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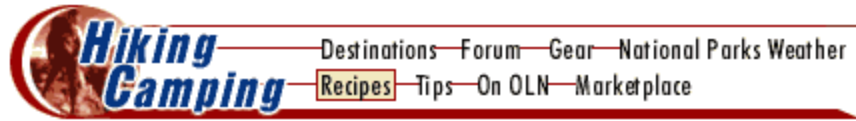
**VELONews**

**Inside Triathlon**

**I-M-B-A**

**ESCAPE**

Search

## Brown Bag Breakfast

- ✦ Brown Bags
- ✦ Sliced Bacon
- ✦ Eggs
- ✦ Seasonings

1st step: Place, your bacon in the bag. Line the bottom with bacon, so it can cook the eggs.

2nd step: Crack the eggs over the bag with the bacon and the grease from bacon will cook the eggs. This might offend the health type campers of today. But, it was the best way and the bacon grease always made a good flavor.

3rd step: Added, seasonings and fold the bags top down ways.

4th step: Final, poke hole in the folded part of bag and place a pole, rod or stick through the hole. Place the bag over the camp fire and in a few minutes it will be done. The only utensile will be a fork and a stick.

This way the equipment is light and small. Cooking, with a paper bag and bacon: with other meals can flavor your catch of day too, your cook corn and greenbeans on the side.

## Muffins in an Orange

- ✦ Oranges cut in half (eat the insides out without making a hole)
- ✦ 1 pkg. dry add-water-only muffin mix
- ✦ Water
- ✦ Ziploc bag

Put muffin mix and water in a ziploc. Mush it around. Pour it into 1/2 an orange. Place the other half of the orange on top and set it in the coals of your fire. Cook until it seems done enough. Brush off any ashes and enjoy!

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## Campsite Corn

- ✍ 1 ear of corn per person
- ✍ Water
- ✍ Butter
- ✍ Salt

First, take as many ears of corn as you're going to eat. Soak the corn in water for 30 minutes to an hour. With the husks still on, put the corn on red hot coals from a fire and cover them with a few coals. Wait until the husks start getting burnt, then roll the corn out of the coals with a stick. Sweet Corn is usually good alone but tastes even better with a little butter and salt.

## Sweet Onion Bake

- ✍ 1 large Vidalia or sweet onion
- ✍ 1 package of Lipton
- ✍
- ✍ Onion soup mix
- ✍ Squeeze butter

Cut the top off the onion, but don't throw it out. Core the onion, but don't go too deep, just make a nice well. Squeeze a little butter in the well and add soup mix. Put the 'lid' back on it, wrap it in foil and cook on the coals for about 30-45 minutes or to desired texture of onion.

## Spiced Coffee

- ✍ 2/3 cup instant coffee
- ✍ 3/4 cup nondairy creamer
- ✍ 3/4 cup brown sugar
- ✍ 3/4 teaspoon cinnamon
- ✍ 1/2 teaspoon allspice
- ✍ 1/2 teaspoon ground clove
- ✍ 1/2 teaspoon nutmeg

Premix ready for the trail. Add 1 cup of hot water to two tablespoons.

## Taco Burgers

- ✍ 1 lb. extra lean ground beef
- ✍ 1 16oz. jar picante sauce
- ✍ 1 can diced green chile
- ✍ 1 package shredded cheese

Take 1# extra lean ground beef and cook it up. When it is done drain any grease off. add one jar of Picante sauce (16oz.) to it. one small can of diced green chile. when most of the moisture is gone put on low heat add sliced cheese or shredded cheese to the top. When cheese is just about melted serve on hamburger bun.

## Mystery Meat

- ✍ 1 lb. Extra Lean Ground Beef
- ✍ Diced Green Chile/Diced Jalapeno
- ✍ 1 diced onion
- ✍ 1-2 cans pork 'n beans and/or pinto beans
- ✍ salt, pepper, garlic for flavor
- ✍ handful of Chinese snow peas
- ✍ 1tsp finely chopped fresh ginger

Take 1# Extra lean ground beef cook it up. Add diced green chile or diced Jalepino's and a diced onion. When meat is cooked drain off any grease then add 6 large eggs. when eggs are fully cooked add 1 or 2 cans pork n beans or pinto beans. add salt, pepper, and garlic to your flavor.

## Banana Creme Pie

- ✍ -Dehydrated bananas (enough to cover bottom of pie pan, maybe one cup when hydrated - sugg, dehydrate yourself, they keep more flavor)
- ✍ -1-2 packages instant vanilla or banana pudding (your choice - I prefer vanilla)
- ✍ -dehydrated milk
- ✍ -vanilla wafers(enough to cover bottom of pan - this is your crust)

At home: measure out dehydrated milk and combine with dry pudding mix - be sure to include directions for both milk and pudding, the needed water at camp will be the combination of both.(note: put dried ingredients in a zipper-lock bag, makes it easier to mix w/ water at camp.)

Camp: line bottom of pan with vanilla wafers and then add the rehydrated bananas. Add the appropriate amount of water to bag w/pudding and milk (hopefully rather cold water so that it sets up good) and pour on top after it sets up a bit. Amounts should make a pie about 9", but

It's very easy to change for more or less. We made enough for 9 people.

## Jef's Mystery Stew

- ✍ linguine noodles
- ✍ numer.9 spaghetti noodles
- ✍ fresh veggies-
- ✍ peas
- ✍ potatoes
- ✍ green beans
- ✍ corn
- ✍ carrots
- ✍ lima beans
- ✍ stewed/chopped tomatoes
- ✍ 1 cup of rice
- ✍ 1 diced onions-red or white
- ✍ 2 tomato juice

At home break up noodles in 1-2 inch segments, for easy storage. (you'll need to do this anyway so why not before hand ), next when your on the trail add all the ingredients in a stew pot . Cook until veggies are soft over fire.

## Cheesy Biscuit Mix

- ✍ Biscuit mix
- ✍ Cheddar Cheese
- ✍ Ziplock bags
- ✍ Water

At home:

place biscuit mix in ziploc, cut cheddar into 1/4 inch cubes, wrap cheddar in saran wrap place in bag with mix.

At camp:

remove cheddar's wrap and place back in mix, slowly add 1/4-1/3 cup water into ziploc bag, mixing until thick doughy consistency, be sure that you don't add too much water, snip 1 corner of ziploc bag, squeeze dough out in lumps into pot, put lid on pot & place on stove or in fire, cover lid with hot coals or build a small fire on top of it, remove after 10-15 minutes

## Trail Mix

- ✍ 1 cup raisins

- ✍ 1 cup cashews
- ✍ 1 cup plain M&Ms
- ✍ 1/2 cup chow mien noodles

Mix and bag!

## Hillbilly Haven Beans

- ✍ 1 can Vegetarian Beans
- ✍ 1/2 table spoon onion salt
- ✍ 1 table spoon cinnamon
- ✍ 1/4 cup of ketchup
- ✍ 1/4 brown sugar

The ingredient that separates this from ordinary recipes of this style is the cinnamon. So if you so desire...add another dash of it. Combine these, and bake at 325 for about 10 minutes.....And that's Hardy Hillbilly eating.

## Crawdada Pasta

- ✍ 10 Cradadas per person
- ✍ Salt
- ✍ 3 QTS. Water
- ✍ Pasta
- ✍ 1 zucchini
- ✍ 1/4 cup butter
- ✍ 4 cloves garlic
- ✍ 1/4 cup white wine
- ✍ Parmesean Cheese

FIRST YOU NEED A LOT OF YOUTHFUL ENERGY AND ENTHUSIASM TO GATHER ENOUGH CRAYFISH FROM A COLD MOUNTAIN STREAM TO FEED ALL OF THE INHABITANTS OF YOUR CAMP. THIS WILL TAKE AT LEAST 10 PER PERSON AND THAT WILL GIVE YOU A GOOD TASTE. KEEP YOUR CATCH ALIVE UNTIL YOU HAVE ALL THAT YOU WILL NEED, THEN IN A LOT LARGE POT,BRING TO A BOIL 3 QTS. OF SALTED WATER. PLACE YOUR LIVE CRADADS IN THE BOILING WATER, AND LET THEM BOIL FOR ABOUT 3 MINUTES. COOK IN SMALL BATCHES, ABOUT 6 AT A TIME. REMOVE THEM FROM THE WATER AND LET THEM COOL. WHEN THEY ARE COOL REMOVE THE TAILS AND LARGE CLAWS. CRACK THE SHELLS AND SEPARATE THE MEAT DISCARDING THE SHELLS AND SAVE THE MEAT IN A CLEAN BOWL.

IN A LARGE POT BOIL THE APPROPRIATE AMOUNT OF YOUR FAVORITE PASTA. WHEN THE PASTA IS JUST ABOUT FINISHED, PLACE IN A SMALL PAN 1/4 CUP BUTTER, 4 CLOVES GARLIC, (CHOPPED) 1/4 CUP WHITE WINE, AND THE MEAT OF YOUR CRAWFISH MEAT. SIMMER TOGETHER FOR ABOUT 3 MINUTES, THEN DRAIN YOUR PASTA AND POUR YOUR SAUCE OVER IT. SPRINKLE WITH CHEESE AND SERVE.

THIS SEEMS LIKE A LOT OF WORK FOR WHAT YOU GET, BUT IF YOU FIND YOURSELF NEAR A STREAM WITH A GOOD POPULATION OF CRAYFISH AND YOU HAVE SOME ADVENTURESOME YOUNGSTERS AT HAND IT CAN BECOME A MEAL THAT WILL ENTERTAIN ALL DAY!!!

## Beenie Burger

- ✍ 1 lb. ground beef
- ✍ 2 large cans baked beans
- ✍ 1/3 - 1/2 C brown sugar
- ✍ 1 tbs ketchup
- ✍ 1 tbs mustard

Brown beef in pan drain grease off, mix in beans until hot add sugar, ketchup, and mustard and stir. Eat as is or over bread or toast. Quick and easy for in the woods.

## Camp Fajitas

- ✍ 2 red bell peppers
- ✍ 1 red spicy pepper
- ✍ 1 onion
- ✍ 1 yellow squash
- ✍ 1 zucchini
- ✍ handful of Chinese snow peas
- ✍ 1tsp finely chopped fresh ginger

Cut up all veggies into desired sizes. Cook until tender. Add favorite marinade sauce (mine is a Caribbean jerk sauce,) just enough to cover the veggies. Wrap in tortilla and enjoy...

## Foil Dinneres

- ✍ Aluminum Foil
- ✍ Snices of Choice

- ✍ Spices or Onions
- ✍ Vegetables
- ✍ Meat (Optional)

You bring foil,vegetables, and spices in bags or containers. ( if you're car camping you can bring meat) You wrap your desired vegetables and spices in foil. Cook directly on hot coals or on a grate above a flame for 15 minutes on each side.

## Scrambled Oatmeal

- ✍ 1 package oatmeal muffin mix
- ✍ water

In a pot mix together oatmeal muffin mix (use the mix that just needs water) and water, put the pot over the fire and stir the mix every once in a while. The mix will start to clump together, once you think it's okay to eat take the pot off of the fire and ENJOY!! If you don't like oatmeal use another kind of muffin mix.

\*\*Warning: This is good but don't eat too much or else you'll get a stomach ache. \*\*Hint: To protect your pot from getting impossible to clean, put dish soap on it before you put it over the fire.

## Camp Fajitas

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## Burdock Patties

- ✍ 1 handful burdock stalks (young shoots, before they blossom with thistles)
- ✍ 2 Eggs
- ✍ 1 cup breadcrumbs
- ✍ 1/2 cup grated cheese (optional)
- ✍ 1 big bar of chocolate

### ~ Burdock Stalks ~

Pick burdock stalks while on a spring walk. Clip the stalk from the ground up to the point where the leaf begins to grow. You should have a stalk that look like celery. Clean it well and maybe even pull some of the stringy fibers from the stalk if you have time. Cut the stalks into 1" lengths and boil or steam until very tender. Mush them up with the egg and breadcrumbs. Use a tablespoon to plop 'em on the frying pan. Pepper and salt to taste. My grandmother (now 97) made these for us as kids. My wife and I made them while canoeing on the Saco River during our honeymoon and now our teenagers eat 'em up. Poor man's asparagus is a good description cause that's what they taste like...without the after effect.

-- *Mike & Amy Danial*

-- *Syracuse, NY*

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## Campfire Apples

- ✍ Apples
- ✍ Squeeze Butter
- ✍ Cinnamon/Sugar Mix
- ✍ Foil

1. Core an apple leaving the bottom in tact. 2. Cut the center of the core apart from the top of the core, creating a "lid" that fits on your apple. 3. Fill the apple half to three quarters full of squeeze butter. 4. Fill the rest of the apple with a cinnamon/ sugar mix. 5. Put the "lid" back on the apple. 6. Wrap in heavy duty foil. 7. Throw it in the coals for an hour or so. Tastes like apple pie.

-- *Sarah Hail*

-- *Cincinnati, OH*

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## Chili Beans and Rice

- ✍ 1 lb cooked shredded chicken (I buy preshredded, which is already cooked)
- ✍ 1 can chicken broth
- ✍ 2 cans pork and beans in sauce

- ✍ 1 cup uncooked rice
- ✍ 2 Tbsp chili powder
- ✍ 2 med tomatoes, chopped
- ✍ 1 med green pepper, chopped (optional)
- ✍ 1 sliced green onion

In a dutch oven combine chicken, broth, beans, rice, chili powder, tomatoes, and pepper. Heat to a boil. Cover and cook 20 minutes or until rice is done, stirring occasionally. Can be topped with sour cream and onion.

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## Hot Dog Slop

- ✍ 3 hot dogs
- ✍ 2 cans sliced potatoes
- ✍ 3 Tbsp butter or margarine
- ✍ 1 Tbsp Paprika
- ✍ garlic powder to taste

Melt butter in pan and add meat and potatoes. Move around pan so butter coats everything. Add garlic powder and paprika. Stir another few minutes. Cover and cook 5 more minutes (I just put tin foil on top and bend the edges over the pan.)

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## Evil Faye's Chicken and Dumplings

- ✍ 5 chicken boullion cubes
- ✍ 1 can chicken or 1 -2 packages freeze dried chicken
- ✍ 1/3 cup dry milk
- ✍ 1 Tbsp Butter Buds (butter flavored granules)
- ✍ 3-4 Flour Tortillas
- ✍ 6 cups of water

Put boullion cubes, chicken, dry milk, and butter buds in pot with 6 cups of water and bring to a boil. Make sure boullion cubes are fully dissolved. Then tear tortillas into 1 inch by 2 inch pieces. Place torilla pieces in pot with boiling contents, be sure to tortilla pieces are under the water do not stir, just push them under wilth your fork. Reduce heat, cover and

let the pot simmer for 10 minutes. Salt and Pepper to taste.

This recipe is quick and easy to make, it will feed 2-3 people and not weigh down your pack. I think you be find very tasty for something so simple. I hope you enjoy it.

-- *Brian Raley*

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## **Pinto Bean Soup**

- 2 Cans Pinto Beans
- ✂ 1 Can Stewed Tomatoes (DRAINED!!!)
- ✂ (if you use the pre-seasoned kind you can skip the sauteeing of the bell pepper and onion....use Rotel tomatoes if you like it really spicy)
- ✂ 1 Green Bell Pepper
- ✂ 1 Small Onion
- ✂ 1 tsp olive or vegetable oil
- ✂ \*\*\*other spices to taste (chili powder, garlic, hot peppers, salt etc.)

Chop onion and bell pepper into small pieces. Saute onion and bell pepper in oil in the same pot that you will use to cook the soup (if you are adding other spices, garlic or peppers, add those now as well). When onions become transparent, add first can of beans. With a fork or potato masher, mash beans to a pastey consistency. Add second can of beans (do not mash) and the can of tomatoes-----don't forget to drain the tomatoes!!!! Allow the soup to simmer for atleast 15-20 minutes. It is difficult to overcook this soup. Serve with grated cheese &/or sour cream garnish if you wish.

-- *Page Gaither*

-- *Athens, Georgia*

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## **Bud's Breakfast Buffet in a Cup**

- ✂ Instant Grits (1-2 packages)
- ✂ 1 Egg
- ✂ Water
- ✂ Salt and Pepper
- ✂ Grated Cheese

☞ Chopped Jerky

INTO A CUP (I PREFER LEXAN), POUR THE CONTENTS OF: 1 OR 2 PACKAGES OF INSTANT GRITS--FLAVORED OR PLAIN CHOPPED BOILED EGG ADD BOILING WATER TO DESIRED CONSISTANCY ADD SALT AND PEPPER AS DESIRED TO VARY THE FLAVOR ADD GRADED CHEESE OR CHOPPED JERKY. SOME OF MY FRIENDS ENJOY THIS BREAKFAST TREAT BUT MOST RECOMMEND THAT YOU NOT LOOK AT IT TOO CLOSELY WHILE YOU EAT IT!!!

-- *BUD ROBBINS*

-- *KENNESAW, GA*

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## Simple Trail Trout

- ☞ Trout (any size)
- ☞ Herbal Dry rub: There is room here for alternatives, use the spices and herbs YOU like.
- ☞ Here is my rub mix - Salt , pepper, powdered ginger, fresh garlic, ancho chili powder.
- ☞ A little touch of oil (I like to use light olive oil)
- ☞ A stick. Fresh cut green works best.

Take 1 trout (or as many as you were lucky enough to catch...or like my last trip into the Sierra's - I got stuck cleaning all of the fish that day. I didn't catch a thing, but my pals did!!) Clean and scale the trout but leave the head on. Lightly brush the inside of the trout with the oil. Rub the rest of the oil on the outside of the fish. Rub the fresh garlic into the flesh of the fish. I suggest the use of fresh garlic because it tastes better and is easy to pack. Rub the remainder of the dry herbs and spices on the flesh of the trout. Insert a stick into the rear end of the trout and push it up though the mouth of the trout. Prop the Trout up into the fire pit over medium coals or far to the side of roaring fire. Like a hotdog. It takes a good 20 mintes to slow cook the trout to perfection. The fish meat will fall off of the bone when it is done.

-- *Mark Freid*

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## Mexican Night

- ✍ Refried Beans
- ✍ Taco Shells
- ✍ Squeeze Cheese
- ✍ Hot Sauce
- ✍ Textured Vegetable Protein

Start with refried beans...the instant type where you just add water. Bring water to a boil and add. Have some taco shells..the cheap kind on hand. With that add bean...squeeze cheese and hot sauce from any fast food store. If you want meat add TVP..which can be found in any health food store and add some seasoning to it and you have nachos for dinner. TVP textured vegetable protein can add a lot to any meal - Beef Storganof and Hamburger helper meals.

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## Camp Fish

- ✍ Fresh fish
- ✍ 1 small onion
- ✍ 1 lemon
- ✍ Pam
- ✍ Aluminum foil

The best fish to have is fish caught in a stream by yourself. Clean the fish and leave the heads on. Spray the aluminum foil with Pam. Place fish on foil. Lay 2-3 onion slices and 1 lemon slice on each fish. Fold the tin foil and place on camp-fire. It works best if you heat a flat rock in the middle of the fire. It doesn't take long for the fish to cook. Check it every now and then. The fish will appear white and flaky when done.

-- *Nathan A. Paullin*

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## Chicken a L'Orange

- ✍ 1 C. chicken breasts
- ✍ 1 C. cooked rice
- ✍ 1 C. mixed vegetables
- ✍ 1 C. orange juice
- ✍ 1 TBSP honey

- ✍ Parsley
- ✍ Tabasco
- ✍ Salt and pepper

**Prior to the trip:** Grill chicken and dice, cook rice, and stir fry mixed vegetables. Mix orange juice with honey and add parsley salt, pepper and a hint of tabasco sauce. Freeze everything.

**On location:** Mix everything together and boil for about 5 minutes or until hot. Serve 2 hungry campers. (Note that it was just enough for me after we've walked 35 miles in the cold rain, in River Eternity Qc. ) Since everything is frozen ( depending on the temperature outside) you can keep this in your pack for a while before cooking it.

-- *Martin Verrette*

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## Spiked Cider

- ✍ Powdered spiced cider
- ✍ Bourbon

A super hot drink, mends the pain and helps you sleep: Heat up cider and add a shot of your favorite bourbon. Awesome!

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## Pizza After Week in the Woods

- ✍ 1 Package of bread machine dough
- ✍ 1 Bottle squeeze pizza sauce
- ✍ Cheese of your choice
- ✍ 1 Package vacuum pac pepperoni
- ✍ Any other toppings you may like. (freeze dried onions, peppers, mushrooms).

Boil water in a bucket to be used to raise bread. Mix bread dough, put on plate that will fit on top of bucket, and cover with foil to raise. When bread is done rising, pinch off enough to fit on a small piece of tin foil(5") and flatten out. Cook on top of campfire until edges just start getting brown. Add sauce, cheese, pepperoni, and toppings cooking until golden brown and cheese melted. This works great when you have a rainy day in camp with restless kids. It just gives them something to do and they love the results. (With a group of 7 you may want to double the batch of bread)

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## HeartBar Beans

- ✍ 16-oz Bag of dried pintos
- ✍ 1-2 Fresh jalepenos or a fat, seeded habenero pepper. A few drops of Dave's Insanity Sauce works well.
- ✍ Salt and pepper
- ✍ 1 Large red onion
- ✍ 2 Cups jack cheese or jalesco
- ✍ A pint or two of Guinness Stout

The night before have a good fire to build your coal bed. Drink the stouts while enjoying the fire. Don't forget to soak the pintos overnight. Rinse the beans and put in dutch oven, cover with about two inches of water and bring to low boil in fire pit. If using charcoal briquettes start with about twenty coals which have been pre-lit. Basicly slow-boil the beans for about four hours or until they start to soften. Check the water level about every two hours, more often if not using dutch oven. If using charcoal be sure to throw new coals on before the old ones die out. As the beans start to soften add 3/4 of the onion and peppers and let boil to stock. Add black pepper and salt to taste. DON'T add any spices until the beans bein to soften. It should take another 1 - 1 1/2 hours to soften beans completely depending on how you work the fire. Salt and pepper as needed, and add last 1/4 of onion and the cheese a few minutes before serving, allowing the cheese to melt in. It Should have the same consistancy of refried beans when done.

-- *Chuck*

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## Killer Taco Roast

- ✍ Pork roast
- ✍ About 1 1/2 cups rice
- ✍ 1 Red onion
- ✍ Salt and pepper
- ✍ 4 Cloves garlic
- ✍ 4-5 Tbsp. of cumin
- ✍ 4-5 fresh, sweet carrots peeled and have at least two finely diced.
- ✍ Corn tortillas
- ✍ A cup of Merlot.

- ~ 1 cup of onions
- ~ One large dog - to eat the soup bone

Start with a good bed of coals or about 30 briquettes. Coals should go on the bottom and top of the pot with the majority on the bottom. Cover roast as best you can with water and bring to medium boil. After first hour of boil, add a couple of the carrots (cut to 3/4" pieces), the cumin, salt and pepper, onion, garlic, and wine. This will be your stock. Boil at a medium heat for another 30 minutes and then slow to a low boil, barely more than a simmer. Watch the water level and reduce level as roast breaks down. Salt and pepper to taste occasionally. If you let a small amount of the roast crisp it adds some good flavor. This is an all-day cooker, anywhere between 4 and 6 hours. In the last 30 minutes of cooking add the diced carrots, then add enough rice to soak up the stock. Add rice about 1/4 cup at a time or you'll dry it out. If you turn over the dutch oven lid on a bed of coals or put it on a camp stove it makes a great skillet to warm corn tortillas.

-- Chuck

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## Lentil Stew

- ~ 1 Can Progresso lentil stew
- ~ About 1/2 pound ground beef
- ~ 1 or 2 Cloves garlic
- ~ Onion powder or white onion
- ~ Tsp of oil
- ~ Pinch of celery salt
- ~ Black and red pepper
- ~ Optional - sour dough bread and some fresh veggies on the side

Saute the garlic and onion (tsp oil) until lightly browned then add meat and brown. Add the can of soup and other spices and simmer until a stew consistency is reached. Great with sour dough bread or fire-toasted bagels and fresh veggies like raw brocolli or cucumber and carrots. Grilled zucchini works well too.

-- Chuck

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## Hobo Onion

- ✍ Large Onion
- ✍ 1/2 Stick of Butter
- ✍ Salt
- ✍ Pepper

Score onion across the the top several times and place in tinfoil. Put butter, salt and pepper on top of onion and close the tinfoil securely. Set directly in the fire and cook approximately 30-45 minutes. Unwrap and enjoy!

-- *Wayne, Jr.*

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## Baked Tomatoes

- ✍ 4 large ripe tomatoes
- ✍ Butter
- ✍ Salt & Pepper
- ✍ Toppings

Wash tomatoes and cut in half. Wrap in premium brand foil and immerse into hot coals of a campfire. Place tomato cut side up in fire. Bake until tender. Top with butter, salt & pepper. You can add other toppings such as: Grated Cheese, Crushed Potato Chips, Bacon Bits, Crumbled Beef Jerky, Lemon Pepper Seasoning, etc.

-- *Amy Lynch*

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## Hotrocks

My favorite recipe is anything cooked on a hot rock. Every time I go camping I get a carefully chosen flat river rock and lay it in the edge of the campfire. By the time everyone is ready to cook, I fetch my shovel and pull the rock out, level it up and poor a little water (or beer) on the rock to rinse it. Then I lay keobasi, steak, ham, fish or anything else on it, and cook it to perfection. It is suprisingly very controllable, and the food has a charcoal 'camping' flavor. Hope you try it sometime!

-- *Ron Collins, Lithia Springs, Georgia*

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## Mixed-Vegetable, Mushroom and Water-Bug Cous Cous

- ✍ Vegetables -- I recommend dried tomatoes, dried grated carrots [they dry and rehydrate fast], onion flakes, and mushrooms. Canned corn and peas dry remarkably well too.
- ✍ Vegetable soup mix packet -- 4-serving package
- ✍ Couscous -- a handful for each hiker
- ✍ Your spice preferences
- ✍ Fresh-caught water-bugs (optional for vegan hikers--Although any bug will work, I recommend water bugs as they are pre-hydrated and less gamey than mosquitos)

In the morning before your walk put your vegetables and soup mix in a lexan or other on-porous wide-mouth bottle and fill with water. When you return to camp, add a couple of extra cups of water. The only way you can screw this up is to make it too dry. Heat the vegetable mess until just boiling, add a proportionate amount of cous cous (remember, don't measure!), cover and put to the side while you hunt your spoon. Season to taste with spices and spiders, and enjoy!

-- Anna McGalliard

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## Thai Seafood Curry

- ✍ One packet powdered coconut milk
- ✍ A tablespoon of thai curry paste
- ✍ Veggies (carrots, broccoli, cauliflower and peas are great)
- ✍ Small can of crab

Mix the powdered coconut milk with water, heat it up to a low boil. Throw in the veggies, until they are about cooked. Throw in the crab. Once it's hot, you have curry. Put it over pasta, or rice.

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## Shroom Treats

- ✍ Mushrooms
- ✍ Tinned Underwood Deviled Ham
- ✍ Parmesan Cheese

Remove stems from mushrooms. Place about 1/2 tsp of tinned Underwood Deviled Ham (no refrig. necessary) inside each mushroom cap. Sprinkle parmesan cheese on top of mixture. Melt cheese/ham/mushroom cap by toasting near fire at angle. Serve hot.

-- *Ralph Scott, St. Greenville, North Carolina*

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## **Cowboy Stew**

- ✍ 1 lb. ground meat (hamburger, sausage, etc.)
- ✍ 1 can ranch style beans
- ✍ 1 can Ro-tel tomatoes, diced
- ✍ 3 cans minestrone soup (I like Campbell's best)
- ✍ 1/2 - 1 onion, chopped

Brown ground meat in skillet, then place in large pan or crock pot ( I keep one in the camper) with remaining ingredients. Cook 2-3 hours for best flavor on stove or 7-8 hours on low in crock pot. This is great served with a pan of corn bread when it's cold outside. It's nice to have this cooking while your out hiking, fishing or just enjoying the great outdoors.

-- *Susan Barlow, Personville, Texas*

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## **Chicken/Vegetable Stir Fry**

- ✍ Chicken
- ✍ Fresh garlic
- ✍ Salt and pepper
- ✍ Olive oil
- ✍ Carrots
- ✍ Celery
- ✍ Scallions

Bone and cut up chicken parts into small pieces. Season with salt, pepper, fresh garlic and anything else interesting. Put the chicken in a Ziploc, add some olive oil and freeze. Cut

up some carrots, celery, scallions, etc. into small pieces, put in another Ziploc and freeze. At camp, get your stove going, open up the chicken and cook, stirring often, until almost done. Add the veggies and cook a little longer.

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## Corned Beef Soup

- ✍ A can or two of corned beef (depending on how many people)
- ✍ Potatoes
- ✍ Carrots
- ✍ Onions
- ✍ A couple of cans of whole tomatoes
- ✍ Some water to make it more soupy

Cook all ingredients together over fire until vegetables are soft. This is delicious with crackers on a cold night and it's quick and easy to make.

-- *Eunice Morris, Bonifay, Florida*

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## Weenie Stuff

- ✍ One lb. weenies cut into 1-inch pieces
- ✍ One can pork and beans
- ✍ One can red kidney beans
- ✍ One can hormel chili w/o beans

Place all ingrediants into a large pan and simmer until it begins to thicken slightly. Salt and pepper to taste and serve over a bed of fritos, or with corn bread or corn fritters.

-- *Donny Cochran, Carrollton, Georgia*

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## Big Bend Winter Chili

- ✍ 3 cans of chili (whatever brand you prefer)
- ✍ 1 can of corn (Mexicali is especially nice, it has green and red peppers in it)
- ✍ 1 can Rotel tomatoes

This is a simple. but delicious recine that mv

...this is a simple, but delicious recipe that my friends and I enjoyed on the South Rim of the Chisos Mountains this winter. All you have to do is heat the contents of the cans all together and then eat. It is hearty and flavorful. The cans can be a little bit heavy, but spread out between a few people it isn't bad and is worth it when you are cold and hungry after hiking all day.

-- Tanya Sanchez, New Orleans

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## Dump-It Cobbler

- ✍ 1 12-16 oz. Can of Blueberry Pie Filling (Can substitute Apple or Cherry Pie Filling, Can of Peaches or Pineapple)
- ✍ 1 Box of White or Yellow Cake Mix
- ✍ 1 12 oz. Can of Lemon-Lime Soda (7-Up, Sprite, etc.)

Pour pie filling into bottom of a 10-12 inch dutch oven. Next, sprinkle cake mix evenly over pie filling. Then, pour soda evenly over cake mix. DO NOT MIX! Bake 45-60 minutes (less for gooey, more for crunchy) until crust is golden brown. Delicious with home-made ice cream!

-- Gary Mountain

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## Breakfast Surprise

This goes out to my hungry hiking buddies back in Virginia. Portions are per person, multiply time the # of hungry folk!

Start out with a half cup of small diced homefried potatoes, (the frozen variety work great) and 3-4 link sausages diced into small pieces. Start this frying in a suitable size NONSTICK frypan and as things are starting to near being done, add a small amount of dice onion, green pepper and tomatoes. Butter may be added as necessary to keep things from burning but try not to get the mixture to moist.

In a separate bowl, whip 2-3 eggs and dump onto the mixture in the frypan. While continuously mixing/stirring add a 1/4 cup of grated cheddar cheese into to batch. Add

grated teco cheese into to batch. Add seasoning to taste, (i.e. salt, pepper, garlic powder). As this starts to thicken up add a little bit of hot or mild taco sause into the pot. Continue frying until the mixture thickens up and then turn the burner on low sprinkle a bit more teco cheese on top, cover until the cheese is melted, then serve.

WARNING: It is strongly recommended to hike at least ten miles to work this off. Staying at camp may result in the strong need for a long nap.

-- *Bob Varljen*

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## Hobo Stew

- ✍ Burger
- ✍ Cut-up red potatoes
- ✍ Snack size carrots
- ✍ Can of corn
- ✍ Favorite bbq sauce
- ✍ Season salt
- ✍ Pepper

If you have time, boil potatoes and carrots just 'til they begin to get tender before you leave on your trip. Place potates and carrots in a zip lock baggie in your ice chest.

Make a foil tent (layered 2x). Layer all your "grub" in the tent, including "raw" burger. Add bbq sauce (sparingly) and seasoning. Toss in the fire or on your bbq. Cook 30-40 minutes.

This is a great dinner for your first night, since we're all usually busy setting up our camp. It takes very little effort. Delicious!

There's a funny story behind this recipe. My husband and his friend were out camping and didn't feel like cooking. My husband said, "well I have some burger and potatoes," and his friend said "well I have carrots, bbq sauce and corn." So they started dumping it in foil and threw it in the fire. Wa-la. They invented "Hobo Stew."

-- *Stacey Gage*

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## OO-La-La Outdoor Trout

- ✍ 1 teaspoon oil
- ✍ 1 cup brown rice
- ✍ 1/4 teaspoon dried thyme
- ✍ 1/4 teaspoon paprika
- ✍ 3/4 teaspoon garlic powder
- ✍ 1/3 cup dried minced onion
- ✍ 1/2 teaspoon celery seed
- ✍ 2 cubes bouillon
- ✍ 2 cups water
- ✍ 1 pound of trout or other fresh fish
- ✍ 1/2 cup dried tomatoes, rehydrated

Before you go combine the rice, celery seed, onion, garlic, paprika, and thyme in a ziploc bag with your campsite instructions.

Catch and fillet a fish, I like trout best. Heat oil in a skillet and then add the rice and other ingredients you prepared at home. Cook for 3 or 4 minutes, stirring all the time. Add the bouillon and water and bring it to a boil. Cover and simmer for 25 minutes. Add the fish and simmer for 8 more minutes, then add the tomatoes and simmer for a final 2 minutes.

Feeds 2 people to busting.

This recipe takes a little longer but it is well worth it. If you have any fresh veggies still available, peppers and mushrooms are two items I like to add. The basic ingredients are stay-fresh and if you like fish (a lot) you can make enough for a few nights.

-- *Renee Foy, IL.*

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## Root 'n' Snort

This dinner will make 'em root 'n' snort on a cool fall night!

- ✍ pork shoulder or butt
- ✍ two apples
- ✍ two sweet potatoes
- ✍ cup of flour
- ✍ 1/2 cup brown sugar
- ✍ Tbsp. cinnamon

- ⌘ 1/2 cup good bourbon (I use Early Times)
- ⌘ 1/4 cup bacon drippings (recommended), Crisco, or canola oil
- ⌘ salt and pepper

Preparation: Salt and pepper pork, roll in flour. Heat oil in 12" deep Dutch oven (or equivalent). Sear pork on all sides until browned and oil is absorbed. Reduce heat. (I cook on a fire with a tripod and chain, so I just raise the pot up a few links.) Slice and core the apples (peel on), slice sweet potatoes, add to pot. Add brown sugar, cinnamon and bourbon. Cover tightly and slow simmer appx. 1 1/2 hrs. or until pork reaches 145 degrees F. internal temp. Remove all contents and deglaze the pot using a spatula to get all the goodies for gravy. Serve with biscuits baked in a reflector oven. The gravy is so good, "you'll go home and smack yo' momma 'cause she never fixed you none." Enjoy! -- *Wright Ellis, river chef extraordinaire, Richmond, Va.*

---

## First Night Care Package

In aluminum foil, layer thinly sliced potatoes, carrots, onions then hamburger patty, then onions, carrots and potatoes. Season as desired. Wrap up securely in foil. Put directly on coals of fire. Turn once, eat. Other vegetables can be used.

-- *Kim D. Rust*

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## Slop Cobbler

- ⌘ 1 box white cake mix
- ⌘ 2 cans apple pie filling
- ⌘ 4 tbsp butter
- ⌘ 1/4 cup sugar
- ⌘ 1 cup red hots

Empty the pie filling into a dutch oven along with the sugar and the secret ingredient (red hots). Mix this all together. Pour the cake mix on top and then place the butter around the top of the cake mix. Put this in the coals of your campfire until the cake mix turns brown. When you open the lid, you'll have a tasty treat.

-- Chris Beran

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## Hash Brown Surprise

- ✂ 1 Package Shredded Hashbrowns (or rehydrate a package of dried hashbrowns)
- ✂ 1 Pound of crumbled sausage, bacon, ham
- ✂ 6 eggs, beaten
- ✂ 8 oz grated cheese (your choice)
- ✂ 1 small onion chopped
- ✂ 1 clove of garlic chopped
- ✂ salt and pepper to taste

Grease Dutch oven, skillet or pan. Add hashbrowns and top with meat. Beat eggs with onion, garlic, salt and pepper; pour over potato/meat mixture and top with cheese. Bake for about 30 minutes. Yummy with homemade salsa or chili!

-- Donna S. Beveridge

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## Fry Pan Beanie-Weenies

- ✂ 6 each frankfurters, sliced.
- ✂ 2 tsp. dry onion flakes.
- ✂ 1/4 tsp. oregano.
- ✂ 1 tbsp. margarine.
- ✂ 28 oz can new england baked beans.
- ✂ 1 medium tomato-cut in wedges.

Saute weiners, onion and oregano in margarine until browned. Add beans and simmer 10 min. Add tomato wedges and heat gently.

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## Camping Mega-Muffins

Cook one can of Grands biscuits in Coleman oven. As biscuits are just turning golden brown add a slice of canadian bacon and a slice of smoked cheddar (or your favorite cheese) and continue baking until cheese has melted. This is very easy and very tasty and best of all there

is very little clean up.

-- *Randy M. Jackson*

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## Camp Potatoes

- ✍ Aluminum foil, heavy kind
- ✍ Potatoes -- as many as needed for the crew, cut into med. cubes
- ✍ Butter
- ✍ Salt, pepper, garlic powder
- ✍ Onions, chopped

You will need a piece of foil about 18 inches long. In the center of that add a about 2-3 cups of chopped potatoes, some butter to your taste -- at least 1 tablespoon to keep the potatoes from sticking to the foil. Add the seasonings to your taste, at least 1/4 cup of onions -- more if you like onions. Wrap this tightly and put into some coals near the campfire, or on a grill above the coals for about 30 minutes to 45 minutes. It will depend on how hot the coals are and if you have the foil in the coals or over them.

Open the wrap and enjoy.

This dish is sure to please everyone so make several foil pouches.

-- *Deborah David, Calif.*

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## Will's Sweet & Spicy Venison Stew

This might work better at a camping lodge than tent camping. The cook could also substitute wild foods for domestics as described.

You'll need a large frying pan (10-12") and a 3 quart stew pot.

- ✍ 1 ½ to 2 pounds of Venison, cut up for stewing
- ✍ ¼ pound of bacon strips
- ✍ Bacon drippings
- ✍ 1 medium onion (or a couple of wild

- leeks)
- ✍ 5 or 6 garlic cloves, cut-up and diced
- ✍ ½ green pepper, cut-up and diced mushrooms
- ✍ 3 to 4 stalks of celery, cut into small sections
- ✍ 4 carrots 8" length, cut into small sections
- ✍ 3 medium potatoes, peeled and cut
- ✍ two handfuls of raisins and/or 3 handfuls of seedless grapes
- ✍ 1 quart (1 1/4 liter) of cider or cider jack (better)
- ✍ ½ cup of salsa sauce (your favorite brand or homemade)
- ✍ 2 tablespoons apricot all fruit jam or a whole peeled/seeded orange
- ✍ 3 tablespoons garlic powder
- ✍ ½ tablespoon of green peppercorns
- ✍ Worcestershire sauce (a few shakes from the bottle)

It's easier to cook the first part of this if you chop up all the vegetables (onion, celery, carrots, potato, green pepper, mushrooms) in advance.

Throughout the cooking, add cider as necessary to keep entire stew moist.

- ✍ In the fry pan, cook down back strips until crisp and brown
- ✍ Set bacon strips aside to drain off excess grease
- ✍ While bacon drippings are still hot, begin tossing in venison stew chunks, watching closely for the meat to sear. Coat with garlic powder and black pepper while frying. You can also sear fry small steaks of venison, cutting them up afterwards before adding into sauce pot.
- ✍ After sear-cooking venison, remove from fry pan to cool.
- ✍ Sauté onion, celery, green pepper and cut-up garlic cloves in bacon drippings until soft.
- ✍ Remove onion & celery from pan, pat dry, then mix with crushed bacon, and 1/3 of the cider/cider jack over a medium flame. Add half of the seared venison, add carrots once mix is hot.
- ✍ Sauté green pepper and mushrooms, then add to large sauce pan

- ✍ Add raisins or grapes, apricot jam (or orange) and salsa.
- ✍ Add remaining venison and potatoes.
- ✍ Simmer stew for a couple of hours, stirring occasionally and adding cider to keep moist.

Let it cook and enjoy it.

-- *Will Brady*

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## **Backpackers Neptune Alfredo**

- ✍ 8 oz imitation crab meat
- ✍ 1 package Lipton's noodles alfredo
- ✍ 1 small package of powdered milk
- ✍ 1 small package of freeze dried mixed vegetables
- ✍ 1 package of butter buds

Pre-trip preparation:

- ✍ Dry the imitation crab meat

On the trail:

- ✍ Place dried imitation crab meat in quart of water.
- ✍ Bring water to boil, slow boil for four minutes.
- ✍ Add Lipton noodles, powdered milk, butter buds, and vegetables. Follow cooking instructions on Lipton noodle package, or cook until noodles and vegetables are soft.

Serve, eat, and enjoy!

-- *Paul Chinn*

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## **Creole Jambalaya Feast**

While hiking the Appalachian Trail in Virginia, I made a spicy rice surprise that made the Niday Shelter a Cajun evening to remember. We shared our meal with "Grits", a thru-hiker from Georgia.

- ✍ 1 package "I only Chachere's Creole Jambalaya Mix
- ✍ 1 Summer Sausage ( or other packaged sausage, chicken or ham )

Prepare according to directions. Requires only water and meat, all spices are included. Simmer for 25 minutes. Serves 3 hungry hikers. Finish with a small can of Mandarin Orange wedges as dessert.

I also made "sun" tea by leaving 2 tea bags in our quart water bottle for 3 hours while we hiked. Sweeten to taste. Enjoy!

- *Wayne Brodd*

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## Stick-to-Your-Ribs Soup

- ✍ 1 package of dehydrated Oxtail Soup Mix (preferably Knorr brand)
- ✍ 2 cups of minute rice
- ✍ Water

Follow directions on rice package to make rice (i.e. boil water, add rice and let sit in covered pan for a few minutes).

Follow directions on the soup mix package to make the soup (i.e. boil 2 cups of water and add soup mix).

Tip: the rice can sit aside to free up stove while soup is simmering.

After all is done, which doesn't take long, add rice in your bowl and cover the rice with the oxtail soup. Serve with rye bread.

Weight:

Dried rice = an ounce or two

Soup Mix = an ounce or two

Fills you up like a motha. MMMmmmm GOOD!

-- *Dave Holt*

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## Yosemite Pasta

On a backpacking trip to the Tioga Pass in

Yosemite, we stopped at a vegetable stand on the way to the park and couldn't resist the urge to buy the fresh asparagus. We added it to an old standby and it has become our favorite backcountry meal -- one that we often repeat at home!!

- ✍ 1 package quick cook (Lipton's) "Pasta with Creamy Garlic Sauce"
- ✍ 10 chopped sundried tomatoes
- ✍ 4 stalks diced fresh asparagus

Prepare package following package instructions, adding sundried tomatoes Add diced asparagus for the last five minutes.

Enjoy.

-- *Katy Kash*

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## Chippewa Bannock

This cake keeps well and packs well.

- ✍ 1 1/2 cups cornmeal
- ✍ 1/2 cup water
- ✍ 4 tbsp hazelnut oil (or melted butter)
- ✍ 4 tbsp maple syrup (or honey)
- ✍ 1/2 tsp salt (optional)
- ✍ 3-4 tbsp cooking oil for frying

Combine cornmeal, water, hazelnut oil, syrup and salt. In a large skillet, heat 2 tablespoons oil over medium-high heat. Drop the batter by tablespoons into the hot oil. Flatten with a spatula and fry cakes until crisp and browned on both sides. Add more oil as needed.

The original recipe says 4 tablespoons maple syrup, but it's way better if you put at least two times as much in, but then you need more cornmeal. If you precook the cornmeal, the bannock ends up being like a small, sweet pancake. I, however, recommend you don't. You'll get a tougher cake that keeps well, and packs well. Perfect for that week-long hike you've been planning!

-- *Christian Maire*

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## One Pot Chicken-Rice-Stuffing

## Dinner

- ✍ One large can of chicken
- ✍ One box of stuffing mix
- ✍ One cup of 5 minute rice
- ✍ One cube of bouillon
- ✍ Salt, pepper
- ✍ If desired: a few fresh veggies (eg. beans), dried mushrooms or onions

Throw away the stuffing mix box (extra weight), but keep the little piece with the recipe if necessary and put the rice and additional ingredients in ziplock bags.

At the campsite, cook the bouillon with about one quart of water (depends on the desired consistency of the dish), add the rice and spices mix, let it cook for about 2 minutes, add the chicken and veggies and after a minute or so the stuffing mix. Let it sit for a few more minutes until the breadcrumbs are soft enough.

The dish doesn't look very good, but it's a good-tasting fast backpacking meal. Enjoy!

(For two hungry or three not that hungry people).

-- *Iris Renner of Switzerland*

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## HECK

- ✍ 2 eggs (or egg substitute, which may be easier to pack)
- ✍ 3 ounces of ham, preferably diced
- ✍ 1 ounce of cheese (cheddar works best)
- ✍ small pat of butter or other edible lubricant

Heat up a skillet and melt butter. Then add the ham and cook for just a few minutes or until it is lightly browned. Add the eggs and stir slowly until they begin to scramble. Just as the eggs begin to curdle add the cheese and continue to stir slowly. Remove the skillet from the heat just before the eggs reach the consistency you like, stir for just a few more seconds, the eggs will still cook in the hot skillet. Now the easy part -- sit back with a hot cup of coffee and enjoy breakfast.

*makes one serving (double all ingredients)*

makes one serving (double all ingredients except for the butter for two)

-- Scott Savarese

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## Dump Cake

- ✍ 1 can pie filling or canned fruit
- ✍ 2 packages of Jiffy cake mix
- ✍ 1 tablespoon butter or margarine
- ✍ quart-sized dutch oven
- ✍ hot coals

Pour the pie filling in the dutch oven so that the bottom is covered. Pour the dry cake mix on top of the filling and add the butter to the very top. Cover and place in the hot coals. Cook until the filling has bubbled through the cake mix and the mix is good and gooey. (about half-an-hour). Serve warm and enjoy. This is very yummy.

A good combination is white cake mix with cherry pie filling and canned pineapple chunks (add all of the juice too). Or mix and match yellow or chocolate cake mix, apple pie filling, blueberry pie filling, canned peaches, etc.

-- Sue Vater of Madison, Wis.

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## One-Pot Enchilada Casserole

- ✍ 2 tbsp. chili powder mix
- ✍ 1 to 2 tbsp. dried onion
- ✍ 2 tbsp. of sun dried tomatoes
- ✍ 1 small can of chicken, tuna, or other meat
- ✍ 4 cups water
- ✍ 12 oz. corn chips, crumbled
- ✍ 4-6 oz. of cheese

Before you leave home, combine the chili powder mix, dried onion and sun-dried tomatoes in a plastic bag. At the campsite, bring the water to boil, then add the mix and canned meat. Let simmer for about 5 minutes. Then add the crumpled corn chips and cheese. Stir until the chips are moistened and serve.

Easy, fast, delicious!

-- *David Frederick*

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## Milk Can Dinner

- ✍ 7- to 10-gallon old-fashioned milk can
- ✍ 1 or 2 dozen cobs of corn
- ✍ 5 to 10 lbs. of potatoes
- ✍ 2 pounds of carrots
- ✍ 2 or 3 large onions, halved
- ✍ 1 or 2 rings of sausage
- ✍ 1 medium potato
- ✍ 2 quarts of water

Dig a hole at your campsite and make a big fire in it.

Husk the corn. Put a two-inch layer of husks -- but no silk -- in the bottom of the milk can. Add the potatoes, carrots, onions and husked cobs of corn. Next add the ring(s) of sausage. Finally, put the potato on top. Add the water.

When the fire has burned down to coals, put a grate on the hole and place the milk can on top. Put the cover on loosely so that the steam can escape.

Get a cold beer from the cooler and sit in your lawn chair and listen for boiling sounds. Boiling sounds are GOOD! If by chance the boiling should stop before the dinner is done, run for more water! The dinner is done when the potato on top is done. Feeds about 10-20 hungry paddlers/campers or two large bears. This dinner can be set up in the milk can on the morning of a long paddling trip with two quarts of ice (instead of water) in jugs on top of all the ingredients.

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## Lentil and Corn Soup

- ✍ 1 Cup of dried lentil soup mix
- ✍ Boiling water
- ✍ 4oz. can of corn

Add boiling water -- amount determined by the consistency you desire -- stir, cover, and let it steep for a couple of minutes. Then add the corn.

This is hearty dinner -- tons of carbs to load up on for the next day.

Some tips for those in the backcountry:

Many people overlook sardines, because they are messy and stink. but, you would be surprised how many people actually enjoy them after a long day of hiking. Of course, they are best with bacon-flavored crackers. They also are available packed in spring water instead of oil, so they won't stop your heart shortly after eating them.

Another suggestion that I live by: bring a small (or large) bottle of blackberry brandy, and a couple of packets of hot chocolate. Mix 'em and drink -- perfect on a cool night before sleeping.

-- Courtesy of Brian Morgan, Colorado

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## Spanish Tortilla

- ✍ 5 medium potatoes
- ✍ 4 eggs, beaten in a bowl
- ✍ Oil
- ✍ Salt

Peel and cut the potatoes into very thin, round pieces. Add sliced potatoes to frying pan, cover and cook slowly until done. Remove potatoes from pan and add them to the bowl of beaten eggs. Add salt. Then heat the pan with a tiny bit of oil and add the mix, flattening it to resemble a tortilla. Flip the tortilla when the bottom is done and cook the other side. Very tasty!

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## Chicken and Veggies

- ✍ Chicken
- ✍ Foil
- ✍ Vegetables of your choice
- ✍ 1 tsp. of oil
- ✍ Seasonings: salt, pepper, rosemary

Build a fire and let it burn down to hot coals. Cut chicken into bite-size pieces. Place chicken in foil -- at least two sheets thick. Add

vegetables cut into bite-size pieces (potatoes, carrots, onion, celery, corn, etc.). Add the tsp of oil. Season with salt, pepper and rosemary. Seal the foil tightly by folding over the ends. Lay on hot coals and let cook 30-45 minutes. Remember to seal tightly to keep in the juices. This recipe can be made using beef or sausage also.

-- *Courtesy of C. Bennett*

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## Meatless Campers' Cornucopia

### Ingredients:

- ≈ 1 unshucked ear of corn per camper
- ≈ 1 bulb of garlic
- ≈ 1 russet potato per camper

In a mature campfire (a bed of coals -- you can still have a log burning, but move it to one side and put the food in the other) place the bulb of garlic on a flat rock in the fire ring. (A ring of rocks will help prevent the fire from leaving the campfire. Always attend your fire while it's active, douse it thoroughly when finished, and disperse your cooled fire ring if camping in an undeveloped area.)

Then put the ear(s) of unshucked corn directly on the coals. Leave the stalk where you can get a hold of it and turn the ear about once a minute. Cook for 5-6 minutes. At the same time, put the potatoe(s) directly on the coals right at the edge of the fire. At the end of the corn cooking time remove the potatoe(s) with a pointed stick. (Avoid cutting branches from living plants.)

Now shuck the roasted corn, cut the potato in half and use the skin as a bowl, and peel the garlic cloves. Pepper the corn and potato and enjoy.

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## Goop

- ≈ 1 lb hamburger
- ≈ 1 8oz pkg elbowoni
- ≈ 1 8oz can tomato sauce
- ≈ 1 cup onion
- ≈ Optional: 1/2 cup of sliced green or black olives

Boil elboroni in water til done...drain. Brown hamburger and onion. Add hamburger, onion, and tomato sauce to elboroni. Salt and pepper to taste.

Enjoy! This tastes oh so good while sitting around the campfire. Serves 4

-- *Courtesy of Kacey Barrett*

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## Ziplock Scrambled Eggs

Ingredients for each person:

- ✍ 2 eggs
- ✍ 3 sausage links, precooked
- ✍ 1/8 cup milk (or water & powdered milk equivalent)
- ✍ salt & pepper
- ✍ salsa (optional)
- ✍ cheese (optional)

Break eggs into a ziplock-type plastic bag. Add milk, salt and pepper and close lock securely. Shake bag vigorously until eggs are well scrambled. Break sausage into 1/2 inch pieces and add to the bag. Select a pot large enough to hold the egg bag comfortably, and add enough water to just submerge the bag. Bring the water to a vigorous boil, then place the egg bag into the water. Cook in the boiling water until the eggs are finished, turning the bag and mixing eggs up occasionally.

Serve with salsa if desired.

Variation: Shredded cheese may be added to the eggs when they are almost finished cooking. Mix cheese into the egg mixture well, and finish cooking.

-- *Courtesy of Steve Tobin*

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## Cornbread

At home, combine in a quart plastic bag:

- ✍ 1 cup yellow cornmeal
- ✍ 1/3 cup nonfat dry milk powder
- ✍ 1/3 cup all-purpose flour

- ~ 1/2 cup all purpose flour
- ✂ 1 tablespoon sugar
- ✂ 1/2 teaspoon salt
- ✂ 1 teaspoon baking soda

Separately bring:

- ✂ 1 whole raw egg
- ✂ Butter to grease the pan

At camp:

In bowl, beat egg. Add contents of bag and 1 cup cold water. Mix until there are no lumps. Let stand about 10 minutes. Lightly grease the pan. Pour in batter. Cover and bake until the top springs up when pressed with your finger. Takes about 25 minutes.

-- *Courtesy of Alex Finn*

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## GRUB

- ✂ 1 lb hamburger
- ✂ 1 onion
- ✂ 4 russet potatoes sliced
- ✂ 1 16 oz can of pork and beans
- ✂ Garlic, salt and pepper to taste

Brown hamburger in a frying pan. Fry potatoes in oil until almost tender, and then add onion, keep cooking until the potatoes are brown. Add the hamburger and the beans to the potatoes, and season to your taste! This will serve approximately 4 people. We like to have it with corn and bread! Hope you like it!

-- *Courtesy of Chase and Stacy Bennett, Colorado*

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## Fairy Ring Dessert

- ✂ 12 plain cake donuts
- ✂ 1 can sliced pineapple
- ✂ 1 cup brown sugar
- ✂ butter
- ✂ foil

Put butter on one side of the donuts and sprinkle brown sugar on top. Lay a slice of

...pineapple on top and rap in foil. Cook in the coals of the campfire for about 5 min. Absolutely Delicious! Quick, easy and fun for the kids.

-- *Courtesy of Heather Mees*

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## Vegetable Fajitas

- ✍ 1 pack flour tortillas
- ✍ 1 Pack of one of the Lipton Rice dishes (chicken flavor, cheddar and broccoli, etc.)
- ✍ 1 pack Kraft shredded cheddar cheese
- ✍ 1 red bell pepper - sliced
- ✍ 1 onion - sliced
- ✍ 2 cups water

Follow directions for cooking rice. Add sliced pepper and onion about halfway through cooking the rice. Spoon onto flour tortillas and add cheese. Enjoy!!!

Note: The pepper and onion can be sliced at home. So can the cheese if it's not bought pre-sliced.

Variations:

- ✍ Saute the pepper and onion in separate pan, then add to fajita.
- ✍ Put sauted pepper and onion slices with cheese on tortilla and heat up in a separate pan to melt the cheese, then add rice.
- ✍ Add slices of chicken sauted with the pepper and onion. (Chicken can be marinated at home). Of course, you'd need to be able to keep the chicken cold until you needed it. Probably not a good idea for long trips into the backwoods.
- ✍ Whatever you want on it!!! It's your dinner.

Courtesy of Darren Pendery

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## Banana Surprise

- ✂ 1 banana
- ✂ 1 chocolate bar
- ✂ Marshmallow Creme
- ✂ tin foil
- ✂ a campfire

Peel the banana and cut it in half. Slice each half down the middle, length-wise, but do not cut all the way through. Spread some marshmallow creme in the cut of each banana. Break up the chocolate bar into strips. Put the strips into the cut of each banana. Wrap each banana half in tin foil. Heat in the fire until the chocolate is melted.

Courtesy of Jason Bodnar



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