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| **Troop Menu** |
| **Sat. Lunch**  | Food Court Stop  |
| **Sat. Dinner (x2)** | Tortellini Carbonara, Tossed Salad, Rolls, Fresh Fruit, Water  |
| **Sat. Dessert**  | Cookies  |
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| **Sun. Breakfast (x3)** | Bacon & Egg Wraps, Milk  |
| **Sun. Lunch (x3)** | Grilled Kielbasa Sandwiches, Corn Chips, Twinkies, Fruit, Troop Drink  |
| **Sun. Dinner (x3)** | Seasoned Green Beans, Chicken Fried Rice, Water  |
| **Sun. Dessert (x3)** | Pudding  |
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| **Mon. Breakfast (x3)** | Sausage Links, Chocolate Chip Pancakes, Tang  |
| **Mon. Lunch (x3)** | Sloppy Joes , Fritos, Carrot Sticks, Cookies, Troop Drink  |
| **Mon. Dinner (x3)** | Corn on the Cob , Frontier Throw Together, Water  |
| **Mon. Dessert (x3)** | Striped S'mores  |
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| **Tue. Breakfast (x3)** | Breaded Spam , Fresh Fruit, Tang  |
| **Tue. Lunch (x3)** | Italian Chicken Pockets , Canned Fruit, Little Debbie Cakes, Troop Drink  |
| **Tue. Dinner (x3)** | Chicken & Sausage Jambalaya, Tossed Salad, Milk  |
| **Tue. Dessert (x3)** | Dutch Oven Brownies  |
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| **Wed. Breakfast (x3)** | Cinnamon Sugar Campfire Donuts, Canadian Bacon, Fruit, Milk  |
| **Wed. Lunch (x3)** | Grilled Ham & Cheese Sandwiches, Pickles, Tomato soup, Cookies, Troop Drink  |
| **Wed. Dinner (x3)** | Tropical Yardbird, Corn Chips, Milk  |
| **Wed. Dessert (x3)** | No Bake Cheesecake  |
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| **Thu. Breakfast (x3)** | Scrambled Skillet , Fruit, Tang  |
| **Thu. Lunch (x3)** | Cheeseburgers, Lettuce, Tomato, Chips, Fig Bars, Troop Drink  |
| **Thu. Dinner (x3)** | Taco Salad, Milk  |
| **Thu. Dessert (x3)** | Ice Cream  |
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| **Fri. Breakfast (x3)** | French Toast, Apples, Bacon, Tang  |
| **Fri. Lunch (x3)** | Trail Lunch  |
| **Fri. Dinner (x3)** | BLT Salad , Real Mashed Potatoes, Swiss Steak, Rolls  |
| **Fri. Dessert (x3)** | Stir Crazy Cake  |
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| **Sat. Breakfast**  | Cold Cereal, Sweet Rolls, Milk  |
| **Sat. Lunch**  | Food Court Stop  |

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| **Tortellini Carbonara (x2.0)** |
| 1 Lb Bacon2 Cups Whipping Cream | 1/4 Cup Dry Parsley - Can substitute 1 cup freshly minced1 Cup Grated Parmesan or Romano1 Package Refrigerated Cheese Tortellini |
| In Dutch oven, dice and cook the bacon; drain the grease.  Add cram, parsley and cheese.  Continue heating through.  Meanwhile prepare tortellini according to package directions; drain.  Pour cheese sauce over tortellini and toss to coat.  Serve immediately.  |

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| **Grilled Kielbasa Sandwiches (x3.0)** |
| KielbasaSub or Sausage Buns | Green PepperOnion |
| Slice meat lengthwise and place face-down on charcoal grill.  Meanwhile sauté peppers and onions in a small frying pan or Dutch oven over your stove with just a little bit of oil.  |

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| **Seasoned Green Beans (x3.0)** |
| 1 Cup Green Beans - About 1 lb2 Tablespoons Butter, Melted1/2 Tsp Seasoned Salt | 1/2 Tsp Chili Powder1/8 Tsp Garlic Powder1/8 Tsp Onion Powder |
| Steam for 7-8 minutes or until crisp-tender. In a small bowl, combine the butter and seasonings. Drain beans; add butter mixture and toss to coat.   |

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| **Bacon & Egg Wraps (x3.0)** |
| 2 Lbs Bacon2 (Per Person) Eggs1 Onion | Salt & PepperShredded CheeseTortilla Shells |
| Dice bacon and cook in Dutch oven. When almost done, add finely diced onion.  Crack two eggs per person into a bowl and beat.  Add salt, and pepper.  Pour over bacon and scramble in Dutch oven.  Fill tortilla and sprinkle with shredded cheese.  Serve with an orange and a glass of milk.  *For a more southwestern taste, add diced peppers with the onions and serve with salsa.* |

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| **Chicken Fried Rice (x3.0)** |
| 1 Package Uncle Ben's Converted Rice1 1/2 Lbs Chicken Breast, Diced10 Slices Bacon, Diced | 8 Eggs1 Bunch Green Onions, Chopped, including Tops1 Bottle (Small) Soy Sauce |
| Prepare 3 cups long grain white rice according to package directions.  Use 6 cups water and 3 cups rice.  Stir fry diced chicken breast in Dutch oven, remove.  Fry diced bacon in Dutch oven, remove.  Drain most but not all of the bacon drippings. Slightly beat eggs and pour into hot bacon drippings. Cook like scrambled eggs, scraping the oven frequently until they are almost done.  Add rice and diced green onions.  Mix together.  Continue to scrape and mix as needed until everything is warm.  Add meat and enough soy sauce to turn rice brown.  Cook for 5 more minutes.   |

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| **Sausage Links (x3.0)** |
|  | 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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| **Sloppy Joes (x3.0)** |
| 2 Lbs Ground Beef1 Jar Sloppy Joe Mix | Hamburger Buns |
| Brown the hamburger with a sprinkle of garlic salt in Dutch oven.  Drain grease along the edge of the fire circle then add a jar of Sloppy Joe mix.  Heat through and serve on buns.Variation:  prepare mix as above then place 10 refrigerator biscuits on top.  Cover and bake per package directions.  Add shredded cheddar and heat 2-3 minutes until melted. |

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| **Corn on the Cob (x3.0)** |
| CornSalt | ButterFoil\* |
| **Boiling Method:** Bring large pot of water with handful of salt to a boil.  Add 1 TBSP of sugar.  Remove husks from corn and place in boiling water for 5‑10 minutes.  Remove water from heat. Corn may be left standing in water for several minutes and served directly from there.  Be sure to have plenty of butter on the table!  **Roasting Method (Foil):**Remove husks from corn and place on heavy-duty foil.  Cover with 1 TBSP of butter and a sprinkle of salt.  Roll corn in foil and twist ends to a point for handles.  Place on coals over medium to high heat (3-second palm test) for 10 minutes on either side.  **Roasting Method (in husks):** Leave corn in husks and soak in water for at least 30 min.  Place on coals and cook same as above.  |

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| **Chocolate Chip Pancakes (x3.0)** |
| 1/2 Cup Chocolate Chips - Can increase or decrease to preference1 Cup Pancake Mix | 2/3 Cup Water |
| Mix pancakes according to Mix direction.  Add Chips after mixing water and pancake mix.  On a lightly greased griddle, spoon about 1/4 cup into circular pancakes.  When you see bubbles forming, it is close to flipping time.  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. |

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| **Frontier Throw Together (x3.0)** |
| 2 Lbs Kielbasa, Chunked12 Potatoes, Peeled and Sliced think1 Lb Bacon, Diced5 Onions, Chopped | 2 Green Pepper, Chopped2 Cans MushroomsSalt and Pepper |
| Fry bacon in Dutch oven, remove.  Fry potatoes and onions in bacon drippings.  When almost done add everything else.  Cook until tender.   |

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| **Striped S'mores (x3.0)** |
| Keebler Fudge Stripe cookies | Marshmallows |
| Take your leftover coals from dinner and pile them up.  Toast a marshmallow over the coals and place between two cookies.  |

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| **Italian Chicken Pockets (x3.0)** |
| 1 Lb Boneless Chicken Breast, Cubed2 Tablespoons Oil1 Green Pepper, Chopped1 Cup Sliced Mushrooms | 1 Package Sliced Pepperoni1 Cup Spaghetti Sauce4 Pita Bread |
| Sauté chicken in oil until no longer pink.  Add green pepper and mushrooms; cook until tender.  Stir in pepperoni; heat through.  Drain.  Stir in spaghetti sauce; heat through.  Spoon the mixture into pita halves.  Sprinkle with Parmesan, if desired.    |

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| **Chicken & Sausage Jambalaya (x3.0)** |
| 1 Tbsp Canola Oil2 Lbs Boneless Chicken, cubed1 Lb smoked sausage, cut into 3/4" - 1" pieces1 (Large) White Onion, Chopped - Approx 2-cups1 (Large) Green Bell Pepper, Chopped - Approx 1.5-cups1 Cup Celery, Chopped3 Garlic Cloves, Minced 2 Bay Leaves | 1 Tbsp Creole Seasoning1 Tsp Dried Thyme1 Tsp Dried Oregano2 Cups Uncooked converted rice3 Cups Chicken Broth2 Cans (14 oz) diced fire-roasted tomatoesSliced scallions - Optional |
| Heat oil in a 12" deep dutch oven over medium-high heat.  Add Chicken and sausage, and cook, stirring constantly, until browned on all sides,  8 to 10 minutes.  Remove with slotted spoon into a bowl lined with paper towels; blot with paper towels.Add onion, bell pepper, celery, garlic, bay leaves, Creole seasoning, thyme, and oregano to hot drippings;  cook over medium-high until vegetables are tender, 5 to 7 minutes.  Stir in rice, and cook until fragrant, about 3 minutes.  Stir in chicken broth, tomatoes, chicken, and sausage.  bring to a boil over high.  Cover, reduce heat to medium and simmer, stirring occasionally, until rice is tender, about 20 minutes.  Garnish with sliced scallions if desired. |

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| **Breaded Spam (x3.0)** |
| Corn Meal | Spam |
| Place corn meal in shallow plate.  Slice spam thin and bread with corn meal.  Fry on well greased griddle over medium heat until brown.  |

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| **Dutch Oven Brownies (x3.0)** |
| 1 Box (18.3 oz) Brownie Mix1 Can (12 oz Coke, Dr. Pepper, etc) Dark Soda | 1 Bag (12 oz) Chocolate chips |
| For easy cleanup, use a Dutch oven liner.Mix the brownie batter with soda.Pour half the batter into the Dutch oven.  Scatter the Chocolate chips, add remaining batter.  (Optionally, use half the chocolate chips in the middle, half on the top)Bake approximately 30-60 minutes, or until knife comes out clean. |

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| **Grilled Ham & Cheese Sandwiches (x3.0)** |
| BreadButter | Sliced Deli HamSliced American Cheese |
| Butter two slices per sandwich and assemble ham and cheese on bread with buttered side out.  Place on griddle and turn when brown.  Keep warm until ready to serve.  |

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| **Cinnamon Sugar Campfire Donuts (x3.0)** |
| 1 Tube Refrigerated biscuit doughCooking Oil | 1 Cup Sugar2 Tablespoons Cinnamon |
| * In an iron skillet or Dutch oven, heat oil on low until shimmering hot. If the oil is too hot, the outside will brown and the inside will be raw, so make sure to cook on low.
* Mix granulated sugar and cinnamon, stirring to get an even mixture for coating the donut.
* Open biscuits and pole a hole in the middle of each biscuit to resemble a donut.
* Once the oil is hot, carefully drop 3-4 biscuits into the oil and cook about 3-4 minutes on each side or until golden and then flip the donut over to cook the other side.
* When the donut is golden on each side, carefully remove the donut and place onto paper towels to drain for a moment.
* Then carefully drop the hot donut into the cinnamon sugar and coat your donut on all sides. Enjoy!!
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| **Tropical Yardbird (x3.0)** |
| 8 Boneless Chicken Breast, Cut in Cubes2 Tablespoons Brown Sugar1/2 Cup Green and Red Peppers, Chopped2 1/2 Cups Chicken broth1 1/2 Cups Canned Pineapple Tidbits in Juice, Undrained2 Tablespoons Soy Sauce | 1 1/2 Cups Uncooked long grain White or Brown Rice2 Tablespoons White Vinegar1/3 Cup Ketchup2 Cloves Garlic, Minced3/4 Cup Carrots, Finely Chopped3/4 Cup Green Onion, Chopped |
| Spray a Dutch oven with nonstick spray.  Add chicken, cook until no longer pink.  Add remaining ingredients, except green onions.  Stir well and bring to a boil.  Cover and simmer for 25 minutes until rice is tender.  Stir occasionally.  Stir in green onions during last 5 minutes of cooking time.  Serve immediately.  |

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| **No Bake Cheesecake (x3.0)** |
| 1 Box (19.6 oz box) Jell-O No Bake Dessert Kit2 Tablespoons Sugar | 4 Tablespoons Butter, Melted1 1/2 Cups Milk1 (8-10 inch pan) Foil Pie Pan |
| Per package instructions combine the crust mix, sugar, and butter.  Press onto bottom and up sides of pie plate.Beat the filling mix and milk until thick.  Spoon over crust.Add to cooler to chill for about an hour.Remove and add fruit filling from kit.  Serve and enjoy. |

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| **Scrambled Skillet (x3.0)** |
| 2 Cans sliced potatoes1 green peppers, chopped1 onion, chopped1 Lb kielbasa, sliced | 12 Eggssalt and pepper8 Ounces shredded cheddar |
| Fry potatoes, pepper and onions in a little oil in Dutch oven until peppers and onions are cooked and potatoes start to brown. Part way through cooking add the meat. Pour beaten eggs over all and scramble. When just about done, add cheese and cover until cheese melts  |

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| **Taco Salad (x3.0)** |
| 1 Lb Ground BeefLettuce, Shredded2 Cups Cheddar Cheese, Grated/Shredded2 (Medium) Tomatoes, Chopped1 Cup Salsa | 1 Cup Sour Cream1 Cup Guacamole - optional1 Bag Tortilla Chips1 Package Taco Seasoning1 Bottle Ranch Dressing |
| Brown the beef in a Dutch oven.  When browned, add Taco seasoning per packet instructions.  (Usually 2tbsp of water + SeasoningBreak up tortilla chips.Assemble bowls of Salad.Suggested: Lettuce, Tomatoes, Chips, Cheddar Cheese, Ground Beef, Salsa, Sour Cream, Guacamole , Dressing |

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| **French Toast (x3.0)** |
| 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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| **BLT Salad (x3.0)** |
| 4 Strips bacon, diced4 Cups spring mix salad greens1 medium tomato, chopped1/2 Cup cheddar cheese, cubed | 1/3 Cup mayonnaise2 Tablespoons sugar2 Teaspoons cider vinegarSalt and pepper to taste1/2 Cup salad croutons |
| Cook bacon until crisp. Drain on paper towels. In a bowl, combine the greens, tomato and cheese. In a small bowl, combine the mayonnaise, sugar, vinegar, salt and pepper. Pour over salad; toss to coat. Sprinkle with bacon and croutons.   |

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| **Real Mashed Potatoes (x3.0)** |
| 5 Lbs Baking Potatoes, Peeled and Quartered - Leave skin on for thicker Potatoes3 (Cloves) Garlic, peeled | 1 Cup Milk2 Tablespoons ButterSalt and Pepper - To Taste |
| Bring a large pot of salted water to a boil. Add potatoes and garlic, lower heat to medium, and simmer until potatoes are tender, 15 to 20 minutes.When the potatoes are almost finished, heat milk and butter in a small saucepan over low heat until butter is melted.Drain potatoes and return to the pot. Slowly add warm milk mixture, blending it in with a potato masher until potatoes are smooth and creamy. Season with salt and pepper. |

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| **Swiss Steak (x3.0)** |
| 3 Lbs Beef Top Round Steak, 1/2 inch Thick4 Cups Sliced Onions2 Jars (4.5-oz) Whole Mushrooms, Drained2 Cans (10.5-oz) Condensed Beef Broth | 1/2 Tsp Salt1/2 Tsp Pepper1/2 Cup Water1/4 Cup Cornstarch |
| *Put this one on early and just check the heat every so often.*Cut the meat into serving sized pieces and brown in a little bit of oil in your Dutch oven.  Add all the remaining ingredients except the cornstarch and water.  Bring to a boil then reduce heat and simmer for 2-3 hours until the meat is tender.  In small bowl, combine water and cornstarch.  Mix well then stir into beef mixture. Simmer an additional 15-20 minutes until gravy has thickened.   |

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| **Stir Crazy Cake (x3.0)** |
| 2 1/2 Cups flour1 1/2 Cups sugar1/2 Cup cocoa2 Teaspoons baking soda1/2 Tsp salt2/3 Cup oil | 2 Tablespoons vinegar1 Tbsp vanilla2 Cups cold coffee1/4 Cup sugar1/2 Tsp cinnamon |
| Put flour, 1 1/2 cup sugar, cocoa, baking soda, and salt in a lined, ungreased Dutch oven.  Stir with a fork to mix; form 3 wells in flour mixture.  Pour the oil into one well, vinegar in one, and vanilla in one.  Pour cold coffee over all ingredients and stir with fork until well mixed.  Combine remaining sugar and cinnamon; sprinkle over batter.  Bake for 35-45 minutes.  |

**Food List (For Recipe Ingredients)**

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| 6 Cans 10.5-oz Condensed Beef Broth3 Bags 12 oz Chocolate chips3 Cans 12 oz Coke, Dr. Pepper, etc Dark Soda6 Cans 14 oz diced fire-roasted tomatoes3 Boxes 18.3 oz Brownie Mix3 Boxes 19.6 oz box Jell-O No Bake Dessert Kit6 Jars 4.5-oz Whole Mushrooms3 8-10 inch pan Foil Pie Pan12 Strips bacon11 Lbs Bacon30 Slices Bacon15 Lbs Baking Potatoes6 Teaspoons baking soda6 Bay Leaves9 Lbs Beef Top Round Steak6 Lbs Boneless Chicken3 Lbs Boneless Chicken Breast24 Boneless Chicken BreastBread6 Tablespoons Brown Sugar24 Tablespoons ButterButter4 1/2 Cups Canned Pineapple Tidbits in Juice3 Tablespoons Canola Oil2 1/4 Cups Carrots3 Cups Celery1 1/2 Cups cheddar cheese6 Cups Cheddar Cheese4 1/2 Lbs Chicken Breast7 1/2 Cups Chicken broth9 Cups Chicken Broth1 1/2 Teaspoons Chili Powder1 1/2 Cups Chocolate Chips6 Teaspoons cider vinegar1 1/2 Teaspoons cinnamon6 Tablespoons Cinnamon15 Cloves Garlic1 1/2 Cups cocoa6 Cups cold coffeeCooking OilCornCorn Meal3/4 Cup Cornstarch3 Tablespoons Creole Seasoning3 Teaspoons Dried Oregano3 Teaspoons Dried Thyme1/2 Cup Dry Parsley84 Eggs7 1/2 Cups flourFoil\*9 Garlic Cloves3/8 Tsp Garlic Powder2 Cups Grated Parmesan or Romano1 1/2 Cups Green and Red Peppers3 Cups Green Beans2 1/4 Cups Green Onion3 Bunches Green Onions6 Green Pepper3 green peppers, chopped9 Lbs Ground Beef3 Tablespoons Ground Cinnamon3 Cups GuacamoleHamburger BunsKeebler Fudge Stripe cookies1 Cup KetchupKielbasa6 Lbs Kielbasa3 Lbs kielbasa, sliced3 Large Green Bell Pepper3 Large White OnionLettuce | Marshmallows1 Cup mayonnaise3 medium tomato6 Medium Tomatoes10 1/2 Cups Milk6 Cans Mushrooms2 Cups oil6 Tablespoons OilOnion3/8 Tsp Onion Powder3 onion, chopped15 Onions3 Cups Pancake Mix1 1/2 Teaspoons Pepper6 Per Person Eggs12 Pita Bread36 Potatoes3 Bottles Ranch Dressing3 Tubes Refrigerated biscuit dough2 Packages Refrigerated Cheese Tortellini1 1/2 Cups salad croutons3 Cups Salsa1 1/2 Teaspoons saltSalt1 1/2 Teaspoons SaltSalt & Peppersalt and pepperSalt and PepperSalt and pepper to taste6 Per Person Sausage Links1 1/2 Teaspoons Seasoned Salt24 Ounces shredded cheddarShredded CheeseSliced American CheeseSliced Deli Ham3 Cups Sliced Mushrooms12 Cups Sliced Onions3 Packages Sliced Pepperoni6 Cans sliced potatoesSliced scallions3 Jars Sloppy Joe Mix3 Bottles Small Soy Sauce3 Lbs smoked sausage3 Cups Sour Cream6 Tablespoons Soy Sauce3 Cups Spaghetti SauceSpam12 Cups spring mix salad greensSub or Sausage Buns6 Tablespoons sugar5 1/4 Cups sugar6 Tablespoons Sugar3 Cups SugarBottle Syrup or topping of choice3 Packages Taco Seasoning48 Slices Texas Toast Bread3 Bags Tortilla ChipsTortilla Shells3 Packages Uncle Ben's Converted Rice6 Cups Uncooked converted rice4 1/2 Cups Uncooked long grain White or Brown Rice3 Tablespoons vanilla3 Tablespoons Vanilla Extract6 Tablespoons vinegar3 1/2 Cups Water4 Cups Whipping Cream6 Tablespoons White Vinegar |

**Other Ingredients and Items**

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| **Breakfast Items**3x Apples3x Bacon3x Canadian Bacon1x Cold Cereal3x Fresh Fruit6x Fruit1x Sweet Rolls**Lunch Items**3x Canned Fruit3x Carrot Sticks3x Cheeseburgers3x Chips6x Cookies3x Corn Chips3x Fig Bars2x Food Court Stop3x Fritos3x Fruit3x Lettuce3x Little Debbie Cakes3x Pickles3x Tomato3x Tomato soup3x Trail Lunch3x Twinkies**Dinner Items**3x Corn Chips2x Fresh Fruit5x Rolls5x Tossed Salad**Dessert Items**1x Cookies3x Ice Cream3x Pudding | **Breakfast Drinks**7x Milk12x Tang**Lunch Drinks**15x Troop Drink**Dinner Drinks**9x Milk8x Water |