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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 Oil3 Cups shredded mozzarella1 1/2 Lbs Sirloin Steak3 Cans evaporated milk1 medium onion, Chopped | 6 (Large) Eggs1 Green bell pepper, Chopped1/2 Tsp Salt1 Loaf Italian bread, In 1” cubes1/2 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 peeled2 Cups blueberries1/4 Cup packed brown sugar | 1/4 Cup orange juice concentrate2 Tablespoons Flour1 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 Eggs1 Tbsp Ground Cinnamon1 Cup Milk | 16 Slices Texas Toast Bread1 Tbsp Vanilla Extract - OptionalBottle 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 choiceHint: 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 Beef2 Onions, Diced1 Tsp Salt1/2 Tsp Pepper1 Cup Bisquick2 Cups Shredded Cheddar Cheese | 2 Cups Milk4 Eggs2 Tomatoes, Sliced1 Bottle Ketchup - a staple1 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 pecans1 1/2 Cups packed brown sugar1 1/2 Cups milk1 1/2 Cups corn syrup | 1/2 Cup Bisquick1/2 Cup margarine, softened4 Eggs1 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 Mix1 Cup Water or milk | 2 (lg) Eggs2 Tablespoons vegetable oil1 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 Chopped1 Cup Sugar | 2 Teaspoons Cinnamon2 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, Chopped2 Stalks Celery, Chopped1 Medium Onion, Chopped1/4 Cup Sweet Red Peppers, Finely Diced1 Lb Cooked, Deveined Shrimp1 Cup Crab Meat4 Tablespoons Butter4 Tablespoons Flour | 5 Cups milk1 Cup Cheddar Cheese1 Tsp Garlic Salt1/2 Tsp Pepper3/4 Cup Buttered Cracker Crumbs2 Cups Instant Rice1 Tbsp Old Bay Seasoning2 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 Bisquick8 Cups Bisquick Mix8 Cups blueberries16 Tablespoons Butter3 Cups Buttered Cracker Crumbs8 Stalks Celery4 Cups Cheddar Cheese8 Cups chopped pecans4 Teaspoons cinnamon8 Teaspoons Cinnamon1 1/3 Cups cold butter4 Lbs Cooked, Deveined Shrimp6 Cups corn syrup4 Cups Crab Meat8 Cans Crescent Rolls64 Eggs12 Cans evaporated milk8 Tablespoons flour24 Tablespoons Flour4 Teaspoons Garlic Salt4 Green bell pepper4 Green Pepper8 Lbs Ground Beef2 Teaspoons ground cinnamon4 Tablespoons Ground Cinnamon2 Cups Honey8 Cups Instant Rice4 Loaves Italian bread4 Bottles Ketchup - a staple24 Large Eggs8 Teaspoons Lemon Juice8 lg Eggs2 Cups margarine8 Tablespoons Margarine | 4 medium onion4 Medium Onion26 Cups milk12 Cups Milk4 Bottles Mustard - a staple4 Tablespoons Old Bay Seasoning4 Cups old fashioned oats4 Tablespoons Olive Oil8 Onions1 Cup orange juice concentrate9 Cups packed brown sugar6 Teaspoons Pepper6 Teaspoons Salt8 Per Person Sausage Links8 Cups Shredded Cheddar Cheese12 Cups shredded mozzarella6 Lbs Sirloin Steak5 Cups Sugar1 Cup Sweet Red PeppersBottle Syrup or topping of choice16 Cups tart apples64 Slices Texas Toast Bread8 Tomatoes8 Cans Tuna4 Tablespoons vanilla4 Teaspoons vanilla4 Tablespoons Vanilla Extract8 Tablespoons vegetable oil16 Cups walnuts4 Cups Water or milk |

**Other Ingredients and Items**

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| **Breakfast Items**4x Bacon4x bananas4x Canadian Bacon4x Eggs4x Fruit1x Not needed4x Oranges4x Toast12x water**Lunch Items**2x candy1x Candy1x chips2x Chips1x Fruit/fruit snack2x Fruit/Fruit snack1x Jack’s Jerky/Tuna Salad/Chicken2x Meat1x Nut2x Nuts1x water**Dinner Items**4x Canned Corn4x Canned Green Beans 4x Frozen Spinach 4x Minute Rice12x Water |