

SLOPPY JOE'S

Ingredients

3 pounds ground beef*
3 regular cans sloppy joe sauce
2 packages hamburger buns

Utensils

Large Skillet or Dutch Oven
Serving Spoon
Container to discard grease*

Brown ground beef and drain*. Place prepared ground beef in skillet. Pour sauce over ground beef and stir. Heat 10-15 minutes and serve on buns.

*See Quick Fixins.

CHICKEN FETTUCINI ALFREDO

Ingredients

2 pounds chicken breast*
2 jars Alfredo sauce
16-20 oz. package fettucini pasta
2-3 tablespoons cooking oil

Utensils

Large Skillet or Dutch Oven
Large pot and colander for pasta
Cutting board
Serving spoon

Fill large pot with water and start heating. Cube chicken while water is heating*. Brown in oil in skillet.* Put pasta in boiling water. Stir occasionally while cooking. Add Alfredo sauce to prepared chicken and heat. Drain pasta in colander. Pour drained pasta over chicken and sauce. Mix and serve.

*See Quick Fixins.

FAJITAS

Ingredients

3 pounds marinated fajita chicken/beef
1 jar picante sauce
2 packages shredded cheese
2 dozen tortillas
2-3 tablespoons cooking oil
Shredded lettuce

Utensils

Large Skillet or grill/charcoal
Cutting board
Sharp knife
Serving spoon

Cook meat in oil in large skillet or on grill over coals. Slice cooked meat. Warm tortillas in skillet while meat is being sliced.

HOT DOGS & FRITO PIE

Ingredients

2 packages hot dogs
2 packages buns
2 packages shredded cheese
2 bags of Frito's
Small bottles mustard/ketchup
3 cans of chili

Utensils

Pot or grill/charcoal for hot dogs
Pot for chili
Tongs
Serving spoon

Cook hot dogs in boiling water or on grill over coals. Heat chili. Pour heated chili over Frito's in individual bowls. Top with shredded cheese. Serve with hot dogs.

SPAGHETTI & MEATBALLS

Ingredients

40 oz. bag of frozen Italian meatballs
2 large cans or jars of spaghetti sauce
16-20 oz. package of pasta
Small can parmesan cheese
1 loaf bakery-ready garlic bread

Utensils

Pot for sauce
Pot for pasta
Colander
Serving spoon or ladle
Foil

Heat meatballs and sauce together in large pot. Heat water in second pot. Add pasta to boiling water. Stir occasionally while cooking. Place garlic bread in foil and warm over charcoal (like silver turtles) while pasta is cooking. Drain pasta. Mix drained pasta with meatball sauce.

PASTA BAKE

Ingredients

40 oz. package of frozen Italian meatballs
1 jar Prego PASTA BAKE sauce
16 oz. package of penne pasta
8 oz. package shredded mozzarella
Water per jar directions
1 loaf bakery-ready garlic bread

Utensils

Dutch oven
Serving spoon or ladle
Foil
Charcoal
Measuring cup

Place meatballs, sauce, water and UNCOOKED pasta together in Dutch oven. Cover and cook. Heat until sauce is absorbed by pasta (about 30 minutes). Remove lid and stir well. Sprinkle cheese over top and heat uncovered until cheese melts. Place garlic bread in foil and warm over charcoal (like silver turtles) while melting cheese.

GROUND BEEF SKILLET

Ingredients

3 pounds ground beef*
2 medium onions, chopped*
16 oz. jar salsa
2 cans whole kernel corn
4 cans 14.5 oz diced tomatoes in sauce
1 box minute rice (4 cups)
3 cups water

Utensils

Dutch oven or large skillet
Cutting board
Serving spoon

Brown beef* and onions* in large skillet. Drain grease in disposable container. Add remaining ingredients. Heat to a boil. Cook 2 minutes. Cover and remove from heat. Let stand 5 minutes and serve.

* See Quick Fixins.

TACOS

Ingredients

3 pounds ground beef*
3 envelopes taco seasoning mix & water
24-30 taco shells
2 packages shredded cheese
Shredded lettuce/tomatoes
16 oz jar salsa

Utensils

Large skillet
Serving spoon
Foil
Measuring cup

Brown beef* in large skillet. Drain grease in disposable container. Add seasoning mix and water per directions on envelopes. Heat 10-15 minutes. While mixture is heating, wrap taco shells in foil and warm over coals. Fill shells with meat mixture and top as desired.

* See Quick Fixins.

CHILI

Ingredients

3 pounds ground beef*
3 envelopes chili seasoning mix
2 cans chili beans
2 cans diced tomatoes
1 8 oz can tomato sauce
3 cans of water
1 package shredded cheese
1 package minute rice (4 cups)

Utensils

Dutch oven
Ladle
Medium pot
Serving spoon

Brown beef* in Dutch oven. Drain grease in disposable container. Add seasoning mix, beans, tomatoes and tomato sauce. Fill empty bean cans with water and add. If mixture is too thick, add more water. Heat 15-20 minutes. While cooking chili, make minute rice per package directions (4 cups rice and 4 cups water). Serve chili alone or over rice, as preferred. Top with shredded cheese.

* See Quick Fixins.

POTATO SIDE DISH

Ingredients

1 bag baking potatoes
1 envelope golden onion soup mix
4-6 tablespoons olive oil
Optional: 2 pounds smoked sausage

Utensils

Dutch oven
Foil
Cutting board
Serving spoon

Cut potatoes into small pieces (one large potato per person). Spray Dutch oven with cooking spray. Add potatoes. Pour oil and soup mix over potatoes and mix together. Cover with foil and lid. Cook about 40 minutes. If preferred, mix ingredients in bowl. Then use individual foil packets on coals (like silver turtles) instead of Dutch oven.

For a complete meal: Add 2 pounds sliced smoked sausage to mixture.

APPLE CRISP

Ingredients

3 cups quick oats
2 cups brown sugar
1 cup flour
1 teaspoon baking soda
2 teaspoons salt
4 sticks melted butter
2 cans apple pie filling

Utensils

Dutch oven
Charcoal
Serving Spoon
Small pan to melt butter
Measuring cup
Teaspoon

Mix together well the oats, brown sugar, flour, baking soda and salt. Add melted butter and combine. Spray Dutch oven with cooking spray. Cover bottom of Dutch oven with half of crust mixture. Layer pie filling over crust. Spread remaining crust on top. Bake 40-50 minutes with coals on top and bottom of Dutch oven.

DUTCH OVEN MEAT LOAF & POTATOES

Ingredients

3 Large cans sliced new potatoes
2 chopped onions*
2 teaspoons salt
1 teaspoon pepper
3 pounds ground beef
2 cups milk
1-1/2 cups rolled oats
1 8-oz. can tomato sauce

Utensils

Dutch oven
Charcoal
Serving Spoon
Mixing bowl
Measuring cup
teaspoon

Put sliced potatoes, half of onion, 1 tsp salt, ½ tsp pepper bottom of Dutch oven. Mix well and spread evenly. In a bowl, mix ground beef, milk, oats, tomato sauce, remaining onion, salt and pepper. Spread evenly over potato mixture. Bake in Dutch oven for 40-50 minutes.

* See Quick Fixins

FRUIT COBBLER

Ingredients

2 cans fruit pie filling
1 package cake mix (white or yellow)
1 stick margarine

Utensils

Dutch oven
Charcoal
Knife

Spray Dutch oven with cooking spray. Empty pie filling into bottom of Dutch oven. Sprinkle DRY cake mix evenly over fruit. Cut margarine into small pats and drop evenly over dry cake mix. DO NOT STIR OR MIX. Bake in Dutch oven with coals on bottom and lid for about 30 minutes.

EASY SAUSAGE AND RICE

Ingredients

3 pounds smoked sausage
3 packages Rice-A-Roni Spanish Rice
1 stick margarine
1 can tomatoes
1 package shredded cheese
1 small jar salsa

Utensils

Dutch oven
Cutting board
Knife
Serving spoon
Measuring cup

Cut sausage into small pieces. Brown rice in Dutch oven with 4 tablespoons margarine. Add sausage, tomatoes, seasoning packets and 5 cups of water. Cook covered, stirring occasionally, about 20 minutes. Garnish with cheese and salsa if desired.

EASY CHICKEN AND RICE

Ingredients

2 pounds chicken breast*
2 FAMILY-SIZE pkgs Rice-A-Roni Chicken Rice
1 stick margarine
2-3 tablespoons oil

Utensils

Dutch oven
Cutting board
Knife
Serving spoon
Measuring cup

Cut chicken into small pieces and brown in oil*. Set aside on plate. Brown rice in Dutch oven with 4 tablespoons margarine. Add chicken, seasoning packets and enough water for BOTH packages of rice. Cook covered, stirring occasionally, about 20 minutes.

*See Quick Fixins.

CHOCOLATE CAKE

Ingredients

1 box devil's food cake mix
3 eggs
1 package stick margarine
1 6-oz. package chocolate chips
1 pound confectioner's sugar
1 8-oz. package cream cheese

Utensils

Dutch oven
Mixing bowl
Wisk
Serving spoon
Charcoal
Small pan

Mix together DRY cake mix, 1 egg and 1 stick MELTED margarine with stirring Wisk. Grease Dutch oven using solid stick of margarine. Pour mixture into bottom of greased Dutch oven. Sprinkle chocolate chips over batter. Mix together sugar, cream cheese and 2 eggs with Wisk. Spread over top of cake. Bake in Dutch oven with coals on bottom and top for about 30-40 minutes.

PINEAPPLE-SPICE DUMP CAKE

Ingredients

1 box yellow cake mix
28 oz. canned pineapple slices
4 cups cinnamon apple sauce
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon nutmeg

Utensils

Dutch oven
Measuring cup
Wisk
Serving spoon
Charcoal

Spray Dutch oven with cooking spray. Line bottom of pan with DRAINED pineapple slices. Dump HALF of the apple sauce (2 cups) over the pineapple. Mix spices and sprinkle over applesauce. Dump DRY cake mix over the applesauce and spices. Cover cake mix with rest of applesauce (2 cups). Bake in Dutch oven with coals on bottom and top for about 40-50 minutes until cake is bubbling. Cool before serving.

BRUSCHETTA

Ingredients

1 loaf French bread
2 pounds fresh tomatoes
1 10-oz. can Rotel *bold Italian* tomatoes
¼ cup Olive oil
Salt and pepper to taste
1 small can parmesan cheese

Utensils

Knife
Mixing bowl
Large spoon
Cutting board

Dice tomatoes. Put in mixing bowl with olive oil, DRAINED Rotel tomatoes, salt and pepper. Mix well. Slice French bread in half lengthwise. Spread tomato mixture on bread and sprinkle with parmesan cheese. Cut into individual servings.

TENDERFOOT SPAGHETTI

Ingredients

40-oz. package frozen Italian meatballs
3 boxes Hamburger Helper spaghetti
1 can diced tomatoes
1 loaf bakery-ready garlic bread
1 small can parmesan cheese

Utensils

Dutch oven
Foil
Large spoon
Cutting board
Charcoal

Put meatballs, hamburger helper, and tomatoes in Dutch oven. Add 8 cups water. If pot is too full, add enough water to fill the pot. Add remaining water when the liquid cooks down into the pasta. Stir occasionally so pasta doesn't stick to pot. Wrap garlic bread in foil and warm over coals. Cut into individual servings.

TRAVELING TUNA

Ingredients

4 7-oz. foil packages of tuna
1 small squeeze bottle of mayo
1 small jar pickle relish
10-12 hoagie rolls (1 per person)

OR

2 boxes Ritz crackers

Utensils

Small mixing bowl
Serving spoon
Small knife to spread tuna

Empty tuna pouches into bowl. Add small amounts of relish and mayo until desired consistency. Spread on rolls or crackers.

This makes an easy trail lunch with minimal trash.

GRILLED CHICKEN

Ingredients

Chicken legs (2 per person)
1 pound stick margarine
1 shaker grilled chicken seasoning

Utensils

Foil
Charcoal
Medium bowl
Paper towels

Make foil pouches to hold each chicken serving (like silver turtle pouches). Fill bowl with water. Rinse chicken in water and pat dry with paper towel. Place washed chicken in foil pouch. Sprinkle with seasoning and add pat of butter. Seal tightly and cook on coals turning every 5 minutes. Cook about 20 minutes. Chicken is done when the meat comes off the bone easily and is NOT pink in color.

STIR-FRY CHICKEN

Ingredients

2 pounds chicken breast*
4 pounds stir fry vegetables**
1 bottle stir fry sauce
3-4 tablespoons oil
2 boxes fried rice mix (Uncle Ben's, etc.)
1 stick margarine (if needed for rice-check box)

Utensils

Dutch oven
Cutting board
Medium bowl
Serving spoon
Medium pan

Chop vegetables into bite size pieces and set aside in bowl. Prepare rice according to package directions (add enough water for BOTH packages). Dice chicken breast and brown in oil in Dutch oven until no longer pink and set aside*. Add vegetables to Dutch oven; stir frying until tender with fork. Add chicken and continue stir frying 2-3 more minutes. Pour stir fry sauce over mixture and stir. Serve with fried rice.

* See Quick Fixins.

**Broccoli, shredded carrots, water chestnuts, snow peas, etc.

HAM DINNER

Ingredients

3 pound boneless ham
2 cans sliced pineapple
Small package brown sugar
2 boxes Mac & cheese
OR
2 boxes instant mashed potatoes
1 package stick margarine
Milk

Utensils

Foil
Cutting board
Knife
Small bowl
Medium pan
Serving spoon
Charcoal
Measuring cup

Slice ham into single serving slices about 1" thick. Make silver turtle packets and put ham inside. Drain pineapple juice into small bowl. Mix in brown sugar until thick. Place pineapple slice on ham and add 2 tablespoons of sauce. Seal and cook on coals about 15 minutes. Cook Mac & cheese or mashed potatoes according to package directions. Be sure to DOUBLE water, milk, or margarine for 2 boxes.

SILVER TURTLES

Ingredients

3 pounds ground beef **OR** smoked sausage
2 large bags frozen hash browns
2 onions*
2 pound bag mini peeled carrots
1 bottle Grub Rub seasoning
Salt & Pepper

Utensils

Foil
Cutting board
Knife
Small bowl
Serving spoon
Charcoal

Make silver turtle packets and put meat, potatoes, onion and carrots inside. If using sausage, cut into bite-size pieces. Sprinkle with about 1 tablespoon seasoning. Salt and pepper to taste. Seal tightly and cook over coals about 30 minutes, turning occasionally.

*See Quick Fixins

PUDDING

Ingredients

2 family-size pkgs instant pudding
1 can whipped cream
2 packages sliced frozen strawberries
OR
1 bunch bananas (sliced)
Milk

Utensils

Medium bowl
Cutting board
Knife
Measuring cup
Wisk
Serving spoon

Mix instant pudding and milk in bowl according to package directions, adding enough milk for TWO packages. When pudding is thick, add THAWED, drained strawberries or sliced bananas. Spray whipped cream on top.

PORK LOIN

Ingredients

4-5 pound pork loin*
1 bottle honey b-b-q sauce
* 1 bottle marinade if not marinated
in package
Grub Rub seasoning

Utensils

Grill rack
Cutting board
Knife
Turning fork
Charcoal

Buy pork loin pre-marinated in package, or store in large Ziploc bag with marinade. Place in second Ziploc bag to avoid leakage in cooler. Cut pork loin into serving-size slices about 1" thick. Rub both sides of slices with Grub Rub seasoning. Cook on grill 15-20 minutes. Pour small amount of b-b-q sauce on each side while cooking.

BREAKFAST TACOS

Ingredients

2 pounds pork sausage or chorizo
2 dozen eggs
20-24 flour tortillas
2 bags shredded cheese
Salt & pepper
1 jar salsa

Utensils

Skillet
Serving spoon
Large bowl
Wisk

Break eggs into bowl. Add salt and pepper. Stir with wisk. Cook sausage in skillet. Drain grease into disposable container or small pan. Discard in trash bag when cooled. Pour eggs over drained sausage in skillet. Continue cooking until eggs are solid. Serve on tortillas. Garnish with cheese and salsa as desired.

BACON/EGG/POTATO TACOS

Ingredients

1 pound bacon
18 eggs
2 cans sliced new potatoes
2 bags shredded cheese
Salt & pepper
1 jar salsa
20-24 flour tortillas

Utensils

Skillet
Serving spoon
Large bowl
Wisk
Paper towels

Break eggs into bowl. Add salt and pepper. Stir with wisk. Cook bacon in skillet. Drain on paper towels. Pour grease into disposable container or small pan. Discard in trash bag when cooled. Crumble bacon into skillet. Add DRAINED potatoes. Cook 2-3 minutes until potatoes are hot. Pour eggs over top. Continue cooking until eggs are solid. Serve on tortillas. Garnish with cheese and salsa as desired.

QUICK SAUSAGE BISCUITS

Ingredients

2-3 boxes large frozen sausage biscuits
(2 biscuits per person)

Utensils

Dutch oven
Charcoal
Foil

Remove sausage biscuits from packaging. Layer UNWRAPPED sausage biscuits in Dutch oven with sheet of foil between each layer. Heat 15-20 minutes until warm with charcoal on top and bottom of Dutch oven.

PANCAKES

Ingredients

Bisquick **OR** pancake mix
(Enough for 25-30 pancakes)
Eggs (if needed in mix)
Milk (if needed in mix)
Oil
Squeeze margarine
Syrup **OR** canned pie filling
1 jar applesauce*

Utensils

Spatula
Large Bowl
Wisk
Measuring cup
Skillet
Small pan

Prepare pancake mix according to package directions. Mix enough for 2-3 pancakes per person. Heat skillet and add tablespoon of oil to coat. Scoop batter into measuring cup. Pour small amounts onto hot skillet. Turn when pancakes bubble on top. For fruit pancakes, heat pie filling in small pan. Pour over pancakes instead of syrup.

*For applesauce pancakes, add 1 cup applesauce in place of milk or water in mix.

QUICK FIXINS

SUBSTITUTE:

Frozen meatballs
Canned new potatoes
Frozen hash browns
Frozen chopped onion
Frozen seasoning blend

INSTEAD OF:

Ground beef
Potatoes
Potatoes
Onions
Onion & green pepper

Grub Rub is a great all-purpose seasoning – a must for every chuck box!

DO AHEAD:

Brown ground beef at home. Drain and store in freezer in Ziploc bag.*

Brown chicken in skillet or cook on grill at home. Dice and store in freezer in Ziploc bag.*

*Less chance of contamination and better for “Leave No Trace” camping.