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Camp 0

D--BREAKFAST--Put-In Breakfast

The put-in breakfast is packed in the PI cooler for Deluxe trips, and in the lunch cooler for FSP trips.

1/4 gallon milk, fresh
1/4 gallon orange juice
32 ounces yogurt
1 pint half and half
seasonal fruit

1 package coffeecake
24 ounces granola
6 each sugar packets
1/2 pound coffee
tea and cocoa
1 each plastic knives
9 each plastic spoons
9 each paper bowls
8 each plastic juice cups
1/2 roll paper towels
hand sanitizer

1. Slice coffeecake and fruit.
2. Serve granola, yogurt & milk with fruit and coffeecake on the side.
3. Heat water for coffee, tea, hot cocoa. Serve with half and half and sugar.

Your Text Here

Camp 0

Tim Strauch
Colorado River Trip
August 14, 2011

E--LUNCH--Put In River Lunch

-----LUNCH COOLER AND CAMPS 1 - 3

+

1 pound cheese(s)
1 1/2 pounds deli meats
1 head lettuce, iceberg
1 each onion, red
2 each tomatoes
8 servings lunch fruit
2 gallons gatorade
2 fluid ounces horseradish
5 fluid ounces mayonnaise
1 jar spicy brown mustard
1 jar jelly
1 jar peanut butter
1 jar pickles
1 jar pepperoncini peppers

-----LUNCH BOX

8 servings salty snacks
1 package cookies
2 loaves bread
1/2 set salt and pepper
1/2 roll paper towels
1/2 bottle hand soap
18 pairs food handlers gloves
1/2 each Put-in Lunch recipe
1/2 each Meal Plan Table of Contents
1/2 each Food Report
1/2 each Food Manifest
1/2 set Boat Maps
1/2 each List of Staples and Spices
1/2 each utensil set (Deluxe trips)
1 each cutting sheets (Deluxe trips)

1. Slice the cheeses and vegetables.
2. Spread all of the ingredients out deli style. Build your own as you wish.

*** Please carry forward leftover items, except mayo. Thanks. ****

Your Text Here

Camp 01

Camp 01

Tim Strauch
Colorado River Trip
August 14, 2011

A--SALAD--Fruit Salad

-----CAMP BOX

45 ounces fruit cocktail or mixed fruit

1. Open cans, drain, and serve. Enjoy!

Your Text Here

B--DINNER--Chicken Curry and Rice

-----CAMP COOLER

3 pounds chicken breast tenders

-----CAMP BOX

4 cups basmati rice

1/2 jar curry paste

1 can coconut milk

1/2 jar chutney

3/4 cup cashews

3 ounces coconut flakes

1/2 cup raisins

-----PRODUCE COOLER AND CRATES

1 each bell peppers

3 each carrots

3 each celery

1 each squash, zucchini

1 each onion, yellow

3 each potatoes, red

-----STAPLES BOX AND SPICE BOX

3 cloves garlic

1/2 cup vegetable oil

1. Cook the rice in boiling water according to package directions.
2. Wash and chop and slice all vegetables.
3. Saute the chicken with garlic in vegetable oil. Add the vegetables.
4. Add curry paste to desired taste. (It is spicy and hot!) Stir constantly.
5. Mix the vegetables and chicken with curry sauce. Add coconut milk.
6. Serve over rice with optional sides of cashews, chutney, coconut and raisins.

Your Text Here

C--DESSERT--Fresh Deli Brownies

-----CAMP COOLER

8 servings fresh deli brownies

1. Open package and enjoy!

Your Text Here

D--BREAKFAST--Cereal with Bananas, Bagels and Bacon

-----CAMP COOLER

1 pound bacon
1/4 cup butter
4 ounces cream cheese
4 ounces cream cheese, flavored
1 pint half and half (as cooler space permits)

-----CAMP BOX

12 servings cereal
4 cups milk, non-perishable
3/8 pound coffee
tea and hot cocoa (odd camps)

-----BREAD BOX

8 each bagels

-----PRODUCE COOLER AND CRATES

1 1/2 bunches bananas

-----STAPLES BOX AND SPICE BOX

coffee creamer
sugar

1. Fry bacon on griddle. Drain on paper towels.
2. Toast bagels on griddle. Serve with cream cheese, and/or leftover peanut butter and jelly.
3. Serve cereal with milk and dried fruit.
4. Serve drinks on the side.

Your Text Here

E--LUNCH--Turkey and Bean Burritos

-----CAMP COOLER

8 ounces cheddar and/or jack cheese
1 pound turkey, deli

-----CAMP BOX

1 bottle hot sauce
30 ounces refried beans
1 can olives, black
12 fluid ounces salsa
12 ounces tortilla chips
1/2 package cookies
1 gallon powdered lunch drink

-----BREAD BOX

10 each tortillas

-----PRODUCE COOLER AND CRATES

1/4 head lettuce, iceberg
2 each avocado
1/2 each onion, red
2 each tomatoes
lunch fruit

1. Wash and dice tomatoes and onion.
2. Chop the turkey.
3. Open the cans and arrange all ingredients buffet style.
4. Serve with tortillas.
5. Serve cookies, drinks and fruit on the side.

Your Text Here

Camp 02

A--SALAD--Spinach Salad

-----CAMP BOX

1/2 bottle Italian salad dressing

-----PRODUCE COOLER AND CRATES

10 ounces mushrooms

1 each cucumbers

1 each onion, red

8 servings spinach, washed

2 each tomatoes

1. Open bag of washed spinach. Wash and slice remaining veggies.

2. Toss all ingredients together with Italian dressing.

Your Text Here

B--DINNER (Grill)--Burgers, Veggie Burgers and Beans

-----CAMP COOLER

12 ounces cheddar cheese
2 e veggie burgers
9 each hamburger patties
7 each hot dogs

-----CAMP BOX

40 ounces baked beans
6 fluid ounces ketchup
12 each mayonnaise packets
12 each mustard packets, yellow and dijon
4 fluid ounces pickle relish
1 jar pickles
2 cans Pringles

-----BREAD BOX

9 each hamburger buns
7 each hot dog buns

-----PRODUCE COOLER AND CRATES

1/2 head lettuce, iceberg
1 each onion, yellow
2 each tomatoes

charcoal

1. Start charcoal in firepan.
2. Wash and slice onions, tomatoes, lettuce and cheese for toppings.
3. Open and heat beans.
4. Grill burgers and dogs, rotating frequently. The vegetarian burgers will cook faster than the beef burgers.
5. Top some of the patties with cheese and heat the buns.
6. Serve with chips, beans, veggies and condiments.

Your Text Here

C--DESSERT (DO)--Pineapple Upside Down Cake

-----CAMP COOLER
1/4 cup butter

-----CAMP BOX
1 package yellow cake mix
1/4 cup coconut flakes
3/4 cup brown sugar
16 ounces pineapple, sliced canned
8 1/2 ounces water of pineapple juice

-----EGG BOX OR COOLER
3 each eggs

-----STAPLES BOX AND SPICE BOX
1 1/2 cups vegetable oil

charcoal

1. Start the charcoal in the firepan. You will need about 30 coals.
2. Preheat and oil Dutch oven and lid.
3. Refer to the directions included with the cake mix and use the amount of eggs, water, and oil specified in those directions. (If you want, you can substitute the juice from the canned pineapple slices instead of water.)
4. Mix cake according to directions.
5. Melt butter on the bottom of the Dutch oven. Add brown sugar and spread it around evenly. Place pineapple rings on the brown sugar.
6. Pour cake batter on top of the pineapple rings.
7. Place the Dutch oven on a ring of about 6 coals, and arrange about 25 coals in a checkerboard pattern on the Dutch oven lid.
8. Bake 25-30 minutes. Check cake and adjust coals if necessary to evenly cook. Watch carefully when it begins to smell done.
9. Top with coconut if desired.

Your Text Here

D--BREAKFAST--Scrambled Eggs and Bacon

-----CAMP COOLER

1 1/2 pounds bacon

1/2 cup butter

1 pint half and half (as cooler space permits)

-----CAMP BOX

4 fluid ounces jelly

1/2 gallon Tang

3/8 pound coffee

tea and hot cocoa (odd camps)

-----BREAD BOX

8 each English muffins

-----EGG BOX AND COOLER

20 each eggs

-----STAPLES BOX AND SPICE BOX

powdered creamer

sugar

-----PRODUCE COOLER AND CRATES

fresh fruit

1/2 each onion, yellow

1. Fry bacon on griddles. Drain on paper towels.
2. Whisk eggs with salt and pepper to taste.
3. Chop onion (optional) and saute in butter until tender.
4. Pour in eggs and cook until done.
5. If you have leftover lunch cheese, you might want to add it to the scrambled eggs.
6. Heat muffins on griddle and serve with condiments.
7. Serve fruit and drinks on the side.

Your Text Here

E--LUNCH--Melon Fruit Salad

-----CAMP COOLER

1/2 pound cheese
32 ounces yogurt, vanilla

-----CAMP BOX

1 sleeves crackers
1/2 package cookies
1 gallon powdered lunch drink

-----PRODUCE COOLER AND CRATES

2 each bananas
1 each cantaloupes
1 each pineapple

***** Remember to have bowls and forks handy at lunch time!

1. Slice, dice or chop fruit. Toss together in a large mixing bowl.
2. Serve with yogurt, cheese, crackers, drinks and cookies.

NOTE: The fruit selection may change depending on seasonal availability.

Your Text Here

Camp 03

A--SALAD--Green Salad

-----CAMP BOX

1/2 bottle salad dressing

-----PRODUCE COOLER AND CRATES

2 each carrots

1 each cucumber

1 head lettuce, romaine

1/2 bunch green onions

2 each tomatoes

1. Wash and slice veggies.

2 Mix thoroughly.

3. Serve with dressing.

Your Text Here

B--DINNER (DO,DO)--Frozen Meat and Vegetarian Lasagna

-----CAMP COOLER

4 pounds frozen lasagna
4 pounds frozen vegetarian lasagna
1/4 cup butter

-----BREAD BOX

1 loaves french bread

-----STAPLES BOX AND SPICE BOX

3 teaspoons garlic, crushed

charcoal

aluminum foil

1. Prepare coals in firepan. You will need about 60 coals.
2. Cut meat lasagna to fit into large Dutch oven. Cut vegetarian lasagna to fit in smaller Dutch oven.
3. Place 6-10 coals in bottom of firepan. Place DO on top of these coals, then place about 20-30 coals on top. Cook, until you can smell the lasagna. Resist the temptation to lift the lid to check it before that! Note that the vegetarian lasagna will cook faster and need few coals.
4. Spread garlic and butter on the french bread which has been sliced in half lengthwise. Wrap in foil and either cook on top of rest of the coals or toast on griddle.

Your Text Here

Camp 03

Tim Strauch
Colorado River Trip
August 14, 2011

C--DESSERT--Cheesecake, Pre-made

-----CAMP COOLER

1 each Pre-made Cheesecake (for camps 3 and 4)

-----CAMP BOX

1 each 2 gallon ziplock bag to store leftovers

1. Serve and enjoy!

Your Text Here

D--BREAKFAST--Cream of Wheat, Instant, and Pop Tarts(Sausage)

-----CAMP COOLER

8 each breakfast sausage links

1 pint half and half (as cooler space permits)

-----CAMP BOX

16 packets cream of wheat, instant

8 packages pop tarts

3/4 cup apricots

1/2 gallon Tang

3/8 pound coffee

tea and hot cocoa (odd camps)

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

coffee creamer

sugar

1. Prepare cream of wheat according to package directions.

2. Fruit, pop tarts and drinks on the side.

Your Text Here

E--LUNCH--Hummus Pockets with Turkey and Veggies

-----CAMP COOLER

1/2 pound cheese
1 pound turkey, deli
10 ounces hummus, pre-made

-----CAMP BOX

1/2 package cookies
1 gallon powdered lunch drink

-----BREAD BOX

1 1/2 packages pita

-----PRODUCE COOLER AND CRATES

1 each cucumbers
1/4 head lettuce, iceberg
4 each carrots
1/2 each onion, red
2 each tomatoes
lunch fruit

1. If this lunch is for a camp later than 9, there will be hummus mix in the camp box. Mix per directions. If you make hummus at breakfast, be sure to store it in a cool place until lunch.
2. Wash and slice carrots, tomatoes, cucumbers & onion and set out buffet style.
3. Set out remaining ingredients.
4. Let everyone build their own pita sandwich.

Your Text Here

Camp 04

A--SALAD--Tomato Cucumber Salad

-----CAMP BOX

1/2 bottle Italian salad dressing

-----PRODUCE COOLER AND CRATES

1 1/2 each cucumbers

2 1/2 each tomatoes

1. Wash veggies. Slice tomatoes, peel and chop cucumbers.
2. Pour dressing over veggies and let marinate until ready to serve.

Your Text Here

B--DINNER--Ham and Au Gratin Potatoes

-----CAMP COOLER

8 servings ham chub

3/4 cup butter

-----CAMP BOX

2 cups milk, non-perishable

12 servings Au Gratin Potatoes

1. Slice ham and heat on griddle.
2. Prepare potatoes according to package directions.

Your Text Here

Camp 04

Tim Strauch
Colorado River Trip
August 14, 2011

C--DESSERT--Leftover Cheesecake, Pre-made

-----CAMP COOLER

1 each Leftover Cheesecake from Camp 2

1. Serve and enjoy!

Your Text Here

D--BREAKFAST--Huevos Rancheros with Sausage

-----CAMP COOLER
1 1/2 pounds spicy or smoked sausage(before camp 13)
1/4 cup butter
16 ounces cheddar and/or jack cheese
1/2 pint half and half (as cooler space permits)

-----CAMP BOX
30 ounces refried beans
1/2 can Rotelle spicy tomatoes
1/2 gallon Tang
3/8 pound coffee
tea and hot cocoa (odd camps)

-----BREAD BOX
12 each tortillas

-----EGG BOX OR COOLER
18 each eggs

-----PRODUCE COOLER AND CRATES
1/2 each onion, yellow
fresh fruit

-----STAPLES BOX AND SPICE BOX
coffee creamer
sugar

1. Grate the cheeses.
2. Drain tomatoes, saving juice for those who like it extra HOT!
3. Slice sausage and fry. Drain on paper towels.
4. Scramble or fry the eggs on griddle with butter as needed.
5. Warm the tortillas and beans.
6. Serve all ingredients buffet style for a fix-your-own breakfast.
7. Fruit and drinks on the side.

Your Text Here

E--LUNCH--Guacamole and Tortillas

-----CAMP COOLER

1 bags avocado, pre-mashed bag
16 ounces cheddar and/or jack cheese

-----CAMP BOX

30 ounces black beans, canned
1/2 package cookies
1 gallon powdered lunch drink
1/2 teaspoon cumin
8 fluid ounces salsa
12 ounces tortilla chips

-----BREAD BOX

10 each tortillas

-----PRODUCE COOLER AND CRATES

1/4 head lettuce, iceberg
2 each tomatoes
1/2 each onion, red
lunch fruit

1. Wash and chop veggies.
2. Mix pre-mashed avocados with salsa and cumin to taste.
3. Serve with tortillas, beans, veggies, and chips.

Your Text Here

Camp 05

A--SALAD--Veggies and Dip

-----CAMP COOLER

16 fluid ounces sour cream

-----CAMP BOX

1 package onion soup mix

2 packages Pringles

-----PRODUCE COOLER AND CRATES

1/2 pound carrots, baby

4 stalks celery

1 each cucumber

1 each bell pepper, red

1. Mix sour cream and onion soup mix together to make dip.

2. Wash and cut veggies.

3. Serve veggies and dip with chips.

Your Text Here

B--DINNER--Chicken Stir-Fry and Rice

-----CAMP COOLER

3 pounds chicken breast tenders

-----CAMP BOX

4 cups basmati rice

1/2 bottle stir-fry sauce

-----PRODUCE COOLER AND CRATES

1 each bell peppers

1 head broccoli

3 stalks celery

16 ounces snow pea pods

1 each squash, crookneck

1 each onion, yellow

-----STAPLES BOX AND SPICE BOX

3/4 cup vegetable oil

1. Prepare rice according to directions.

2. Wash and chop and slice vegetables.

3. In a large skillet or Dutch Oven, heat oil over medium high heat.

4. Add chicken into skillet with a dash of stir-fry sauce and saute for about 5 minutes, until chicken is only slightly pink.

5. Add vegetables to the chicken starting with the longest cooking ones first. Add a few more dashes of stir-fry sauce to the skillet. Gradually add the stir-fry sauce as needed and continue to saute until the veggies are heated through and the chicken is fully cooked. Season with pepper.

6. Serve with rice.

Your Text Here

C--DESSERT--Frozen Fruit

-----CAMP COOLER

3 pounds frozen fruit

1. Open bag and pour into a large bowl.
2. Sprinkle with sugar, if desired.

Your Text Here

D--BREAKFAST--French Toast with Canadian Bacon

-----CAMP COOLER

1 pound Canadian bacon
3/4 cup butter
1 pint half and half (as cooler space permits)

-----CAMP BOX

12 fluid ounces maple syrup
30 fluid ounces canned pears
1/2 gallon Tang
3/8 pound coffee
tea and hot cocoa (odd camps)

-----BREAD BOX

1 loaves french toast bread

-----EGG BOX OR COOLER

12 each eggs

-----STAPLES BOX AND SPICE BOX

coffee creamer
sugar
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
2 teaspoons vanilla
powdered sugar

-----PRODUCE COOLER AND CRATES

fresh fruit

1. Fry bacon on griddles.
2. Mix egg with a little half & half and spices. Soak each bread slice in batter and brown on hot, well-oiled griddles.
3. Serve french toast with butter, syrup and other condiments you desire (eg. powdered sugar).
4. You might want to heat the canned pears, and offer as an additional topping.

Your Text Here

E--LUNCH--Deli Lunch

-----CAMP COOLER

3/4 pound cheese

1 1/2 pounds deli meats

-----CAMP BOX

9 each mayonnaise packets

9 each mustard packets, yellow and dijon

2 cups peanut M&M's

1 gallon powdered lunch drink

-----BREAD BOX

1 loaves bread

-----PRODUCE COOLER AND CRATES

1/4 head lettuce, iceberg

1/2 each onion, red

2 each tomatoes

lunch fruit

1. Wash vegetables.

2. Slice the cheeses and vegetables.

3. Spread all of the ingredients out deli style.

Your Text Here

Camp 06

A--SALAD--Hearty Garden Salad

-----CAMP BOX

8 ounces garbanzo beans, canned

1/2 bottle salad dressing

1/2 cup walnuts

-----PRODUCE COOLER AND CRATES

2 each avocados

2 each carrots

1 each cucumbers

1 head lettuce, iceberg

1 each tomatoes

1 each squash, zucchini

1. Wash veggies. Drain garbanzo beans.

2. Chop and/or grate carrots and zucchini.

3. Slice remaining veggies.

4. Toss all ingredients. Serve with salad dressing.

Your Text Here

B--DINNER (Grill)--Grilled Steak and Baked Potatoes(Pork Chop)

-----CAMP COOLER

1 each pork chops (non-red meat option)
7 pieces top sirloin steaks (8 - 10 oz each)
16 fluid ounces sour cream
1 cup butter

-----CAMP BOX

8 ounces mushrooms, canned
1/2 bottle Steak Sauce
6 teaspoons chives

-----PRODUCE COOLER AND CRATES

1 1/2 each onion
8 each potatoes

charcoal
aluminum foil

1. Start the charcoal in firepan. Oil the grills to prevent sticking.
2. Roll each potato in aluminum foil and cook on grill for a good long while. Rotate potatoes frequently to cook evenly.
3. Season steaks with salt and pepper. Grill to taste, 6 minutes per side for rare, 8-10 minutes for more well-done steak. Serve with steak sauce on the side.
4. Season pork chops as desired. Grill on both sides until thoroughly cooked.
5. Saute onions and mushrooms and top steaks if you wish.
6. Serve potatoes with butter, sour cream and chives on the side.

Your Text Here

C--DESSERT--Strawberry Yogurt Pie

-----CAMP COOLER

1 tub Cool Whip®

24 ounces frozen strawberries

24 ounces yogurt, strawberry

-----CAMP BOX

1 each graham cracker crumb pie crust

1. Mix yogurt, strawberries and cool whip.
2. Pour into crusts and chill in cooler.
3. Enjoy this easy scrumptious dessert!

Your Text Here

D--BREAKFAST--Ham, Eggs, and English Muffins-2

-----CAMP COOLER

2 each ham steaks

1/2 cup butter

1 pint half and half (as cooler space permits)

-----CAMP BOX

1 jar peanut butter

1 jar jelly

6 ounces mushroom stems and pieces

1/2 gallon Tang

3/8 pound coffee

tea and hot cocoa (odd camps)

-----BREAD BOX

8 each English muffins

-----EGG BOX OR COOLER

20 each eggs

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

coffee creamer

sugar

1. Toast English muffins on a griddle. Keep warm in a pre-heated Dutch oven.

2. Cook ham in a skillet or on a griddle.

3. Scramble eggs. Add in drained mushrooms. Fry in a little butter.

4. If you have leftover lunch cheese, you might want to grate it and add it to the eggs.

5. Mix drinks.

6. Serve everything buffet style.

Your Text Here

E--LUNCH--Chicken Yogurt Salad Wraps

-----CAMP COOLER

4 ounces yogurt, plain

-----CAMP BOX

32 ounces white chunk chicken

8 fluid ounces mayonnaise

1 gallon powdered lunch drink

1 jar pickles

3/4 cup raisins

8 servings salty snacks

1/2 package cookies

-----PRODUCE COOLER AND CRATES

3 each celery

1/2 each onion, red

lunch fruit

-----BREAD BOX

10 each tortillas

-----STAPLES BOX AND SPICE BOX

1/8 teaspoon black pepper

1/8 teaspoon cayenne

1 teaspoon chives

***** You will need a large bowl and spoon to make chicken salad. *****

1. Wash veggies.

2. Chop celery and onion.

3. Open and drain chicken.

4. In a large bowl, mix together celery, raisins, and chicken. Add yogurt. Season to taste with pepper, chives and cayenne.

5. Serve everything buffet style.

Your Text Here

Camp 07

A--SALAD--Bean Salad, Zippy

-----CAMP BOX

15 ounces black beans, canned

15 ounces pinto beans, canned

15 ounces corn, canned

-----PRODUCE COOLER AND CRATES

1/2 bunch cilantro, fresh

1 each tomato

1 each onion, red

-----STAPLES BOX AND SPICE BOX

4 cloves garlic

1/4 cup balsamic vinegar

1/4 cup olive oil

1/2 tablespoon hot sauce

1/2 tablespoon cayenne pepper

1. Wash fresh veggies.

2. Mince garlic and cilantro. Chop onion and tomatoes.

3. Drain about half of the liquid from the canned corn and beans.

4. Combine all ingredients in a large bowl and mix thoroughly.

5. Add hot sauce and cayenne to taste.

Your Text Here

B--DINNER--Pesto Pork Chops and Orzo

-----CAMP COOLER

9 each pork loin chops

8 servings pesto sauce, refrigerated

1/2 cup butter

-----CAMP BOX

1 1/2 pounds orzo

-----STAPLES BOX AND SPICE BOX

3/8 cup olive oil

Pam

water

1. Bring 2 gallons of water to a boil in a large pot. Gently stir in orzo. Return to a boil. Stir occasionally for about 8 - 12 minutes, depending on how tender you like your pasta. Remove from heat and drain. Season with butter and salt and pepper.
2. If you have pesto sauce mix, prepare it according to directions on packet.
3. Spray skillet with no-stick spray and place on medium burner to heat.
4. While orzo is cooking, spread pesto on both sides of pork chops. Pan fry until done, turning once (about 10 minutes total).

Your Text Here

C--DESSERT--Oreo Cookie Pie

-----CAMP COOLER

1/4 cup butter

-----CAMP BOX

1 1/4 cups milk, non-perishable

1 package oreo cookie pie mix

1. Please refer to directions included with the mix. Use the amount of butter and milk specified on package directions.
2. Melt butter and combine with crumbs from pie mix. Press firmly into bottom of medium nesting bowl.
3. Blend filling mix with milk. Beat for 3 minutes. Pour filling into crusts, cool in cooler.

Your Text Here

D--BREAKFAST--Granola and Dried Fruit and Yogurt(Sausage)

-----CAMP COOLER

8 each breakfast sausage links
32 ounces yogurt
1/2 pint half and half (as cooler space permits)

-----CAMP BOX

4 cups milk, non-perishable
32 ounces granola
1/2 cup raisins
1/2 cup craisins
1/2 gallon Tang
3/8 pound coffee
tea and hot cocoa (odd camps)

-----STAPLES BOX AND SPICE BOX

coffee creamer
sugar

1. Fry sausage in skillet. Drain on paper towels.
 2. Serve granola with fruit and yogurt. There will be milk in early camps.
- Your Text Here

E--LUNCH--Taco Salad

-----CAMP COOLER

8 fluid ounces sour cream
16 ounces cheddar and/or jack cheese

-----CAMP BOX

30 ounces black beans, canned
15 ounces kidney beans, canned
12 fluid ounces salsa
1/2 jar jalapenos, sliced
12 ounces tortilla chips
1/2 package cookies
1 gallon powdered lunch drink

-----BREAD BOX

10 each tortillas

-----PRODUCE COOLER AND CRATES

1/2 head lettuce, iceberg
1/2 each onion, red
2 each avocado
2 each tomatoes
lunch fruit

***** You will need a mixing bowl and spoon, and small bowls and forks for this lunch.

1. Wash and chop veggies. Cube or grate cheeses. Open cans of beans and drain.
2. Mix all ingredients in a bowl.
3. Enjoy with cookies, fruit and drinks on the side.

Your Text Here

Camp 08

A--SALAD--Greek Salad

-----CAMP COOLER

4 ounces feta cheese

-----CAMP BOX

3/4 cup walnuts

1/2 bottle Italian salad dressing

1/2 jar kalamata olives

-----PRODUCE COOLER AND CRATES

2 each cucumbers

1 head lettuce, iceberg

1/2 each onion, red

1. Wash veggies. Chop and/or slice the vegetables.

2. Add nuts and olives. Crumble in feta cheese.

3. Toss with Italian salad dressing.

Your Text Here

B--DINNER (DO)--Roast Turkey with Stuffing and Mashed Potatoes

-----CAMP COOLER

4 pounds turkey breast
1 cup butter
8 fluid ounces sour cream

-----CAMP BOX

1 cup milk, non-perishable
8 servings Stuffing mix
15 fluid ounces cranberry sauce
3 packets gravy mix
8 teaspoons chives
sage
2 each chicken bouillon cube

-----PRODUCE COOLER AND CRATES

8 each potatoes

charcoal

1. Start charcoal in firepan. You will need about 80 coals to start. You may have to add more coals halfway through or so, as the coals could start to burn out at about 50 minutes. Oil and pre-heat Dutch ovens, including their tops.
2. Season turkey breasts as desired. Make a cup of chicken broth for each breast. Place the breasts in the DO's. Add chicken broth. Put a ring of 6 coals on the bottom and a solid ring of coals around the lid of each DO.
3. Cook approximately 50-70 minutes. Do not lift the lid during cooking.
4. For quicker cooking, slice the turkey into 1/2 inch steaks. Cook with a little bit of water or chicken broth in the bottom of the DO's.
5. Peel and chop the potatoes. Boil in water until tender. Mash with butter, milk, salt and pepper. You can add sour cream and chives too, or serve them on the side.
6. Prepare stuffing according to directions. Add sage, if desired.
7. Prepare gravy according to directions on packets.
8. Serve turkey with cranberry sauce, stuffing, potatoes and gravy. Enjoy!

Your Text Here

C--DESSERT (DO)--Double Chocolate Brownies

-----CAMP COOLER

6 ounces chocolate chips

-----CAMP BOX

1 package brownie mix

1/2 cup walnuts

-----EGG BOX OR COOLER

1 each eggs

-----STAPLES BOX AND SPICE BOX

1/3 cup vegetable oil

1/3 cup water

charcoal

1. Start the charcoals in firepan. You will need about 30 coals.
2. Preheat and oil Dutch oven and lid.
3. Refer to the directions included with the brownie mix and use the amount of eggs and oil specified in those directions.
4. Prepare the brownie mix according to directions, adding chocolate chips and chopped walnuts last.
5. Pour batter into oiled DO. Arrange approximately 6-8 coals on bottom, and approximately 25 coals on top of the DO in a checkerboard pattern.
6. Bake for about 30 minutes, watching carefully when you begin to smell the brownies.

Your Text Here

D--BREAKFAST--Mexican Home Fries with Sausage and Eggs

-----CAMP COOLER

1 1/2 pounds spicy or smoked sausage
8 fluid ounces sour cream
8 ounces cheddar and/or jack cheese
1/4 cup butter
1 pint half and half (as cooler space permits)

-----CAMP BOX

12 fluid ounces salsa
1/2 gallon Tang
3/8 pound coffee
tea and hot cocoa (odd camps)

-----EGG BOX OR COOLER

20 each eggs

-----PRODUCE COOLER AND CRATES

8 each potatoes
1 each onion, yellow
fresh fruit

-----STAPLES BOX AND SPICE BOX

coffee creamer
sugar
1/2 cup vegetable oil

***** YOU MIGHT WANT TO SOAK POTATOES OVERNIGHT.

1. Peel potatoes and chop into cubes. If you read these directions early enough, it is best to soak the potatoes overnight, or as long as possible, so that they will soak up less oil.
2. Chop the onions. Pan fry the onions and potatoes in vegetable oil with spices to taste.
3. Slice sausage and fry. Drain on paper towels
3. Beat the eggs and scramble in a little butter.
4. Grate the cheese.
5. Top potatoes and/or eggs with sausage, cheese, salsa and sour cream.

Your Text Here

E--LUNCH--Oriental Chicken Salad

-----CAMP BOX

26 ounces white chunk chicken
1 sleeves crackers
1/2 package cookies
2 tablespoons sesame seeds
1 gallon powdered lunch drink

-----PRODUCE COOLER AND CRATES

1 small head cabbage, green
1/2 each onion

-----STAPLES BOX AND SPICE BOX

1/4 cup sugar
1 teaspoon salt
1/8 cup soy sauce
1/2 cup vegetable oil
1/2 cup vinegar

***** You might want to put the salad together at breakfast. *****

***** Remember to have bowls and forks handy at lunch time! *****

1. Wash cabbage and onion. Cut cabbage into strips and chop onion and put into serving bowl.
2. Mix in chicken.
3. In a separate bowl, combine sugar, salt, soy sauce, veg. oil, and vinegar and mix well.
4. Pour dressing over cabbage and sprinkle sesame seeds on top.
5. Serve with crackers and cookies.

Your Text Here

Camp 09

A--SALAD--Carrot Salad

-----CAMP COOLER

6 fluid ounces sour cream

-----CAMP BOX

3/4 cup raisins

1/2 cup walnuts

6 fluid ounces mayonnaise

-----PRODUCE COOLER AND CRATES

8 each carrots

-----STAPLES BOX AND SPICE BOX

1 1/2 tablespoons lemon juice

1. Wash and grate carrots. Chop nuts. Mix with raisins, nuts and lemon juice.
2. Mix mayonnaise and sour cream together and toss with salad.
3. Season to taste with salt and pepper.

Your Text Here

B--DINNER--Pineapple-Ginger Beef/Tofu and Rice

-----CAMP COOLER
3 pounds beef strips

-----CAMP BOX
1 box tofu
4 cups minute rice
16 ounces pineapple chunks, canned
8 teaspoons sesame oil
3 teaspoons cornstarch
4 teaspoons ground ginger

-----PRODUCE COOLER AND CRATES
1 each bell pepper, red
1 each bell pepper
1/2 bunch green onions (through camp 7)

-----STAPLES BOX AND SPICE BOX
1/4 cup vegetable oil
2 teaspoons soy sauce
8 teaspoons cooking sherry
3 cloves garlic
2 teaspoons salt

2 cups water

**** Please make a beef and a tofu version. Thank you. ****

1. Prepare rice according to directions included.
2. Cube tofu.
3. Mince the garlic. In a bowl mix salt, ginger, garlic, cornstarch, 1/2 of sesame oil, 1/2 of sherry. REMOVE SOME FOR THE VEGETARIAN(S), and gently add in cubed tofu.
4. Stir beef strips into remaining ginger, garlic, cornstarch, sesame oil, sherry mixture.
5. Cut peppers into wedges and green onions into 3 inch strips. SET SOME ASIDE FOR THE VEGETARIAN VERSION.
6. Heat skillet and then add vegetable oil. Add beef and stir fry until brown then remove from skillet. Add in most of the pineapple.
7. Pour into skillet; 3 cups water, soy sauce, and sherry and cook for 3 minutes. Add the beef with juices and pineapple and cook until heated through. Add more water if needed.
8. In a separate skillet, add a little water, soy sauce, and sherry. Stir fry tofu with some of the green onion and peppers.
9. Stir in sesame oil to taste.
10. Serve over rice.

Your Text Here

C--DESSERT--Pudding with Vanilla Wafers

-----CAMP BOX

8 each pudding cups

1 package vanilla wafers

1. Serve individual pudding cups with vanilla wafers.

Your Text Here

D--BREAKFAST--Blueberry Pancakes with Canadian Bacon

-----CAMP COOLER

1 pound Canadian Bacon
3/4 cup butter
1 pint half and half

-----CAMP BOX

1 can blueberries, canned
4 1/2 cups pancake mix
12 fluid ounces maple syrup
30 ounces peaches, sliced canned
1/2 gallon Tang
3/8 pound coffee
tea and hot cocoa (odd camps)

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

coffee creamer
sugar

1. Fry bacon on griddles or in frying pans.
2. Drain blueberries. Mix pancakes per directions. Stir in blueberries.
3. Cook pancakes on the hot oiled griddle, flipping pancakes halfway through.
4. Serve pancakes with butter and syrup. Fruit and drinks on the side.
5. You might want to heat the canned peaches, and offer as an additional topping.

Your Text Here

E--LUNCH--Tuna Salad(pb&j)

-----CAMP COOLER

1/2 pound cheese

-----CAMP BOX

1 jar peanut butter

1 jar jelly

8 fluid ounces mayonnaise

5 fluid ounces pickle relish

24 ounces tuna, canned

1 sleeves crackers

1/2 package cookies

1 gallon powdered lunch drink

-----BREAD BOX

1 loaves bread

-----PRODUCE COOLER AND CRATES

1/2 each onion, red

1. Drain the cans of tuna. Toss the tuna with mayonnaise and pickle relish. Add salt and pepper to taste.

2. Serve with bread, crackers, cheese, and onion on the side.

3. Drinks, cookies and fruit on the side.

Your Text Here

Camp 10

A--SALAD--Waldorf Salad

-----CAMP BOX

3/4 cup walnuts

8 fluid ounces mayonnaise

-----PRODUCE COOLER AND CRATES

7 each apples

4 stalks celery

-----STAPLES BOX AND SPICE BOX

paprika

1. Wash the apples and celery. Chop apples, celery and walnuts. Mix with mayonnaise. Season to taste as you desire, perhaps with paprika.

Your Text Here

B--DINNER (DO,DO)--Pizza in a Dutch Oven

-----CAMP COOLER

2 each pizza crust tubes
16 ounces mozzarella cheese
8 ounces parmesan cheese
11 ounces pepperoni slices

-----CAMP BOX

1/2 cup cornmeal
30 fluid ounces pizza sauce
16 ounces mushroom stems and pieces
2 cans olives, black

-----PRODUCE COOLER AND CRATES

1/2 each onion, red
1 1/2 each squash, zucchini
1 1/2 each bell peppers

----- charcoal

1. Heat charcoal in the firepan. You will need about 52 coals.
2. You will make 4 pizzas, 2 batches in each DO.
3. Oil the bottoms and partway up the sides of the DO. To prevent sticking, sprinkle a small amount of cornmeal on the bottoms and partway up the sides of the DO.
4. Press the dough into the bottom of the DO. Pour 1/4 of the sauce on each crust.
5. Wash veggies and slice the toppings.
6. Grate the cheese.
7. Add toppings to the crust and bake them, 2 DO's at a time, by placing 6 - 10 coals in the bottom of the firepan and placing DO on top of these coals, then placing about 20 - 30 coals on top in a checkerboard pattern.
8. Stack DO's on top of each other or next to each other in the firepan.
8. Repeat steps 3 - 8 for two more pizzas.

Your Text Here

C--DESSERT (FIRE)--S'Mores

-----CAMP COOLER

8 each chocolate bars

-----CAMP BOX

5 ounces marshmallows

2 sleeves graham crackers

1. Toast a couple of marshmallows per person.
2. Place between chocolate pieces and graham crackers like a sandwich.
3. Enjoy!

Your Text Here

D--BREAKFAST--Scrambled Eggs and Bacon-2

-----CAMP COOLER

1 1/2 pounds bacon

1/2 cup butter

1 pint half and half (as cooler space permits)

-----CAMP BOX

4 fluid ounces jelly (from yesterday's lunch)

3/8 pound coffee

tea and hot cocoa (odd camps)

1/2 gallon Tang

-----BREAD BOX

8 each English muffins

-----EGG BOX OR COOLER

20 each eggs

-----STAPLES BOX AND SPICE BOX

coffee creamer

sugar

-----PRODUCE COOLER AND CRATES

fresh fruit

1/2 each onion, yellow

1. Fry bacon on griddles. Drain on paper towels.
2. Whisk eggs with salt and pepper to taste.
3. Chop onion (optional) and saute in butter until tender.
4. Pour in eggs and cook until done.
5. If you have leftover lunch cheese, you might want to add it to the scrambled eggs.
6. Heat muffins on griddles and serve with condiments.
7. Serve fruit and drinks on side.

Your Text Here

E--LUNCH--Deli Lunch-2

-----CAMP COOLER

3/4 pound cheese

1 1/2 pounds deli meats

-----CAMP BOX

9 each mayonnaise packets

9 each mustard packets, yellow and dijon

2 cups peanut M&M's

1 gallon powdered lunch drink

-----BREAD BOX

1 loaves bread

-----PRODUCE COOLER AND CRATES

1/4 head lettuce, iceberg

1/2 each onion, red

2 each tomatoes

lunch fruit

1. Wash vegetables.

2. Slice the cheeses and vegetables.

3. Spread all of the ingredients out deli style.

Your Text Here

Camp 11

A--SALAD--Crunchy Tomato Salad

-----CAMP BOX

6 ounces waterchestnuts, sliced
1/2 bottle Italian salad dressing

-----PRODUCE COOLER AND CRATES

3 each tomatoes

1 each onion, red

1. Wash and chop tomatoes and onions.
2. Drain waterchestnuts and mix with tomatoes and onions.
3. Pour dressing over veggies and let marinate until ready to serve.

Your Text Here

B--DINNER--Jambalaya

-----CAMP COOLER

2 pounds spicy sausage
1/4 cup butter
1/4 cup butter (for bread)

-----CAMP BOX

4 cups minute rice
12 ounces white chunk chicken
6 ounces shrimp, canned
14 fluid ounces tomato sauce
15 ounces tomatoes, diced canned

-----BREAD BOX

1/2 loaves sourdough bread

-----PRODUCE COOLER AND CRATES

1 1/2 each bell peppers
1 1/2 each onion, yellow

-----STAPLES BOX AND SPICE BOX

3 tablespoons worcestershire sauce
3/4 teaspoon cayenne
3/4 teaspoon garlic powder
1 1/2 tablespoons parsley flakes
3/4 teaspoon thyme

water

1. Dice sausage and saute in large pot or Dutch Oven with 1/2 cup butter.
2. Wash and dice yellow onion and bell pepper and add to pot.
3. Add water, spices and worchestershire sauce. Bring mixture to a boil.
4. Add rice. Stir well, cover and let sit for 5 minutes.
5. Add tomato sauce, diced tomatoes, chicken and shrimp and heat thoroughly, stirring occasionally to avoid sticking. Serve with bread and butter.

*Can be made non-perishable by substituting spicy sausage for canned ham.

Your Text Here

C--DESSERT--Strawberry Cheesecake, no-bake

-----CAMP COOLER
1/2 cup butter

-----CAMP BOX
1 1/2 cups milk, non-perishable
1 package no-bake cheesecake mix
strawberry pie filling

1. Refer to package directions for exact amount of butter and milk.
2. Make crust. Make cheesecake filling.
3. Pour cheesecake filling into crust. Chill for an hour in coolers.
4. Top with strawberries and serve.

Your Text Here

D--BREAKFAST--Cereal and Breakfast Bars

-----CAMP COOLER

1 pint half and half (as cooler space permits)

-----CAMP BOX

4 cups milk, non-perishable

8 each breakfast bars

12 servings cereal

1/2 cup raisins

1/2 cup prunes

1/2 gallon Tang

3/8 pound coffee

tea and hot cocoa (odd camps)

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

coffee creamer

sugar

1. Serve cereal and milk with breakfast bars and fruit on the side.

Your Text Here

E--LUNCH--Curried Chicken Salad

-----CAMP COOLER

1/2 pound cheese

-----CAMP BOX

12 fluid ounces mayonnaise

32 ounces white chunk chicken

1/2 package cookies

2 sleeves crackers

1 gallon powdered lunch drink

-----BREAD BOX

10 each tortillas

-----PRODUCE COOLER AND CRATES

1/2 each onion, red

2 each apples

lunch fruit

-----STAPLES BOX AND SPICE BOX

1/8 teaspoon cayenne

1/4 teaspoon curry powder

1. Wash and slice apples. Mince onion.

2. Drain chicken.

3. Mix chicken, apple, onion, mayo, cayenne and curry powder in a large bowl.

2. Slice cheese and veggies, arrange buffet style with crackers and fruit.

3. Serve drinks and cookies on the side.

Your Text Here

Camp 12

A--SALAD--Tabouli Salad

-----CAMP BOX

2 cups tabouli mix

-----PRODUCE COOLER AND CRATES

3 stalks celery

2 each tomatoes

1/2 each onion, red

-----STAPLES BOX AND SPICE BOX

1/2 cup olive oil

2 1/2 cups water

1. Wash veggies. Dice tomatoes, onion, and celery.

2. Mix with tabouli, water, and olive oil. Let sit for an hour. (The tabouli mix could be mixed with the water at the previous breakfast or lunch, therefore eliminating the need to have the mixture sit for an hour.)

Your Text Here

B--DINNER (DO, DO)--Tamale Pot Pie & Cornbread

-----CAMP COOLER

16 ounces cheddar and/or jack cheese

10 each corn tortillas

-----CAMP BOX

30 ounces refried beans

30 ounces black beans, canned

1 can olives, black

1/2 can Rotelle spicy tomatoes (with note for optional use)

15 ounces tomatoes, diced canned

15 ounces green chilies, diced

12 fluid ounces salsa

3 cups cornbread mix

-----PRODUCE COOLER AND CRATES

1 1/2 each onion, yellow

-----STAPLES BOX AND SPICE BOX

1/2 teaspoon cumin

charcoal

1. Start charcoal in firepan. You will need about 72 coals.
2. Chop the onion. Grate both cheeses. Heat refried beans with a dash of cumin.
3. Pre-heat and oil Dutch oven, including the lid.
4. Layer the pie in the following order: salsa, tortillas, beans, veggies (chilies, onion, tomato, olives) & cheeses. Rotelle tomatoes are optional. Finish with a layer of salsa and cheese.
5. Place 6 - 10 coals in bottom of firepan. Place DO on top of these coals, then place 20 - 30 coals on top. Cook until you can smell the pot pie. Resist the temptation to lift the lid and check before that.
6. For Cornbread : Mix according to directions in package.
7. Bake in other DO (oiled) with a ring of 6 coals on the bottom, and about 30 coals on the top in a checkerboard pattern. Bake for about 20 minutes or until you smell it.

Your Text Here

Camp 12

Tim Strauch
Colorado River Trip
August 14, 2011

C--DESSERT--Brownies, Ready-made

-----CAMP BOX

8 each ready-made fudge brownies

1. Open package and enjoy!

Your Text Here

D--BREAKFAST--Huevos Rancheros with Sausage-2

-----CAMP COOLER
1 1/2 pounds spicy or smoked sausage(before camp 13)
1/4 cup butter
16 ounces cheddar and/or jack cheese
1/2 pint half and half (as cooler space permits)

-----CAMP BOX
30 ounces refried beans
1/2 can Rotelle spicy tomatoes
1/2 gallon Tang
30 ounces canned fruit
3/8 pound coffee
tea and hot cocoa (odd camps)

-----BREAD BOX
12 each tortillas

-----EGG BOX OR COOLER
18 each eggs

-----PRODUCE COOLER AND CRATES
1/2 each onion, yellow
fresh fruit

-----STAPLES BOX AND SPICE BOX
coffee creamer
sugar

1. Grate the cheeses.
2. Drain tomatoes, saving juice for those who like it extra HOT!
3. Slice sausage and fry. Drain on paper towels.
4. Scramble or fry the eggs on griddle with butter as needed.
5. Warm the tortillas and beans.
6. Serve all ingredients buffet style for a fix-your-own breakfast.
7. Fruit and drinks on the side.

Your Text Here

E--LUNCH--Burrito Bar

-----CAMP COOLER

1 each avocado, pre-mashed bag
8 ounces cheddar and/or jack cheese

-----CAMP BOX

1 can olives, black
4 ounces green chilies, diced
1/2 jar jalapenos, sliced
30 ounces refried beans
1/2 package cookies
1 gallon powdered lunch drink
12 fluid ounces salsa
12 ounces tortilla chips

-----BREAD BOX

10 each tortillas

-----PRODUCE COOLER AND CRATES

1/2 each onion, red
lunch fruit

1. Wash veggies. If you still have lettuce and tomatoes, you might want to include some here.
2. Chop onion.
3. Open pre-mashed avocado.
4. Lay out everything buffet style.

Your Text Here

Camp 13

A--SALAD--Oriental Salad

-----CAMP BOX

2 tablespoons sesame seeds

1/4 cup sugar

6 ounces chinese fried noodles

-----PRODUCE COOLER AND CRATES

1 small head cabbage, green

1/2 bunch green onions (through camp 7)

-----SPICE BOX AND STAPLES BOX

1 teaspoon salt

1/8 cup soy sauce

1/2 cup vegetable oil

3/8 cup vinegar

1. Toast sesame seeds in a skillet. Do not use any oil and remove as soon as they start to change color. Watch closely!

2. Combine sugar, salt, soy sauce, veg. oil, and vinegar in a large bowl. Mix well.

3. Wash veggies. Cut cabbage into strips and chop green onions.

4. Mix veggies and fried noodles with soy sauce mixture.

5. Sprinkle sesame seeds on top.

Your Text Here

B--DINNER--Mediterranean Cousous and Chicken

-----CAMP COOLER
1/2 cup feta cheese

-----CAMP BOX
2 2/3 cups couscous
30 ounces garbanzo beans
31 ounces white chunk chicken
4 cups chicken broth
3/4 cup raisins

-----PRODUCE COOLER AND CRATES
1 each tomatoes

-----STAPLES BOX AND SPICE BOX
1/8 teaspoon cayenne pepper
3/8 teaspoon pepper

1. Wash and dice tomatoes.
2. Heat broth to boiling in a large pot. Stir in all ingredients except cheese; remove from heat.
3. Cover and let stand about 5 minutes or until liquid is absorbed; stir gently.
4. Sprinkle each serving with cheese.

Your Text Here

C--DESSERT--Chocolate Mints

-----CAMP COOLER

8 servings chocolate mints

1. Open and enjoy!

Your Text Here

D--BREAKFAST--Seven Grain Cereal & English Muffins

-----CAMP COOLER

1/2 cup butter

1 pint half and half (as cooler space permits)

-----CAMP BOX

4 cups milk, non-perishable

4 cups seven grain cereal

12 each honey packets

1/2 cup raisins

1/2 cup apricots, dried

1/2 cup brown sugar

1/2 cup walnuts

1/2 gallon Tang

tea and hot cocoa (odd camps)

3/8 pound coffee

-----BREAD BOX

8 each English muffins

-----STAPLES BOX AND SPICE BOX

coffee creamer

sugar

1 1/4 teaspoons salt

12 cups water

1. Bring water to a boil. You will need about 3 cups of water for every 1 cups of cereal. Add salt.

2. Toast muffins on griddles.

3. Slowly stir cereal into boiling water. Simmer 10-15 minutes.

4. Serve with milk, brown sugar, raisins and walnuts and drinks.

Your Text Here

Camp 13

Tim Strauch
Colorado River Trip
August 14, 2011

E--LUNCH--Bagel Lunch

-----CAMP COOLER

8 ounces cream cheese

-----CAMP BOX

4 fluid ounces jelly

1 jar peanut butter

12 ounces GORP or Mixed Nuts

8 servings pringles or Pretzels

1/2 package cookies

1 gallon powdered lunch drink

-----BREAD BOX

10 each bagels

-----PRODUCE COOLER AND CRATES

lunch fruit

1. Set out all ingredients buffet style.

Your Text Here

Camp 14

A--SALAD--Green Beans Almondine

-----CAMP COOLER

1/4 cup butter

-----CAMP BOX

1/2 cup almonds, slivered

30 fluid ounces green beans, canned

-----STAPLES BOX AND SPICE BOX

4 cloves garlic

1. Chop garlic, saute with almonds in butter until nuts are slightly browned.
2. Drain beans and add to skillet.
3. Stir until coated. Serve.

Your Text Here

B--DINNER--Creamy Fettuccine with Peas and Ham

-----CAMP COOLER

2 pounds ham chub
1/2 cup butter
1/2 quart half and half
1/2 pound parmesan cheese

-----CAMP BOX

1 1/2 pounds fettuccine
30 fluid ounces canned peas

-----STAPLES BOX AND SPICE BOX

4 teaspoons garlic, crushed
7/8 teaspoon pepper

1. Cut ham into bite size pieces.
2. In a large pot bring water to boil for pasta. When pasta is done, drain and remove from heat.
3. While pasta is cooking, melt butter in a large skillet over medium heat. Add garlic and cook for about one minute. Add peas, half-and-half, cheese, diced ham, and pepper. Bring to a simmer. Cook 3 minutes, stirring frequently (DO NOT BOIL).
4. Pour mixture over pasta. Enjoy!

Your Text Here

C--DESSERT--Nutella and Vanilla Wafers

-----CAMP BOX

1 jar nutella

1 package vanilla wafers

1. Spread nutella on vanilla wafers and serve.

Your Text Here

D--BREAKFAST--Scrambled Eggs and English Muffins

-----CAMP COOLER

3/8 cup butter

3/8 pint half and half (as cooler space permits)

-----CAMP BOX

7 each honey packets

4 fluid ounces jelly (from yesterday's lunch)

3/8 gallon Tang

1/3 pound coffee

tea and hot cocoa (odd camps)

30 ounces canned fruit

-----BREAD BOX

8 each English muffins

-----EGG BOX OR COOLER

18 each eggs

-----PRODUCE COOLER AND CRATES

fresh fruit

3/8 each onion, yellow

-----STAPLES BOX AND SPICE BOX

powdered creamer

sugar

1. Whisk eggs with salt and pepper to taste.
2. Chop onion (optional) and saute in butter until tender.
3. Pour in eggs and cook until done.
4. If you have leftover lunch cheese, you might want to add it to the scrambled eggs.
5. Toast muffins on griddle.
6. Fruit and drinks on the side.

Your Text Here

E--LUNCH--Chicken Salad Wraps for late camps

-----CAMP COOLER
7 ounces cheese

-----CAMP BOX
10 1/2 fluid ounces mayonnaise
26 ounces white chunk chicken
2/3 cup raisins
1 jar pickles
7 servings salty snacks
3/8 package cookies
7/8 gallon powdered lunch drink

-----BREAD BOX
9 each tortillas

-----PRODUCE COOLER AND CRATES
3 each celery
3/8 each onion, yellow
lunch fruit

-----STAPLES BOX AND SPICE BOX
1 tablespoon cider vinegar

***** You will need a large bowl and spoon to make chicken salad. *****

1. Wash and chop celery.
2. Shred the lettuce. Chop celery and onion.
3. Open and drain cans of chicken.
4. Add all the ingredients together in a big bowl and stir well.
5. Salt and pepper to taste.
6. Slice the cheese.
7. Serve everything buffet style.

**** Note: For curry chicken salad, add curry from your spice box.

Your Text Here

Camp 15

A--SALAD--Coleslaw with Mandarin Oranges and Almonds

-----CAMP BOX

1 can mandarin oranges in lite syrup

2/3 cup almonds, slivered

6 ounces chinese fried noodles

-----PRODUCE COOLER AND CRATES

1 small head cabbage, green

-----STAPLES BOX AND SPICE BOX

3/8 cup vegetable oil

1/3 cup vinegar

1. Wash and chop cabbage.
2. Combine with drained mandarin oranges, almonds, and Chinese noodles.
3. Mix oil and vinegar and toss into salad. Add in pineapple juice as desired.
4. Add salt and pepper to taste.

Your Text Here

B--DINNER (DO)--Chili and Cornbread

-----CAMP COOLER

1/4 cup butter
8 ounces cheddar cheese

-----CAMP BOX

3 cups cornbread mix
7 ounces corn, canned
105 fluid ounces chili
14 each honey packets

-----PRODUCE COOLER AND CRATES

3/8 each onion, yellow

charcoal

1. Start charcoal in firepan. You will need 36 coals. Pre-heat and oil Dutch oven.
2. Prepare cornbread according to directions. Stir in drained corn.
3. Place 6 - 10 coals in the bottom of the firepan. Place DO on top of these coals, then place about 20 - 30 coals on top in a checkerboard pattern. Bake for about 20 minutes or until you smell it.
4. Open cans of chili and heat.
5. Serve cornbread with butter and honey.
6. Serve chili with grated cheese and chopped onions on the side.

Your Text Here

C--DESSERT (DO)--Fresh Baked Pumpkin Pie

***** SEE PACKAGE DIRECTIONS FOR EXACT INGREDIENTS AND DIRECTIONS ***

-----CAMP COOLER

1 box pie crust

-----CAMP BOX

3/4 cup sugar

1 can evaporated milk

1 can pumpkin

-----EGG BOX OR COOLR

2 each eggs

-----STAPLES BOX AND SPICE BOX

1/2 teaspoon salt

1 teaspoon cinnamon

1/2 teaspoon ginger

1/4 tablespoon cloves

charcoal

**** Please refer to pie shell directions - you might have to bake the shell before adding the pumpkin pie filling.

1. Start charcoal in firepan. You will need about 30 coals. Grease and pre-heat your Dutch oven.
2. Spread the bottom of the DO with margarine. Then line the bottom of the DO with pie shell.
3. Combine pumpkin, eggs and evaporated milk. Pour into shell.
4. Place lid on DO. Place DO on 5-7 coals arranged in a checkerboard pattern. Cover the top of the DO with coals in the same pattern. Bake until smell wafts through campground.

Your Text Here

D--BREAKFAST--Yogurt, Granola and Breakfast Bars

-----CAMP COOLER

32 ounces yogurt

1 pint half and half (as cooler space permits)

-----CAMP BOX

14 each breakfast bars

32 ounces granola

3/4 cup raisins

3/4 cup craisins

3/8 gallon Tang

1/3 pound coffee

tea and hot cocoa (odd camps)

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer

sugar

1. Serve granola with yogurt and breakfast bars.

Your Text Here

E--LUNCH--Unbeatable Bean Salad with Salami

-----CAMP COOLER

8 ounces salami
1/2 pound cheese

-----CAMP BOX

7 ounces artichoke hearts, canned
14 ounces asparagus spears, canned
14 fluid ounces green beans, canned
6 1/2 ounces garbanzo beans, canned
15 ounces pinto beans, canned
3/8 package cookies
7/8 gallon powdered lunch drink

-----PRODUCE COOLER AND CRATES

7/8 each onion, red
lunch fruit

-----STAPLES BOX AND SPICE BOX

1/4 teaspoon pepper
3/8 teaspoon garlic powder
1/3 cup vegetable oil
3 tablespoons wine vinegar

**** You will need a big mixing bowl and individual bowls and forks. *****

1. Drain beans, asparagus and (optionally) artichoke hearts.
2. Combine with chopped onion, oil, vinegar and spices in a large bowl.
3. Either dice salami and cheese, and toss into salad, or serve on the side.
4. Prepare drinks and serve with cookies and fruit.

Your Text Here

Camp 16

A--SALAD--Apricot Honey Glazed Carrots

-----CAMP COOLER

1/4 cup butter

-----CAMP BOX

1 can apricot nectar

30 fluid ounces carrots, canned

3 each honey packets

3 teaspoons cornstarch

-----STAPLES BOX AND SPICE BOX

3/8 teaspoon salt

1. Combine nectar and cornstarch in a small bowl. Mix until smooth.
2. Drain carrots and put into pot. Add honey, butter and salt. Heat thoroughly.
3. Add nectar mixture and cook at low heat until apricot glaze is thickened.

Your Text Here

B--DINNER--Pasta and Peanut Sauce with Sourdough Bread

-----CAMP COOLER
1/4 cup butter

-----CAMP BOX
1 1/2 pounds linguine noodles
21 ounces tofu
14 fluid ounces peanut sauce
1 cup cashews

-----BREAD BOX
3/8 loaf sourdough bread

-----PRODUCE COOLER AND CRATES
3/8 bunch green onions (through camp 7)

1. Boil the linguine in a large pot of water with a splash of oil until al dente. When finished cooking, drain the water.
2. Press and slice the tofu. Saute in a little oil until cooked until brown on edges.
3. Heat the peanut sauce until warm.
4. Wash and chop the green onions.
5. Crush cashews. Heat in a dry skillet.
6. Toss the noodles, peanut sauce and tofu until combined well. Top with the chopped green onions and cashews. Serve bread and butter on the side.

Your Text Here

C--DESSERT--Chocolate Pudding Cups

-----CAMP BOX

7 each chocolate pudding cups

1. Serve individual pudding cups.

Your Text Here

D--BREAKFAST--Mexican Home Fries with Eggs

-----CAMP COOLER

7 fluid ounces sour cream
8 ounces cheddar and/or jack cheese
1/4 cup butter
1 pint half and half (as cooler space permits)

-----CAMP BOX

12 fluid ounces salsa
3/8 gallon Tang
1/3 pound coffee
tea and hot cocoa (odd camps)

-----EGG BOX OR COOLER

16 each eggs

-----PRODUCE COOLER AND CRATES

8 each potatoes
1 each onion, yellow
fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar
3/8 cup vegetable oil

***** YOU MIGHT WANT TO SOAK POTATOES OVERNIGHT.

1. Peel potatoes and chop into cubes. If you read these directions early enough, it is best to soak the potatoes overnight, or as long as possible, so that they will soak up less oil.
2. Chop the onions. Pan fry the onions and potatoes in vegetable oil with spices to taste.
3. Beat the eggs and scramble in a little butter.
4. Grate the cheese. Top potatoes and/or eggs with cheese, salsa and sour cream.
5. Serve with drinks and fruit.

Your Text Here

Camp 16

Tim Strauch
Colorado River Trip
August 14, 2011

E--LUNCH--Salami and Cheese

-----CAMP COOLER

2/3 pound cheese

7/8 pound salami

-----CAMP BOX

2 sleeves crackers

9 each mustard packets, yellow and dijon

7 servings salty snacks

2 cups peanut M&M's

7/8 gallon powdered lunch drink

-----PRODUCE COOLER AND CRATES

lunch fruit

1. Slice salami, cheeses and fruit.

2. Serve buffet style. Cookies, fruit and drink on the side.

Your Text Here

Camp 17

A--SALAD--Coleslaw with Raisins

-----CAMP BOX

7 fluid ounces mayonnaise

1 cup raisins

1 cup walnuts

-----PRODUCE COOLER AND CRATES

1 small head cabbage, green

-----STAPLES BOX AND SPICE BOX

3 tablespoons cider vinegar

1 1/3 tablespoons sugar

1. Wash and Chop cabbage. Toss with chopped walnuts, raisins, and dressing. Serve.

Your Text Here

B--DINNER--Bean and Rice Stew with Sourdough Bread

-----CAMP COOLER

7 ounces parmesan cheese

1/4 cup butter

-----CAMP BOX

3 1/2 cups minute rice

15 ounces black beans, canned

15 ounces red beans, canned

15 ounces garbanzo beans, canned

15 ounces kidney beans, canned

45 ounces tomatoes, diced canned

3 each beef bouillon cubes

-----BREAD BOX

3/8 loaf sourdough bread

1. Drain all liquids from canned items into a large pot. Add 1 gallon of water and bouillon cubes. Bring to boil.
2. Add rice, cover and remove from heat. Let stand for 5 minutes.
3. Ladle stew into bowls. Top with Parmesan cheese, if desired. Serve with bread and butter.

Your Text Here

C--DESSERT--Fortune Cookies

-----CAMP BOX

7 servings fortune cookies

1. Open and enjoy! Be sure to read fortunes aloud.

Your Text Here

D--BREAKFAST--Cereal and Pop Tarts

-----CAMP COOLER

1 pint half and half (as cooler space permits)

-----CAMP BOX

4 cups milk, non-perishable

11 servings cereal

5 packages pop tarts

1/2 cup raisins

3/8 gallon Tang

1/3 pound coffee

tea and hot cocoa (odd camps)

-----STAPLES BOX AND SPICE BOX

powdered creamer

sugar

1. Serve cereal with milk. Fruit, pop tarts and drinks on the side.

Your Text Here

Take-Out Lunch - Fried Chicken

Your Text Here