

## Mountain Man Breakfast

Prep Type: Dutch Oven

### Prep Time:

10-20 min.

### Total Time:

40-45 min.

### Makes:

8-10 Servings

### Ingredients:

2 Pounds of breakfast sausage, pre-cooked is easiest

2 pounds frozen hash brown potatoes

12 eggs

2 cups grated cheddar or Mexican cheese

20 six inch tortillas

### Make it:

PRE-HEAT Dutch oven on 24 hot coals. Cut up sausage into small pieces and fry in Dutch oven. Remove cooked sausages, then cook the hash brown potatoes in the sausage drippings. When potatoes are browned, spread evenly in bottom of Dutch Oven.

PLACE the cooked sausage over the potatoes.

BEAT the eggs (add up to ¼ cups water if needed) pour the eggs over sausage and spread cheese on top. Cover the Dutch Oven.

MOVE 16 coals to the cover of the Dutch oven, leaving 8 underneath. Cook for about 20-25 minutes until eggs are cooked. Serve on tortillas.

### Ratings:

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### Comments:

What was good what was bad? Any changes need to be made?

*\*Instead of breakfast sausage you can replace it with Italian sausage. Either sweet or hot.\**

## Prison Food

Prep Type: Dutch Oven

### Prep Time:

15 min.

### Total Time:

45 min.

### Makes:

8 servings

### Ingredients:

2 lbs Ground Beef

1 Onion—chopped

1 jar Salsa (24 oz.)

2 cans (14 oz.) of beans or vegetables (pinto beans, corn, kidney beans, etc.)  
drained

2 boxes Jiffy Mix Corn Bread

2 eggs

2/3 cup milk

2 cups shredded taco cheese

### Make it:

PRE-HEAT dutch oven over 25 coals. Brown ground beef and onion in Dutch oven. Drain Grease. Stir in salsa and canned vegetables

MIX together cornbread ingredients (cornbread mix, 2 eggs, and 2/3 cup milk), do this while waiting for meat mixture to heat. You can do this in ziplock bag.

REMOVE dutch oven from coals, spread cornbread mixture evenly over top of meat, then mix in with meat. Spread shredded cheese of the mixture.

COVER Dutch Oven on 9 coals, put 16 coals on lid. Bake for about 30 minutes, or until cornbread is lightly browned.

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### Comments:

What was good what was bad? Any changes need to be made?

*—This wins cooking contests judged by adults*

*\*To make this recipe cornbread surprise do not mix the cornbread in just spread it over the top.\**

## One-Pot Salsa Beef Skillet

Prep Type: Skillet

**Prep Time:**

5 min.

**Total Time:**

27 min.

**Makes:**

4 Servings

**Ingredients:**

1 lb. Lean ground beef

2 cups water

1 cup TACO BELL HOME ORIGINALS thick 'N Chunky Salsa

1 pkg. (14 oz.) KRAFT Deluxe Macaroni & Cheese Dinner

2 cups frozen corn

½ cup KRAFT Mexican Style Shredded Cheese

1 green onion, chopped

**Make it:**

BROWN meat in large skillet; drain. Return to skillet.

ADD water, salsa, and Macaroni; stir. Bring to boil. Reduce heat to low; cover. Simmer 10 min. or until macaroni is tender, stirring occasionally. Stir in corn and Cheese Sauce; cook 2 min. Or until heated through.

TOP with shredded cheese and onions.

**Ratings:**

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**Comments:**

What was good what was bad? Any changes need to be made?

*\*To add extra flavor, add 1 Tbsp. Chili Powder to the cooked meat\**

## French Fry Spam Casserole

Prep Type: Dutch Oven

Prep Time:

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Total Time:

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Makes:

8 Servings

Ingredients:

20oz. Package of frozen french fry potatoes, thawed

2 cups of shredded cheddar cheese

2 cups of sour cream

10  $\frac{3}{4}$  oz. of condensed cream of chicken soup

12 oz. of SPAM Luncheon Meat, cubed

$\frac{1}{2}$  cup of chopped red bell pepper

$\frac{1}{2}$  cup of green onion

$\frac{1}{2}$  cup of finely crushed corn flakes

Make it:

HEAT with 25 coals.

In large bowl, combine potatoes, cheese, sour cream, and soup.

STIR in SPAM, bell pepper, and green onion.

SPOON into dutch oven. SPRINKLE with crushed flakes.

BAKE 30–40 minutes, with 17 coals on top and 8 on bottom.

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Comments:

What was good what was bad? Any changes need to be made?

## Taco Stew

Prep Type: Dutch oven

**Prep Time:**

10 min.

**Total Time:**

25 min.

**Makes:**

8 Servings

**Ingredients:**

- 2 lb lean ground beef
- 2 medium diced onions
- 2 cans whole kernel corn (15 1/4 oz)
- 1 cans diced tomatoes (10 oz)
- 2 cans mild green chilies
- 2 cans black beans (15 oz)
- 2 packets Taco seasoning
- 2 cans Tomato soup (10 oz)
- 1 bag baked tortilla chips
- 1/2 lb grated Cheddar Cheese
- 1 Head of Romaine lettuce

**Make it:**

BROWN meat in Dutch oven with diced onion. ADD corn, tomatoes, chilies, black beans, tomato soup and taco seasoning. Cook till bubbling. Chop lettuce. Line bowl with lettuce, broken chips and top with taco stew and cheese.

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**Comments:**

What was good what was bad? Any changes need to be made?

## Quick-Fix Beef Burrito Skillet

Prep Type: Skillet

**Prep Time:**

10 min.

**Total Time:**

35 min.

**Makes:**

4 Servings

**Ingredients:**

1 lb. Lean ground beef

1 pkg. (1 ¼ oz.) TACO BELL HOME ORIGINALS Taco Seasoning Mix

1 can (19 oz.) kidney beans, drained, rinsed

1 cup TACO BELL HOME ORIGINALS Thick ' Chunky Salsa

1 cup water

4 flour tortillas (6 inch), cut into 1 ½ inch squares

1 cup KRAFT Mexican Style Shredded Four Cheese

1/3 cup BREAKSTONE'S or KNUDSEN Sour Cream

1/3 cup chopped green onions (about 1 large)

**Make it:**

BROWN meat in large skillet, on medium-high heat; drain.

ADD seasoning mix, beans, salsa, and water; stir. Bring to boil. Reduce heat to medium-low; simmer 5 min.

STIR in tortillas; top with cheese. Cover; let stand 5 min. or until cheese is melted. Top with sour cream and onions.

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**Comments:**

What was good what was bad? Any changes need to be made?

*\*Feel free to top with you favorite Mexican-Style (Or non-Mexican) topping just before serving, such as shredded lettuce, chopped tomatoes and/or chopped avocados.\**

## Grilled Cheddar Burgers and Veggies

Prep Type: Foil Packets

**Prep Time:**

20 min.

**Total Time:**

40 min.

**Makes:**

4 Servings

**Ingredients:**

1 lb. Lean ground beef

1 cup of shredded Cheddar cheese (4 oz.)

1 tablespoon of Worcestershire sauce

2 medium green onions, chopped (2 tablespoons)

1 teaspoon peppered seasoned salt

2 medium yellow Yukon potatoes, thinly sliced

1 ½ cups baby-cut carrots

12 cherry tomatoes, cut in half, if desired

4 medium green onions, sliced (¼ cup)

½ teaspoon peppered seasoned salt

**Make it:**

HEAT coals for direct heat. Spray half of one side of four (each sheet is for one person) 18x12-inch sheets of heavy-duty aluminum foil with cooking spray.

MIX beef, cheese, Worcestershire sauce, 2 chopped onions and 1 teaspoon seasoned salt. Shape mixture into 4 patties, about 1 inch thick.

PLACE potatoes on sprayed side of foil sheets. Top with beef patty, carrots, tomatoes, and sliced onions; sprinkle with ½ teaspoon seasoned salt. Fold foil over patties and vegetables so edges meet. Seal edges, making tight ½ inch fold; fold again. Allow space on side for circulation and expansion.

COVER and heat packets 4-6 inches from heat 17-20 minutes or until potatoes are tender. Place packets on plates. Cut a large X across top of packet; fold back foil.

**Ratings:**

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**Comments:**

What was good what was bad? Any changes need to be made?

## Sirloin Three-Bean Chili

Prep Type: Dutch Oven

**Prep Time:**

35 min.

**Total Time:**

55 min.

**Makes:**

6 Servings

**Ingredients:**

- 1 tablespoon vegetable oil
- 2 lb. Boneless beef sirloin, cut into 1 inch cubes
- 1 large onion, coarsely chopped (1 cup)
- 2 cans (28 oz. Each) Progresso diced tomatoes, undrained
- 1 can (15 oz.) pinto beans, rinsed and drained
- 1 can (19 oz.) Progresso red kidney beans, rinsed and drained
- 1 can (15 or 19 oz.) Progresso black beans, rinsed and drained
- 1 cup beef brother
- 1 ½ tablespoons ground cumin
- 1 tablespoon chili powder

**Make it:**

HEAT oil over medium-high heat. Cook 1 pound of beef at a time in oil, stirring occasionally, until brown; remove from Dutch oven.

ADD onion and bell pepper to Dutch oven. Cook 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in remaining ingredients except beef.

COVER and cook over medium heat 10 minutes. Stir in beef. Cook uncovered 3 to 8 minutes or until beef is tender.

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**Comments:**

What was good what was bad? Any changes need to be made?

*\*Feeling mean? Add extra chili powder.\**

## Southwest Chicken Skillet

Prep Type: Skillet

**Prep Time:**

30 min.

**Total Time:**

30 min.

**Makes:**

4 Servings

**Ingredients:**

1 tablespoon of vegetable oil

1 ¼ pounds boneless skinless chicken breasts, cut into 1-inch pieces

1 bag (1 pound) frozen broccoli, red peppers, onions, and mushrooms

1 can (15 oz.) Progresso black beans, rinsed and drained

1 cup Old El Paso Thick 'n chunky salsa

1 Old El Paso Flour tortilla for burritos (8 inch) (from 11.5 oz. Package), cut into 2x1 inch strips

1 cup shredded Cheddar cheese (4 oz.)

**Make it:**

HEAT oil over medium-high heat. Cook chicken in oil 3 to 4 minutes, stirring occasionally, until no longer pink in center.

STIR in vegetables, beans and salsa; reduce heat to medium. Cover and cook 6 to 8 minutes, stirring occasionally, until vegetables are crisp-tender.

SPRINKLE with tortilla strips and cheese. Cover and cook about 2 minutes or until cheese is melted.

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**Comments:**

What was good what was bad? Any changes need to be made?

*-Use the biggest skillet you have.*

*\*Add orange wedges or pineapple chunks if you want\**

*\*Tortilla slices are not necessary if you serve on tortillas.\**

## Taco Stew

Prep Type: Dutch oven

**Prep Time:**

10 min.

**Total Time:**

25 min.

**Makes:**

8 Servings

**Ingredients:**

- 2 lb lean ground beef
- 2 medium diced onions
- 2 cans whole kernel corn (15 1/4 oz)
- 1 cans diced tomatoes (10 oz)
- 2 cans mild green chilies
- 2 cans black beans (15 oz)
- 2 packets Taco seasoning
- 2 cans Tomato soup (10 oz)
- 1 bag baked tortilla chips
- 1/2 lb grated Cheddar Cheese
- 1 Head of Romaine lettuce

**Make it:**

BROWN meat in Dutch oven with diced onion. ADD corn, tomatoes, chilies, black beans, tomato soup and taco seasoning. Cook till bubbling. Chop lettuce. Line bowl with lettuce, broken chips and top with taco stew and cheese.

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**Comments:**

What was good what was bad? Any changes need to be made?

## Grilled Honey-Cumin BBQ Pork Packs

Prep Type: Foil Packs

**Prep Time:**

20 min.

**Total Time:**

40 min.

**Makes:**

4 Servings

**Ingredients:**

½ cup barbecue sauce

¼ cup honey

2 teaspoons ground cumin

4 pork boneless rib or loin chops, ¾ to 1 inch thick (1 ¼ pounds)

2 large ears corn, each cut into 6 pieces

1 cup baby-cut carrots, cut lengthwise in half

2 cups (from 1-pound 4-ounce bag) refrigerated cooked new potato wedges

1 teaspoon salt

**Make it:**

HEAT coals or grill for direct heat. Spray half of one side of four (change this number depending on people you are serving) 18x12 inch sheets of heavy-duty aluminum foil with cooking spray.

MIX barbecue sauce, honey and cumin in small bowl. Place 1 pork chop, 3 pieces corn, ¼ cup carrots and ½ cup potato wedges on center of each sprayed foil sheet; sprinkle with ¼ teaspoon salt. Spoon 3 tablespoons sauce mixture over pork and vegetables on each sheet.

FOLD foil over pork and vegetables so edges meet. Seal edges, making tight ½ inch fold; fold again. Allow space on sides for circulation and expansion.

COOK packets 4 to 6 inches from medium heat (or coals) 15 to 20 minutes, turning once, until pork is slightly pink in center. Place packets on plates. Cut large X across top of each packet; fold back foil.

**Ratings:**

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**Comments:**

What was good what was bad? Any changes need to be made?

## Spicy Chicken Stir-Fry

Prep Type: Skillet

**Prep Time:**

10 min.

**Total Time:**

22min.

**Makes:**

4 Servings

**Ingredients:**

1 lb. Boneless skinless chicken breasts, cut into thin strips.

1 ½ cup KRAFT Asian Toasted Sesame Dressing, divided

1 tsp. Hot pepper sauce

1 package (16 oz.) frozen stir-fry vegetables, thawed, drained.

1 can (8 oz.) pineapple chunks in juice, drained

¼ cup PLANTERS Lightly Salted COCKTAIL Peanuts

2 cups hot cooked whole grain brown rice

**Make it:**

TOSS chicken with ¼ cup dressing and hot sauce; set aside. Heat remaining dressing in large nonstick skillet on medium-high heat. Add vegetables; stir-fry 1 min. Add chicken mixture; stir-fry 4 to 5 min. or until chicken is done.

STIR in pineapple and nuts; cook 5 min. or until heated through, stirring occasionally.

SERVE over rice.

**Ratings:**

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**Comments:**

What was good what was bad? Any changes need to be made?

*\*You can serve in rice too.\**

*\*You can garnish with ¼ cups of chopped cilantro or thinly sliced green onions just before serving.\**

*\*Leave the hot pepper sauce out while eating for entertainment.\**

Coca-Cola Chicken  
Prep Type: Dutch Oven

**Prep Time:**  
15 min.

**Total Time:**  
75-90 min.

**Makes:**  
8 Servings

**Ingredients:**  
8 boneless skinless chicken breasts  
12 oz. Can of Coke  
1 ½ cup ketchup  
1 yellow onion-chopped  
3 cloves garlic-minced  
1 T. chili powder

**Make it:**  
HEAT Dutch oven on 25 coals. Place chicken in Dutch Oven

MIX remaining ingredients, and pour over chicken

COVER Dutch oven place 14-16 coals on lid. Cook for 60-75 minutes.

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**Comments:**  
What was good what was bad? Any changes need to be made?

*\*The Coca-Cola can be replaced with pepsi, or any other soda depending on what you feel like, sprite might look gross though.\**  
*\*Barbecue sauce can replace Ketchup.\**

## Beef Stroganoff

Prep Type: Dutch Oven

### Prep Time:

15 min.

### Total Time:

45-60 min.

### Makes:

6-8 Servings

### Ingredients:

2 lbs ground beef

1 onion-chopped

¼ tsp. Celery salt

¼ tsp garlic salt

3 cans (8 oz each) tomato sauce

1 tsp Worcestershire sauce

½ cup sour cream

1 bag (12 oz) egg noodles

### Make it:

HEAT Dutch oven over 25 coals. Brown meat, onion, celery salt, and garlic salt.

MIX together 1 ½ cups water, tomato sauce, Worcestershire sauce, and sour cream.

ONCE meat is browned, spread the uncooked noodles evenly over the meat. Pour the liquid mixture evenly over the noodles.

Cover Dutch oven. Place 15 coals on top, leave 10 underneath it. Cook for about 30-45 minutes, or until the noodles are fully cooked.

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### Comments:

What was good what was bad? Any changes need to be made?

Enchilada Casserole  
Prep Type: Dutch oven

**Prep Time:**  
20 min.

**Total Time:**  
55-65min.

**Makes:**  
8 Servings

**Ingredients:**  
2 lbs ground beef  
1 onion-chopped  
1 can (10 oz) tomato soup  
2 cans (10 oz) enchilada sauce  
8-10 inch flour tortillas  
3 cups grated cheddar cheese  
1 cup sour cream

**Make it:**  
HEAT Dutch Oven over 25 coals. Brown the meat and onion-then remove to a large bowl.

STIR soup and enchilada sauce into meat mixture. Spoon a ¼" layer of sauce into the Dutch oven. Cover with layer of tortillas, tearing to cover. Cover tortillas with grated cheese.

REPEAT layers until mixture is used up. Top with cheese. Cover Dutch Oven. Place 15 coals on the lid and leave 10 underneath. Bake 35-40 minutes, or until the mixture is bubbling. Serve with sour cream.

**Ratings:**  
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**Comments:**  
What was good what was bad? Any changes need to be made?  
*-This is a Mexican type of meal you might want salsa.*

## Tex-Mex Taco Dinner

Prep Type: Skillet

### Prep Time:

10–20 min.

### Total Time:

25 min.

### Makes:

4 Servings

### Ingredients:

1 lb. Lean ground beef  
1 Tbsp chili powder  
1 cup chicken broth  
1 cup water  
2 cups instant white rice, uncooked  
½ cup Cheez Whiz Cheese Dip  
2 cups shredded lettuce  
1 large tomato, chopped  
8 oz. Sour cream

### Make it:

BREAK ground beef into small pieces and then brown in a large hot skillet.

ADD chili powder, brother, and water. Stir and bring to a boil.

STIR in rice and Cheez Whiz, cover. Simmer on low heat 5 minutes, stirring occasionally.

SERVE in bowls (or tortillas) with lettuce, tomato, and sour cream.

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### Comments:

What was good what was bad? Any changes need to be made?

*-It's a Mexican dish you can serve with hot sauce or salsa.*

## Mac Chicken Cacciatore

Prep Type: Skillet

**Prep Time:**

5-15 min.

**Total Time:**

15-25 min.

**Makes:**

4 Servings

**Ingredients:**

1 package(7 ½ oz) Kraft macaroni & cheese dinner

1 Package (6 oz) Oscar Meyer Deli Fresh Oven Roasted Chicken Breast Cuts  
(or other pre-cooked chicken chunks)

1 can (14 ½ oz) Italian Style diced tomatoes. Undrained.

½ cup chopped green peppers (about ½ small pepper)

**Make it:**

PREPARE Mac & Cheese follow the the directions in a large sauce pan.

STIR in remaining ingredients. Cook on low for about 5 minutes, or until heated through, stirring occasionally.

**Ratings:**

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**Comments:**

What was good what was bad? Any changes need to be made?

*\*This recipe tastes like a combination of mac&cheese, chicken breasts, and tomatoes.\**

## Lasagna Toss

Prep Type: Skillet

**Prep Time:**

20 min.

**Total Time:**

40 min.

**Makes:**

4 Servings

**Ingredients:**

- 1 lb. Lean ground beef
- 2 green peppers, chopped
- 3 cloves garlic, minced
- 1 jar (26 oz) spaghetti sauce
- 1 2/3 cups water
- ¼ cup Zesty Italian Dressing
- 12 oven ready lasagna noodles
- 1 cup shredded mozzarella cheese
- ½ cup ricotta cheese (optional)

**Make it:**

BROWN meat in large saucepan; drain fat. Then stir in peppers, garlic, spaghetti sauce, water, and dressing. Bring to a boil.

ADD noodles. Stir, cover. Cook on medium-low heat for 10-15 minutes until noodles are tender, stirring occasionally. Mix in ricotta cheese.

SPRINKLE with shredded mozzarella, shut of heat, cover, and let stand about 5 minutes until cheese is melted.

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**Comments:**

What was good what was bad? Any changes need to be made?

## Baked Apples

Prep Type: Foil Desert

**Prep Time:**

5 min.

**Total Time:**

20min.

**Makes:**

1 Serving

**Ingredients:**

1 apple

½ - ¾ teaspoon Cinnamon sugar

2-4 tablespoons dried fruits and nuts

½ teaspoon butter

**Make it:**

CORE apple leaving bottom in tact.

STUFF the fruits and nuts pack tightly. Sprinkle the cinnamon and put butter in.

WRAP in a double thickness of aluminum foil, twisting top to form handle. Place on coals baking for about 15 min. turning occasionally.

**Ratings:**

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**Comments:**

What was good what was bad? Any changes need to be made?

*-To improve efficiency start cutting the apples before dinner.*

## Peach Cobbler

Prep Type: Dutch Oven Desert

**Prep Time:**

5-10 min.

**Total Time:**

50-55 min.

**Makes:**

8 Servings

**Ingredients:**

2 cans (30 oz) sliced peaches with syrup

1 package yellow cake mix

1 tsp cinnamon

**Make it:**

PLACE Dutch oven on 15 coals. Pour peaches into Dutch oven.

SPREAD cake mix over peaches. Do not mix. Sprinkle with cinnamon.

COVER, and place 10 coals on lid. Bake for about 45 minutes.

**Ratings:**

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**Comments:**

What was good what was bad? Any changes need to be made?

*-This is a classic desert, and fairly easy good for new patrols. Whipped cream is nice on top.*

## Meteoric Oreo Dessert

Prep Type: Dutch oven

**Prep Time:**

10 min.

**Total Time:**

30-45 min.

**Makes:**

6-8 Servings

**Ingredients:**

1 box yellow cake mix

4 eggs

1 cup water

1 1/2 cup milk

Oreo cookies

Instant Chocolate pudding mix

**Make it:**

Mix pudding, set aside. In separate bowl mix cake mix and milk. Mix in eggs and water. Add Oreos 1/2 of Oreos and mix. Pour into Dutch oven with 1/3 coals on bottom and 2/3 on lid. Cook for about 45 minutes till done. Top with pudding and serve.

**Ratings:**

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**Comments:**

What was good what was bad? Any changes need to be made?