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| **Troop Menu** | |
| **Thu. Breakfast** | Not needed |
| **Thu. Lunch** | Jack’s Jerky/Tuna Salad/Chicken, Nuts, chips, candy, water, Fruit/fruit snack |
| **Thu. Dinner (x4)** | Cheesy Steak Casserole (a.k.a. Philly Cheesesteak Casserole) , Apple Blueberry Crisp, Water, Canned Corn |
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| **Fri. Breakfast (x4)** | French Toast, Bacon, bananas, water |
| **Fri. Lunch** | Meat, Nuts, Chips, candy, Fruit/Fruit snack |
| **Fri. Dinner (x4)** | Impossible Cheeseburger Pie, Impossible Pecan Pie, Water, Canned Green Beans |
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| **Sat. Breakfast (x4)** | Bisquick Pancakes , Sausage Links, Oranges, water |
| **Sat. Lunch** | Meat, Nut, Chips, Candy, Fruit/Fruit snack |
| **Sat. Dinner (x4)** | Baklava, Seaside Shrimp Casserole, Water, Minute Rice, Frozen Spinach |
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| **Sun. Breakfast (x4)** | Eggs, Toast, Fruit, water, Canadian Bacon |

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| **Cheesy Steak Casserole (a.k.a. Philly Cheesesteak Casserole) (x4.0)** | |
| 1 Tbsp Olive Oil 3 Cups shredded mozzarella 1 1/2 Lbs Sirloin Steak 3 Cans evaporated milk 1 medium onion, Chopped | 6 (Large) Eggs 1 Green bell pepper, Chopped 1/2 Tsp Salt 1 Loaf Italian bread, In 1” cubes 1/2 Tsp Pepper |
| Slice the sirloin steak into thin 1/8” slices. In the Dutch oven, brown the sirloin, peppers, and onions in the olive oil and then remove them to a bowl.  In a separate bowl combine evaporated milk, eggs and spices.  Place the bread cubes into the Dutch oven.  Evenly spread the meat and vegetables over the bread. Pour egg mixture over the meat, vegetable and bread in the Dutch oven, pressing the bread with the back of a spoon to help the bread absorb the liquid.  Top with mozzarella cheese.  Cover and bake at 350º for about ½ hour or until mixture has set then serve. | |

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| **Apple Blueberry Crisp (x4.0)** | |
| 4 Cups tart apples, sliced peeled 2 Cups blueberries 1/4 Cup packed brown sugar | 1/4 Cup orange juice concentrate 2 Tablespoons Flour 1 Tsp cinnamon |

1 Cup old fashioned oats  
1/2 Cup packed brown sugar  
2 Tablespoons flour  
1/2 Tsp ground cinnamon  
1/3 Cup cold butter, cubed  
Combine first six ingredients in Dutch oven.  In a bowl combine dry topping ingredients and cut in butter into squares until mixture is crumbly.  Sprinkle over the fruit.  Bake 35-40 minutes until topping is golden and fruit is tender.

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| **French Toast (x4.0)** | |
| 8 Eggs 1 Tbsp Ground Cinnamon 1 Cup Milk | 16 Slices Texas Toast Bread 1 Tbsp Vanilla Extract - Optional Bottle Syrup or topping of choice |
| Beat eggs, vanilla and cinnamon in shallow dish. Stir in milk.  Dip bread in egg mixture, turning to coat both sides evenly.  Cook bread slices on lightly greased nonstick griddle or skillet on medium heat until browned on both sides. Serve with syrup and butter or topping of choice Hint: place syrup in clean up water for a few second to help it flow better | |

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| **Impossible Cheeseburger Pie (x4.0)** | |
| 2 Lbs Ground Beef 2 Onions, Diced 1 Tsp Salt 1/2 Tsp Pepper 1 Cup Bisquick 2 Cups Shredded Cheddar Cheese | 2 Cups Milk 4 Eggs 2 Tomatoes, Sliced 1 Bottle Ketchup - a staple 1 Bottle Mustard - a staple |
| Brown meat and onions in Dutch oven.  Drain grease when done.  Stir in salt and pepper.  Spread evenly on bottom of Dutch oven.  Sprinkle with cheese.  Beat milk, eggs and Bisquick until smooth and pour into Dutch oven. BAKE about 30-45 minutes until knife inserted in the center comes out clean.  Top with tomato slices.  Let sit to cool for 5 minutes (lid off). Serve with Ketchup and/or mustard to taste. | |

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| **Impossible Pecan Pie (x4.0)** | |
| 2 Cups chopped pecans 1 1/2 Cups packed brown sugar 1 1/2 Cups milk 1 1/2 Cups corn syrup | 1/2 Cup Bisquick 1/2 Cup margarine, softened 4 Eggs 1 Tbsp vanilla |
| Grease pie plate or lg frying pan from cook kit.  Sprinkle pecans on plate.  Beat remaining ingredients until smooth.  Pour into pie plate.  Put into Dutch oven (with rocks, etc underneath) and bake until knife inserted in the center comes out clean.  (Approx 50-60 minutes) | |

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| **Bisquick Pancakes (x4.0)** | |
| 2 Cups Bisquick Mix 1 Cup Water or milk | 2 (lg) Eggs 2 Tablespoons vegetable oil 1 Tsp vanilla |
| In a mixing bowl, beat the eggs, milk, oil and vanilla together until the mixture is light. Stir in the mix until just moistened, about 20 seconds. Don't try to get out all the lumps or the pancakes will be tough and rubbery. Any lumps won't be perceptible in the pancakes themselves.  Preheat your griddle and grease it lightly.  When the griddle is the right temperature, a few drops of water will "dance" on the surface. Use a 1/4-cup measure and pour batter onto the griddle, leaving room for expansion. Turn the pancakes when a few of the bubbles that appear on the surface don't fill in. The second side will cook in about half the time the first side takes.  Serve with plenty of butter and good maple syrup, or the topping of your choice. | |

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| **Sausage Links (x4.0)** | |
|  | 2 Per Person Sausage Links - Min |
| Place in Dutch oven with just enough water to cover the bottom of the oven.  Cover & heat from bottom, moving sausages occasionally with a spatula.  When the water is all evaporated, sausages should be cooked.  Remove lid and continue to brown. | |

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| **Baklava (x4.0)** | |
| 4 Cups walnuts, Finely Chopped 1 Cup Sugar | 2 Teaspoons Cinnamon 2 Cans Crescent Rolls |

1/4 Cup Sugar  
1/2 Cup Honey  
2 Tablespoons Margarine  
2 Teaspoons Lemon Juice  
Combine nuts sugar and cinnamon.  Unroll one can of rolls and place in bottom of oven and ½ inch up the sides.  Seal perforations.  Spoon the nut mixture evenly over the dough. In small pan, mix glaze ingredients and heat to boiling.  Spoon half over the dough.  Unroll second can and form it so it can be placed on top of nut mixture. Bake for about 30 minutes, or until golden brown.  Spoon the remaining glaze over hot pastry.  COOL COMPLETELY.  Cut into triangles.

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| **Seaside Shrimp Casserole (x4.0)** | |
| 1 Green Pepper, Chopped 2 Stalks Celery, Chopped 1 Medium Onion, Chopped 1/4 Cup Sweet Red Peppers, Finely Diced 1 Lb Cooked, Deveined Shrimp 1 Cup Crab Meat 4 Tablespoons Butter 4 Tablespoons Flour | 5 Cups milk 1 Cup Cheddar Cheese 1 Tsp Garlic Salt 1/2 Tsp Pepper 3/4 Cup Buttered Cracker Crumbs 2 Cups Instant Rice 1 Tbsp Old Bay Seasoning 2 Cans Tuna |
| Combine green pepper, red pepper, celery, onion and sauté in a small amount of butter or cooking oil; until vegetables are tender. Add shrimp, crab and tuna. Melt butter; stir in flour until smooth. Gradually add milk; cook until mixture thickens slightly, stirring constantly.   Add cheese, Old Bay Spice, garlic salt and pepper. Add sauce and rice to shrimp mixture; turn into 3-quart casserole. Sprinkle crumbs over top. Bake at 400 degrees for 15 minutes now or make a few hours ahead, and heat in a 350 deg. oven until bubbly when needed. Yield: 12 to 15 servings. | |

**Food List (For Recipe Ingredients)**

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| 6 Cups Bisquick 8 Cups Bisquick Mix 8 Cups blueberries 16 Tablespoons Butter 3 Cups Buttered Cracker Crumbs 8 Stalks Celery 4 Cups Cheddar Cheese 8 Cups chopped pecans 4 Teaspoons cinnamon 8 Teaspoons Cinnamon 1 1/3 Cups cold butter 4 Lbs Cooked, Deveined Shrimp 6 Cups corn syrup 4 Cups Crab Meat 8 Cans Crescent Rolls 64 Eggs 12 Cans evaporated milk 8 Tablespoons flour 24 Tablespoons Flour 4 Teaspoons Garlic Salt 4 Green bell pepper 4 Green Pepper 8 Lbs Ground Beef 2 Teaspoons ground cinnamon 4 Tablespoons Ground Cinnamon 2 Cups Honey 8 Cups Instant Rice 4 Loaves Italian bread 4 Bottles Ketchup - a staple 24 Large Eggs 8 Teaspoons Lemon Juice 8 lg Eggs 2 Cups margarine 8 Tablespoons Margarine | 4 medium onion 4 Medium Onion 26 Cups milk 12 Cups Milk 4 Bottles Mustard - a staple 4 Tablespoons Old Bay Seasoning 4 Cups old fashioned oats 4 Tablespoons Olive Oil 8 Onions 1 Cup orange juice concentrate 9 Cups packed brown sugar 6 Teaspoons Pepper 6 Teaspoons Salt 8 Per Person Sausage Links 8 Cups Shredded Cheddar Cheese 12 Cups shredded mozzarella 6 Lbs Sirloin Steak 5 Cups Sugar 1 Cup Sweet Red Peppers Bottle Syrup or topping of choice 16 Cups tart apples 64 Slices Texas Toast Bread 8 Tomatoes 8 Cans Tuna 4 Tablespoons vanilla 4 Teaspoons vanilla 4 Tablespoons Vanilla Extract 8 Tablespoons vegetable oil 16 Cups walnuts 4 Cups Water or milk |

**Other Ingredients and Items**

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| **Breakfast Items** 4x Bacon 4x bananas 4x Canadian Bacon 4x Eggs 4x Fruit 1x Not needed 4x Oranges 4x Toast 12x water  **Lunch Items** 2x candy 1x Candy 1x chips 2x Chips 1x Fruit/fruit snack 2x Fruit/Fruit snack 1x Jack’s Jerky/Tuna Salad/Chicken 2x Meat 1x Nut 2x Nuts 1x water  **Dinner Items** 4x Canned Corn 4x Canned Green Beans  4x Frozen Spinach  4x Minute Rice 12x Water |