto pita bread or pizza crust, sprinkle with cheese. Top with meat and veggies and place on aluminum foil over campfire grill (make sure flame is not too high) for about 10 minutes or until cheese is melted.

Taco in a Bag (serve 4)

(grill over campfire or on camp stove top)

Prep Time: 5 mins

Cook Time: 10 mins

Ready In: 15 mins

1 pound lean ground beef

1 (1 ounce) package taco seasoning mix

4 (2.5 ounce) packages corn chips

2 cups shredded lettuce

1 chopped fresh tomato

1 cup shredded Cheddar cheese

1/3 cup salsa

1/2 cup sour cream

Place ground beef in a large skillet. Cook and stir over medium heat until browned. Drain excess oil. Mix in the taco seasoning and prepare according to the directions on the package. With the bags unopened, gently crush the corn chips. Snip the corners off the bags using scissors and slit open the bags along the side edge (no loose pieces). Spoon equal amounts of the beef mixture, lettuce, tomato, Cheddar cheese, salsa and sour cream into the bags on top of the crushed chips. Serve in the bag and eat using a fork.

Barbecue Chicken Dinner Packets

(foil dinner)

12 chicken legs (for 1 per person, increase as appetites dictate)

1 bottle Heinz Barbecue Sauce (we prefer Honey Hickory)

36 small red potatoes (halved or quartered depending on size - should be about 1" cube size)

1 bag baby carrots (halved lengthwise for large carrots) Cut twelve pieces of heavy-duty foil measuring about 18"x12" each. Place one portion of chicken, potatoes, and carrots in the middle of each foil. Pour barbecue sauce (about 2 TBS) on top of each serving. Wrap each portion securely using drug-store fold.

Place 4"-6" from medium coals and cook 30-40 minutes, turning packets occasionally. Can be placed directly on coals but cook less time (about 20-30 minutes, then check) and turn more frequently to prevent burning contents. Serves 12.

Crescent Roll Tacos

(pie iron)

Pillsbury Crescent Rolls

Ground beef cooked with taco seasoning

Grated cheese

Any other toppings you like (salsa, tomatoes, lettuce, sour cream, etc)

Cooking spray

Before you leave home brown the ground beef and put in a container to take along. Cut up the tomatoes, grate the cheese, etc. Before cooking spray the pie iron with cooking spray, place 2 croissant rolls (unrolled to make a square.) Place cold meat, toppings desired on open pie iron. Cook over fire until dough is cooked!

Drumsticks Indiana

(foil dinner on a stick)

1 lb. hamburger

1 cup cornflakes

1 egg

1/2 chopped onion

salt & pepper

1 tsp. mustard

1 tbs. Ketchup

Crush the cornflakes and mix with all the rest of the ingredients, except egg shell. Wrap a handful around a green stick and wrap aluminum foil around meat and stick. cook 20 - 30 min. over bed of coals, turning slowly. Makes about 6-7 drumsticks.

Chicken and Stuffing Bake

(Dutch oven)

4 cups Pepperidge Farm Herb Seasoned Stuffing

Paprika

Margarine

6 Skinless Boneless chicken breast halves

1/3 cup milk

1 can Campbell's Cream of Mushroom soup

1 tbs. Chopped parsley

Mix stuffing with 1 cup boiling water and 1 tbs. Margarine. Spoon the stuffing across the center of 4 qt. Dutch oven. Place the chicken on each side of stuffing. Sprinkle the chicken with paprika. Mix soup, milk and parsley and pour over the chicken. Bake at 400 degree heat for 20 minutes and then open top a bit and bake additional 10 minutes. Serves 6.

SNACKS/TRAIL MIX/GORP**Basic Trail Mix**

(just mix)

Equal parts of nuts and various dried fruits with additions of chocolate or coconut or salty snacks like pretzels or breakfast cereal.

Let's use a cup for an example.

1 cup salted peanuts

1 cup raisins

1 cup M&Ms

Mix and portion out, remembering that 1 ounce provides 140 calories.

Adjust the proportions to taste.

Common Additions:

- Dried fruit: raisins, dried apricots, date nuggets, banana chips, apple chips, dried papaya, dried cranberries, dried cherries.
- Nuts and seeds: peanuts, almonds, hazelnuts, sunflower seeds.
- Chocolate and more: M&Ms, chocolate chips, white chocolate chips, carob chips, dried coconut
- Salty stuff: Pretzels, sesame sticks, oriental rice crackers, salty "party mix" cereal.
- Cereals: Any breakfast cereal, granola.

Trail Mix Balls

(just mix)

This healthy recipe is a nice snack for hiking trips or as an after-school snack.

1/3 cup each raisins, apples, apricots, dates and coconut

1/2 cup sesame seeds

1/3 cup walnuts

2 cups peanuts

1 cup chocolate chips

1/3 cup honey

1/2 cup peanut butter

Mix dry ingredients. For the "glue", use 1 cup chocolate chips, 1/3 cup honey and 1/2 cup peanut butter. Shape into balls; nice snack for hiking trips or as an after-school snack.

People Chow

(heat, mix, and shake)

- 1 package semi sweet morsels
- 1 cup Peanut Butter
- 1 stick margarine
- 1 box Crispex cereal
- 1 lb Powdered sugar

Melt semi sweet morsels, peanut butter and margarine over low heat. Stir in cereal until well coated. Place powdered sugar in grocery sack and then put "the mixture" into the bag and shake until well coated (the chow that is, not you).

Quick Energy Hikers' Bars

(heat and mix)

- 3/4 cup packed brown sugar
- 1/2 cup honey
- 1-1/2 cups peanut butter (I like chunky)
- 5 cups whole grain cereal flakes
- 6 ounces mixed dried fruit bits

In a saucepan, stir together brown sugar and honey. Bring to a boil, stirring constantly. Remove from heat and add peanut butter, stir until smooth. Next, stir in whole grain cereal flakes; then add the dried fruit bits to the mixture.

Spread into greased 12" x 7-1/2" x 2" baking pan. Spread 1/3 cup fruit bits on top and press into mixture. Let cool. Cut into 24 bars and wrap each bar in saran wrap. If desired, refrigerate before the trip.

Servings: 24 bars

Preparation time: 20 minutes + cooling

Smores

(Roast and Assemble)

- marshmallows
- graham crackers
- chocolate bars

Toast marshmallow. Put toasted marshmallow on graham cracker and place chocolate bar on top of marshmallow. Top with another graham cracker.

Homemade Thrifty Granola

(mix and bake in conventional oven)

This recipe will make a 2 oz serving for about 10-12 cents, or half the price of name-brand cereals and less than a third of many commercial granola.

This is what you will need.

- 3/4 cup brown sugar
- 1/3 cup vegetable oil
- 1/3 cup honey
- 5 cups oatmeal
- 1/2 cup raisins (add after cooking)
- 1/2 cup dry milk
- 3/4 teaspoon cinnamon
- pinch of salt.

Mix the brown sugar, oil and honey in a saucepan. Heat until the sugar is dissolved. Combine dry ingredients in a large cake pan. Pour sugar mixture over dry mixture and mix well. Bake at 375°F for 10 minutes. Let cool in pan. Store in an airtight container.

Optional: add nuts, wheat germ, coconut, dates etc..

GORP**Good Old Raisins and Peanuts**

Or

Granola Oats Raisins and Peanuts

Preparation Method:

- Mix ingredients

Non-Food Items Needed:

- Container to mix
- Measuring cups
- Zip locking or other to store mix

Food Items Needed:

- Per your recipe

At Home Prep:

- Mix ingredients

In Camp Prep/Cooking Instructions:

- None (or you could mix the ingredients at camp)

Variation:

- There are a lot of variations as shown below.
- Start a group tradition by creating a “special” recipe and name it after your group.
- Don’t limit your recipe to the listed ingredients. Have a “rock soup” event structured around potential GORP ingredients and see what happens.

*Variations not requiring cooking:***Farm Mix**

- 1 big box Pepperidge farm cheese fish crackers or 1 box Chex Mix,
- 1 @1 lb. bag M&M;'s
- 1/2 LB raisins
- 1 jar Planter's Dry Roasted Peanuts

Mix in a 2 gallon zip lock bag. Serves one troop.

Philmont Trail Mix

- 1 cup Chex's cereal, rice, corn, wheat or mixed
- 1 cup M&M;'s
- 1 cup salted peanuts (or dried roasted peanuts)
- 1 cup raisins

Mix in a Zip lock bag and eat on the trail.

Mixed GORP

- 1 cup mixed nuts (or dried roasted mixed nuts)
- 1 cup dried Fruit Bits
- 1 cup M&Ms;

- 1 cup roasted sunflower kernels
- Mix in a large Zip lock bag and eat on the trail.

GORPMM

- 1 cup salted peanuts (or dried roasted peanuts)
- 1 cup raisins
- 1 cup M&M;'s

Mix in a Zip lock bag and eat on the trail.

Good-for-you-GORP

- 2 1/2 cups low-fat granola
- 1 cup dried pears
- 1/2 cup M&M;'s

Mix in a Zip lock bag and eat on the trail.

Sunny GORP

- 1 cup salted peanuts (or dried roasted peanuts)
- 1 cup raisins
- 1 cup roasted sunflower kernels
- 1 cup M&M;'s

Mix in a large Zip lock bag and eat on the trail.

Mac GORP

- 1/2 cup mixed nuts
- 1/2 cup Macadamia nuts
- 1 cup dried Fruit Bits
- 1 cup M&M;'s
- 1 cup roasted sunflower kernels

Mix in a large Zip lock bag and eat on the trail.

Variations requiring cooking:

Tom Brokaw's Granola GORP

- 1 cup pitted dates, prunes, raisins or other dried fruit
- 4 cups old-fashioned oatmeal
- 1 cup pine nuts or walnuts
- 1 cup shredded coconut
- 1 cup wheat germ
- 1/3 cup sesame seeds
- 1/2 cup honey
- 1/2 cup oil

Snip fruit into small pieces and set aside. Combine dry ingredients in a large bowl. In a sauce pan, stir together honey and oil and heat to boil. Pour over dry ingredients, and mix.

Spread onto two 10"x15" baking sheets. Bake 25 minutes at 325o F, stirring occasionally. Add fruit once the granola is cool.

Energy Balls

Nothing re-charges the body and encourages tired hikers faster than a quick snack on the trail. Try these "energy balls".

Mix together

- 1 cup chopped dates
- 1/2 cup peanut butter,
- 1 3/4 cups chopped figs, and
- 1 cup chopped apricots.

Roll into balls. Recipe should make about 33 servings, each weighing 0.9 oz. (Calories per serving: 72; shelf life: 14 days.)

BEVERAGES

Jolly Water

Jolly Rancher hard candy
water

Add 2 pieces of hard candy to your water bottle. Let the candy dissolve and mix with the water while you hike.

Cowboy Sodas

orange
peppermint sticks (Cracker Barrel has good ones)

Leave peeling on orange. Squeeze the orange until soft. Put a hole on the top of orange big enough for peppermint. Insert peppermint. Drink orange juice though the peppermint.

Easy Fruit Julius

The acid in the fruit juice will denature the soy protein which will thicken the drink (tastes like the real thing).

fruit juice (any flavor - fresh or from frozen concentrate)
8th continent soy milk (vanilla flavor)

Simply mix equal parts of fruit juice and soy milk (best to drink immediately after making).

Basic Sports Drink

1 quart (32 oz) or 1 liter water
1/3 cup sugar
1/4 teaspoon table salt
Flavoring to taste - orange juice, lemon juice, etc.
Keep refrigerated.

It is very important to replace lost salts and water when walking. Anytime you are active for more than an hour, think of drinking a salt-replacement sports drink in addition to water.

Cost: Here is where the big savings come in, homemade sport drinks are about 6 cents for a 20 ounce sports bottle's worth, a whopping savings over the \$1 or so you will pay for a bottle of commercial sport drinks at the store.

Chai Tea Mix

1 1/2 cups unsweetened instant tea (decaffeinated for boys).

1 cup non-dairy powdered coffee creamer.

1 1/2 cups powdered milk

2 tbs instant Tang orange drink.

1 cup Splenda (sugar substitute)

1 tsp ground ginger

1 tsp ground cinnamon

1 tsp ground cloves

1 tsp ground cardamom

1 tsp ground allspice

1. In a blender combine instant tea, powdered creamer, tang, milk powder, Splenda. Add ginger, cinnamon, cloves, cardamom, allspice and blend until mixture is a fine powder.

2. Store in an airtight container.

3. To serve, place 4 teaspoons of the mixture in a mug, and fill with hot water. Stir.