



Here are bunch of camp food suggestions from some of the good folks on the Scouts-L Youth Groups Discussion List.

### **Minute Rice and Other Good Things**

To add to Ronalds suggestions; Minute Rice now has a long grain and wild rice mix that was a hit on our last outing. I am a big fan of Ziplock Freezer bags, put the mix in the Ziplock bag and add boiling water. The bags are strong enough to not melt or break. I usually use two, just in case but have never had one fail.

On the subject of bag cooking, check out your local health food store for dehydrated refried beans. Rehydrate in the bag, squeeze onto a tortilla, add cheese and salsa and you have a crowd pleasing fast lunch entree.

Tomato powder has many uses, you can get tomato bouillon in the Mexican food section of Wal-Mart Supercenters.

-- Thanks to Greg Gough, SM Troop 201, Ozark, MO

### **Some Backpacking Suggestions**

Backpacking chow can be really good if you just think about it. The old standby with me is Ramen noodles. Take a package or two of Ramen (more if you're feeding more people) and prepare according to directions. Add a can of boned chicken, tuna, or whatever to the noodles to heat. Add chopped scallions, green pepper, dried and reconstituted mushrooms, sun-dried tomatoes, slivered carrots, or any other backpackable veggie (one that won't get crushed easily and will keep a day or two out of the fridge).

The Ramen noodles also don't require draining, as the water you use becomes the soup when you add the seasoning packet. Have Koolaid or instant iced tea with this, some dried fruit, pita bread and margarine out of a squeeze bottle, and you've got a fine high-carbo meal that will stick with you the next day during the next 10 miles.

I've also tried the spaghetti sauce out of an envelope, not a jar. This is pretty good, too, although a bit bland. The package directions call for 2 1/4 cups water, a couple tablespoons of oil, and a small can of tomato

paste. Bring this to a boil, add the packet of spices, and simmer 15 minutes. Add to it whatever else you want in the way of veggies. I add summer sausage here, since summer sausage keeps without refrigeration as long as you don't open the packet. Angel hair pasta works well, too, since it only takes 2-3 minutes to cook. And add some spices to jazz up the sauce.

Any of you tried making a backpacking DO? I saw this at a roundtable a couple of months ago. Buy a 9" pie pan, and 2 8" cake pans. Bolt the pie pan back-to-back to one of the cake pans by drilling holes and using short bolts. The pie pan becomes the lid to the DO, and the cake pan on top is where you put the coals when you are baking. The second cake pan is where the food goes. Set the contraption on some rocks and put coals underneath, and coals on top, and you've got a small but serviceable backcountry DO--works great on brownies, biscuits, etc.

Breakfasts in the back country are usually of the Poptart/bagel/dried fruit/coffee/cocoa variety, although we make pancakes once in a while with the pancake flour that only requires adding water. Instant dehydrated syrup is about the only item I need to buy at a specialty camp food store these days.

Lunches are invariably of the trail variety--i.e., no cooking. Deviled ham or chicken, pita bread, cheese, dried fruit again, maybe a carrot stick, Koolaid, etc. Some of my guys even eat Vienna sausages (urrrrrpp....)

There are also a ton of DO cookbooks around, and I think one is available through someone on this list.

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

## Meal Planning

One thing we have used to help them think up ideas is the one-pot-meal planner table. Write on the board 4 column headings:

Meat/Protein ----- Starch ----- Sauce ----- Vegetable

Begin with the first column. Ask the Scouts to list all of the meat or other protein foods they can think of. Chicken, beef, cheese, eggs, etc.

Then go to the second column, list the starches: bread, pasta, rice, potato, stuffing mix, etc.

The third column: tomato sauce, gravy, soy, teriyaki, cream, etc.

Finally, the vegetables: you get the idea (somehow spinach never makes it up there).

Now, let's plan a one-pot meal: take one item from each column and

put them all in one pot. Now some preparation might be needed for some components, and some items might need special cooking techniques, but that's how you can teach them to begin planning and cooking real meals. By picking your foods carefully, you can create some interesting backpack meals as well.

When we started this about 5 years ago, we saw a lot of macaroni & cheese and spaghetti. We seldom see either any more, and in fact, one time the Patrol Leader changed the menu because he wanted mac/cheese and his patrol revolted, refusing even to eat it. The last few camporees, our patrols have consistently received honorable mentions in the cooking competitions.

If you don't raise the expectations, you won't ever see your Scouts really learn to cook.

-- Thanks to Alan R. Houser \*\* Scoutmaster, Berkeley Troop 24 \*\*  
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## Recipes

### CAMPER'S STEW

Brown 1 lb. ground beef in a pan; pour off grease. Add 2 cans of vegetable soup and 1-2 cans of water (depending on how much gravy you want). Cook until the liquid boils. Serve with bread and butter. (Serves 3 - 4 Scouts or 2 Scouters)

#### VARIATIONS:

Dice an onion and brown with the ground beef.

Add a package of beef gravy mix to make a more thicker gravy.

If made in a DUTCH OVEN, take a can of refrigerator biscuits and place over the top of the stew while it simmers; cover and add hot coals to the lid; continue to cook until the biscuits are golden brown. ENJOY!!!

-- Thanks to Mike Lardie, Barbarossa District Committee Member,  
Transatlantic Council

### One Pot Chicken Surprise

My favorite is the one pot Chicken surprise. I start with a Sweet Sue whole chicken in a can. I put the entire contents (broth too) into a pot and start fishing for bones... the boys love to help here. Towards the end I always announce that there are four bones left... if some one finds a fifth I marvel at what a unique specimen we have. I then set the pot to cooking over a medium flame, and mix in a fairly thick slurry of Bisquick and water. You may add veggies at this point and just let it

simmer until the broth thickens. No refrigeration needed here, and it was a favorite in my canoeing post....

-- Thanks to Pete

### **A Novel Way to Cook a Haut Dawg**

A hot dog cooking idea that I'd never heard of before: Have each camper bring an empty carton of milk, 1-quart or 1/2 gallon. Place hot dog in bun. Wrap in tin foil. Put in milk carton, and place carton in fire circle or other safe burn spot. Light top of carton. By the time the carton is burnt to ground, **THE HOT DOG IS COOKED!!**

I have not tried this, but the Ranger said it worked and the dawg was nicely cooked, and the bun was lightly toasted. Sounds like a perfect 'just before leaving' meal -- **NO CLEAN-UP!!**

-- Thanks to Molly Orchardo

### **Corny Corn Bread Casserole**

1 can cream corn  
1 can regular corn  
8 oz sour cream  
1 stick margarine, melted  
onion flakes  
1 egg  
1 package Jiffy corn bread muffin mix

Mix all together and pour into greased pan. Bake 350 to 375 degree oven until done. depending on size of pan determine length of baking time.

**Notes:**

Mom makes this in a deep casserole dish and bakes for an hour or so.

When I did this in the dutch oven, I skipped the onion flakes and didn't melt the butter first. It baked for about 40 minutes with 6 coals on the bottom and 20 on top.

A favorite with the boys, won 2nd place in the 1996 Wabuha District camporee cookoff. The boys judged adult division cooking, how did I win feeding them vegetables?

-- Thanks to Bill Randall, ASM Troop 7, Cedar Falls, IA

### **Foil Dinner Meatballs**

**Needed:**

Heavy duty foil  
Frozen meatballs  
Canned potatoes

## Cream of chicken soup

Place several meatballs on foil, add some potatoes (you may want to slice them first), and a spoon ful of soup. Fold packet to seal well and place on coals (never on flames). Turn after about 10 minutes. NOTE: if possible get someone to donate welding gloves to the troop for the turning. Using tongs to flip the packets can often cause the foil to tear.



The Cooking for Scouts and Scouters pages are presented by R. Gary Hendra -- [The MacScouter](#) -- UC Pack 92 & CC Troop 92, Milpitas, California



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