

BANANA BOAT DESSERTS

(Otters, Timberwolves, and Pathfinders)

Learning Goals

Everyone knows how to make S'mores. Let's try something equally easy! What other ideas do you have? Cooking temperature and time varies, so experiment! Have an option for people who do not like bananas such as apples or peaches. This meal system builds on the previous Foil Dinner, using skills in a new way. Scouts of any age can build and create these. (Can become gluten-free with the correct ingredients.)

Ingredients (Serves 6-8 in a Patrol)

Aluminum foil
Banana per person
Chocolate chips
Mini marshmallows
Cinnamon

Instructions

1. Cut the banana in half lengthwise through the peel.
2. Stuff toppings into the peel.
3. Wrap foil around stuffed bananas.
4. Place on hot coals until chocolate chips are melted (approx 5 minutes).

Build-a-Burrito

(Otters, Timberwolves, and Pathfinders)

Learning Goals (please read to your Patrol)

This lunch is incredibly versatile. This meal can be prepared ahead of time so that scouts can keep scouting right up to lunch. Burritos are like sandwiches -- they are a great option when the schedule is tight or you want simplicity in a meal so you can get back to the day program. Burritos also provide independence as Timberwolves can do the whole process on their own. Consider dietary needs when building your burrito shopping list. Taco salads or nachos are a simple alternative.

Ingredients

Tortillas
Cheeses
Chips or other crunchies
Ground beef

Refried beans
Hot sauces
Guacamole
Sour cream

Olives
Peppers
Shredded Lettuce

Instructions

1. Put everything out ahead of time.
2. Brown meats, warm beans as needed.
3. Slice and dice, or open containers for ease

Dutch Oven Sweet Potato and Black Bean Chili with Cornbread Dumplings (Pathfinders)

Learning Goals (please read to your Patrol)

Discuss with scouts other ingredients that can be used in chili. How could this recipe be adapted? Usually cornbread is baked, but it can be adapted when camping. The benefit of this meal is that everything is in one Dutch oven. Again, the *WOW* factor is high. This meal is an increase in skill level from the previous meals. Thank you for *Doing Your Best!* The process of a meal on the bottom of a Dutch oven and some type of bread on top is how your Rover Crew can make a multitude of meals. **(Often takes 90 minutes to chop all the vegetables.)**

Ingredients (Serves 6-8)

3 tbsp olive oil	ground beef	lime juice
4 sweet potatoes diced	5 cans black beans drained	cilantro
3 onions diced	5 cans of diced tomatoes	2 tsp salt
8 cloves of garlic minced	5 tbsp chili powder	8 tsp cumin

Instructions

1. Brown the ground beef in Dutch Oven if using ground beef.
2. Add the sweet potato and onion and stir until onion begins to soften.
3. Add cumin, chili powder, garlic, and salt. Stir for 30 seconds.
4. Add tomatoes and beans and bring to a boil. Add water as needed. Let cook for 30 minutes or as needed for sweet potatoes to cook all the way through.
5. Serve. Add cilantro and jalapenos as garnish.

CORNBREAD DUMPLINGS

¼ cup butter
1 cup milk (½ cup evaporated milk + ½ cup water)
1 large egg
1 ¼ cup cornmeal
1 cup flour
½ cup sugar
1 tbsp baking powder
1 tsp salt

Instructions

1. Mix butter, milk and egg
2. Stir dry ingredients into wet mix
3. Decide if you want to fry cornmeal mixture in a skillet or on top of chili to make dumplings.

Pro-Tip

- Preheat Dutch oven on the coals before cooking so that the ideal temperature is achieved from the start of the baking time.
Liberally use whatever is the “fat” item, in this case olive oil, to create a non-stick surface.

Five Layer Dutch Oven Breakfast

(Pathfinder)

Learning Goals (please read to your Patrol)

This meal has lots of room for variation. You could add peppers and onions. What other condiments would taste good? This is also a nice breakfast because the work is down on the front end. It is easy to put on the coals and then prepare for the day's activities or practice your Tenderfoot proficiencies. The flexibility of this meal is great as the Patrol can adjust as they see fit, making the meal as easy or complex as desired. You can use one or several cast iron cook set items to cook depending on whether you are going to stack the ingredients or cook separately. This meal can be adjusted in many ways, giving your Patrol an opportunity to be creative. As Rovers, consider a breakfast cook off.

Ingredients

Olive oil
Sausage or Soy Sausage
Potatoes, diced small
12 eggs
Shredded cheddar cheese
3.5 cups of Bisquick
1 cup + 1 tbsp of milk ($\frac{1}{2}$ evaporated milk + $\frac{1}{2}$ water)
salt

Instructions

1. Brown the sausage
2. Layer diced potatoes over the sausage
3. Crack 12 eggs over potatoes
4. Add salt and pepper
5. Add cheese
6. Mix Bisquick with milk and stir
7. Add biscuit mixture to Dutch Oven
8. Add cover and put on coals. Add coals on top. Cook for 35 minutes.

Pro-Tip

- Preheat Dutch oven on the coals before cooking so that the ideal temperature is achieved from the start of the baking time.
- Liberally use whatever is the "fat" item. In this case, olive oil.

Foil Dinners

(Timberwolves and Pathfinders)

Learning Goals (please read to your Patrol)

This dinner is incredibly versatile. Chopping can be done at home or in your scout meeting ahead of time and there is no end to the different ingredients and seasonings that can be used in foil dinners. Have the scouts generate their own list of ingredients before a camping trip. When cooking foil dinners with the kids encourage them to add lots of vegetables (of their choice) to their dinners. Foil dinners also provide choice, scouts can select only those things that they wish. This is a favorite among scouts, especially Timberwolves. Additionally, this meal resembles the Second-Class Tests for a Pathfinder so it is a good way to give experience in a low stress and high success situation. Par-boiling or mincing/grating the harder vegetables (potatoes, carrots, broccoli) helps them cook faster.

Ingredients

Ground Beef	Potatoes, diced (or par-boiled)
Veggie burgers	Carrots, diced (or par-boiled)
Chicken thighs	BBQ sauce (optional)
Onions, diced	Sloppy Joe Sauce (optional)
Peppers, diced	Salt/Pepper/Other Spices?

Instructions

1. Start coals 15 minutes before cook time
2. Everyone makes their own foil dinner
3. Add the meat, veggies, and sauce of your choice
4. Put the meat near the bottom of your foil packet so it will cook thoroughly in the hot coals.
5. Be sure to completely wrap your dinner in the foil

Pro-Tip

- Add 2-3 tablespoons of liquid so that vegetables steam
- Note your dinner with some special folding (like a handle) or writing name
- Double or triple fold seams to guard against unwanted opening

OATMEAL

Learning Goals (Please read to your Patrol)

This is a good meal to talk to Scouts about making smart food choices. Nuts are a healthy filling way to start the day. If a hiking trip is planned for the day, nuts will provide energy and keep you full. While maple syrup and brown sugar are delicious, they are not as nutritious as other options. Fruit is always a good addition to breakfast. Discuss other ways to cook oats. This is the deluxe oatmeal breakfast and as Rovers, you can build a multi-flavored and energizing meal in one pot. Think about how to simplify. Experiment with “cooking” in a cup (just pour in boiling water) to minimize cleanup.

Ingredients (Serves 6-8)

6 cups oatmeal	Brown sugar
Maple syrup	Raisins
Pecans	Bananas
Slivered almonds	Apples
Evaporated milk	Cinnamon

Instructions

1. Boil 10 cups of water
2. Stir in 6 cups of oats
3. Cook for 5 minutes while stirring frequently

Pro-Tip

- Preheat Dutch oven on the coals before cooking so that the ideal temperature is achieved from the start of the baking time.
- Start with pre-boiled water if that will help scouts reduce their cook time

Sandwiches

(Otters, Timberwolves, and Pathfinders)

Learning Goals (please read to your Patrol)

This lunch is incredibly versatile. This meal can be prepared ahead of time so that scouts can keep scouting right up to lunch. Sandwiches are a great option when the schedule is tight or you want simplicity in a meal so you can get back to the day program. Sandwiches also provide choice, scouts can select only those things that they wish to put on their sandwich which is ideal for Otter and Timberwolf scouts. Timberwolves can be given leadership opportunities with where to put the supplies. Consider dietary needs when building your sandwich shopping list. Nut butters and jellies can be good options, but watch for allergies! Peanuts and strawberries can be dangerous for some!

Ingredients (Serves 6-8 in a Patrol)

Breads	Vegetables
Cheeses	Mayo, mustard, etc.
Chips or other crunchies	

Instructions

1. Put everything out ahead of time
2. Slice and dice, or open containers for ease

Simple Cobbler

(Timberwolves and Pathfinders)

Learning Goals (please read to your Patrol)

Everyone likes dessert and Dutch Oven desserts can be easy too! The *WOW* factor is quite high for scouts and dessert is a good entry level Dutch oven item. Consider being the one who brings the cobbler to a camp out. It will become a tradition and encourage more Dutch oven cooking. Rovers will enjoy the creativity and ease that cast iron cooking will give during a camp out. The same cast iron can be used for generations and become a common feature in your Rover Crew program.

Ingredients

½ stick butter
Berry or fruit filling (canned or homemade on the spot)
Bisquick mix
Brown sugar
1 quart milk (whole is best, but at least 2 percent)

Instructions

1. Place Dutch Oven over medium heat and melt butter. Distribute it evenly over bottom and halfway up sides of Dutch Oven.
2. If using fresh fruit or berries, clean and place them in the Dutch oven. You'll want at least 6 cups of fresh fruit.
3. Add 1 cup of brown sugar and about 1 cup of water.
4. Place Dutch Oven over medium heat and bring to boil stirring frequently. Do not let it burn. You're ready for the next step when the fruit is well softened and the mixture is at low boil.
5. If using canned pie filling, pour into Dutch Oven, add ¼ cup water and bring to low boil, stirring frequently.
6. Mix up batter with the Bisquick and milk following the directions on the box for making dumplings, but add in ⅓ cup packed brown sugar.
7. Spoon this loose dough on to the top of the simmering fruit filling. Don't worry if it looks sparse, it will expand as it bakes.
8. Place cover on Dutch Oven.
9. Shovel a pile of glowing coals from the campfire to a safe location on the ground. It should be a single layer and about 8 inches across.
10. Set the Dutch Oven to straddle these coals.
11. Shovel a single layer of coals to cover Dutch Oven Lid.
12. Allow it to cook for 15 minutes, then move the Dutch Oven away from the bottom pile of coals.
13. Using a lid lifter carefully peek inside. You're looking for the top of the cobbler to be a nice, golden brown.
14. Scrape away half the bottom coals and place Dutch Oven over the remainder.
15. Check every 5 minutes or so until the top reaches the color you want.

Pro-Tip

- Start coals 15 minutes prior to baking
 - Preheat Dutch oven on coals while making the rest of the dessert to reduce cooking time.
- Space coals all the way to the edge, & evenly within the "circle" so that heat is given evenly.

Fruit Crisp Foil Packets

(Otters, Timberwolves, and Pathfinders)

Ingredients

4 crisp sweet apples, cored and thinly sliced OR equivalent volume fruit
1 tbsp butter or olive oil
3 tbsp maple syrup
1 tsp ground cinnamon
2/3 cup granola

Instructions

1. Preheat the campfire or grill to medium.
2. Cut 4 aluminum foil squares and lay them out.
3. Divide the apple slices between the foil packets.
4. Add a pat of butter, or drizzle on the olive oil and maple syrup. Sprinkle on the ground cinnamon followed by the granola.
5. Seal up the apple crisp foil packs and place them on the campfire or grill.
6. Cook for 15-20 minutes, turning at least once, until the apples are cooked to your desired softness.
7. Remove the Campfire Apple Crisp Foil Packets, and serve fresh or topped with ice cream, yogurt or cream.

Irish-ish Breakfast

(Pathfinders)

This basic meal can be spiced up with added seasonings, but is a great base when seeking: 1) a healthy, wholesome, FRUGAL, and nutritious meal and 2) a pretty inclusive meal (GF, Vegan, Allergen free). Please note the cook time. This is for breakfast, but will take AT LEAST 30 minutes BAKE TIME. **Serves 8+ (AT LEAST!)**

Ingredients

1/2 cup olive oil or butter

3 lbs red potato (10 medium sized)*

1 head cabbage

2 cups red lentils

4 cups broth or water

1+ tsp salt

parsley

Recommended seasoning: black pepper, rosemary, garlic powder, thyme or for a dhal, use garlic, curry, and cumin

Instructions

1. Slice clean, unpeeled potatoes into 1/4" or thinner slices
2. Shred cabbage (minus the core) into fine shreds
3. Chop parsley
4. Rinse lentils and drain
5. Coat the bottom of the Dutch oven with oil. Add one layer of potato slices. Cover with rinsed lentils.
6. Add the broth to cover. Layer the remainder of the potatoes on top and pour several tablespoons of olive oil over.
7. Add shredded cabbage on top of the potato and season with salt, pepper, and additional spices to taste.
8. Cover with the lid and put as many coals as possible under and over. Bake for at least 30 minutes then check for doneness.
9. Add parsley, stir, and serve.

Faux-Real-Pho

(Otters, Timberwolves, Pathfinders)

This tasty soup can be easy to assemble by most scouts. If an adult has prepared the soup base at home (recommended), anyone can chop and set out the ingredients. This soup base can be gluten free! This recipe **serves 4**.

SOUP BASE

Ingredients

2 tsp grated fresh ginger
8 tsp miso paste
8 tsp vegetable base
4 Tbsp tahini
4 tsp tamari

Instructions

1. Combine ingredients well.
2. Store in a travel safe container and keep in a cooler until ready to serve.

FAUX-REAL-PHO

Ingredients

Package rice noodles

Soup Base

Soup toppings: finely sliced onions, celery, green onions, jalapeno peppers

Instructions

1. Follow package directions to prepare the rice noodles.
2. Boil 8+oz water per person for their soup.
3. Each person assembles their soup:
 - a. Put a little dash of water in their bowl
 - b. Mix in 2 Tbsps soup base until dissolved
 - c. Add noodles and vegetables of choice
 - d. Add boiling water to cover

Vegan Scrambled “Eggs”

(Pathfinders)

Serves 8

Ingredients

2 blocks (14 or 16 oz) Firm Tofu (Can use soft tofu for a softer scramble)
½ tsp Ground Tumeric
1 tsp Garlic Powder
1 tsp Onion Powder
½ tsp Paprika
1 tsp Chile Flakes
1 tsp Indian Black Salt
Freshly Ground Black Pepper
2 Tbsp Tahini
¼ Cup Nutritional Yeast
1 Cup Oat Milk
Olive Oil
Salt

Instructions

1. Squeeze the tofu to remove excess water, then crumble into chunks.
2. In a bowl, mix the spices, tahini, and nutritional yeast. Pour in the milk and mix to create the sauce.
3. Heat a skillet over medium high heat and add oil. Once it's hot, add the tofu and fry until lightly browned.
4. Add the sauce and fold to combine. Continue cooking until desired consistency is reached. Add salt & pepper to taste.

Note: Indian Black Salt, or kala namak, adds the sulfur-y taste that egg yolks naturally contain. Sprinkling some over the top at the end will enhance the flavor.

Low FODMAP Chili with Dumplings

(Pathfinders)

It often takes 90 minutes to chop all the vegetables! **Serves 8**

Ingredients

For Chili:

2 lbs Ground Beef	1 Can Black Beans, Drained & Rinsed
2 Tbsp Garlic Oil	2 (4 oz) Cans Fire Roasted Green Chiles
3 Sweet Potato, Skinned & Diced	2 (28 oz) Cans Diced Tomatoes
2 C Carrots, Skinned & Diced	3 Tbsp Chili Powder
4 C Curly Kale, Roughly Chopped	2 C Beef Stock
1 tsp Cumin	Salt & Pepper
½ tsp Paprika	

For Dumplings

½ stick butter	½ cup sugar
1 cup lactose free milk	⅔ Tbsp Cream of Tartar
1 large egg	⅓ Tbsp Baking Soda
2 ¼ cups GF Baking Mix	1 tsp salt

Instructions

For Chili:

1. Brown ground beef in cast iron, set aside.
2. Heat garlic oil and add sweet potato and carrots. Brown for a few minutes. Add cumin, paprika, and kale. Cook until kale starts to wilt, then stir in black beans.
3. Return ground beef to the pan and stir in chilies, tomatoes, stock, and chili powder.
4. Bring to a boil then reduce heat. Cook over low heat until sweet potatoes are cooked through, approximately 30 - 45 minutes.

For Dumplings:

1. Combine dry ingredients in one bowl and wet ingredients in another
2. Stir dry ingredients into wet ingredients until just combined
3. If cooking on top of chili, remove chili from heat, spoon batter on top of chili, cover, and add coals on top to cook for ~20 minutes.
4. If cooking separately, preheat your cast iron before adding batter. Decide whether to cook it on the stove or use coals to cook in a dutch oven.

Chana Masala

(Pathfinders)

This delicious, one-pot meal can be customized to accommodate tastes and dietary needs. It's highly recommended to soak and cook the dried chickpeas. Serve with basmati rice or naan/roti, cucumber raita, and chopped cilantro **Serves 6-8**

Ingredients

1 pound dry chickpeas (~5 small cans)*
salt
1/3 c oil
1 Tbsp cumin seed
2 medium onions, chopped
1.5 tsp ground turmeric
2 small jalapenos, seeded and minced
1/4 c ginger garlic paste (equal volume ginger and garlic, pureed.
8 fresh Roma tomatoes, chopped
2 Tbsp ground chana masala spice blend
1 Tbsp garam masala
1 Tbsp ground cumin
2 tsp sugar
Juice of 1 lemon
3/4 tsp amchoor powder

Instructions

1. Cook chickpeas if using dry.
2. Heat oil in the dutch over medium heat.
3. When hot, add cumin seeds and cook for 30 seconds.
4. Add the onions and season with salt.
5. Cook, stirring occasionally until they soften, 3--5 minutes.
6. Add the ginger-garlic paste and cook, stirring occasionally for another 5 minutes.
7. Add the tomatoes, chana masala spice, garam masala, cumin powder, and sugar.
8. Cover and cook, stirring occasionally until thick and saucy, about 30 minutes
9. Add the chickpeas and 1 cup of their liquid to the tomato mixture.
10. Simmer for 5 minutes, then stir in lemon juice and amchoor powder.
11. Taste and adjust seasoning.

Cucumber Raita

(Otters, Timberwolves, Pathfinders)

Ingredients

2 cups Greek Yogurt
½ tsp fine sea salt
4 small Persian Cucumbers
1 garlic clove
¼ tsp ground cumin
¼ cup chopped cilantro garnish

Instructions

Peel the cucumbers and trim the top and bottom ends
Grate the cucumbers and garlic clove and add to a medium serving bowl
Add yogurt, salt and ground cumin
Mix well and garnish with cilantro

Rice

(Otters, Timberwolves, Pathfinders)

This will make 2-3 adult servings, adjust quantities as needed.

Ingredients

1 cup dry rice
1.5 cups water
1/2 tsp salt

Instructions

1. Rinse rice until clear, drain.
2. Add to salted water.
3. Cover, bring to boil and immediately turn heat to low.
4. DO NOT OPEN LID. Let barely simmer until done ~ 20 minutes

*extra, heat 1-2 cinnamon sticks, 6+ whole cloves, 4 cardamon pods in ghee or coconut oil prior to adding rice.

Faux-Bowl

(Otters, Timberwolves, Pathfinders)

Another fully customizable meal with a make-ahead sauce. Prepare rice and chop toppings. Serves 8

Ingredients

TALI SAUCE

¼ cup extra virgin olive oil*
¼ cup water
¼ cup nutritional yeast
1 lemon juiced
1/8 cup slivered almonds
3 garlic cloves
1/3 cup chickpeas, drained
½ tsp mustard powder
¼ tsp cumin
1/4 tsp curry powder
1/4 tsp turmeric powder
1/4 tsp salt
1/4 tsp garlic salt
1/4 tsp onion salt
1/8 tsp cayenne pepper

Cooked rice
Canned black beans (1 can = ~3 servings)
Salsa
Shredded cheddar cheese
Sour cream
Cilantro
Avocado
Sliced black olives

West African Vegetable Stew

(Pathfinders)

This recipe is from “Everyday Dutch Oven” and will make 4-5 adult servings, adjust quantities as needed.

Ingredients

1 Tbsp vegetable OR olive oil
2 large onions, sliced (about 2 cups)
1 lb. sweet potatoes, peeled, cut into ½ inch cubes
1 large tomato, coarsely chopped
1/2 cup raisins
1/2 tsp ground cinnamon
1/2 tsp crushed red pepper
1 14.5 oz. can chicken OR vegetable broth
1 15 oz. can chickpeas, rinsed and drained
4 cups coarsely chopped fresh spinach leaves
Hot cooked rice or couscous.

Instructions

1. Lightly oil or spray dutch oven.
2. Saute onion and garlic in olive oil over a full spread of coals until onion has softened.
3. Add the potatoes and tomatoes to the dutch oven and cook for 5 minutes.
4. Stir in the raisins, cinnamon, red pepper, chickpeas and broth.
5. Cover with as many coals on the lid as needed to keep stew at a steady simmer.
6. Cook for 20 minutes or until potatoes are tender.
7. Stir in the spinach, cover and cook another 3-5 minutes or until spinach has wilted.
8. Serve with rice or couscous, if desired.

Baked Oatmeal with Blueberries and Bananas

(Pathfinders)

Ingredients

2-3 bananas, sliced
2 cups blueberries
3 cups old fashioned oats
1 ½ cups chopped pecans
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon salt
2 ½ cups milk
1 cup maple syrup
2 large eggs or flax egg
4 tablespoons butter, melted
3 teaspoons vanilla

Instructions

1. Spray a 10-inch camp Dutch oven with Pam or apply a light coat of oil around the inside of the oven. Layer the banana slices to cover the bottom of the oven.
2. Spread blueberries on top of the bananas.
3. In a large bowl, mix oats, one cup chopped pecans, baking powder, cinnamon, and salt. Pour oat mixture on top of blueberries.
4. In a small bowl, whisk together milk, maple syrup, eggs, butter, and vanilla. Pour on top of oat mixture. Sprinkle remaining chopped pecans on top.
5. Bake at 350 degrees Fahrenheit by making a ring of 8 hot charcoals to fit underneath the Dutch oven and then placing 13 hot charcoals around the lid of the oven
6. Bake for 35-40 minutes or until the top is golden brown and a toothpick comes out clean.

Gluten and Dairy Free Cornbread

(Pathfinders)

You can use this recipe to top a chili in a dutch oven. Mix the cornbread and spoon it over the top of the chili, cover it with the lid and place on top of 10 coals with 19 on top for 20 minutes.

Ingredients

- 1 Cup Cornmeal
- 1 Cup Gluten Free Flour Mix
- 1 Tablespoon Baking Powder
- 1/4 Cup Sugar (or sweetener of choice)
- 1/4 Cup Honey
- 1 Teaspoon Salt
- 1 Cup Milk Alternative (or real Milk)
- 1/4 Cup Oil
- 3 Eggs or flax eggs or chia egg

Instructions

1. Oil and preheat a 10" cast iron skillet until the oil starts to smoke then remove from heat.
2. Mix the wet ingredients in a large bowl.
3. Mix the dry ingredients and add to the wet ingredients.
4. Reheat the skillet and ensure the bottom is coated in oil.
5. Pour the batter into the skillet, ensuring that it is in an even layer.
6. Cover the skillet with foil, crimping the foil around the edges.
7. Using a sharp knife, slice a few vent slits in the foil to allow steam to escape.
8. Cook over medium-low heat for 15-20 minutes, then move off the heat and let the bread rest (still covered) for an additional 5 minutes.
9. Cut into slices and enjoy.