

Menu Ideas (From Cooking Merit Badge Class)

Breakfasts (Q=quick)

Oatmeal with fresh or dried fruit, hot chocolate (Q)
Cold cereal with milk, dried or fresh fruit, tang (Q)
Tortilla/apple cinnamon roll, hot chocolate (Q)
Pancakes and sausage, syrup, bananas, hot chocolate or cider
Bakepacker omelet (or omelet in a bag), toast or biscuits with jelly, juice
Biscuits and sausage gravy, apples, hot chocolate
Breakfast sandwich (English muffin with scrambled egg, bacon, and cheese), juice
Scrambled eggs with bacon or sausage, toast, juice or fruit

Lunches (Q=quick)

Peanut butter and jelly sandwich, apple or grapes, cookies, drink (Q)
Hard salami, hard cheese, crackers, drink (Q)
Hard boiled egg or cheese sticks, carrot sticks, crackers, drink (Q)
Gorp, jerky, drink (Q)
Hudson Bay bread (or granola-type bar) with peanut butter (squeeze tube), drink (Q)
Grilled cheese sandwich or quesadilla, minestrone soup, oranges, drink
Rice, bean, and cheese burritos, green salad or veggie sticks or fruit, drink
Sloppy joes, carrot sticks, fruit salad,

Dinners (B= backpack suitable)

Winter camp (Hamburger) stew, bread, drink, brownies (made ahead)
Chicken with noodle or rice mix and freeze-dried veggies, drink, instant pudding (B)
Pasta with meat sauce, green salad, garlic bread, milk, apple mini pies (B*)
Barbecue chicken, macaroni salad or coleslaw, corn, fruit cobbler, drink
Mexican rice skillet with ground beef or canned chicken, green salad or veggies and dip, no-bake cookies, milk (B*)
Macaroni and cheese with hot dogs, green beans, Dutch apple bars, drink
Chili, cornbread, carrots and celery sticks, milk, instant pudding
Sausage/olive/cheese pizza, green salad, milk, dessert
Tuna-rice casserole, apple slices (or other fresh fruit, cut up), milk
Potatoes and Corned Beef Au Gratin, carrot sticks, drink (B)
Chicken and Stuffing with Gravy, apples, drink (B)

(* = some elements, like salad or milk, need substitutions)

Sample Recipes

Omelet in a Bag:

Into a quart-size zip-lock bag, crack 2 eggs, then add your choice of bacon bits, cooked sausage, sliced green onion, bell pepper, etc (no more than ½ cup total), along with about ¼ cup grated cheese of your choice. Seal bag carefully, shake well to blend ingredients, and place sealed bag in large pot of boiling water. Cooking time varies according to how many bags are in the pot, usually about 10 to 12 minutes.

For a variation: try the **Bakepacker** approach. For this you need a Bakepacker or a steamer basket without the center post, and a 2 quart pot with a lid. Fill the pot with 1 inch of water, place the steamer basket in it, and place the bag (with 2 servings) on the steamer basket. Leave the top of the bag unsealed and flatten the base to get as much surface area as possible. Cover the pot, bring to a boil, then turn down the heat to maintain a medium boil. Cook for 12 to 18 minutes. Don't peek while it's cooking! This would let out the steam and lower the heat, increasing the cooking time.

Hudson Bay Bread:

When 'energy bars' are selling for up to \$1 each, we're always on the lookout for a cost effective (OK - cheap!) alternative. This chewy, granola-style bar has been served at the Northern Tier Sommers canoe base since 1960! The base often provides these bars for trail lunches. The base store sells the mix for Hudson Bay bread, but you can make your own with this recipe from Brian Buhl who was Director of Programs at the Sommers canoe base up to 1999. We've scaled down the original recipe to make 24 3x3" bars, enough for a weekend outing for 4 - 6. We tired these on our Sacramento River trip in early August - they were a great snack and could easily make a lunch.

3/4 cup butter or margarine

1 cup white sugar

1T + 1tsp light karo syrup

3T honey

1tsp maple flavoring

1/4 cup chocolate chips

3/8 cup sliced almonds

4-3/4 cups ground rolled oats

(use regular oatmeal, not instant, and grind the oats in a food processor to a fine powder)

Cream together the butter, sugar, karo syrup, honey, and maple flavoring. Gradually add almonds and chocolate chips, then mix in ground oats. Press mixture into a greased 11x17inch pan. Bake at 325degF for about 20 minutes or until golden brown. Don't overcook! Press down on the bread with a spatula after removing from oven and before cutting to prevent crumbling. Cut into approx. 3inch squares. Yields 24 pieces that will fit into a 1/2 gal milk carton for transport or storage.

May add raisins, craisins, dates, etc. and vary type of nuts used as well.

If wrapped individually & zip locked, will last the Summer - can also freeze them.

Pancakes:

Use a mix that only requires water. The traditional method is to cook the pancakes in a frying pan or griddle with plenty of grease and lots of clean-up.

The same **Bakepacker** method (above) will work to make a “Dutch Baby” pancake that is light and fluffy with minimal cleanup required. Just mix 2 cups pancake mix (the kind that only needs water added) and 1 cup of water in a gallon-size zip-lock. Place it on steamer basket, leaving the top of the bag open, cover and cook as for omelet, allowing 18 to 20 minutes. Carefully remove the bag to a plate and let stand for 5 minutes before tearing away the plastic bag. Serve in wedges that each person can slice horizontally. Serves 4.

Tortilla/apple cinnamon roll

In a container that can be sealed, place ¼ cup dried apples, ¼ cup water and one tablespoon cinnamon sugar (1 part cinnamon to 3 parts sugar). Let sit overnight to re-hydrate (or use boiling water and let sit for 10 minutes). Lightly butter one side of a small flour tortilla. Place in a heated skillet over low heat and cook until lightly browned, about 2 minutes. Flip over and put ¼ of the re-hydrated apple mixture over the cooked side. Cover the pan and cook for an additional 2 minutes. Slide tortilla onto a plate and roll up. Repeat with remaining tortillas and apple mixture. Serves 4. **Don't like apples or don't want to take the time to rehydrate? Substitute jelly from a squeeze tube or restaurant packet.**

Cereal in a Bag

Put 1 cup dry cereal of your choice into a zip-lock bag, along with 1/3 cup dry milk powder and 1 Tbsp instant creamer for coffee. Vanilla creamer works best – adds a little sweetness. At camp, add 1 cup water and shake or stir. No clean-up required!

The same technique works for oatmeal. Use instant oatmeal (any flavor) and add a tablespoon of dried fruit, powdered milk, and some chopped nuts for extra texture. Be sure to use freezer-grade ziplocks, or the boiling water may melt the bag.

Cold Morning Wheat Cereal

1 cup cracked wheat or bulgar	¼ cup dry milk	½ tsp salt
2 Tbsp. Butter	handful raisins or dates	handful walnuts
4 cups water		

Mix wheat, milk, butter, salt, and water. Bring to a boil, then simmer 10 to 15 minutes, stirring occasionally. Add fruit and nuts during last few minutes of cooking. For variety, add chopped dried apples at the beginning of cooking. Serves two. (“Wilderness Cuisine”)

Oatmeal Hotcakes

2 cups oatmeal, whirled in blender until mostly flour-like consistency, with some small flakes			
½ cup dry milk	¼ tsp. cinnamon	¼ tsp. nutmeg	¼ tsp. salt
¼ cup sugar	¼ cup raisins	1 Tbsp. sesame seeds	1 ½ cups water

Mix dry ingredients in a zip-lock bag. In camp the night before, combine with water and let soak overnight. The next morning, make large cakes, about 3 inches across and ¾ inch thick, and fry slowly in a little oil. Very good with maple syrup and butter. Serves two, very filling. (“Wilderness Cuisine”)

Southwestern Beef Rice Skillet

1 lb. ground beef	1 medium onion, chopped (about 1 cup)
1 med. green pepper, chopped	1 clove garlic, minced
1 cup uncooked rice	1 8-oz. can tomato sauce
1 Tbsp chili powder	2 cups beef broth

In a large skillet, cook ground beef, onion, pepper, and garlic until beef is browned and vegetables are tender. Spoon off fat if necessary.

Stir in broth, tomato sauce, rice, and chili powder. Heat to boiling. Cover and cook over low heat for 20 minutes or until rice is tender and liquid is absorbed, stirring occasionally. Serve with shredded cheese, salsa, and sour cream if desired. Serves 4. (Recipe adapted from Swanson Broth can.) **This can be adapted to a backpacking meal by using dried beef, vegetables, and tomato sauce, along with instant broth and instant rice.**

Mexican Style Chicken Skillet

1 cup water	1 cup salsa	¾ cup instant rice, uncooked
1 tsp (or one cube) chicken bouillon powder		1 6-oz. can chicken
1 cup corn and bell pepper mixture		½ cup shredded cheese

optional toppings: tortilla chips, guacamole, sour cream, extra salsa

In a large nonstick skillet, combine water, salsa, and bouillon. Bring mixture to a boil, then stir in rice and corn. Top with chicken and cheese. Cover and remove from heat and let stand for 5 minutes. If desired, garnish with tortilla chips and serve with additional salsa, sour cream and guacamole. Serves 3-4. **This can be adapted to a backpacking meal by using dried salsa and vegetables, along with instant broth. Skip the optional toppings.**

Tuna-Rice Casserole

1 stalk celery, diced	1 small or ½ med. onion, diced
1 Tbsp. butter or margarine	2 cans tuna (water packed, drained)
1 can cream of mushroom soup	3 cups cooked rice (or equivalent instant rice)
1 10 oz. pkg frozen peas, thawed	

In a saucepan, cook celery and onion in butter or margarine until tender, about 3 to 5 minutes. Combine with other ingredients in a casserole or Dutch Oven. Bake at 350° for 30 minutes. Serves 6 to 8.

Quick Clam Chowder *or* Leek and Potato Soup

3 cups water	2 Tbsp. thinly sliced dried leeks or ½ thinly sliced medium onion
2 – 4 Tbsp. Butter	1 cup dry milk (mixed with 4 cups cold water at camp)
1 cup instant potato flakes	1 6.5-oz can minced clams with broth

Optional: 2 tsp. dried parsley, ½ cup diced bacon or ham or bacon bits
Dash Tabasco sauce, salt and pepper to taste.

At Home: Package leeks, dry milk, and instant potatoes in separate ziploc bags. Add butter and Tabasco sauce to main supply. Put potato, milk, and leek packages in large ziploc with canned clams and dried parsley packet.

At home, you can brown the chicken and onion, then add them and all the other ingredients to a greased baking dish and bake, covered with foil, for 30 minutes in a 350° F. oven. You can substitute frozen vegetables and change the type of vegetables you use to suit your own taste.

Sloppy Joes

1 pound ground beef ½ cup chopped bell pepper ½ cup chopped onion
1 stalk celery, chopped 4 hamburger buns
1 pkg sloppy joe seasoning (**CHECK TO SEE IF IT NEEDS TOMATO SAUCE**)

Brown the ground beef slightly in a skillet; drain off as much fat as you can. Add bell pepper, onion, and celery to beef mixture and continue to cook until vegetables are tender and meat is brown. Add sloppy joe mix **AND WHATEVER ELSE IT CALLS FOR**. Stir well and cook as sloppy joe package directs. Serve over hamburger buns. Serves 4.

Potatoes and Corned Beef Au Gratin

2 boxes au gratin potatoes (about 5 to 6 ozs each)
1 12-oz package corned beef 2/3 cup powdered milk

DO NOT ADD THE MILK AND SAUCE MIX UNTIL LATER!!!

In a large pot combine 5 cups water and the potato slices. Bring to a boil, reduce heat to medium, and cook for 10 to 14 minutes or until the potatoes are tender.

Add the powdered milk and the sauce packets. **Do not add extra water.** Simmer over **LOW** heat for 2 minutes. Open corned beef, chunk up with a fork if needed, and add to the potato mixture. Heat over low heat for 2 to 5 minutes or until beef is hot.

Remove from heat and let stand for 2 to 5 minutes to let the sauce thicken slightly.
Serves 4 to 5 hungry Scouts.

Carrot sticks make a good side dish – and you could even be munching on them while this cooks!

Hamburger Stew

1 pound ground beef ½ cup chopped bell pepper ½ cup chopped onion
1 stalk celery, chopped 2 carrots, sliced 2 potatoes, diced
1 can tomato soup 2 cups beef broth ½ tsp thyme
salt and pepper to taste 1 can of green beans or peas

Brown the ground beef slightly in a large pot; drain off as much fat as you can. Add onion, pepper and celery to beef mixture and continue to cook until vegetables are tender and meat is brown. Add carrots, potatoes, tomato soup, beef broth, one cup of water and seasonings. Bring to a boil, then reduce heat to low and simmer for at least 15 minutes or up to 30 minutes. This is great when winter-camping, or for cold, rainy days.

VARIATION FOR BACKPACKING: (To be done at home ahead of time)

Brown one pound of ground beef at home. Drain and rinse with clear water, then dehydrate in oven (150-200 degrees for 5-7 hours). Package in a quart-size ziplock bag and store in refrigerator until you leave for the trip.

