

## **WHAT YOUR DUTCH OVEN CAN DO**

Cooking techniques such as roasting, baking, simmering, stewing, frying, boiling, steaming, and many others are easily done on the campfire with only a single utensil, the Dutch oven. Think of the possibilities, delicious fresh baked bread that will rise up and lift the lid, cobblers made from berries picked fresh at the campsite, incredible deep-dish pizzas, stews and quiches that melt in your mouth, Cornish game hens roasted to perfection, and imagine a chocolate cake a foot in diameter. These and many, many more are very possible and sometimes easier than they are at home. With very few exceptions, I have been able to duplicate my home recipes on the campfire using the Dutch oven.

All recipes use one of two Dutch oven techniques, cooking with your Dutch oven or cooking in it. The first is when the food is placed directly in the bottom of the Dutch oven. In the second method, food is placed in a second dish and this dish is then placed onto a trivet in the bottom of the Dutch oven. The reason for the trivet is to elevate the dish above the bottom of the oven to prevent burning.

## **A LITTLE ABOUT THE DUTCH OVEN**

Before we get started, we should review some of the things you will need to know before purchasing your first Dutch oven. There are literally hundreds of options and size combinations available, so it would be impractical for me to tell you which oven is the one for you, because each type of oven is designed for a different type of cooking situation. I will go over the various options and you will have to decide which ones you will look for.

In shopping for an oven, you should look for one that is obviously well made. Look at the bail handle, it should be of heavy gauge wire and securely attached to molded tangs on the side of the oven. Ovens that have riveted tabs should be avoided. Most oven handles will lie down against the side of the oven in both directions, but if you look hard enough, you will find some that allow the handle to stand up at a 45 degree angle on one side. This allows you easier access to it when positioning or removing the oven from the fire.

Another area that bears close examination is the handle on the lid. It should be a loop attached to the lid on both ends and hollow in the center allowing it to be easily hooked. Stay away from the ones that have a molded solid tab on the lid for a handle. These are very difficult to grasp and manage with a load of coals. The loop style offers much better control.

While examining the lid, check that it has a lip or ridge around the outer edge. The lip keeps the coals from sliding off of the lid. Don't get me wrong, the ridge-less ones can be used but it is difficult to keep coals on the lid and if you are not meticulous in cleaning the ash from the lid each and every time you open the oven, you will end up with ash and/or sand in your food. The lip virtually eliminates the problem and the lid can be lifted even fully loaded with ash and coals with little difficulty.

Another feature to look at is the legs. The most common variety is one with three legs, although flat-bottomed ones and four legged ones can also be had. For outdoor cooking, legs are a necessity; they maintain the height of the oven above ground allowing air for the coals underneath. The flat bottomed ones can be set up on rocks (which are scarce as hen's teeth here in Florida) or up on steel tent pegs. If you figure in Murphy's Law here, the flat-bottom ovens are best left in the store or on the kitchen stove where they were

intended. I highly recommend three legs over four simply for the stability factor. It is much more stable with three legs sitting on rough ground than with four.

The last option to look at is a second handle attached to the lid or upper rim on the oven base. Some ovens are offered with a skillet type handle attached to the lid. This, in theory, is a good idea, but in reality they seem to be more in the way than of assistance. The handle does assist in using the lid upside-down as a skillet or griddle but when using it as a lid, they get in the way of the bail handle and also misbalance the lid when lifting by the center hoop. They also tend to be in the way during storage and packing situations. Fixed handles on the oven base, with one exception, should be absolutely avoided. I believe the theory behind these handles was to make the oven easier to position in a deep fire pit. If you insist on considering the handle, take a couple of red bricks with you to the store and place them in the oven. Then give her a lift by the handle and you will see the uselessness in the handle. A loaded 12" oven can weigh 20 to 25 pounds, a real wrist breaker. The one exception is a small tab sometimes offered which is about 1 to 1-1/2" deep and 2-3" wide on the upper lip of the oven. This tab makes pouring liquids from the oven very easy and its small size has never caused storage or packing problems for me.

When someone mentions "Dutch Oven" most people immediately think "Cast Iron", but Dutch ovens are supplied in aluminum also. An aluminum oven weighs only 6-1/2 to 7 pounds opposed to around 18 pounds for the cast iron oven. There are advantages and disadvantages to each.

The most obvious aluminum advantage is weight, 11 pounds lighter. Additionally, because aluminum doesn't rust, care is restricted to simple washing with soap and water. Aluminum tends to heat faster requiring less preheating time but they don't retain the heat very long after the coals are removed. Also because aluminum reflects more heat than cast iron, more coals will be required to reach and maintain a set temperature. Also on windy days, you will see a greater variation in temperature than one of cast iron. Where weight is very critical, most of the disadvantages can be overcome. For canoeing, backpacking or trips where weight is a problem, aluminum ovens are the answer.

When weight is not a problem, the cast iron oven has the upper hand. Cast iron reacts more slowly to temperature changes so don't burn food as easily if the fire flares up and they retain heat for quite a while after the coals have been removed, keeping food warmer longer. Also, because they retain heat well, they fair better on windy days with smaller variations in temperature. Cast iron absorbs a great deal of heat, consequently, they require fewer coals to reach and maintain a set temperature. Weight is its obvious disadvantage, but there are others. Clean up is not as simple, but done regularly and correctly, it is not much of a chore. Rust is the other, bare cast iron will literally rust overnight if not protected. This protection naturally must be done each time it is used but is part of the cleanup procedure and fairly simple. After all, I have got Tenderfoot Scouts that are 11 years old that do it like clockwork.

The last thing you must consider is the size of the oven. They range from the tiny 4" to the giant 24" monsters. Personally, I have ovens ranging in size from 6" to 18". For small group or patrol situations, 10"-12" will serve rather adequately for almost all circumstances.

As a review, you should look for a 10"-12" oven that is obviously well made and of good design. It should have three legs, loop type handle and a lip on the lid and a strong bail type handle for the bottom. You can choose other options but those are personal preferences and totally up to the user. Whether to choose cast iron or aluminum should be based on the service conditions the oven is going to be MOST used in.

Now that you have decided the type, style and options, where do you find one? Check your Boy Scout Troop Equipment Catalog or your local Boy Scout Equipment Center. Many good sporting goods or camping supply stores also will carry them. Also, restaurant supply houses may stock them or will have a catalog they can order them from. From my experiences, the restaurant houses typically cost a bit more but the ovens are commercial quality and they usually have a better selection to choose from. Another option is mail order. Companies such as REI, Campmor, etc may carry them but look out for the shipping charges on the cast iron ones. In your shopping around by mail, it is best to request their shipping charges and add that in when comparing to local prices.

If you go into the store armed with information, you should have little problem in selecting an oven for your needs and it will be the start of some long lived happy memories. One word of fair warning, SHOP AROUND! I have seen the same 10" oven by the same manufacturer range in price from \$25 up to their mighty proud \$60, so be careful. Demand quality, a poorly made oven with lots of options is not worth the time to carry it to the car.

### **OTHER THINGS YOU WILL NEED**

A good pair of leather gloves can save time and prove invaluable around a hot fire. A pair of Work Style gloves will do, but I recommend you look at a Fire and Safety Supply house or a store that supplies fireplace accessories and locate a pair of fire handling gloves. Although these typically cost more, they offer thicker leather and an inner insulating lining. They allow you to literally place your hand into hot coals, though I don't recommend doing so. Because of my experience on the Fire Department, the extra protection and quality far outweigh the few extra dollars they cost. You will have to weigh the quality against the higher price for yourself.

Something else you will need is a shovel. The standard garden type will be sufficient. It will be used for stirring the coals and lifting them out of the fire pit to the oven. The style and length of the handle is up to you, the user. The longer ones are great but not practical on hikes and canoe trips. While the short "ARMY" folders are great for hiking and canoes, they suffer from short handles, getting you and your hands closer to the fire.

Another item which will prove to be worth their weight in gold is a pair of hot pot pliers. The pair listed in the Boy Scout Troop/Patrol Equipment catalog are probably the best designed for the job. They are inexpensive, well built, and light weight. The pliers have a specially designed jaw that grips the oven lid very securely. The handle has a hook that is used to grab the bail handle when it is too hot to hold by hand or when it is hanging down in the coals.

### **PREPARATION OF YOUR OVEN**

For aluminum, your pretreatment is simply washing well with soap and water. Some aluminum ovens are shipped with a protective coating and a simple washing will remove it. Since aluminum doesn't rust, no further protection is required, however, I have found that if you treat the aluminum like the cast iron oven, food will not stick near as often as the untreated oven. This pretreatment is at the user's option, so if you just want to wash it and be done with it, you can.

Cast iron ovens, if properly cared for, will last many a generation. I know several individuals that have Dutch ovens belonging to great great-grandmothers, dating back

well into the 1800s. Personally, I have an oven that belonged to my grandmother and dates back before the turn of the century.

Although this book is oriented toward Dutch ovens, the treatment and care instructions are applicable to any cast iron skillet, griddle etc.. The secret of cast iron's long life is really no secret at all. Constant and proper care beginning with the day it is purchased will keep the oven in service for many years. All quality ovens are shipped with a protective coating that must be removed. This will require a good scrubbing with steel wool and some elbow grease. Once removed, the oven needs to be rinsed well, towel dried and let air dry. While it is drying, this would be a good time to pre-heat your kitchen oven to 350. After it appears dry, place the Dutch oven on the center rack with it's lid ajar. Allow the Dutch oven to warm slowly so it is just barely too hot to handle with bare hands. This pre-heating does two things, it drives any remaining moisture out of the metal and opens the pores of the metal.

Now, using a clean rag or preferably a paper towel, apply a thin layer of salt free cooking oil. Oils such as peanut, olive or plain vegetable oil will be fine. Tallow or lard will do also but these animal fats tend to break down during the storage periods that typical Boy Scout Dutch ovens experience between campouts and are not recommended. Make sure the oil covers every inch of the oven, inside and out and replace the oven onto the center shelf, again with the lid ajar. Bake it for about an hour or so at 350. This baking hardens the oil into a protective coating over the metal

After baking, allow the oven to cool slowly. When it is cool enough to be handled, apply another thin coating of oil. Repeat the baking and cooling process. Again reapply a thin coating of oil when it can be handled again. Allow the oven to cool completely now. It should have three layers of oil, two baked on and one applied when it was warm. The oven is now ready to use or store.

This pre-treatment procedure only needs to be done once, unless rust forms or the coating is damaged in storage or use. This baked on coating will darken and eventually turn black with age. This darkening is a sign of a well kept oven and of its use. The pre-treatment coating's purpose is two fold, first and most important; it forms a barrier between moisture in the air and the surface of the metal. This effectively prevents the metal from rusting. The second purpose is to provide a non-stick coating on the inside of the oven. When properly maintained, this coating is as non-stick as most of the commercially applied coatings.

## **CLEANING YOUR OVEN**

For aluminum ovens, the cleaning is the same as for ordinary pots and pans. Use soap, water and scrub as usual for your other pans. More often than not, cleaning cast iron ovens is much easier than scrubbing pots and pans. For cast iron ovens, the clean process is in two steps. First, food is removed and second, maintenance of the coating. To remove stuck on food, place some warm clean water into the oven and heat until almost boiling. Using a plastic mesh scrubber or coarse sponge and NO SOAP, gently break loose the food and wipe away. After all traces have been removed, rinse with clean warm water. Soap is not recommended because its flavor will get into the pores of the metal and will taint the flavor of your next meal.

After cleaning and rinsing, allow it to air dry. Heat over the fire just until it hot to the touch. Apply a thin coating of oil to the inside of the oven and the underside of the lid. Allow the oven to cool completely. The outside will need little attention other than a

good wipe down unless you see signs of rust forming. As a suggestion, it is a good idea to keep a scrubber for cast iron and never use it with soap.

### **A FEW NO-NOs**

Never, and I repeat, NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.

Never use soap on cast iron. The soap will get into the pores of the metal and won't come out very easy, but will return to taint your next meal, though. If soap is used accidentally, the oven should be put through the pretreatment procedure, including removal of the present coating.

Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better but cast iron will crack or warp, ruining it.

Do not get in a hurry to heat cast iron, you will end up with burnt food or a damaged oven or pan.

Never put cold liquid into a very hot cast iron pan or oven. They will crack on the spot!

### **TIPS ON COOKING TECHNIQUES**

Enough about the oven and on to what you can do with it!

**ROASTING:** The heat source should come from the top and bottom equally. Coals should be placed under the oven and on the lid at a 1 to 1 ratio.

**BAKING:** Usually done with more heat from the top than from the bottom. Coals should be placed under the oven and on the lid at a 1 to 3 ratio, having more on the lid.

**FRYING, BOILING ETC:** All of the heat should come from the bottom. Coals will be placed under the oven only.

**STEWING, SIMMERING:** Almost all heat will be from the bottom. Place the coals under and on the oven at a 4 to 1 ratio with more underneath than on the lid.

**THE LID!:** The lid can be placed on the fire or stove upside down and used as a skillet or griddle. Using the lid in this fashion, you can make virtually error free pancakes and eggs that don't run all over. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center, even if the lid is not level!

## MEASUREMENTS

Here are the abbreviations that will be used here:

oz - Ounce  
lb - Pound  
pt - Pint  
qt - Quart  
gl - Gallon

tsp - Tea Spoon  
tbs - Table Spoon  
c - Cup (8 oz)  
pkg - Package

Here are a few measurement conversions you may need:

1 tbs - 3 tsp  
2 tbs - 1 oz  
1/4c - 4 Tbs  
1/3c - 5 1/3 Tbs  
1/2c - 8 Tbs  
1 c - 8 oz  
1 qt - 4 c

1 gl - 4 qt  
2 c - 1 pt  
1 Stick Butter - 1/4 lb or 1/2 c or 8 Tbs  
1 lb bread loaf - About 17 slices  
1 1/4 lb loaf - About 20  
1 1/2 lb loaf - About 23

## **BEEF MAIN DISHES**

### **Campers Pot Roast**

- 4-6 Country Pork or Beef Ribs (best) or 2 lb. Beef Roast (any kind works well)
- 4 Medium Onions, peeled and sliced into thirds sideways (rings)
- 6-7 Medium Potatoes (at least 1 per person) peeled & cut in half
- 1 Large Bag of Baby Carrots (about 1-2 lb)
- 1/2 Cup Celery Chunks
- Salt and Pepper
- Bar-B-Que Sauce (optional)

#### **Directions:**

Place ribs, potatoes, onions, carrots and celery in large pot or roaster. Cover all with water. Salt (about 1 1/2 teaspoons) and pepper (cover top of water medium to lightly). Place pot on fire and let cook slowly for a couple of hours while you fish, swim or enjoy the outdoors. Dinner is done when you return. To spice it up, remove the meat from the vegetables and place in pan with bar-b-que sauce (meat will be falling off the bones), stir in sauce over fire for about 5-10 minutes and serve.

### **Poor Man's Steak**

- 2 lb pkg Ground beef
- 2 tsp Salt
- 1/4 tsp Pepper
- 2 c Cracker Crumbs
- 1 1/3 c Milk
- Margarine
- 2 cans Mushroom Soup
- 1 c Water

#### **Directions:**

Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Let stand in refrigerator overnight or at least 6 hours. Cut into slices and brown in margarine. Mix soup with 1 c of water and pour over meat placed in Dutch oven. Bake at 350 for 1-1/2 hours.

### **Dutch Oven Lasagna**

- 1 box of Lasagna Noodles
- 2lbs. hamburger
- 3 jars spaghetti sauce
- 2-4 cups mozzarella cheese
- 2 large containers of cottage cheese
- 3 eggs
- little bit of water

#### **Directions:**

Cook hamburger, drain grease. Blend in spaghetti sauce. In a separate bowl combine the mozzarella cheese, cottage cheese and eggs. Stir until combine. Break 4 lasagna noodles in the bottom of the Dutch oven to cover the bottom. Next, put a layer of the meat mixture. Then a layer of the cheese mixture. Next, break 4 more lasagna noodles. Repeat with meat and cheese mixtures. Then do one more layer of noodles, meat and cheese. Pour just a little bit of water around the edges. We make this in a huge Dutch oven. You can make this in a 12 inch Dutch oven, too. Put 12 coals on the bottom and 12 coals on the top. Cook for 1 hour. Check after 30 minutes. Then continue to cook. Enjoy!

### **Pizza Hot Dish**

- 2 pkg Crescent rolls
- 1 jar Pizza Sauce
- 1-1/2 lb Ground Beef
- 8 oz Shredded Cheddar Cheese
- 8 oz Shredded Mozzarella Cheese

#### **Directions:**

Brown ground beef, drain. Line Dutch oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second pkg of rolls to form a top crust. Bake 30 min. at 350

## Steak and Potato Supper

- 1 1/2 Lbs. Steak, (Venison or Beef) cut into strips
- Flour, as needed
- 1 Small Onion, sliced
- 5-6 Potatoes, unpeeled and sliced
- Vegetable Oil
- 2 Cans Campbell's Beefy Mushroom Soup

### Directions:

Dredge venison in flour and brown in hot oil in Dutch oven until brown. Layer potatoes and onions over cooked meat. Pour both cans of beefy mushroom soup over top. Place lid on top, put hot coals on lid. Should cook in 20-30 minutes, test potatoes for softness.

## Hungarian Goulash

- 2 lb beef tips, 2" cubes
- 1 sm onion
- 3 tbs Wesson oil
- 1 can whole tomatoes
- 4 oz whole mushrooms
- 2 tsp paprika
- 1-1/2 tsp salt
- 1/4 tsp pepper
- 1 c sour cream
- 2 tbs flour

### Directions:

Brown beef tips and onion in oil, add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

## Beef Goulash

- 3 lb beef, cubed
- 2 tbs cooking oil
- 1 tsp salt
- 1 can mushroom soup

### Directions:

Brown the beef in cooking oil. Add salt and soup. Cover and simmer about 1 hour.

## Beef Burgundy

- 2 lb beef round roast
- 2 cans beef gravy (or pkgs of instant)
- 1 clove of Garlic
- 1/4 tsp oregano
- 3 med onions, sliced
- 1/2 c burgundy wine
- 4 tbs butter
- 1/2 pt sour cream

### Directions:

Cut beef into 1 inch cubes. Sprinkle with tenderizer. Sauté garlic and onions in butter slowly until onions are clear or slightly browned. Remove onions and brown meat slowly in the drippings. Add beef gravy, salt, pepper and onions to pan. Simmer 15 min. Serve over rice.

## Swiss Steak

- 3 lb round steak
- 3 tbs butter
- 1 tsp salt
- 1 lg onion, diced
- 3 stalks celery, peeled, chopped fine
- 1/2 c catsup
- 1 tbs chopped parsley

### Directions:

Brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2 to 2-1/2 hours. 1/2 c water may be needed if mixture thickens too much.

## Steak & Mushrooms

- 1 lb mushrooms sliced
- 2 c onions, diced
- 1/4 lb butter
- 8 oz can tomato sauce
- 1 tbs Worcestershire sauce
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 round steak
- flour

### Directions:

Cut meat into strips and coat with flour. Sauté in melted butter for 5 min. Add onion and mushrooms, cook another 5 min or until onion turn clear. Add remaining ingredients and stir well. Simmer 1 to 1-1/2 hours. Serve over rice.

## French Style Roast Beef

- 3 lb Boneless chuck or rolled rump roast
- 6 whole cloves
- 1 bay leaf
- 4 c water
- 2 med. onions, quartered
- 2 med. stalks celery, cut into 1" pieces
- 1 tsp salt
- 1 tsp thyme
- 5 peppercorns
- 1 lg clove, garlic
- 4 med. carrots cut into quarters
- 2 med. turnips cut into quarters

### Directions:

Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2-1/2 hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables.

## Corned Beef & Cabbage

- 2 lb well trimmed corned beef boneless brisket or round
- 1 sm head green cabbage, cut into 6 wedges
- 6 med carrots cut into quarters
- 1 sm onion, quartered
- 1 clove garlic, crushed

### Directions:

Pour enough cold water on corned beef in Dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce heat. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carrots, heat to boiling. Reduce heat and simmer uncovered 15 min.

## Round Steak Hawaiian

- 1/4 c cooking oil
- 1-1/2 lb round steak
- 1 bell pepper cut into strips
- 1 lb mushrooms, sliced
- 1 can sliced water chestnuts, drained
- 1 jar home-style beef gravy
- Chow mien noodles
- 1/2 tsp salt

### Directions:

Cut steak into 1/4" strips. Heat oil over medium-high heat. Add steak, onion, green pepper, mushrooms and salt. Cook until meat is brown, stirring constantly. Drain and add water chestnuts and gravy. Cover and simmer 1-1/2 to 2 hours, stirring occasionally. Serve over rice and sprinkle with chow mien noodles.

## Flank Steak Teriyaki

- 4-6 flank steaks
- 1 tbs salad oil
- 1/4 c sugar
- 1 tsp ginger
- 1/2 tsp MSG
- 4-6 pineapple slices
- 1/2 c soy sauce
- 2 tbs sherry (optional)
- 1 clove garlic, crushed

### Directions:

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1-1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Serve over rice.

## Meat Loaf

- 3 lb ground beef
- 1-1/2 c quick oats
- 2 eggs
- 1/2 tsp dry mustard
- 1/2 c bell pepper
- 2 pkg onion soup mix
- 1-1/2 tsp salt
- 1/4 tsp marjoram

### Directions:

Mix all ingredients and put in casserole pan. Place in Dutch oven. Bake 1 hour, covered.

## Corned Beef with Dijon Glaze

- 3 lb corned beef brisket
- 1/4 c vinegar
- 2 bay leaves
- 3 cloves garlic, crushed
- 1/2 c orange marmalade
- 2 tbs Worcestershire Sauce
- 4 c water
- 1/4 c Worcestershire Sauce
- 8 whole cloves
- 1/2 c Dijon mustard
- 2 tbs horseradish

### Directions:

Place brisket in Dutch oven. Add water and next 5 ingredients, bring to a boil. Cover, reduce heat and simmer 2-1/2 to 3 hours or until tender. In a small saucepan, combine Dijon mustard, marmalade, horseradish, and Worcestershire sauce. Cook over medium heat, stirring constantly, until bubbly. Remove brisket and drain. Return to oven and spread with 1/2 c glaze. Bake at 350 for 20 min. Serve with remaining glaze.

## Spaghetti & Meatballs

- 1 lg onion
- 1 tsp sugar
- 3/4 tsp salt
- 1/2 tsp marjoram leaves
- 4 c hot cooked spaghetti
- 1 clove garlic, crushed
- 1 tsp oregano leaves
- 3/4 tsp basil leaves
- 1 can(8 oz) tomato sauce
- 1 can(16 oz) whole tomatoes

### For Meatballs:

- 1 lb ground beef
- 1/4 c milk
- 1/2 tsp Worcestershire sauce
- 1 sm onion diced (1/4 c)
- 1/2 c dry bread crumbs
- 3/4 tsp salt
- 1/4 tsp pepper
- 1 egg

### Directions:

**Meatballs:** Mix all ingredients, shape into 1-1/2 inch meatballs. Place in Dutch oven and bake at 400 until done and light brown, 20 to 25 min.

Prepare spaghetti according to package instructions. Mix all ingredients except meatballs, break up tomatoes. Heat to boiling, reduce heat. Cover and simmer, stirring occasionally, 30 min. Stir meatballs onto mixture, Cover and simmer stirring occasionally, 30 min longer. Serve over spaghetti and if desired, with grated parmesan cheese.

## Mess

- 1-1/2 lb ground beef
- 1 can tomato soup
- 1 can mushrooms
- 1 can(16 oz) French style green beans
- 1 sm onion chopped

### Directions:

In Dutch oven or large pot, brown ground beef and onion until onion is clear. Drain and add other ingredients. Heat through and salt to taste. Serve plain or on top of noodles or spaghetti.

## Mike's Chili

- 2 lb ground beef
- 1 tbs oil
- 2 tsp oregano
- 2 tsp salt
- 2 tsp sugar
- 2 tsp Worcestershire sauce
- 2 tsp cocoa
- 2 tsp ground cumin
- 1/2 tbs Tabasco sauce
- 1-1/2 tbs chili powder
- 3 c canned tomatoes
- 1 lg onion chopped
- 2 cans kidney beans
- 4 tbs water

### Directions:

Brown ground beef in oil. Add onion and cook until it turns clear. Add remaining ingredients except kidney beans and simmer 1 hour covered. Add kidney beans and cook 1 additional hour uncovered.

## Salisbury Steaks

- 2 lb ground beef
- 2/3 c bread crumbs
- 1 tsp salt
- 1/2 tsp pepper
- 2 eggs
- 2 lg onions, sliced
- 2 cans (10 oz) condensed beef
- 2 cans (4 oz) mushrooms, drained broth
- 1/4 c cold water
- 4 tbs cornstarch

### Directions:

Mix ground beef, bread crumbs, salt, pepper and eggs, shape into 8 oval patties, each about 3/4" thick. Cook patties over medium heat, turning occasionally, until brown, about 10 min, drain. Add onions broth and mushrooms. Heat to boiling, reduce heat. Cover and simmer until beef is done, about 10 min.

## Onion Swiss Steak

- 3 lb round steak, 3/4" thick
- 2 pkg onion soup mix
- 1-1/2 tsp salt
- 2 cans (10 oz) tomatoes
- 1/4 tsp pepper

### Directions:

Cut steak into serving pieces, season with salt and pepper and place into Dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meat is done and tender.

## Beef Pot Roast

- 3-4 lb rump roast or pot roast
- 3 med potatoes, pared and halved
- 3 med carrots, cut into 2" pieces
- 1 tsp salt
- 2 med onions, halved
- 1/4 tsp pepper
- 1/2 c water or beef broth

### Directions:

Brown roast in oven on all sides in small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 for 3-5 hours depending upon size of roast and degree of doneness desired. Remove meat and vegetables carefully and place on serving platter.

## Beef Stew

- 2 lb stew meat, 1" cubes
- 1 lg onion, sliced
- 3 tbs oil
- 1 can (1lb 12oz) tomatoes
- 1/2 c flour
- 1 clove garlic, minced
- 2 tsp salt
- 1/3 c water
- 1/2 tsp pepper
- 1 bay leaf
- 6 carrots, cut into 1" pieces
- 3 med potatoes, peeled, cubed

### Directions:

Coat beef cubes with a mixture of flour, salt and pepper. Brown in hot oil in bottom of oven. While oven is still hot, pour water in and scrape brown bits from bottom. Place remaining ingredients into oven and cover. Simmer 1 to 2 hours or until meat is tender and potatoes are done.

## Taco Pie

- 1-1/2 lb ground beef
- 1 med jar Taco sauce
- 4 lg corn tortillas
- 1 8 oz pkg shredded cheddar cheese
- 1 can (8 oz) tomato puree

### Directions:

Brown ground beef, drain. Combine taco sauce and tomato puree. Line Dutch oven with aluminum foil. Place 2 tortilla shells in Dutch oven. Place 1/2 of ground beef on top, pour 1/2 taco sauce over top. Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top. Sprinkle with cheese. Cover and bake until cheese is melted.

### Variations:

Add chopped onions, mushrooms or tomatoes to meat.

## Ann's Brisket

- 3-4 lb beef brisket
- seasoned tenderizer
- 2-3 tbs flour
- salt
- pepper

### Directions:

Coat brisket well with tenderizer. Wrap with 2 layers of heavy duty foil. Refrigerate overnight. Place in Dutch oven, cover and cook 225 to 250 for 6 to 7 hours. You can cook it faster but it is juicier cooked slow. Remove from foil and place on warm serving plate. Using the juice, flour, salt and pepper, make a thin gravy. Pour gravy over brisket before serving.

## Texas Chili

- 2 lb lean chuck roast
- 1 large onion
- bacon grease
- 6 cloves garlic, minced
- 6 jalapeño peppers, seeded & chopped
- 2 tsp salt
- 4 tbs chili powder
- 1 tbs cumin
- 1 tbs oregano
- 1 (20oz) can tomatoes, chopped

### Directions:

Brown meat, garlic and onions in bacon grease. Add jalapeño peppers and mix well. Add remaining ingredients, cover and cook 1 hour

## Home-style Chili

- 1 lb ground beef
- 1 lg yellow onion, chopped
- 3 cloves garlic, minced
- 1 tbs cumin
- 2 tbs chili powder
- 1 tbs Worcestershire sauce
- 1 (20oz) can tomatoes, chopped
- 1 green bell pepper, chopped
- 1 c red wine(dry)
- salt & pepper to taste
- 1 lb uncooked kidney beans

### **Directions:**

Cover beans with 2"-3" water. Bring to boil, remove from heat and let stand 1 hour. Drain and set aside. Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer about 1 hour. Variations: Use black beans instead of kidney beans. Add fresh ground ginger, paprika or cocoa.

## CHICKEN MAIN DISHES

### Chicken Pot Pie

- 2 Large Chicken Breasts cooked and cubed
- 2 Large Cans Mixed Vegetables (w/potatoes in it)
- 1 Can Cream of Chicken Soup
- 1 Can Cream of Mushroom Soup
- 1 Can of 10 Refrigerated Biscuits

#### Directions:

Mix chicken, vegetables (including liquid) and both cans of soup. Put in a Dutch oven and warm over coals. Don't boil. When warm, place biscuits on top of chicken mixture and cover with lid. Place coals on lid. Check after 15 minutes. Cook until biscuits are done. Usually takes about 30 minutes.

### Easy Chicken Casserole

- 1 Whole chicken cooked, boned, chopped
- 1 box "Stove Top" stuffing, chicken flavor
- 2 cans Cream on chicken Soup
- 1 c Mayonnaise

#### Directions:

Combine soup and mayonnaise in a large bowl. Add seasoning pkg from stuffing mix and 3/4c stuffing crumbs. Add chicken and mix well. Place in Dutch oven and top with remaining crumbs. Bake at 350 for 30 min or until bubbly and crumbs are brown.

#### Variation:

Substitute 1 can Golden Mushroom soup for Cream of Chicken soup. Add shredded cheddar cheese in soup mixture or sprinkle on top.

### Chicken Cacciatore

- 3 lb frying chicken, cut up
- 1/4 tsp black pepper
- 3 tbs oil
- 1/4 tsp cayenne pepper
- 2 med onions, thinly sliced
- 1 tsp oregano
- 2 cloves garlic, minced
- 1/2 tsp basil
- 1 can (1 lb) tomatoes
- 1/2 tsp celery salt
- 1 can (8 oz) tomato sauce
- 1 bay leaf
- 1/3 c minced green pepper
- 1/4 c Chianti wine
- 1 tsp salt

#### Directions:

Brown chicken pieces in hot oil in lid of oven. Layer onions in oven. Put browned chicken pieces on top of onions and add remaining ingredients. Cover and cook 1 to 2 hours. Discard bay leaf and serve chicken and sauce over buttered spaghetti.

### Chicken in a Pot

- 3-4 lb whole frying chicken
- 1 tsp poultry seasoning
- 1/2 tsp salt
- 1/4 tsp basil
- 1/4 tsp pepper

#### Directions:

Wash chicken and pat dry. Sprinkle cavity with salt, pepper, and poultry seasoning. Put in Dutch oven and sprinkle with basil. Cover and bake for 4 to 6 hours or until tender.

## Arroz con Pollo

- 3-4 lb chicken, cut up
- 2 bouillon cubes
- 1 c chopped onion
- 1 c diced ham
- 1 c green pepper, chopped
- 1 can (14 oz) tomatoes
- 1 jar (2 oz) pimiento, diced
- 1 pkg (10 oz) frozen peas, thawed
- 3/4 tsp chili powder
- 1 tsp salt
- 1 jar (3-1/2 oz) stuffed green olives, drained
- 1/2 tsp white pepper
- 1 tsp paprika
- 2 cloves garlic, minced
- 1 c raw rice (long grain)

### Directions:

Mix salt, pepper, and paprika together. Season chicken with this mixture. Put all ingredients except rice and peas in Dutch oven. Cover and cook at 300 for about 2 to 3 hours. Add rice and peas and cook at 375 for 1 hour. Water may be needed near end of cooking.

## Apricot Glazed Cornish Hens

- 6 Cornish Game Hens (1-1-1/2 lb)
- Wild rice and sausage dressing mix
- 1 jar (12 oz) Apricot preserves
- Salt
- 1/2 c water

### Directions:

Rinse hens, remove giblets and pat dry. Sprinkle cavity with salt. Lightly stuff each hen with about 1 c of dressing. Tie legs together with string. Place into Dutch oven. In small saucepan, combine preserves and water and bring to a boil, stirring occasionally, and set aside. Place hens on a rack in Dutch oven. Do not place on bottom, they will burn. Bake hens at 350 for 1-1/2 to 2 hours or until tender. During last 1/2 hour of baking, baste hens frequently with preserves mixture. Remove strings before serving. If desired, split in half for smaller servings. Serve with remaining preserves.

## Chicken Pot Pie

- 3-3-1/2 lb Chicken
- Chopped parsley
- 2-1/2 tsp salt
- 4 hard-boiled eggs cut into wedges
- 1 stalk of celery, chopped
- 1 med onion, chopped
- 1/2 tsp saffron
- 4 med potatoes, peeled, cut
- 4 stalks celery, thinly sliced
- 1/4 tsp pepper

### Dough:

- 2 c sifted flour
- 2 eggs
- 1/2 tsp salt
- 4-6 tbs water

### Directions:

Place chicken in Dutch oven, add salt, pepper, celery, onion and saffron. Add water to almost cover chicken. Bring to a boil, reduce heat, cover and simmer about 1 hour or until the chicken is tender. Do not overcook. Remove the chicken from the broth to make dough, place the flour into a mixing bowl. Make a well in the center of the flour and add the eggs and salt. Gradually work eggs into the flour, adding only enough water to make soft but not sticky dough. Knead five minutes. Cover the dough with clean cloth and let rest 30 minutes. Divide the dough in half and roll out each as thinly as possible into a 15" square and cut each square into 2" squares with a sharp knife. Add potatoes and celery to the broth; simmer 25 min. until vegetables are tender. Taste the broth and add more salt or pepper if needed. Add the chicken pieces and bring to boil. Slide the squares of dough into the broth, a few at a time, pushing them down gently. Cover and simmer 20 min. Ladle the pot pie into large soup bowls and garnish with chopped parsley and the wedges of hard cooked eggs.

## **Festive Chicken Bake**

- 1/4 c flour
- 2/3 c light molasses
- 1 tsp salt
- 1/4 tsp pepper
- 2-1/2-3 lb fryer chicken
- 1 tbs prepared mustard
- 2 tbs oil
- 1 tbs cider vinegar
- 1 can (8 oz) Sliced pineapple
- 1 can (16 oz) sweet potatoes, drained

### **Directions:**

Combine flour, salt and pepper. Coat chicken pieces in flour mixture. Brown in hot oil. Drain pineapple, reserving juice. Combine juice, molasses, mustard, and vinegar, mix well. Place chicken in Dutch oven, arrange potatoes around chicken. Brush with half of the sauce. Cover and bake at 350 for 30 minutes. Top with pineapple, brush with remaining sauce, cook 30 min more.

## **Baked Chicken with Cheese**

- 8 chicken breasts, deboned
- 6 tbs peanut oil
- 2 tbs lemon juice
- 2 tbs thyme
- salt
- pepper
- 8 slices of boiled ham
- 8 slices of cheese
- 8 slices of tomato

### **Directions:**

Cut foil into 12" squares, place chicken in center. Combine oil, lemon juice, thyme and mix well. Spoon over breasts. Seal foil well and place in 350 Dutch oven. Bake 30 min. Open foil and place one slice ham, cheese and tomato over each breast. Bake open for 3 to 5 min. Remove from foil and place on serving platter.

## **Chicken Gumbo**

- 2 lb chicken breasts, 1" cubes
- 2 lb fresh okra, sliced 1/4" slices
- 2 med onions, chopped
- 2 med bell peppers, chopped
- 1/2 c celery, chopped
- 4 tbs cooking oil
- 3 tbs flour
- 3 med tomatoes, cut up
- 2 cloves garlic, minced
- salt & pepper to taste

### **Directions:**

Prepare roux with cooking oil and flour. Cook until brown, stirring often. Add onion, bell pepper, and garlic. Slowly stir in 1 quart of water. Add salt and pepper to taste. Add cut-up tomatoes, okra and celery. Cover and cook about 30 min, until vegetables are done. Add chicken and simmer an additional 6 min.

## **PORK MAIN DISHES**

### **Sausage Balls**

- 1 lb Sausage (Mild or hot)
- 6 oz Grated Cheddar Cheese
- 1 Egg
- 3 c Bisquick

#### **Directions:**

Mix all ingredients together; mixes best with your hands. Pinch off small pieces and form into balls. Cook 10-15 min at 350 in Dutch oven. Makes 6 dozen.

### **Barger Pork Chops**

- 1 c Soy Sauce
- 1 tsp Garlic Salt
- 1/2 c Brown sugar
- 1 tsp Molasses
- 1/2 c Sherry
- Family pkg Pork Chops (8)
- 2 tsp Cinnamon

#### **Directions:**

Combine all except pork chops for a marinade. Pour over chops and marinate overnight in refrigerator. Place chops about 6"-8" above fire. Turn frequently and baste with marinade while cooking. Done in 35 to 45 min.

### **Pork Chops & Garden Vegetables**

- 6 (1" thick) pork chops
- 3 tbs butter, melted
- 3 carrots, cut 1/2" slices
- 1-1/2 c fresh green beans, cut 1" lengths
- 3 sm potatoes, peeled, 1/2" cubes
- 1 tsp basil
- 6 (1/4 oz) instant onion soup mix
- 2 c water

#### **Directions:**

Brown chops on both sides in butter in bottom of oven, drain. Place vegetables in bottom of oven and replace chops on top. Combine dry soup mix and water, mixing well. Pour over chops and bring to a boil. Cover and reduce heat, simmer 45 min or until chops are tender

### **North Shore Jambalaya**

- 1/2 lb pork tenderloin, chopped
- 1/2 lb smoked sausage, 1/2" slices
- 1/4 c vegetable oil
- 1/4 c all-purpose flour
- 1 c chopped onion
- 1 c chopped celery
- 1 bunch green onions, chopped
- 4 cloves garlic, minced
- 1 tbs chopped parsley
- 1 (8oz) can tomato sauce
- 1 tsp garlic salt
- 1/2 tsp pepper
- 1/2 tsp Hungarian paprika
- 1/2 tsp dried thyme
- 1/4 tsp red pepper
- 6 c uncooked rice

#### **Directions:**

Cook sausage and pork until browned; drain well. Set aside. Cook rice according to package and set aside. Heat oil in Dutch oven, add oil and cook over medium-high heat stirring constantly, until rue turns dark brown. Stir in onion, celery, 1/2 of green onion, garlic and parsley. Cook over medium heat 10 min stirring frequently. Add tomato sauce and seasonings. Reduce heat and simmer 5 min, stirring occasionally. Stir in meat and remaining green onions. Cook until thoroughly heated. Add cooked rice and mix well. Simmer 5 min covered.

## Green Chili

- 2 lb lean pork
- 2 stalks of celery, chopped 1/2"
- 2 med tomatoes, chopped
- 1/2 c Ortega Green Chilies
- 6 cloves garlic, minced
- 3 tbs jalapeño pepper sauce

### Directions:

Brown pork in a dab of oil. Add remaining ingredients and mix well. Add 1-2 cups water. Cover and simmer 45min to 1 hour. If it is too thin, remove cover and continue to simmer until thickened.

## Texas Pork Roast

- 1 small leg of pork
- 2 tbs lemon juice
- 1 tsp salt
- dash of tobacco sauce
- pepper to taste
- 1 c melted cinnamon-flavored or plain apple jelly
- 1/8 tsp allspice
- 1 tsp chili powder
- 1 tbs Worcestershire sauce
- 1-1/4 c chili sauce

### Directions:

Place pork in oven and sprinkle with mixture of salt, pepper, allspice and chili powder. Combine remaining ingredients, and spread evenly on pork. Roast at 350 for 30 min per pound. Baste frequently with well seasoned drippings in the pan. Serves 14-16.

## Ham & Chicken la King

- 1-1/2 c baked ham, 1/2" cubes
- 3 tbs flour
- 1/2 c cooked chicken, 1/2" cubes
- 1 c hot chicken stock or liquid from mushrooms
- 1 c sliced mushrooms
- 1 c light sour cream
- salt
- 1 lg green pepper, chopped
- ground pepper
- 3 tbs butter
- 1 lg pimiento cut in small squares

### Directions:

Sauté mushrooms and green pepper in butter; remove to a hot platter. Add flour to the oven and blend well. Gradually stir in hot stock, cream, salt and pepper. Place over low heat and simmer for about 10 min. Keep hot. Combine chicken, ham, mushroom mixture and pimiento, and add to the sauce. Heat thoroughly. Serves 8 to 10.

## Red-Hots with Kidney Beans

- 1 lb frankfurters
- 1 tbs lemon juice
- 2 slices bacon, chopped
- 1 tbs Worcestershire sauce
- 1/4 c chopped onion
- 1 tbs brown sugar
- 1 (8oz) can tomato sauce
- 1 tsp salt
- 1 can kidney beans
- 1/2 tsp chili powder
- 1/4 c catsup
- 1/8 tsp garlic salt

### Directions:

Fry bacon bits in oven over low flame until crisp. Remove and reserve bits. Sauté onions in bacon fat until light brown. Add tomato sauce into which flour has been blended. Cook until slightly thickened, stirring constantly. Add kidney beans and bean liquid. Blend together liquid and dry seasonings separately; then combine them and stir thoroughly into bean mixture. Cover and simmer 15 min. Cut frankfurters into 1" pieces. Add to beans, cover and cook for 8 min longer. Sprinkle with bacon bits.

## SEAFOOD MAIN DISHES

### Lobster Chowder

- 1 lg onion, chopped
- 1 tomato, seeded, peeled & chopped
- 3 green leeks, slivered
- 2 med carrots, peeled, diced
- 2 c clam juice
- 4 tbs flour
- 5 tbs butter
- 1 c oysters
- 1 c shredded lobster
- 3 c lobster shells & tails, broken up

#### Directions:

Sauté onion, tomato, leeks, and carrot in 1 tbs of butter until onion turns clear. Add oyster juice and lobster shells. Bring to boil, reduce heat and simmer 40 to 45 min. Remove shells and discard. Remove most of vegetables and set aside. Strain liquid to remove small bits of shell. Make roux using 4 tbs butter and 4 tbs flour. Cook until it turns light brown. Pour 1/2 of liquid back into oven, whisk well. Add rest of liquid while stirring constantly. Bring to a boil stirring occasionally. Add vegetables, lobster meat and oysters. Simmer 5 to 10 min.

**Variation:** use clams instead of oysters, add celery or bell pepper.

### Shrimp Etoufee

(Pronounced A-TO-FAY)

- 3/4 lb butter
- 5 c diced onion (or equal volume to meat)
- 1 c parsley, chopped
- 3 tbs salt
- 1 tbs Louisiana Hot Sauce
- 2 tbs lemon juice
- 4 lb peeled shrimp
- 2 tbs Worcestershire Sauce

#### Directions:

Cook onion in butter until clear. Add parsley, salt, lemon juice, hot sauce and Worcestershire sauce and simmer 5 min. Add shrimp, cover and simmer until shrimp turns pink and are done.

### Fish Court Bouillon

- 3 tbs olive oil
- 4 c diced onion
- 1 c celery, chopped
- 2 c parsley, chopped
- 3/4 c bell pepper, chopped
- 3 c green onion, chopped
- 1 c grated carrots
- 1 tbs minced garlic
- 2 tbs lemon juice
- 1 tbs soy sauce
- 2 tbs Worcestershire Sauce
- 1 tbs Louisiana Hot Sauce
- 2 c Chablis Wine
- 6 tbs salt
- 4 lb fish, chopped
- 12 c water

#### Directions:

Pour oil in oven and heat. Place onion, celery, peppers, parsley, green onion and grated carrots in and sauté until onion starts to turn clear. Add garlic and lemon juice and stir and simmer some more. Add remaining ingredients except water, and stir and simmer some more. Pour just enough water to cover mixture. Bring to boil, reduce heat and cover. Simmer for about 30 min.

## Catfish Etoufee

(Pronounced A-TO-FAY)

- 2 c court bouillon
- 4 tbs brown rue
- 1 c onions, chopped
- 1 c scallions, chopped (including some of the green tops)
- 1/2 c celery, chopped
- 1/2 c bell pepper
- 1 tsp minced garlic
- 1 can (1 lb) tomatoes, drained and coarsely chopped
- 4 c cooked rice
- 2 lemon slices, 1/4" thick
- 1 tbs Worcestershire sauce
- 1 bay leaf
- 1/4 tsp thyme
- 1 tsp black pepper
- 2 tsp salt
- 2 lb catfish cut into 1" chunks
- 1/2 c parsley, chopped

### Directions:

If rue is not fresh, warm over low heat stirring frequently. Add onions, scallions, celery, green pepper and garlic. Cook 5 min, stirring often, until soft but not brown. Add court bouillon stirring constantly. Add tomatoes, lemon, and seasonings. Reduce heat and simmer, partially covered, 30 min. Add catfish and parsley, stir gently to moisten fish evenly. Simmer partially covered and without stirring, 10 min. Taste for seasoning. Serve immediately.

## Scallop Gumbo

- 2 lb small scallops
- 2 lb fresh okra, sliced 1/4" slices
- 2 med onions, chopped
- 2 med bell peppers, chopped
- 1/2 c celery, chopped
- 4 tbs cooking oil
- 3 tbs flour
- 3 med tomatoes, cut up
- 2 cloves garlic, minced
- salt & pepper to taste

### Directions:

Prepare rue with cooking oil and flour. Cook until brown, stirring often. Add onion, bell pepper, and garlic. Slowly stir in 1 quart of water. Add salt and pepper to taste. Add cut-up tomatoes, okra and celery. Cover and cook about 30 min, until vegetables are done. Add scallops and simmer an additional 6 min.

## VEGGIES & SOUPS

### Mike's Broccoli Pie

- 2 10 oz pkg Chopped Broccoli
- 3 c Shredded Cheddar Cheese
- 2/3 c Chopped onion
- 1 1/3 c milk
- 3 eggs
- 3/4 c Bisquick
- 3/4 tsp Salt
- 1/4 tsp white pepper

#### Directions:

Mix broccoli, 2 c of cheese, and onion in Dutch oven. Beat eggs, milk, Bisquick, salt and pepper until smooth. Pour into oven. Bake until toothpick comes out clean, 25-30 min at 400. Top with remaining cheese and melt, 1-2 min longer.

### Ham & Potatoes Au Gratin

- 1-1/2 c Cooked Ham, Diced
- 2 c Milk
- 3 c Potatoes, Diced
- Seasoned Salt and Pepper
- 4 tbs Margarine
- 1/2 c Grated Cheese
- 1 onion, minced
- 2 tbs Fine bread crumbs
- 3 tbs Flour

#### Directions:

Melt margarine and sauté' onion. Blend in flour to make a light rye. Gradually add milk and cook; stirring until thickened. Add pepper and seasoned salt. Pour over ham and potatoes in Dutch oven. Sprinkle cheese and bread crumbs over top. Bake at 400 for 20 min.

### Old Fashioned Macaroni and Cheese

- 8 oz macaroni
- 8 oz sour cream
- 2 c cottage cheese
- 8 oz cream cheese
- 1 sm onion, chopped
- salt & pepper
- 8 oz sharp cheddar cheese

#### Directions:

Prepare macaroni according to package instructions. Mix all ingredients together and place in pan. Put pan in 350 Dutch oven for 30 min or until cheese is melted and bubbly.

### Beef-Vegetable Soup

- 2 beef soup bones
- 7 c water
- 1-1/2 lb stew beef, 1" cubes
- 1-1/2 tsp salt
- 1 tsp pepper
- 4 med potatoes, cubed
- 4 med carrots, coarsely chopped
- 2 (8oz) cans tomato sauce
- 1 hot red pepper
- 1/2 sap cabbage, coarsely chopped
- 1 (17oz) can whole kernel corn
- 1 (15oz) can English peas

#### Directions:

Drain corn and peas reserving liquid. Add liquid, water and bones in large Dutch oven, bring to a boil. Cover, reduce heat and simmer 1 hour. Add beef cubes, salt and pepper, cover and simmer 1 hour more. Add all except corn and peas cover and simmer 40 min. Add corn and peas and simmer uncovered 30 min. Makes 4-1/2 quarts

## Cowboy Soup

- Potato chunks
- 1 can peas
- 1 lb ground beef
- 1 can green beans
- 1 med onion
- 1 can baked beans
- Chili powder
- 1 can tomato soup
- 1 can corn
- 1 can tomatoes
- Bay leaf
- nutmeg
- salt
- pepper

### Directions:

Brown ground beef and onion together. Add all except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and cook 30 min.

## Potatoes and Broth

- 2 lb new potatoes, well washed
- 6 c water
- 6 beef broth cubes

### Directions:

Heat water to boiling and add cubes to form cube. Place potatoes in broth and simmer 45 min or until potatoes are done. Serve as a soup with a potato.

## Camp Out Potatoes

- 1/4 Cup Butter
- 4 Cups Thinly Sliced Raw Potatoes  
(cleaned with skins on)
- 1 Medium Thinly Sliced Onion
- 1 Tsp. Salt
- 1/8 Tsp. Black Pepper
- 1 Tsp. Dried Sage
- 1 Tsp. Chopped Parsley

### Directions:

Heat butter in skillet or Dutch oven fire or stove, add potatoes, onion and seasonings. Cover and cook about 15 minutes. Turn potatoes and cover. Continue cooking about 15 minutes, or until potatoes are tender. Serves 6.

## **BREADS**

### **Homemade Biscuits**

- 1c + 2tbs flour
- 1/4 tsp baking soda
- 1 tsp baking powder
- pinch of salt
- 2 tbs Crisco(solid)
- 1/2 c buttermilk

#### **Directions:**

Place 1 tbs Crisco in bottom of oven. Place coals on oven to bring temperature to 500 while making dough. Combine flour, baking soda, salt and baking soda in bowl. Cut in Crisco until mixture becomes grainy. Add buttermilk and stir with fork until it forms dough. Turn out on floured surface and briefly kneed. Do not over-knead. Flatten to 1/2" thick. Cut out with glass or cup. Place in oven and turn once to coat on both sides. Bake at 500 for 10 min. or until done.

### **Biscuits**

- 4 Cups Flour
- 1 Tsp. Salt
- 2 Tbsp. Baking Powder
- 1/2 Cup Shortening
- 1-1/2 Cup Milk or Water

#### **Directions:**

Combine dry ingredients. Work in shortening and add milk gradually. Knead and pinch off desired amount and place in greased 12" or 14" camp Dutch oven and bake 15-20 minutes at 325° F.

### **Breakfast Cornbread**

- 2 Cups of Yellow Cornmeal
- 1 1/2 Cups Flour
- 2 Tsp. Baking Powder
- 1 Tsp. Baking Soda
- 2 Cups of Milk
- 1/4 Cup of Melted Butter
- 1 Lb. Breakfast Sausage (I like mild)
- 1 Large Onion, chopped fine
- 2 Cups of Grated Cheddar Cheese
- 1 Doz. Eggs

#### **Directions:**

Using a 12-14" Dutch Oven, brown the sausage. Drain the fat, leaving approx. 3 Tablespoons. Since we don't add cooking oil to the cornbread, this will help prevent sticking. Mix cornmeal, flour, baking soda, baking powder, milk, butter & sausage in the Dutch oven. While stirring, beat in the eggs, onions and peppers. Finally fold in the cheese. Cook at 350 degrees until done. (Approx 30 min.)

## CAKES, COOKIES, & DESSERTS

### Camp Oven Surprise Cake!

- 1 Box Cake Mix
- 1 Stick of Butter
- 2 Cups Water
- 2 Containers Pie Filling

#### Directions:

Line Dutch oven with foil. Empty in pie filling; top with cake mix and spread evenly. Add 2 cups water and butter. DO NOT MIX. Put lid on and place oven on coals with 10 on lid. "Bake" about 1 hour.

### Dutch Oven Cobbler

- 1 Box White Cake Mix
- 1 16 Oz. Can of Pie Filling
- 2 Tbsp. Butter
- 1 Can of Sprite Soda

#### Directions:

Cook in a 10 or 12 Dutch Oven. Drop butter in bottom of oven. Drain 1/2 the goo out of the can of pie filling. With your finger, put a zigzag design on top of the cake mix and then pour the Sprite on top. Checkerboard your charcoal on top and bottom until full. Turn at 15 minutes and start checking to see if it's cooked every 15 minutes thereafter. Usually takes 30 minutes total.

#### Comments:

For easy cleanup, line your oven with heavy duty foil. It is also great with a spice cake mix & root beer and apple filling.

### Peach Cobbler Pie

- 1 Yellow Cake Mix
- 16 Oz. Canned Peaches, drained 1/2 way
- 1 Cast Iron Dutch Oven
- 2 Tbsp. Butter/Margarine

#### Directions:

After the peaches are drained place them in the Dutch oven. Then dump the cake mix in and mix it in with the peaches. Next, put the butter on top in small slices.

#### Comments:

Check every 10-15 minutes until the top is golden brown and moist. Very good with vanilla ice cream!

### Monkey Bread

- 4 cans Biscuits
- 1 c Sugar
- 1 c Brown sugar
- 4 tbs Cinnamon
- 1 stick oleo

#### Directions:

Cut biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop quarters into bag and coat well. Place in Dutch oven. Melt oleo in lid and pour over quarters. Bake 350 for 35 min.

### Grandma Audleman's Bread Puddin'

- 2 c Milk
- 2 tsp cinnamon or nutmeg
- 1/4 c Butter
- 1/4 tsp salt
- 2 eggs
- 8 slices week old bread
- 1/2 c Sugar
- 1/2 c Raisins

#### Directions:

Dice bread into small cubes. Beat eggs and salt together. Place milk and butter in 2 qt saucepan and heat until scalded. Mix in bread sugar cinnamon and eggs. Stir until bread is well soaked. Stir in raisins and pour mixture into 1 1/2 qt casserole dish and put into Dutch oven on a trivet. Bake until toothpick comes out clean at 350, about 30-40 min. Top with cinnamon sugar or brown sugar.

## Indian Bread Pudding

- 2 c milk
- 1/4 tsp Ginger
- 1/4 c Yellow cornmeal
- 1 egg
- 2 tbs Sugar
- 1/4 c Molasses
- 1/2 tsp Salt
- 1 tbs butter
- 1/2 tsp Cinnamon

### Directions:

Place 1 1/2c milk in Dutch oven and heat to scalding. Combine cornmeal, sugar, salt, cinnamon and ginger, add to milk stirring constantly. Cook 2 min. Combine egg, molasses and butter. Add small amount of the hot milk mixture, slowly. Then add to remaining milk mixture. Stir and cook until thickened, 2-5 minutes. Pour remaining milk OVER (do not stir in!) pudding. Cook until set, 5 minutes. LET STAND 10 to 15 minutes before serving

## Dump Cobbler

- 1 pkg yellow or white cake mix
- 2 cans pie filling or 1 lg can fruit cocktail
- cinnamon
- butter

### Directions:

Pour cans of filling or fruit cocktail in bottom of Dutch oven. Sprinkle cake mix over top of fruit, DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR, it will burn. Cover and bake until bubbly and top is lightly browned, about 30-45 min. Any combination of fruits can be used. I recommend 1 can apple filling and 1 can of fruit cocktail.

## Giant Cinnamon-Pecan Ring

- 2 1lb loaves frozen bread dough
- 1/2 c butter, melted
- 1/2 c sugar
- 1/2 c packed brown sugar
- 2 tsp cinnamon
- 1/2 c chopped pecans
- 1-1/4 c sifted powdered sugar
- 1/2 tsp vanilla
- milk (about 4 tsp)
- Cinnamon sticks(optional)
- Pecan Halves (Optional)

### Directions:

Lightly grease inside of Dutch oven. On a lightly floured surface, flatten thawed dough slightly. Cut each loaf into 4 pieces (total of 8). Form each piece into a rope about 18" long. Brush each rope on all sides with melted butter. Stir together sugar, brown sugar, and cinnamon. Place mixture on sheet of foil. Roll rope in sugar mixture to coat evenly. Shape rope into a coil in the center of the Dutch oven. Roll another rope in sugar. Attach securely to end of first rope and continue coil. Continue coating ropes and attaching to form a 10-11" circle. Sprinkle any remaining sugar over coil. Sprinkle with chopped pecans. Cover and let rise in a warm place for about 30-40 min. Bake at 350 for 30 to 35 min or till done. Cover with foil last 15 minutes to prevent over browning if necessary. Cool about 15 min. Stir together powdered sugar, vanilla, and enough milk to make a thick glaze. Spoon over top of cake. Decorate with cinnamon sticks and pecan halves. Serves 16

## Chocolate Chip Cookies

- 2-1/4 c all purpose flour
- 2 eggs
- 1 c butter, softened
- 1 (12oz) semi-sweet morsels
- 3/4 c sugar
- 3/4 c brown sugar
- 1 tsp vanilla extract

### Directions:

In large bowl, combine butter, sugar, brown sugar, and vanilla extract. Beat until smooth. Beat in egg. Gradually add flour. Stir in chocolate chips. Drop onto ungreased pie tin or aluminum pan. Place on trivet or inverted pie tin in 350 Dutch oven

## Sugar Cookies

- 1/2 c softened butter
- 1/2 tsp salt
- 1 c sugar
- 2 tsp baking powder
- 1 egg
- 2 c flour
- 1/2 tsp vanilla extract

### Directions:

Combine butter and sugar, stirring until well mixed. Blend in egg and vanilla. Add remaining ingredients and mix well. Drop onto greased pie tin or aluminum pan. Place on trivet or inverted pie tin in 400 Dutch oven. Bake for 6 to 7 min.

## Hawaiian Pie

- 1 stick margarine
- 1/2 c chopped nuts (pecans, peanuts, almonds)
- 1 c sugar
- 1 tsp vanilla
- 2 eggs
- 1 tsp vinegar
- 1/2 c coconut
- 1 unbaked pie shell
- 1/2 c raisins

### Directions:

Combine margarine, sugar and slightly beaten eggs. Add remaining ingredients. Mix well and pour into pie shell. Place on trivet or inverted pie tin in 350 Dutch oven. Bake for 30 min. Let stand in oven about 5 min after removing coals.

## Cherry Crisp

- 2 cans cherry pie filling
- 2 sticks butter, melted
- 1 white cake mix
- 1-3/4 c chopped nuts

### Directions:

Pour pie filling in bottom of oven. Sprinkle cake mix over top and DO NOT STIR. Top with nuts. Pour melted butter over top. Bake for about 30 min at 350

## Maple Custard Pie

- 1 c brown sugar
- 1-1/2 c scalded milk
- 1/4 tsp maple extract
- 2 tbs melted butter
- 1 tbs cornstarch
- 1/2 c cold milk
- 3 beaten eggs
- pinch of salt
- 2 uncooked pie shells
- nutmeg

### Directions:

Into scalded milk, mix sugar, extract and melted butter. Combine cold milk and cornstarch and mix well. Add to mixture along with salt and eggs. Beat well. Pour into pie shell. Place on top of inverted pie tin and bake at 450 for 10 min. Top with nutmeg and bake another 25 min at 350. Makes 2 pies

## **BREAKFAST DISHES**

### **Breakfast Casserole**

- Potato Slices
- Onion Slices
- Butter
- Diced Ham
- Cheese Slices
- 1/4 cup Milk

#### **Directions:**

Slice raw potatoes and onion. Place potatoes in a non-stick aluminum pan (you can spray with Pam®). Add a layer of thinly sliced onions. Sprinkle with diced ham. Cover with cheese slices. Repeat layering. Top with butter. Add 1/4 cup milk. Bake for 1 hour in home oven at 400°. When cool, place in freezer until ready to camp. Heat in pan on cook stove or over coals.

#### **Comments:**

My mother does not like mushrooms or peppers so I leave them out. You can hear when the food is done, sizzle, and sizzle, usually about 20-30 minutes depending on the size packets you make.

### **Garbage (Otherwise known as a breakfast casserole)**

- 1 lb bulk sausage (cooked and crumbled)
- 1 lb bacon (cooked and crumbled)
- 1 pkg frozen country style hash browns
- 1 8 oz. sour cream
- 1 1/2 cups shredded cheddar cheese
- 8 eggs
- 1 cup milk
- bread crumbs

#### **Directions:**

Whip the eggs and milk together. Then mix the egg mixture with all the ingredients except the bread crumbs. Place the mixture in a 10" or 12" Dutch oven. If you line the oven with foil it makes for an easier clean up. After placing the mixture in the oven sprinkle bread crumbs on top. Place approximately 8 charcoal briquettes under the oven and 10 on top and cook for 1 hour.

#### **Comments:**

I call this garbage because you can throw just about anything in with the potatoes that you have and it would still turn out tasty, i.e., ham, different types of cheeses, a canned cream soup instead of the sour cream (the combos are endless.)

### **Biscuits & Gravy**

- 1/2 lb ground sausage
- 3 tbs chopped onion
- 2 tbs flour
- 2 c hot milk
- black pepper to taste

#### **Directions:**

Prepare Homemade Biscuit recipe. Brown sausage and onion together. Pour off excess grease. Stir in flour. Slowly add milk while stirring. Cook until thickened. Serve biscuits split with gravy on top.

## MISC. DISHES

### Crust-less Quiche

- 1/4 lb Butter
- 3 oz Cream cheese
- 1/2 c Flour
- 2 c Cottage Cheese
- 6 Eggs
- 1 tsp Baking Powder
- 1 c Milk
- 1 tsp Salt
- 1 lb Monterey Jack Cheese
- 1 tsp Sugar

#### Directions:

Melt butter and add flour. Cook into a light rye. Beat eggs, milk, 3 cheeses, baking powder, salt and sugar together. Stir into rye until well blended. Pour into Dutch oven and bake 350 for 45 min.

### Chili Rellano Casserole

- 2 lg cans whole green chilies
- 1 lb cheddar cheese
- 1 lb Monterey Jack Cheese
- 1 can (13 oz) evaporated milk
- 3 tbs flour
- 4 eggs, separated
- salt & Pepper

#### Directions:

Place 1/2 of chilies in bottom of greased casserole dish, cover with all of cheddar cheese. Top with rest of chilies. Cover with all of jack cheese. Beat egg whites until stiff. Beat yolks with flour, milk, salt and pepper in large bowl. Fold egg whites into yolk mixture. Pour over casserole. Bake in 325 Dutch oven for 45 minutes or until knife inserted in center comes out clean.

# Pie Irons

## DESSERTS

### Apple or Cherry Turnovers

- Bread
- Can of Favorite Pie Filling
- Butter

#### Directions:

Butter a slice of bread and lay it butter side down on the iron. Open the pie filling and spoon some on the bread (not so much that it squirts out though!) Place another slice of bread on top, butter side up and close the pie iron. Place in coals of fire for a few minutes on each side, checking to make sure it doesn't burn. Whalah! You have your hot fresh turnovers.

### Apple Strudel

- 1 Can Pie Apples
- Cinnamon & Sugar (to taste)
- Raisins (if desired)
- 2 Sheets Puff Pastry
- Powdered Sugar For Dusting
- Cooking Spray

#### Directions:

Mix the apples, sugar, raisins and cinnamon.

Heat pie iron, spray lightly with cooking spray. Cut each sheet of puff pastry into four even squares, place on the bottom of pie iron, spoon in mixture. Cover with another sheet of puff pastry and cook until pastry is golden brown and puffy.

Remove from pie iron, sift powdered sugar over top.

### AWESOME Pudgy Pies

- Bread
- Mini Marshmallows
- Peanut-Butter Cups
- Bite Size Candy (Snickers, Rolos, Butterfinger)
- Butter Spray
- Vanilla Frosting
- A Few Pie Irons

#### Directions:

First, spray the pie iron with spray and then put a slice of bread in the iron. Next, set 3 or four marshmallows and 2 pieces of each candy on the bread. After that close up the iron and cook it in the fire, but be sure not to burn it. When you take it out of the iron put it on a plate and smother it in vanilla frosting.

### Banana Pocket

- 1/2 Banana
- 1 Pkg. Crescent Rolls
- 3 Tbsp. Cinnamon
- 1/2 C Sugar
- 2 Pats Butter
- Cooking Spray / Oil

#### Directions:

I always combine the cinnamon and sugar before leaving home and is something that is "mix to taste," I like a lot of cinnamon.

Lightly coat the pie iron with the spray or oil and line each half with crescent rolls (1 pkg. will make two pies.)

Split the 1/2 banana and put it into one-half of the pie iron, add 3-4 Tbsp. of the cinnamon / sugar mixture over the banana and top with butter.

Close up the pie iron and cook over a low to medium heat until it is golden brown for best results.

## Campfire Pie

- Pie Crust
- Canned Pie Filling
- Cooking Spray

### Directions:

I cut enough pie crust to make several pies and place waxed paper between the crusts. I place them in a gallon zip lock bag and take them camping with us, keeping them ref. Any left over at the end of the weekend, can be frozen until next time they are needed. Spray pie iron with Pam Cooking Spray and place a crust on each side. Fill with your favorite pie filling (we like Wilderness Extra Fruit) close the iron and trim the crust on the outside. Bake over hot coals....we lay ours on a grill that is about 5-6" above the coals. Watch carefully, check often and turn as needed, they will cook in about 10-15 minutes at the most.

## Cherry Cheesecake Dessert

- 1 Loaf of Bread
- 1 Can Cherry Pie Filling
- 1 Bag of Marshmallows
- 1 Box of Philadelphia Cream Cheese (softened)
- Butter
- Pam

### Directions:

Butter two slices of bread and place them butter side down in your pie iron. Spread softened cream cheese onto bread. Spoon cherry filling over cream cheese. Place two large marshmallows on top of filling. Close pie iron and bake until golden brown.

## Cherry Cream Cheese Pie

- 6" Flour Tortillas
- 1 Can Cherry Pie Filling
- 16 Oz. Cream Cheese, Softened
- Cooking Spray
- Powdered Sugar

### Directions:

Place 1 tortilla in pie iron, add spoonful of cherry pie filling and a spoonful of cream cheese, top with another tortilla (trim edges if you like.)

Place in campfire coals for 2 minutes per side. Remove and dust with powdered sugar.

## Cinnamon Pie

- 1 Package Pillsbury Crescent Roll Dough
- Cinnamon/Sugar Mixture
- Butter

### Directions:

Coat the pie irons with vegetable oil (you can use butter or margarine but the pies usually stick to the irons). Unroll the crescent roll dough and fill each half of the pie iron (1 package of dough will make 2 pies). Butter each piece of dough, pour a generous amount of cinnamon/sugar mixture onto 1 half and close the irons. Cook over the fire, turning frequently until golden brown. They usually cook in less than 10 minutes.

## Fresh Fruit Pies

- An Apple, Peach, Plum, or any Fresh Piece of Fruit
- Sugar (white or brown)
- Cinnamon, and/or Pumpkin Pie Spice, and/or Nutmeg
- Tiny Dash of Salt (optional, but you'll be surprised)
- Tiny Dash of Pepper (same as salt, esp. good with berries)
- Bread Slices
- Butter or Margarine

### Directions:

Butter two breads and set on pie irons, butter side down. Slice the fruit and pile slices in middle of one slice of bread. Sprinkle liberally with sugar and spice(s), then close irons. Bake over coals until breads are golden brown, and the fruit will be perfectly cooked. I like to cook a few minutes on a side then check it. Cool well before biting into.

### Comments:

Fresh fruit makes much better pies than canned (you won't go back), plus you should be carrying some fresh fruit anyway when camping for quick healthful snacks (and no heavy cans). You can also pick fresh berries for this, and if you have trail mix, crumble some nuts, raisins in with the fruit.

## Grilled Chocolate Sandwiches

- Sliced Bread
- Hershey's Chocolate Bar
- Margarine or Butter

### Directions:

Bring out the camp pie iron. Use two slices of bread for each sandwich. Butter one side of each slice. The butter side will face out! Top the first slice with a chocolate bar broken in 1/2. Place the other side of bread on, butter side up! Place in pie iron and onto coals of Fire. Cook until bread is toasted.

### Comments:

For another treat you could add peanut butter or Marshmallows.

## Lemon Meringue Pie

- 2 Slices of White Bread
- Lemon Pie Filling
- 2 Marshmallows
- Butter

### Directions:

Butter one side of each slice of bread, place butter side down in pie iron, spread on lemon filling, top with 2 marshmallow and other slice of bread and toast.

## Meal Topper

- 2 Slices Bread
- Canned Apples, Blueberries, or Cherries
- Canned Icing
- Butter

### Directions:

Just slap some fruit on your bread, butter both sides of course, cook over your fire and top with the canned icing

## MEALS

### Mountain Pie Burrito

- Prepared Taco Meat
- Salsa
- Shredded Cheddar Cheese
- Burrito Size Tortillas
- Optional: Grilled Onions, Bell Peppers

#### Directions:

At home prepare taco meat, we like the McCormick Mild for kids. Put in zip-lock bags and place in camping cooler. You can also sauté some onions and bell peppers and put in zip-lock bags too. At camp: Place a large tortilla on the pie iron. The tortilla will cover both sides of the open pie iron. You will place your ingredients on one side only! Fill with 2 tbs. of taco meat, a spoon of salsa, cheddar cheese and a few onions and peppers. Don't fill too full! Fold the burrito in half and fold in the edges to make a square packet. Close the pie iron and cook for about 3 minutes on each side. Check to make sure you don't burn it! When the tortilla is golden brown it's done! Enjoy! You can spice it up with hot salsa if you like!

### Mountain Pies

- Eggs
- Cheese
- Diced Ham, Bacon or Sausage
- Bread
- Butter

#### Directions:

Before leaving for your trip, scramble some eggs and put them in a zip lock bag and store in the cooler. When morning comes at the camp site, put eggs, cheese and diced ham (bacon or sausage will also work) together in between battered bread and make the pie. YUM! My whole family loves these and they are "dish-less" so less mess to clean up after!

### Perfect Pie Iron Pizza

- 1 Canister of Pillsbury Croissant Dough
- Pizza Sauce
- Mozzarella Cheese
- Pepperoni, Mushrooms, Onions, Etc.
- Non-Stick Cooking Spray

#### Directions:

You should use a pie iron that breaks down into two pieces. Spray non-stick cooking spray onto one half of the pie iron. Take two sections (making one square) of the raw croissant dough and cover the bottom of the pie iron. Add sauce and cheese (and any other topping) as desired. Lay pie iron on hot coals "open faced" for about 5 minutes. Dough will rise and cheese will melt making the perfect pie iron pizza!

### Pie Iron Sloppy Joes

- 1 Lb. Ground Beef
- 1 Can Sloppy Joe Mix
- Butter
- Cheese

#### Directions:

Prepare Sloppy Joe mix and ground beef at home and store in plastic container or zip-lock bags and put in cooler. When ready to cook, butter both slices of bread, add cheese of your choice and Sloppy Joe mixture. Cook over campfire until toasty and warm. Sounds real simple...but it's DELICIOUS!

### Pizza Pockets

- Sliced Bread
- Mozzarella Cheese
- Pizza Sauce
- Pepperoni or your favorite toppings
- Butter

#### Directions:

Bring out the camp pie iron. Use two slices of bread for each "pie". Butter one side of each slice. The butter side will face out! Top the first slice with pizza sauce. Add Mozzarella cheese and toppings. Place the other side of bread on, butter side up! Place in pie iron and onto coals of fire. Cook until bread is toasted.

### Potato Bake

- Potatoes, thinly sliced
- Onion
- Garlic Salt
- Pepper

#### Directions:

Into a well-oiled pie iron, place thinly sliced potatoes and sweet onion. Season with garlic salt and pepper. Cook until done

## Sausage & Egg Muffins

- 1 Lb. Sausage - formed into patties
- 8-10 Eggs - scrambled
- 2 Tbsp. Milk
- 1/2 C. Cheese
- Butter or Vegetable Spray (butter tastes better!)
- Salt & Pepper to taste
- 1 Pkg. English Muffins - split in half

### Directions:

Butter or spray side of muffin, put butter side toward iron, then start to layer ingredients: sausage patty, a little egg (it will run but set when cooked) sprinkle with cheese and top with other muffin that has been buttered too! Cook over campfire until sausage and egg are set. They are easy & Tasty!

### Comments:

You can substitute the sausage for bacon or ham if you'd like, and add any other veggies that you might like. They are like an omelet in a pocket!

## Shepherds Pie

- Butter
- Bread
- 2 - 10 oz cans chicken breast meat
- 1 16oz bag frozen veggies (vegetable soup mix blend)
- 1 can Campbell's Cream of Chicken Soup
- Mrs. Dash Original Blend Seasoning
- Pepper

### Directions:

Blanch vegetables. Combine with chicken, cream of chicken soup, and spices. Spread on buttered bread slices. Cook until done

## Tacos

- Pillsbury Crescent Rolls
- Ground beef cooked with taco seasoning
- Grated cheese
- Any other toppings you like (salsa, tomatoes, lettuce, sour cream, etc)
- Cooking spray

### Directions:

Before we leave, I brown the ground beef and put in a container to take along. I cut up the tomatoes, grate the cheese, etc. Then spray the pie iron with cooking spray, place 2 croissant rolls (unrolled to make a square.) Place cold meat, toppings desired on open pie iron. Cook over fire until dough is cooked!

## Meatball Sandwich

- Meatballs
- 2 Slices of Bread
- Pizza Sauce
- 
- Mozzarella or Provolone Cheese
- Butter

### Directions:

Butter two slices of bread. Place bread, butter side out, in pan iron. Add pizza sauce, cut up meatballs and cheese. Close pie iron and cook until outside is a light golden brown. Enjoy.

### Comments:

Mushrooms and onions can be added to taste.

## Hobo Pizza

- 2 Slices White, Buttered Bread
- 2 Tbsp. Pizza Sauce
- 4 Slices Pepperoni
- 1 Slice Mozzarella Cheese

### Directions:

Assemble as you would a hobo pie (place buttered bread on either side of pie iron, butter side out). Use the sauce, cheese and pepperoni as filling.

## Hot Meat and Cheese Sandwiches

- 2 Slices of Buttered Bread
- 1 Slice of Cheese (American slices or Swiss)
- 1 or 2 Slices of Meat (ham, turkey, roast beef)

### Directions:

Using your pie iron, place bread inside, buttered side out. Put in meat and cheese. Close and cook over fire pit, until toasted brown!

### Comments:

Very quick and kids can cook their own. Also, for regular toasted cheese sandwich, just leave off meat.

## Chile-Cheese Cornbread

- Cornbread Mix
- 1/2 Cup Cheddar Cheese, Grated
- 1 Can Chopped Chiles
- 

### Directions:

Pour mixture into a well greased pie iron to about 1/3 full. Bake over low heat.

## Ziploc Ice Cream

- 1/2 Cup Milk (doesn't matter what kind)
- 1 Tbsp. Sugar
- 1/4 Tsp. Vanilla (you can try other flavors)

### Directions:

Add these to a pint size Ziploc freezer bag and zip shut. Place that bag in a larger (quart or bigger) Ziploc bag. Add ice to fill bag 1/2 way, plus 6 tablespoons salt (rock or regular). Zip that one shut and shake, turn, toss and mix the bag. In about 5-10 minutes you will have cold hands and yummy ice cream!

### Comments:

Don't try to double this, as it doesn't seem to work. Be sure you get all of the salt off of the small bag before you open it.