

OVERVIEW

Simplicity was my main objective in the writing of this first edition of Troop 11 recipe book. The book is more than recipes it is also a guide towards the preparation of the meals.

This book is a “Work in Progress (WIP).” Your input and contributions are strongly encouraged and most welcomed.

I ask that you make many notations and comments throughout the book. I will then collect these books after each time they are used and update them on a regular basis.

I have omitted, intentionally, some foods from this first edition. (for now)

Bacon, I love bacon but it is quite sloppy to cook and poses a potential fire hazard. I’ve seen this through personal experience.

Chicken, raw chicken has that issue with salmonella poisoning. Not a good thing.

I hope that you find these simple meals easy to make and flavorful to your taste.

Bon Appetite

Mike Tullio

BREAKFAST – 1

Cold cereal – 1 single serving box / scout

Fresh fruit – apple, orange, pear

Juice – orange, real fruit juice, V-8

Hot Chocolate

NOTES:

DESSERTS

S'Mores

(per person servings)

4 squares chocolate candy bar – Hershey's milk chocolate bar works well because it has a low melting point.

2 Graham crackers – square size

1 Toasting size marshmallow

Toast (not burn) marshmallow on skewer

Place the chocolate pieces on one of the crackers then place the toasted marshmallow on top of the chocolate then make a sandwich with the other cracker.

BREAKFAST – 2

Instant Hot Oatmeal – 1 or 2 packages per scout

Fresh fruit – apple, orange, pear

Juice – orange, real fruit juice, V-8

Hot Chocolate

NOTES:

BREAKFAST – 3

Ham & Eggs

Ham Steak – (precooked) approx. 2oz. per scout
Pan fried or grilled
Eggs – 1 to 2 eggs per scout
Fried or scrambled
Toast
Milk
Fresh fruit – apple, orange, pear
Juice – orange, real fruit juice, V-8
Hot Chocolate

NOTES:

DINNER – 4

Pork Chops with Apples

Pork chops – 1 per scout
Season chops to taste, salt, pepper, spices
Panfry or grill
Apples (Granny Smith) – 1 per scout
Peel, core and slice apples
Add to pan with melted butter use about 1 oz of butter/margarine per apple
Add brown sugar about 1 tablespoon per apple to the partially cooked mixture
Potato (baked) – 1 per scout
Possible condiments:
Sour cream, butter/margarine, chives, bacon bits, grated cheese
Green Beans (canned) – 1 can for 3 scouts
Cook in pot
Fruit
Milk / Bug juice – Gatorade
Cookies

NOTES:

DINNER – 3

Macaroni with Meat Sauce

(Serves 6)

Sauce:

In a large sauce pot or large skillet;
Brown 1 lbs of ground meat
Add ½ finely chopped onion
Add 3 cloves finely chopped garlic
Salt & Pepper to taste
Cook until meat is browned and onions are soft
Add on jar of favorite spaghetti sauce (Ragu)
Cook for 10 to 15 minutes

Macaroni:

In large pot of boiling water;
Add 1 tablespoon of salt & 1 lbs of Elbo Macaroni
Follow package instructions for cooking time

Tossed Salad:

In a large mixing bowl;
1 large head of lettuce – cut into bit size pieces
¼ onion – very thinly sliced
1 cucumber – peeled and sliced
1 pound of Cherry Tomatoes
Your favorite bottled salad dressing (Italian, Ranch)

Garlic Bread:

1 loaf of garlic bread
Bake according to package instructions
Milk / Bug juice – Gatorade

BREAKFAST – 4

French Toast & Pork Links

Loaf of white bread – 2 slices per scout
Eggs – 1 per scout
First break eggs into a mixing bowl and beat
in 2 oz of water per eggs
Next dip each slice of bread into the egg
mixture
Fry each slice on an oiled griddle until
golden brown
Pancake syrup and butter for finishing
¼ cup of syrup per serving
Pork links – 3 per scout
Brown and serve type work best – pan fry
Milk
Fresh fruit – apple, orange, pear
Juice – orange, real fruit juice, V-8
Hot Chocolate

NOTES:

LUNCH – 1

PB & J

Peanut butter & Jelly sandwiches
2 to 4 slices of bread per scout
2 oz of peanut butter per sandwich
1 oz of jelly per sandwich
Fruit
Milk
Bug juice – Gatorade

NOTES:

DINNER – 2

Chili Con Carne

(This recipe serves 4)

1 pound of ground meat
Brown well in skillet and skim off excess oil
1 finely chopped onion
4 cloves of garlic – finely chopped
In a large pot sauté the onions and garlic in one tablespoon of vegetable oil
Add the browned ground meat
Add 2 or 3 tablespoons of Chili Powder
Add 8 oz of tomato sauce
Deglaze the frying pan with about 4 oz of water and add to mixture
Simmer for 20 to 25 minutes
Add Two 8 oz cans of kidney beans to pot
Cook for additional 10 or until hot
Serving suggestions:
Serve over cooked rice and add grated cheddar cheese on top
Serve in bowl with a dollop of sour cream and chopped green onions
Serve in bowl with lots of saltine crackers
Fruit
Milk / Bug juice – Gatorade
Cookies

DINNER – 1

Channing's Rice & Beans

Smoked sausage – 3 oz per scout
Cut sausage in bite size pieces
Lightly brown in pot
Green pepper – 1 to 2 peppers
Cut pepper into diced pieces and add to
browned sausage. Cook until soft
Zataran's Rice & Bean Mix – 1 box (4 to 6 scouts)
Follow box direction for thick or soupy
mixture. Cook approx. 25 minutes
Fruit
Milk / Bug juice – Gatorade
Cookies

NOTES:

LUNCH – 2

Hoagie Sandwiches

Hoagie sandwiches
Hoagie rolls – one per scout
Sliced lunch meat – 4 slices per sandwich
Bologna, salami, ham, turkey
Sliced cheese – 2 slices per sandwich
American, Swiss, Jack
Sliced Tomatoes – 2 to 3 slices per sandwich
Sliced Onions
Shredded Lettuce – 1 oz per sandwich
Sliced pickles
Dill or Sweet
Mayo and Salad dressing

Fruit
Milk / Bug juice – Gatorade
Cookies

NOTES:

LUNCH -3

Hot Dog & Baked Beans

Hot Dogs and Buns – 2 per scout

Roasted, grilled or boiled

Canned Baked Beans – 2 oz per scout

Cole Slaw

Shredded cabbage – 2 oz per scout

Shredded carrots – 1 per scout

Shredded onion – ¼ onion per head of cabbage

Salt & Pepper to taste

Favorite Cole Slaw dressing

Fruit

Milk / Bug juice – Gatorade

Cookies

NOTES:

LUNCH – 4

Tomato Soup & Grilled Cheese Sandwiches

Canned tomato soup – 1 can serves 2 scouts

Prepare according to can instructions

Loaf of white bread – 2 to 4 slices per scout

Sliced American Cheese – 2 slices per sandwich

Lightly butter bread and toast on a griddle until golden (both sides) and the cheese has melted

Fruit

Milk / Bug juice – Gatorade

Cookies

NOTES:
