

Bean and Cheese Enchiladas (Dutch Oven)

2 tbsp. Oil
1 red bell pepper, sliced
1/2 red onion, sliced
4 cloves garlic, minced
1 tbsp. Cumin
2 tsp. Salt
14 oz. can enchilada sauce
2 cups cheese
1 can black beans
1 pkg flour tortillas

Over medium heat, heat the oil in a Dutch oven. Add the peppers and saute for a few minutes until they are starting to soften. Add the onions and saute until the onions are soft and translucent and the peppers are soft. Add the garlic, cumin, and salt, and saute 30 seconds, until fragrant. Remove from heat and transfer the vegetables to a plate or bowl.

Add 1/2 cup enchilada sauce to coat the bottom of the Dutch oven. To build the enchiladas, place onions and peppers in a line the center of a flour tortilla. Add a few spoonfuls of black beans and top with cheese. Roll the tortilla around the fillings, then place the enchilada, seam side down, into the Dutch oven. Repeat with the remaining ingredients. This recipe will make 4-6 enchiladas depending on the size of your Dutch oven.

Cover the enchiladas with the remaining sauce and cheese. Place the lid on top. Return the Dutch oven to your campfire. Cook about 10 minutes, until the cheese is melted.

Breakfast Burritos

2 lb. Sausage (hot, mild, or mixed)
8 oz Velveta (plain or Mexican)
12 Eggs
24 6-inch Flour Tortillas
Onion (optional)
Salsa
Tiger Sauce (Optional)

Brown sausage in skillet over medium heat. Add onion and sauté (if desired).

Beat eggs and add to meat in skillet. When eggs are almost done, add cheese and cook until cheese melts. Serve on heated tortillas.

Chorizo Breakfast Hash

1 lb. ground pork
1 lb. minced bacon
4 tbsp. Mexican Chorizo Seasoning
4 tbsp. red wine vinegar
6-7 small red potatoes, diced
1 cup diced white onion
1 cup diced red or green bell pepper
7-8 eggs

Mix pork, bacon, seasoning and vinegar. Brown the mix over medium-high heat.

When cooked, remove and set aside. Using the leftover oil, lightly brown potatoes, onion, and bell peppers over low-medium heat.

Scramble eggs in a separate pan, add pepper and salt.

Mix all together in a bowl and serve.

Doughnuts

2 pkg. 7.5 oz canned biscuits
Powdered sugar
Cooking Oil

Cut Biscuits in half.

Fry in hot oil.

Drain on paper towels.

Sprinkle powdered sugar on doughnuts and serve.



Early American Pancakes

6 Eggs
2 cups Whipping Cream
1/2 cup Sugar
1/4 tsp. Nutmeg
3 cups Flour
3 tsp. Baking Powder
1 tsp. Salt
2 oz Melted Butter

Beat eggs, sugar, and nutmeg together. Add cream to mixture. Sift flour, baking powder and salt into bowl.

Add previous mixture and melted butter. Cook as you would regular pancakes.



Ford's Egg Benedict

6 English Muffins
12 Slices Bacon
12 Eggs
1 lb. Velveeta Cheese
2 cups Sour Cream
1 tsp. Dijon Mustard

Place sour cream, Velveeta (cut into small pieces) and mustard together in small saucepan. Heat over low heat, stirring frequently until cheese is melted and mixed well.

Cook bacon and toast english muffins.

Poach eggs in boiling water in a cast iron skillet or Dutch Oven.

Cover each half of muffin with a slice of bacon and a poached egg. Top with generous serving of cheese sauce.

French Toast

6 eggs
18 slices Bread
1/2 cups Milk (optional)
1/4 tsp. Cinnamon
Syrup
Margarine, Butter or Shortening

Beat salt, pepper, milk, and eggs until smooth in pan.

Heat griddle or skillet over medium heat or to 375 degrees. Grease griddle with margarine if necessary.

Dip bread into egg mixture. Cook about 4 minutes on each side or until golden brown.



French Toast Casserole (Dutch Oven)

6 eggs
18 slices Bread
1 1/2 cups heavy cream
2 tsp. Vanilla extract
2 tsp. Cinnamon
3 tbsp. Sugar
1/2 tsp. Salt
4 tbsp. butter
Syrup

Line the dutch oven. Cut the bread into small cubes and place into the oven. Sprinkle 1 tsp cinnamon on top of the bread.

Make the egg mixture by combining the eggs, cream, vanilla, the remaining cinnamon, and the sugar and salt. Thoroughly mix the egg mixture and pour over the bread. Cut the butter into small pieces and scatter over the bread.

Place the lid on the dutch oven. Bake for 30-50 minutes.

Hoppelpoppel (Dutch Oven)

4 Cans Sliced New Potatoes
12 Eggs
16 oz Bacon
1 small Onion
Salt
Pepper
Mushrooms (Optional)

Slice Bacon into 1-inch pieces and place in large Dutch Oven. Fry Bacon until about half done and add chopped onion.

When bacon is cooked, add potatoes and stir. Mushrooms may be added if desired.

Scramble the eggs and add to the potatoes after they are cooked.

Add salt and pepper as desired. Add lid to the Dutch Oven and cook until eggs set.

Mountain Man Breakfast (Dutch Oven)

1 lb mild pork sausage, crumbled
5-6 strips of bacon, cooked and crumbled
1 onion, chopped
1 clove garlic, minced
1 red bell pepper, chopped
1 green bell pepper, chopped
2 lb package frozen hash browns, shredded
12 eggs, beaten
1 package shredded Cheddar

Cook and stir the sausage, onion, and garlic in a 12-inch cast iron Dutch oven with lid, raised over the coals to medium-high heat, until the sausage is no longer pink and the onion is tender.

Stir in the red bell pepper, green bell pepper, and hash brown potatoes until evenly mixed. Cook, stirring occasionally, until the hash browns are hot and the peppers are tender, about 15 minutes.

Pour the beaten eggs evenly over the top of the potatoes, allowing them to sink into the potatoes. Cover the Dutch oven, and place 6 to 9 coals underneath, and 12 to 18 on top.

Allow to bake until the eggs are firm, about 40 minutes. Sprinkle with Cheddar cheese, cover, and continue cooking until the cheese has melted, about 5

Pancakes

2 Eggs
2 cups Bisquick
1-1/3 cups Milk
2 tbs. Vegetable Oil
Margarine, Butter or Shortening
Syrup

Beat eggs with hand beater in pan until fluffy.

Beat in remaining ingredients except margarine just until smooth.

For thinner pancakes, stir in additional 1 to 2 tablespoons milk.

Heat griddle or skillet over medium heat or to 375 degrees. Grease griddle with margarine if necessary.

For each pancake, pour scant 1/4 cup batter onto hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown.

Deviled Eggs

6 Eggs
3 tablespoons Mayonnaise, Salad Dressing or Half-and-Half
1/2 tsp. dry Mustard
1/8 tsp. Salt
1/4 tsp. Pepper
Paprika

Place egg(s) in saucepan. Add enough water to come at least 1 inch above eggs. Heat rapidly to boiling; remove from heat. Cover and let stand 18 minutes.

Immediately cool eggs in cold water to prevent further cooking. Tap egg to crack shell. Roll egg between hands to loosen shell, then peel. If shell is hard to peel, hold egg in cold water.

Cut eggs lengthwise in half. Slip out egg yolks and mash with a fork. Mix in mayonnaise, mustard, salt and pepper.

Fill egg whites with egg yolk mixture, heaping it lightly.



Egg Salad Sandwiches

9 Eggs
3/4 cup Mayonnaise or Salad Dressing
1-1/2 medium stalk Celery, chopped (about 1/2 cup) (Optional)
3/8 tsp. Salt
3/8 tsp. Pepper
12 slices of Bread.

Place egg(s) in saucepan. Add enough water to come at least 1 inch above eggs. Heat rapidly to boiling; remove from heat. Cover and let stand 18 minutes.

Immediately cool eggs in cold water to prevent further cooking. Tap egg to crack shell. Roll egg between hands to loosen shell, then peel. If shell is hard to peel, hold egg in cold water.

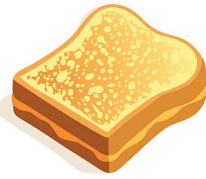
Mix all ingredients. Spread on bread.

Grilled Cheese Sandwiches

24 slices Processed American Cheese
24 slices white or whole wheat Bread
Margarine or Butter, softened

Heat griddle or skillet over medium heat or to 375 degrees. Grease griddle with margarine if necessary.

Place sandwiches on griddle. Flip when necessary.



Tuna Salad Sandwiches

1 can (9-1/2 ounces) Tuna in water, drained
1/2 cup Mayonnaise or Salad Dressing
1 medium stalk Celery, chopped (about 1/2 cup)
1 small onion, chopped (about 1/4 cup)
1/4 tsp. Salt
1/4 tsp. Pepper
1 tsp. Lemon Juice
8 slices Bread

Mix all ingredients. Spread on bread.

Bacon, Lettuce, and Tomato Sandwiches

16 oz Bacon
2 Tomatoes
Lettuce
12 slices of Bread
Mayonnaise
Pepper
Salt

Place separated slices of bacon in cold skillet. Cook over low heat 8 to 10 minutes, turning bacon to brown evenly on both sides. Dry on paper towels.

Slice Tomatoes. Wash lettuce and let dry on paper towels. Serve on bread.

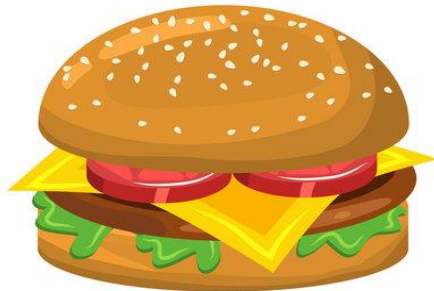
Hamburgers

1 lb. ground Beef
3 tbs. finely chopped Onions, if desired
3 tbs. water
1/2 tsp. Salt
1/4 tsp. Pepper
4 Hamburger Buns, split and toasted
4 slices of Cheese
Dill Pickles
Ketchup
Lettuce
Mayonnaise
Mustard
Tomato

Mix all ingredients except buns. Shape mixture into patties, each about 3/4-inch thick.

Cook patties in 10-inch skillet over medium heat about 10 minutes for medium, turning occasionally.

About 1 minute before hamburgers are done, top each with cheese slice if desired. Broil until cheese is melted. Serve on buns.



Sloppy Joe's

16 oz Ground Beef
15-1/2 oz Manwich Mix
6 Hamburger Buns

Brown hamburger in skillet. Add Manwich and to browned meat and heat to boil.

Serve over buns.

Hot Dogs

12 Hot Dogs
12 Hot Dog Buns
Ketchup
Mayonnaise
Mustard
Sweet Relish
Chopped Onions
Grated Cheese

Drop frankfurters into boiling water; reduce heat. Cover and simmer 5 to 10 minutes (depending on size) until hot.

Serve in bun.

Asian-Style Chicken and Rice

1 Tablespoon vegetable oil
4 skinless, boneless chicken breast, halves
Hint: it is easier to use chicken tenders/pre-cooked chicken
1 can (10.75 oz.) condensed golden mushroom soup
Substitution: You can use any creamy soup
2 cups water
1 package (1.25 oz.) teriyaki seasoning mix
1 bag (16 oz.) frozen stir-fry vegetables, thawed
2 cups uncooked, instant white rice

Heat the oil in a 10" skillet, over medium-high heat.

Add the chicken and cook for 10 min or until browned on both sides (needs to be watched and turned frequently). Remove the chicken from the skillet.

Pour in the soup, water, seasoning mix and vegetables in the skillet and heat to a boil. Stir in the rice.

Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through and the rice is tender.

Battalion Alarm Chili Pie (Dutch Oven)

3 lb. Hamburger
2 15 oz Chunky Chili Tomato Sauce
1 10 oz Rotel Diced Tomatoes and Green Chilies
4 tbs. Chili Powder
1 Onion
2 pks Mexican Cornbread Mix
2 Eggs
1-1/3 cup Milk

Chop Onion. Brown Hamburger. Drain Fat. Add Chopped Onion and cook until clear. Add Tomato Sauce, Rotel Tomatoes and Spices. Place cover on Dutch Oven. Place Dutch Oven on 18-20 briquettes, and simmer for 20-30 minutes, until juice is almost absorbed.

Break eggs into 2-qt pan. Add milk and beat until frothy. Add Cornbread mix and stir until blended.

Cover Chili with cornbread mixture. Place lid on Dutch Oven. Put Dutch Oven over 6-8 briquettes, and place 12-15 briquettes on top of Dutch Oven. Bake until Cornbread golden brown on top, and a straw comes out clean.

California Three Bean Chili

2 Tablespoons olive oil
1 cup onion, chopped
1 green bell pepper, chopped
1/2 cup white grape juice
2 cans (14.5 oz.) whole tomatoes, broken up
Hint: Easier to use diced tomatoes
2 cans (15oz) EACH of the following, drained and rinsed
black beans,
red kidney beans,
white northern beans or pinto beans

California Spice Blend:
4 teaspoons chili powder
2 teaspoon EACH of the following
garlic powder
ground cumin
oregano
basil leaves
1 teaspoon seasoned pepper
4 teaspoons sugar
1 teaspoon salt

Heat olive oil in a large pot, over medium-high heat. Add onion and green pepper; cook 5 min, stirring often. Stir in spice blend and sauté for one min. Stir in remaining ingredients. Bring to a boil.

Reduce heat and simmer 20 minutes, stirring occasionally.

Garnish with shredded cheese and chopped onions, if desired.



Chicken and Broccoli Alfredo

- 1/2 of a 16oz package of linguine
- 1 cup fresh or frozen broccoli, cut (use small bag)
- 2 teaspoons butter
- 1 lb. skinless, boneless, chicken breast halves cut into 1" pieces
Hint: it is easier to use chicken tenders/pre-cooked chicken
- 1 can (10 3/4 oz.) condensed cream of mushroom soup
- 1/2 cup milk
- 1/2 cup grated parmesan cheese
- 1/4 teaspoon ground black pepper (to taste)

Prepare linguine according to package directions, in large pan. Add broccoli during last 4 minutes of cooking time. Drain linguine and broccoli well, in colander.

Heat butter in skillet, over medium-high heat. Add chicken and cook until lightly browned, stirring often. Stir soup, milk, cheese, black pepper and linguine mixture into skillet. Cook until mixture is hot and bubbling.

Serve with additional parmesan cheese. Serve the chicken and sauce with the noodles.

Chicken Cordon Bleu

- 1 Tablespoon butter
- 1 1/4 lbs. skinless, boneless chicken breast halves
Hint: it is easier to use chicken tenders/pre-cooked chicken
- 1 can (10 3/4 oz.) condensed cream of chicken soup
- 2 Tablespoons water
- 2 Tablespoons white grape juice
- 1/2 cup shredded swiss cheese
Hint: use slices and cut into squares
- 1/2 cup chopped cooked ham
Hint: use lunchmeat and cut into strips
- 1/2 of a 12 oz. package of medium egg noodles
(about 4 cups), cooked and drained

Heat the butter in a skillet over medium-high heat. Add the chicken and cook for 10 minutes or until lightly browned on both sides. Remove chicken from the skillet.

Pour in the soup, water and white wine (or juice), cheese and ham in the skillet and heat to a boil.

Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Serve the chicken and sauce with the noodles.

Chicken Pot Pie (Dutch Oven)

9" refrigerated pie crust
1 cup sliced carrots
1/2 cup chopped onions
2 tsp. diced garlic
14 oz. can mushrooms, drained
1/2 cup frozen peas, partially thawed
1 cup frozen corn, partially thawed
1 cup frozen shredded hash brown, partially thawed
2 tbsp. olive oil
1/2 tsp. poultry seasoning
1/4 tsp. onion powder
salt and pepper to taste
3 cups cooked chicken
1 can cream of chicken soup
1 can cream of potato soup
2/3 cup half & half cream

Let pie crust come to room temperature. While the pie crust is warming up, cut up carrots, onion, and garlic.

Add the oil to coat the bottom of the Dutch oven. Add the carrots and onions and sauté until just tender. Add the garlic and cook about one more minute. Add mushrooms, peas, corns, and hash browns. Stir and cook about 2 minutes. Add seasonings and stir and cook about 1 more minute.

Stir in the chicken, cream, and soups. Stir gently and cook about one minute to coat all ingredients.

Take the pie crust and place on top of pot pie mixture. Put the lid on the dutch oven and move about half of the charcoal briquettes on top of the lid. Cook for about 40-50 minutes until the mixture is bubbling. If crust isn't browning, move additional coals to the lid.



Chicken, Rice, and Mushroom Soup

12 boneless Chicken Breasts
4 10 1/2 oz Cream of Mushroom Soup
1 can Peas
3 cups Instant Rice
3 cups Water
3/4 tsp. Salt
1 tbs. Butter or Margarine

Brown chicken breasts in skillet for 10-12 minutes. Cover with soup and cook for 5-7 minutes. Boil water in 4-qt pan. Add salt and butter or margarine.

Add rice, remove from heat and cover for 5 minutes.

Serve chicken and soup over rice (& peas).



Chili with Beans

1 lb. ground Beef
1 large Onion, chopped (about 1 cup)
1 tbs. Chili Powder
1/2 tsp. Salt
1 tsp. dried Oregano leaves
1 tsp. Cocoa (optional)
1/2 tsp. Red Pepper Sauce
1 can (16 ounces) whole Tomatoes, undrained
1 can (15-1/2 ounces) Red Kidney Beans, undrained

Cook ground beef, onion and garlic in 4-quart saucepan, stirring occasionally, until beef is brown. Drain. Stir in remaining ingredients except beans.

Heat to boiling; reduce heat. Cover and simmer 1 hour, stirring occasionally. Stir in beans. Heat to boiling; reduce heat.

Simmer uncovered for about 20 minutes, stirring occasionally until of desired thickness.

Chili Mac

2 tbs. Oil
2 cups chopped onions
2 chopped bell peppers
6 minced cloves garlic
2 tbs. Chili powder
3 tsp. Cumin
1 tsp. Salt
30 oz. can diced tomatoes
20 oz. can diced tomatoes with green chilies
30 oz. can kidney beans
30 oz. can black beans
16 oz. elbow pasta
4 cups shredded cheese
4 cups water
1 lb. of meat (ground turkey/beef, chicken, etc.)

Heat oil in a pot over medium-high heat. Add onion and bell peppers, stir occasionally for about 5 minutes. Add garlic, chili powder, cumin, and salt to the pot, cook for about 2 minutes.

Stir in the diced tomatoes, diced tomatoes with green chilies, pasta, beans (if applicable), and water. Bring to simmer and cook till pasta is tender, 12-15 min, stirring occasionally. Remove pot from heat and stir in 3 ½ cups of cheese, sprinkle the remainder on after stirring.

Dirt Burgers

2 lb. Ground Beef
6 Potatoes, sliced
3 Onions, sliced
6 Carrots, sliced
1 head of cabbage
Salt
Pepper
Ketchup or Steak Sauce

Cut aluminum foil into 14-in strips. Put a large cabbage leaf on the center of the foil (the cabbage leaf is to keep the other ingredients from burning and is not intended to be eaten).

Put half the onions flat on the center of the cabbage leaf. Put the potatoes and carrots on the onion. Shape the hamburger patty and put on the vegetables. Put the rest of the vegetables on top of the meat. Seal the foil pack. Place on coals. Cook 10 minutes and turn over. Cook for an additional 10-15 minutes.

Dutch Oven Meatloaf (Dutch Oven)

3 lb. Ground Beef
1-1/2 cups Cracker Crumbs
1 tbs. chopped or flaked Parsley
1 8-oz can Tomato Sauce
1 chopped Onion
1/2 cup Bell Pepper
1-1/2 tsp. Salt
2 Eggs
1/4 tsp. Marjoram

Mix all ingredients. Bake 1 hour in Dutch Oven.

Fajitas

1 1-1/2-pound Chicken Fajita Meat
12 10-inch Flour Tortillas
2 tbs. Vegetable Oil
2 large Onions, sliced
2 medium green or red Bell Peppers, cut into 1/4-inch strips
1 jar (8 ounces) Picante Sauce
1 cup shredded Cheddar or Monterey Jack Cheese (4 ounces)
Guacamole (6 ounces)
3/4 cup Sour Cream

Heat tortillas in skillet and wrap in aluminum foil. Heat chicken in skillet.

While chicken cooks, heat 2 tablespoons oil over medium-high heat. Sauté onions and bell peppers in oil 6 to 8 minutes or until crisp-tender. Cut beef diagonally into very thin slices.

For each serving, place chicken, onion mixture, picante sauce, cheese, guacamole and sour cream in center of tortilla. Fold 1 end up about 1 inch over beef mixture; fold right and left sides over folded end.



Gingery Pork and Cucumber Pitas

1/4 cup rice vinegar (can use cider vinegar)
2 teaspoons sugar
Kosher salt (to taste)
2 Kirby cucumbers, thinly sliced (any variety will do)
1 jalapeno, thinly sliced (or banana pepper); optional
1 Tablespoon olive oil
1 lb. ground pork (other options – chicken, turkey)
1/4 cup hoisin sauce
1 Tablespoon grated fresh ginger (can use dry ginger)
4 pitas, halved

In a medium bowl, combine the vinegar, sugar and 1/4 teaspoon of salt, stirring until the sugar dissolves. Add the cucumbers and jalapenos and let sit (approximately 5 min).

Meanwhile, heat the oil in a large skillet over medium-high heat. Cook the ground pork, breaking up with a spoon – until no longer pink, 5-6 minutes.

Stir in the hoisin, ginger and 2 Tablespoons water.

Fill the pita halves with the pork and cucumber salad.

Glazed Pork and Rice

1 Tablespoon olive oil
4 boneless pork chops
3 cups chicken broth
1 cup apricot preserves or orange marmalade
3 Tablespoons Dijon-style mustard
2 1/2 cups uncooked instant white rice

Heat the oil in a skillet, over medium-high heat. Add the pork and cook for 10 min or until browned on both sides (need to watch and turn frequently). Remove pork from skillet.

Pour in broth, preserves and mustard into the skillet and heat to a boil (lightly stirring). Reduce the heat to low. Stir in rice. Return the pork to the skillet.

Cover and cook for 10 min or until the pork is cooked through and the rice is tender.

Guadeloupe Chili Pie (Dutch Oven)

2 lb. Ground Beef
1 medium Onion, chopped
1 tbs. Margarine
15 oz can Chili Beans
1/2 tsp. Chili Powder
1/2 tsp. Salt
8 oz can Tomato Sauce
2 6 oz pkg. Cornbread Mix

Brown ground beef and onion in the margarine in open Dutch Oven. Add beans, chili powder, salt, and sauce. Cook for 15 minutes in covered Dutch Oven. Mix the cornbread according to directions on box. Add cornbread to top of meat and beans. Place lid on oven. Place on coals, put coals on top of oven. Bake for 20-30 minutes, until cornbread is done.

Jambalaya (Dutch Oven)

2 tbsp. Olive Oil
1 lb Andouille Sausage, cut to 1/4" slices
1 large yellow onion, diced
1 green bell pepper, seeded and diced
1 red bell pepper, seeded and diced
2 cups celery, diced
1 tbsp. sea salt
1 tbsp. Tony Chachere's Creole Seasoning
2 cups brown rice, uncooked
2 cans (14.5 oz) diced tomatoes, with juice
2-3 cloves garlic, minced
4 cups chicken broth
6 bay leaves
1 tsp. dried thyme
2 lb. peeled and deveined shrimp (optional)

Heat olive oil in Dutch oven over an open flame or your campfire. Add sausage and cook.

Add onion, bell pepper and celery. Sprinkle salt and Tony Chachere's seasoning over the vegetables and sausage. Stir to combine and cook until vegetables are soft.

Add brown rice, tomatoes, garlic, chicken broth, bay leaves and thyme. Stir to combine. Simmer approximately 30-40 minutes. Add shrimp to the Dutch oven, cooking until pink.

Place your lid on the Dutch oven and and cook approximately 1 to 1.5 hours, stirring occasionally. Remove from heat and remove bay leaves before serving.

Kabobs

- 1 lb. Beef, cut into chunks
- 1 Onion, cut into wedges
- 1 Green Pepper, cut into wedges
- 8 Cherry Tomatoes
- 16 Pineapple slices
- 16 Mushrooms

String ingredients on skewers. Cook over hot coals for about 15 minutes. Turn once. Season to taste.



Marmalade Chicken

- 1 cup chicken broth (reduced sodium)
- 1 Tablespoons red-wine vinegar
- 2 Tablespoons orange marmalade (or more for flavor)
- 1 teaspoon Dijon-style mustard
- 1 teaspoon cornstarch
- 1 pound chicken tenders
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 6 teaspoons virgin olive oil, divided (suggest extra-virgin)
- 1 large onion, minced
- 1 teaspoon freshly ground orange zest

Whisk broth, vinegar, marmalade, mustard and cornstarch in a medium bowl. Sprinkle chicken with salt and pepper. Heat 4 teaspoons of oil in a large skillet, over medium-high heat. Add the chicken and cook until golden, about 2 minutes per side. Transfer to a plate and cover with foil to keep warm.

Add the remaining 2 teaspoons of oil and shallots to the pan and cook, stirring often until beginning to brown, about 30 seconds. Whisk the broth mixture and add it to the pan.

Bring to a simmer, scraping up any browned bits. Reduce heat to maintain a simmer; cook until the sauce is slightly reduced and thickened. 30 seconds to 2 minutes.

Add the chicken; return to a simmer. Cook, turning once, until the chicken is heated through, about 1 minute. Remove from the heat and stir in orange zest.

Mexican Chicken

- 1 Tablespoon olive oil
- 4 Skinless, boneless chicken breast halves
 - Hint: it is easier to use chicken tenders/pre-cooked chicken
- 1 cup salsa (chunky style adds more flavor)
- 2 cans black beans, drained (at least one)
- 1 can diced tomatoes
- 1 cup shredded cheddar cheese

Heat the oil in a skillet, over medium-high heat.

Add the chicken and cook for 10 minutes or until lightly browned on both sides (need to watch and turn frequently).

Add salsa and beans.

Bring to a boil; cover and simmer on medium-low for 5 min. or until the chicken is done (165 degrees).

Top with cheese.

Remove skillet from heat and let stand covered for 5 minutes or until cheese is melted.

Orange Beef and Rice

- 1 Tablespoon oil
- 1 lb. top beef round, cut into 1/2" cubes
- 1 onion, diced
- 1 teaspoon garlic powder (or more for taste)
- 1 lb. mushrooms, sliced
- 1 cup shredded carrots
- 2 packages (6 oz.) wild and white rice pilaf mix
- 2 cups orange juice
- 2 cups beef broth
 - you can use either liquid – just need 4 cups

Briefly heat oil in large, deep pot over medium-high heat. Add beef and onion. Cook, stirring frequently, for 5 minutes.

Add garlic, mushrooms and carrots. Cook another 5 minutes.

Add pilaf mix, orange juice and broth; bring to a boil, then reduce heat and simmer, covered for 20 minutes or until liquid has been absorbed.

Pizza (Dutch Oven)

1-1/2 lb. Ground Beef
1 pkg. Pizza dough
1 jar Tomato sauce
1/2 lb. grated Cheese

Brown beef in open skillet and set aside to remain warm.

Roll out pizza dough and press into the bottom of the oven, leaving a small lip on the edge.

Place the ground beef and cheese on the crusts; pour tomato sauce on each crust. Bake for about 25-30 minutes.



Pork and Beans

Vegetable cooking spray
6 boneless pork chops
Suggestion: cut pork into cubes
1 large onion, chopped
2/3 cup celery, chopped
3 cans pork and beans
3 teaspoons packed brown sugar

Heat the skillet over medium-high heat. Remove skillet from the heat to spray with cooking spray and add the pork. Cook chops for 10 min or until they are lightly browned on both sides (need to watch and turn frequently).

Remove pork from the skillet and set aside. Remove skillet from the heat to spray with cooking spray. Reduce heat to medium. Add onion and celery. Cook until tender; stirring frequently. Add pork and beans and brown sugar and heat to a boil.

Return chops to the skillet. Reduce heat to low. Cover and cook for 5 min or until pork is cooked Through.

Pork with Olives

1/2 cup Italian dressing
6 boneless pork chops
2 cans diced tomatoes, undrained
Suggestion – select with added seasonings
12 Spanish olives, drained (at least)
2 boxes (6oz) stove top stuffing mix for pork

Marinate pork in Italian dressing. Heat Italian dressing in a skillet, over medium-high heat. Add the pork and cook 2-3 min on each side or until lightly browned on both sides (need to watch and turn frequently). Add tomatoes and olives. Bring to a boil, cover. Simmer on medium-low heat for approx. 10 min; turning pork and stirring sauce after 5 min.

Meanwhile, prepare stuffing as directed on package.

Potato Soup

3/4 lb. of bacon, diced
1 medium onion chopped
5 lbs of potatoes, peeled and cut into generous bite size chunks
1 medium carrot, grated
5 to 6 cups water
2 Chicken Bouillon Cubes
12 oz. evaporated milk
3 tablespoons butter
4 to 5 teaspoons minced parsley [fresh if possible]
2 tsp. Worcestershire sauce
1 tsp. ground mustard
1 tsp. ground nutmeg
1 tsp. salt
1/2 tsp. red cayenne pepper

In a large pot, cook bacon until tender but not crispy. Remove cooked bacon from pot and place on paper plate. In the bacon grease cook onions until onions are tender. Remove onions and place with cooked bacon and cover. Pour water into the pot. Add the potato chunks and bouillon cubes.

Bring to a boil and cook for twenty minutes or until tender. Do not drain because the water is the liquid part of the soup. Add grated carrot. Stir in the remaining ingredients: evaporated milk; butter; parsley; Worcestershire sauce; mustard; nutmeg; salt; and red cayenne pepper. Mix well.

Add cooked bacon and onions. Cook soup for ten minutes or until heated thoroughly. Add additional water or milk if soup is too thick for your liking.

Salsa Beef Skillet

1 lb. lean ground beef
1 onion, chopped
2 cups water
1 cup salsa (chunky adds more flavor)
1 pkg (14oz) deluxe mac and cheese dinner
2 cups frozen corn, thawed and drained
Hint: you can use any frozen vegetable
1/2 cup shredded cheddar cheese

Brown ground beef and onion in large skillet on medium-high heat, stirring constantly. Pour off any liquid/fat. Pour in water, salsa and macaroni. Stir and heat to a boil.

Cover and simmer on low heat for approx. 10 min or until macaroni is tender (need to watch and stir occasionally).

Add corn and cheese sauce, stir. Cook for approx. 2 min or until heated through. Top with shredded cheese and onion.



Sausage, Onions, Potatoes, and Peppers

2 Tablespoons vegetable oil
6 potatoes, cubed (peeled or not, your choice)
2 pounds smoked sausage, sliced
1 onion, sliced
2 bell peppers, chopped (any color)

Heat oil in a large pot, over medium heat.

Place the onions in the pot and sauté for a couple minutes.

Add the potatoes, cover and simmer – turning fairly often (so you don't scorch the bottom of the pan); until potatoes are almost tender and a little browned (approx. 10 min)

Stir in the sausage and peppers.

Cover and cook for about 5 more minutes or until onions and/or peppers are to the desired tenderness.

Shepherd's Pie

2 lb. Hamburger
1/2 lb. Velveeta Cheese
1 box instant Mashed Potatoes
Carrots and peas optional

Brown Hamburger in Skillet. Drain grease. Fix Mashed Potatoes according to box instructions. Cover Hamburger with sliced Velveeta Cheese. Cover with Mashed Potatoes and simmer for 2-3 minutes.



Skillet Cheesy Chicken and Rice

1 Tablespoon butter
1 1/4 lbs. skinless, boneless chicken breast halves
Hint: it is easier to use chicken tenders/pre-cooked chicken
1 can (10 3/4 oz.) condensed cream of chicken soup
2 cups water
1 teaspoon onion powder
1/4 teaspoon ground black pepper
2 cups uncooked reg, long-grain white rice
2 cups frozen mixed vegetables
1/2 cup shredded cheddar cheese

Heat the butter in a skillet over medium-high heat. Add the chicken and cook for 10 minutes or until lightly browned on both sides. Remove chicken from the skillet.

Pour in the soup, water, onion powder, black pepper and rice in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 15 min; stirring occasionally.

Stir in the vegetables. Return the chicken to the skillet. Sprinkle with the cheese. Cover and cook for 5 minutes or until the chicken is cooked through and the rice is tender.

Serve the chicken and sauce with the noodles.

Skillet Chicken Parmesan

- 1 Tablespoon olive oil
- 6 Skinless, boneless chicken breast halves (about 1 1/2 lbs.)
 - Hint: it is easier to use chicken tenders/pre-cooked chicken
- 1 1/2 cups spaghetti sauce
- 1/4 cup grated Parmesan cheese
- 1 1/2 cups shredded mozzarella cheese (about 6 oz.)
- 6 rolls

Heat the oil in a 12 inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until lightly brown on both sides (need to watch and turn frequently).

Pour sauce into the skillet to slightly cover the chicken. Sprinkle 3 tablespoons of parmesan cheese over the chicken. Reduce the heat to low. Cover and cook for 10 minutes or until the chicken is cooked through.

Sprinkle the mozzarella cheese and remaining parmesan cheese into the skillet.

Let stand for 5 minutes or until the cheese has melted, put into a roll for sandwich.

Spaghetti

- 1 tsp. dried Oregano leaves
- 1 tsp. dried Basil leaves
- 1/2 tsp. dried Marjoram leaves
- 1 tsp. Sugar
- 1/2 tsp. Salt
- 1 large Onion, chopped (about 1 cup)
- 1 clove Garlic, crushed
- 1 can (16 ounces) whole Tomatoes, undrained
- 1 can (8 ounces) Tomato Sauce
- 1 pound Ground Beef
- 4 cups hot cooked Spaghetti

Cook ground beef, the onion and garlic in 10-inch skillet, stirring occasionally, until beef is light brown; drain.

Stir in remaining ingredients, except spaghetti; break up tomatoes. Heat to boiling; reduce heat. Cover and simmer about 1 hour, stirring occasionally.

Serve over spaghetti and, if desired, with Parmesan cheese.

Squaw Corn

1 tsp. Chili Powder
3 lb. Hamburger Meat
3 Onions
1 Green Pepper
2 12 oz cans of Tomato Soup
2 12 oz cans of Yellow Corn
1/2 lb. medium Cheddar Cheese

Dice onions and pepper. Cook meat, onion, and pepper in skillet until meat is brown. Drain well. Add tomato soup and drained corn.

Bring to simmer, stirring occasionally. Add cubed cheese just prior to removal from heat.

Tacos

1-1/2 lb. ground Beef
1 pkg. Taco Seasoning
Water
1 head Lettuce, chopped
1 lb. grated Cheese
2 chopped Tomatoes
1 can Refried Beans
chopped olives (optional)
12 8-in Flour Tortillas

Brown ground beef and add Taco Seasoning according to package instructions. Chop lettuce and tomatoes. Warm tortillas. Cook Refried beans in 2-qt pan.

Serve meat and selected ingredients in tortilla.



Teriyaki Chicken and Rice

1 tbsp. Vegetable oil
4 skinless, boneless chicken breast, halves
1 can (10.75 oz.) condensed golden mushroom soup (or any creamy soup)
2 cups water
1 pkg. (1.25 oz) teriyaki seasoning mix
1 bag (16 oz.) frozen stir-fry vegetables, thawed
2 cups uncooked, instant rice Directions:

Heat the oil in a 10" skillet, over medium-high heat. Add the chicken and cook for 10 min or until browned on both sides (needs to be watched and turned frequently).

Remove the chicken from the skillet. Pour in the soup, water, seasoning mix and vegetables in the skillet and heat to a boil. Stir in the rice.

Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 min or until the chicken is cooked through and the rice is tender.

Turtles

Create your delicious packets using ingredients you have on hand. Grab a piece of heavy duty foil and follow these general guidelines:

Pick a Protein: Opt for lean meats (chicken, fish filet or shrimp vs. fattier choices as steak and sausage). When the fat cooks off inside the packet, it seeps into the rest of your food.

Season to Taste: Flavor your meat using whatever spices or herbs you love. Make sure the seasonings are what you would use with everything in the packet (including the sides).

Slice and Dice: Thin vegetables, like green beans, require little prep. Thicker vegetables (carrots and potatoes) need to be thinly sliced so they steam in the same amount of time as the rest of the packet's contents.

Choose the Sides: Round out your meal with a fast cooking starch (precooked polenta, 90 sec microwavable rice). To keep the inside of the packet moist, you may want to add 1/4 cup of water, broth or juice prior to cooking)

Suggestions:

Chicken, lemon, green beans and potatoes

Shrimp, lime, peas and rice

Chicken, salsa, peppers and rice

Fish filet, orange, green beans and potatoes

Chicken, apple, cranberries and rice

Zesty Beef and Rice

- 1 Tablespoon olive oil
- 1 boneless beef sirloin steak (about 1 lb.),
 Cut into strips or chunks
- 1 jar picante sauce
 Substitution: use 2 cans of tomatoes, if you don't want spice
- 1 can of diced tomatoes
- 2 cups beef broth
- 2 cups uncooked regular long-grain rice

Heat the oil in a skillet over medium-high heat. Add the beef and cook for approx. 10 min or until lightly browned on both sides (need to watch and turn frequently).

Pour off any fat. Pour in the picante sauce, broth and rice in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 20 min or until the rice is tender.

Amish Funnel Cakes (Dutch Oven)

1-1/3 cup Flour
2 tbs. Sugar
1/4 tsp. Salt
3/4 Tbs. Baking Powder
2/3 cup Milk
1 Egg
Vegetable Oil
Cinnamon
Confectioner's Sugar

Mix dry ingredients in a 1-2 quart plastic container before camping trip.

When ready to prepare, add the egg and milk. Heat oil in Dutch Oven until quite hot. Pour in batter in circular motion. When batter starts to turn brown, flip over with tongs.

When cooked, remove from Dutch Oven and drain on paper towels. Sprinkle with a mixture of confectioner's sugar and cinnamon.

Fruit Cobbler (Dutch Oven)

2 30 oz. cans pie filling (peaches, apples, blueberries, cherries, etc.)
1 box cake mix (yellow or chocolate)
1 can soda (sprite, cherry coke, etc.)

Line the bottom of a Dutch oven. Pour the pie filling into the bottom of the oven and spread evenly. Add the cake mix on top of the filling, but do not mix the two.

Pour the soda overtop of the cake and filling. Do not mix. Put the lid on the oven and let cook for 45-55 minutes.



Pineapple Upside-Down Cake (Dutch Oven)

1/2 cup butter
2 cups brown sugar
1 can pineapple rings
1 box yellow cake mix
3 eggs
Vegetable oil
Water

Double line your Dutch oven with aluminum foil. Melt the stick of butter in the bottom of the Dutch oven, either by sitting it over coals or on top of a camp stove. When the butter is completely melted, throw in the brown sugar and stir until it is beginning to melt. It should be thick, but not clumpy.

Set the pineapple rings in the bottom of the Dutch oven on top of the brown sugar mixture, reserving pineapple juice.

Make cake following the directions on the box, using the reserve pineapple juice and adding just enough water to achieve the required amount of liquid. Carefully pour the cake batter over the pineapple and brown sugar mix.

Put the lid on the Dutch oven. Bake the cake for about 30 minutes. The cake is done when it is bouncy to the touch. When the cake is done, remove it from the coals and remove the lid,

Immediately next, put the cake on a pan or a board or a cutting mat or something big and flat that you can lift easily. Using two hand, carefully lift the cake out of the Dutch oven and set it, in the foil liner, on this first big flat thing.

Get another big flat thing like a cutting board. Peel back the edges of the foil from the cake sides but leave the bottom alone. Set the second big flat thing gently on top of the cake. Put one hand underneath and one hand on top. Peel back the foil and let cool.