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| **Beaver Menu** |
| **Fri. Snack**  | Apple pie taco, Water  |
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| **Sat. Breakfast**  | Apple-Sausage French Toast , Milk  |
| **Sat. Dinner**  | Chicken - Shake & Bake , Black Bean and Corn Salad, Tang  |
| **Sat. Dessert**  | Advanced Peach Cobbler  |
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| **Sun. Breakfast**  | Brown Sugar Oatmeal Pancakes, Orange juice  |

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| **Apple pie taco** |
| 1 Can Apple Pie Filling8 Tortillas | Cinnamon |
| Place tortilla on griddle and spoon apple pie filling on half. Sprinkle cinnamon on top and fold over the tortilla.Heat and eat. |

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| **Apple-Sausage French Toast**  |
| 1 Lb Bulk Pork Sausage4 Apples12 Eggs3 Cups Milk | 1/2 Cup Maple Syrup1/2 Tsp Nutmeg24 Slices Thick French Bread |
| Cook sausage, drain, remove to a bowl.  Place apples in that same oven and cook 3-5 minutes or until tender, stirring occasionally.  Remove  to a bowl.  In your Dutch oven, place half the bread.  Top with the sausage and apples.  Then top with the remaining bread.  Whisk together the eggs.  Add milk, syrup and nutmeg.  Pour over top.  Bake for an hour or until the eggs are set and the bread is golden.   If it is a cold campout or you have a cool place, you can assemble this the night before and then just bake it in the morning.  |

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| **Chicken - Shake & Bake**  |
| 3 Tablespoons OilChicken Pieces | Shake and Bake Packets |
| Place about 3 TBSP oil in Dutch oven.  Clean chicken pieces and coat with shake & bake according to package directions.  Load up Dutch oven.  Add coals to BAKE (2/3 on top and 1/3 on bottom).  Move chicken around every 20 minutes so it will cook evenly.  Chicken can take over two hours to cook depending on your heat.  (Hint: do not use too much heat on the bottom!)  A larger Dutch oven and fewer layers helps cook sooner.  A few sprinkles of garlic salt is also a great idea.  |

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| **Black Bean and Corn Salad** |
| 2 Cans Black Beans, drained and rinsed2 Cans corn, drained1/4 Cup red onion, minced1 red bell pepper, diced1 avocado, peeled, pit removed and diced1 jalapeno, ribs and seeds removed, then minced1/3 Cup cilantro leaves, chopped | 1/3 Cup olive oil1/4 Cup lime juice2 Teaspoons honey1 Tsp chili powder1 Tsp cuminsalt - to tastepepper - to taste |
| Place the black beans, corn, red onion, red pepper, avocado, and jalapeno in a large bowl.  In a small bowl, whisk together the cilantro, olive oil, lime juice, honey, chili powder, cumin, and salt and pepper.  Pour the dressing over the beans and vegetables and toss gently to coat.  Serve. |

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| **Advanced Peach Cobbler** |
| 2 Cans (28-oz) sliced peaches3 1/2 Cups biscuit mix1 1/2 Cups sugar3 Tablespoons margarine or butter | 1 Tsp cinnamon2 Eggs1/2 Tsp nutmeg1 Cup milk |
| Line Dutch oven with aluminum foil and grease.  Preheat oven.  Put in peaches, one can drained and one can, not drained.  Add ½ cup of biscuit mix, cinnamon, nutmeg and 1 cup of sugar.  Stir, cover and place on 10-12 coals with none on lid.  In a mixing bowl, put in 2 cups biscuit mix.  Cut in 3 tablespoons butter.  Add 2 eggs and 1 cup of milk and mix until ingredients are evenly mixed.  Remove lid from oven.  The mixture in the oven should be boiling.  Drop dough one spoonful at a time onto the top of the fruit.  Recover oven quickly.  Add nine coals to lid.  Cook for 30 to 40 minutes until topping is done.  Allow to cool several minutes before serving.  |

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| **Brown Sugar Oatmeal Pancakes** |
| 1 1/4 Cups quick-cooking oats1 Cup whole wheat flour1 Cup all-purpose flour1 Tsp baking soda | 1 Tsp salt2/3 Cup packed brown sugar2 Eggs1/4 Cup vegetable oil2 Cups buttermilk |
| **1.** In a medium bowl, combine the oats, flours, baking soda, salt and sugar. In another medium bowl, beat the eggs, then beat in oil and buttermilk. Stir into dry ingredients just until moistened.**2.** Pour batter by 1/3 cupful’s onto a greased hot griddle. Turn when bubbles form on top; cook until the second side is golden brown.   |

**Food List (For Recipe Ingredients)**

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| 2 Cans 28-oz sliced peaches1 Cup all-purpose flour1 Can Apple Pie Filling4 Apples1 avocado1 Tsp baking soda3 1/2 Cups biscuit mix2 Cans Black Beans1 Lb Bulk Pork Sausage2 Cups buttermilkChicken Pieces1 Tsp chili powder1/3 Cup cilantro leaves1 Tsp cinnamonCinnamon2 Cans corn1 Tsp cumin16 Eggs2 Teaspoons honey1 jalapeno1/4 Cup lime juice1/2 Cup Maple Syrup3 Tablespoons margarine or butter | 1 Cup milk3 Cups Milk1/2 Tsp nutmeg1/2 Tsp Nutmeg3 Tablespoons Oil1/3 Cup olive oil2/3 Cup packed brown sugarpepper1 1/4 Cups quick-cooking oats1 red bell pepper1/4 Cup red onionsalt1 Tsp saltShake and Bake Packets1 1/2 Cups sugar24 Slices Thick French Bread8 Tortillas1/4 Cup vegetable oil1 Cup whole wheat flour |

**Other Ingredients and Items**

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| **Breakfast Drinks**1x Milk1x Orange juice **Dinner Drinks**1x Tang**Snack Drinks**1x Water |