

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 0

D--BREAKFAST--Put-In Breakfast

Servings: 16

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

1/2 gallon milk, fresh
1/2 gallon orange juice
64 ounces yogurt
1 pint half and half
16 servings seasonal fruit
1 stick butter
16 servings banana nut bread

48 ounces granola (2 kinds)
16 each sugar packets
coffee, standard
tea and cocoa
3 each plastic knives
18 each plastic spoons
18 each paper bowls
16 each plastic juice cups
1 roll paper towels or napkins
18 each hand sanitizer wipes

1. Heat water for coffee, tea, hot cocoa. Serve with half and half and sugar.
2. Serve everything buffet style.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 0

E--LUNCH--Put In Deli Lunch with Meats, Hummus, Extra Veggies

Servings: 16

-----LUNCH COOLER

(The complete put-in lunch is packed in the lunch cooler.)

- 1 container hummus
- 2 pounds cheese(s)
- 3 pounds deli meats (2 kinds)
- 24 ounces frozen concentrated lunch drink
- 2 gallons gatorade
- 4 ounces horseradish
- 10 ounces mayonnaise
- 8 ounces yellow mustard
- 8 ounces dijon mustard
- 8 ounces jelly
- 1 jar peanut butter, crunchy
- 1 jar peanut butter, smooth
- 1 jar almond butter
- 1 jar pickles
- 1 jar pepperoncini peppers
- 16 servings salty snacks
- 2 packages cookies
- 3 loaves bread
- 1 package tortillas
- 1 head lettuce, iceberg
- 4 each avocados
- 1 each onion, red
- 3 each tomatoes
- 1 pound carrots, baby
- 16 servings lunch fruit
- 1 set salt and pepper
- 1 roll paper towels
- 1 bottle hand soap
- 36 pairs food handlers gloves
- 1 each Put-in Lunch recipe
- 1 each Meal Plan Table of Contents
- 1 each Food Report
- 1 each Food Manifest
- 1 set Boat Maps
- 1 each List of Staples and Spices

1 each utensil set (Deluxe trips)

2 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. ****

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 1

A--SALAD--Spinach Salad

Servings: 16

-----**CAMP BOX**

1 bottle Vinegarette, Italian, Oil & Vinegar or Red Wine & Olive Oil Dressing

-----**PRODUCE COOLER AND CRATES**

16 ounces mushrooms

2 each cucumbers

2 each onion, red

1 bag spinach, washed

3 each tomatoes

1. Open bag of washed spinach. Wash and slice remaining veggies.
2. Toss all ingredients together with dressing.

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Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 1

B--DINNER--Chicken Curry and Rice + Tofu

Servings: 16

-----CAMP COOLER

6 pounds chicken breast tenders

-----CAMP BOX

1 box tofu

8 cups basmati rice

1 jar curry paste

2 cans coconut milk

1 jar chutney

1 cup cashews

5 ounces coconut flakes

1 cup raisins

-----PRODUCE COOLER AND CRATES

3 each bell peppers

8 each carrots

8 stalks celery

3 each squash, zucchini

3 each onion, yellow

6 each red potatoes

2 each sweet potatoes

-----STAPLES BOX AND SPICE BOX

6 cloves garlic

1 cup vegetable oil

***** PLEASE MAKE SEPARATE CHICKEN, LESS SPICY AND TOFU VERSIONS OF THIS DINNER. *****

(12 servings of the regular chicken version, 3 servings of the less spicy version and 1 serving of the vegetarian version.)

1. Cook the rice in boiling water according to package directions.
2. Wash and chop and slice all vegetables. RESERVE SOME FOR THE VEGETARIAN VERSION & FEWER BELL PEPPERS IN THE LESS SPICY VERSION.
3. Saute the chicken with garlic in vegetable oil. Add the vegetables.
4. Add curry paste to desired taste. (It is spicy and hot!) RESERVE SOME FOR THE VEGETARIAN VERSION & MINIMAL CURRY IN THE LESS SPICY VERSION. Stir constantly.
5. Mix the vegetables and chicken with curry sauce. Add coconut milk.
6. In a separate pan, saute cubed tofu and veggies with remaining curry paste. Add coconut milk.
6. Serve over rice with optional sides of cashews, chutney, coconut and raisins.

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Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 1

C--DESSERT--Pound Cake with Fruit Topping

Servings: 16

-----CAMP COOLER

1 each aerosol whipped cream

48 ounces frozen mixed berries

2 each pound cake

1. Slice cake. Serve topped with thawed fruit and whipped cream.

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Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 1

D--BREAKFAST--Eggs, Bacon and Dehydrated Hashbrowns

Servings: 16

-----CAMP COOLER

3 pounds bacon
1 package vegetarian breakfast "meat"
1/2 cup butter
16 ounces frozen concentrated juice
1 pint half and half (carry forward)

-----CAMP BOX

24 servings dehydrated hashbrowns
12 ounces ketchup
3/4 pound coffee
tea and hot cocoa

-----EGG BOX

36 each eggs

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar
3 cloves garlic
1 1/2 cups vegetable oil

-----PRODUCE COOLER AND CRATES

2 each onion, yellow
fresh fruit

***** YOU MIGHT WANT TO START HEATING WATER TO RE-
HYDRATE POTATOES RIGHT AWAY. *****

1. Make coffee.
2. Rehydrate potatoes according to directions. Fry in oil to desired crispness. Serve with ketchup.
3. Fry bacon on the griddles. Drain on paper towels.
4. Whisk eggs with salt and pepper to taste.
5. Wash and chop onions. Saute in a little butter until tender.
6. Pour in scrambled eggs. You might want to add in leftover lunch cheese. Cook until done.
7. Serve with fruit and drinks.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 1

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

Servings: 16

-----CAMP COOLER

1 pound cheese
2 pounds turkey, deli
1 container hummus
24 ounces frozen concentrated lunch drink

-----CAMP BOX

16 servings salty snacks
1 package cookies

-----BREAD BOX

16 whole pitas

-----PRODUCE COOLER AND CRATES

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

1. Wash and slice carrots, tomatoes, cucumbers & onion and set out buffet style.
2. Set out remaining ingredients.
3. Let everyone build their own pita sandwich.

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Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 2

A--SALAD--Bean Salad, Zippy

Servings: 16

-----CAMP BOX

15 ounces black beans, canned
30 ounces pinto beans, canned
30 ounces corn, canned

-----PRODUCE COOLER AND CRATES

1 bunch cilantro, fresh
2 each tomatoes
1 each onion, red

-----STAPLES BOX AND SPICE BOX

8 cloves garlic
1/2 cup balsamic vinegar
1/2 cup olive oil
1 tablespoon hot sauce
1 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. Offer hot sauce and cayenne on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 2

B--DINNER (Grill)--Grilled Steak and Salmon with Baked Potatoes

Servings: 16

-----CAMP COOLER

9 pieces top sirloin steaks (8 - 10 oz each)

9 pieces salmon

2 cups butter

24 ounces sour cream

-----CAMP BOX

8 tablespoons chives

-----PRODUCE COOLER AND PRODUCE CRATES

2 each portabella mushrooms (vegetarian option)

12 each potatoes

4 each sweet potatoes

2 each lemons

-----STAPLES BOX AND SPICE BOX

steak sauce

aluminum foil

-----charcoal

1. Start the charcoal in firepan. Oil the grills to prevent sticking.
2. Wash potatoes. Roll each potato in aluminum foil and cook on grill for a good long while. Rotate potatoes frequently to cook evenly. A faster way to cook potatoes is to boil them, make mashed potatoes or chop and saute them.
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. Melt butter over low heat. Add crushed garlic to the butter. Brush both sides of salmon with butter/garlic, desired herbs and salt and pepper. Double wrap in aluminum foil, seal tightly. Place fish on coals. Grill salmon for about 12 minutes, turning halfway through. Grill portabellas last.
5. Serve steak and salmon with potatoes, butter, sour cream and chives.

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Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 2

C--DESSERT--Fresh Fruit

Servings: 16

-----PRODUCE COOLER AND CRATES

1 each pineapple

2 each cantaloupes

1 each honeydew melon

4 each oranges

1. Clean and chop fruit, mix together and toss.

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

Camp 2

D--BREAKFAST--Lox and Bagels Smorgasbord

Servings: 16

-----CAMP COOLER

32 ounces yogurt
16 ounces cream cheese, plain
4 cups milk, fresh
16 ounces frozen concentrated juice
1/2 cup butter
24 ounces smoked salmon

-----CAMP BOX

8 packages instant oatmeal
8 servings cereal
32 ounces granola (2 kinds)
1 jar honey
8 ounces jam or jelly
1 jar peanut butter
1 cup brown sugar
1 1/2 cups raisins
3/4 pound coffee
tea and hot cocoa

-----BREAD BOX

16 each bagels

-----PRODUCE COOLER

fresh fruit
2 each cucumber
2 each lemon
2 each tomatoes
1 each onion

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Heat bagels.
2. Set out all ingredients, including half & half from previous camp, and allow everyone to choose what they want.
3. Leftover dry goods can be carried forward as future breakfast options.

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Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 2

E--LUNCH--Turkey and Bean Burritos

Servings: 16

-----CAMP COOLER

16 ounces shredded Mexican cheese
2 pounds turkey, deli
24 ounces frozen concentrated lunch drink

-----CAMP BOX

1 bottle hot sauce
60 ounces refried black beans
2 cans olives, black
24 ounces salsa
1 package cookies

-----BREAD BOX

18 each tortillas

-----PRODUCE COOLER AND CRATES

1/2 head lettuce, iceberg
4 each avocado
1 each onion, red
3 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. (Hot sauce is optional for those participants who like it spicy)

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Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 3

A--SALAD--Mixed Green Salad

Servings: 16

-----CAMP BOX

1 bottle salad dressing

-----PRODUCE COOLER AND CRATES

16 servings bagged mixed greens

5 each carrots

2 each cucumber

1 bunch green onions

3 each tomatoes

1. Wash and slice veggies.
- 2 Mix thoroughly.
3. Serve with dressing.

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Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 3

B--DINNER--Tofu Stir-Fry and Rice

Servings: 16

-----CAMP COOLER

16 servings tofu, refrigerated

-----CAMP BOX

8 cups basmati rice

1 bottle stir-fry sauce

-----PRODUCE COOLER AND CRATES

3 each bell peppers

2 bunches broccoli

6 stalks celery

16 ounces snow pea pods, fresh

2 each squash, crookneck

2 each squash, zucchini

2 each onion, yellow

-----STAPLES BOX AND SPICE BOX

1 1/2 cups vegetable oil

1. Prepare rice according to directions.
2. Wash and chop and slice vegetables. ***Check with 'less spicy' participants, may need to keep bell peppers and/or onion on the side.***
3. In a large skillet or Dutch Oven, heat oil over medium high heat.
4. Add tofu into skillet with a dash of stir-fry sauce and heat as desired.
5. Add vegetables to the tofu 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. Season with pepper.
7. Serve with rice on the side.

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Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 3

C--DESSERT--Cheesecake Bites, pre-made

Servings: 16

-----CAMP COOLER

16 servings pre-made cheesecake bites

1. Slice and enjoy!

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Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 3

D--BREAKFAST--Breakfast Burritos with Dehydrated Hashbrowns

Servings: 16

-----CAMP COOLER

2 pounds ground sausage
1 package vegetarian breakfast "meat"
1/2 cup butter
16 ounces shredded Mexican cheese
16 fluid ounces sour cream
1 pint half and half (carry forward)
16 ounces frozen concentrated juice

-----CAMP BOX

24 servings dehydrated hashbrowns
1 can green chilies, diced
1 jar salsa
3/4 pound coffee
tea and hot cocoa

-----BREAD BOX

24 each tortillas

-----EGG BOX OR COOLER

36 each eggs

-----PRODUCE COOLER AND CRATES

3 each onion, yellow
3 each bell peppers
fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar
vegetable oil

***** YOU MIGHT WANT TO START HEATING WATER TO RE-HYDRATE POTATOES RIGHT AWAY. *****

1. Chop onions. Brown meat and 1 onion in a large frying pan.
2. Rehydrate potatoes according to directions. Fry in oil to desired crispness.
3. Saute onions and bell peppers, set aside. Scramble the eggs with butter as needed.
4. Warm the tortillas.
5. Serve all ingredients (inc. salsa, sour cream, cheese and diced chilies) buffet style for a fix-your-own breakfast.
6. Fruit and drinks on the side.

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Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 3

E--LUNCH--Deli Lunch with Hummus

Servings: 16

-----CAMP COOLER

- 1 pound cheese**
- 2 1/2 pounds deli meats**
- 1 container hummus (vegetarian option)**
- 24 ounces frozen concentrated lunch drink**

-----CAMP BOX

- 1 jar mayonnaise**
- 1 jar mustard**
- 1 jar pickles or pepperoncini peppers**
- 1 package cookies**
- 16 servings salty snacks**

-----BREAD BOX

- 2 loaves bread**

-----PRODUCE COOLER AND CRATES

- 1/2 head lettuce, iceberg**
- 1 each onion, red**
- 3 each tomatoes**
- lunch fruit**
- 1. Wash vegetables.
- 2. Slice the cheeses and vegetables.
- 3. Spread all of the ingredients out deli style.

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Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 4

A--SALAD--Tomato Cucumber Salad

Servings: 16

-----CAMP BOX

1 bottle Vinegarette, Italian, Oil & Vinegar or Red Wine & Olive Oil Dressing

-----PRODUCE COOLER AND CRATES

3 each cucumbers

5 each tomatoes

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

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 4

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

Servings: 16

-----CAMP COOLER

8 pounds frozen lasagna
4 pounds frozen vegetarian lasagna
1/2 cup butter

-----BREAD BOX

2 loaves french bread

-----STAPLES BOX AND SPICE BOX

6 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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 4

C--DESSERT--Strawberry Shortcake

Servings: 16

-----CAMP COOLER

2 each pound cake

1 each aerosol whipped cream

48 ounces frozen strawberries

1. Cut pound cake into slices.
2. Serve with thawed strawberries and top with whipped cream.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 4

D--BREAKFAST--Blueberry Pancakes with Ham

Servings: 16

-----CAMP COOLER

3 each ham steaks
1 1/2 cups butter
16 ounces frozen concentrated juice

-----CAMP BOX

2 cans blueberries, canned
9 cups pancake mix
24 ounces maple syrup
45 ounces peaches, sliced canned
3/4 pound coffee
tea and hot cocoa

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Heat ham on griddles or in frying pans. Set out coffee & tea supplies, including half & half from previous camp.
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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 4

E--LUNCH--Melon Fruit Salad

Servings: 16

-----CAMP COOLER

1 pound cheese
32 ounces yogurt, vanilla
24 ounces frozen concentrated lunch drink

-----CAMP BOX

2 sleeve(s) crackers
1 package cookies
16 servings salty snacks

-----PRODUCE COOLER AND CRATES

4 each apples
4 each bananas
2 each cantaloupes
1 each honeydew melon
4 each oranges
1 each pineapple

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

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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 5

A--SALAD--Vegetable Minestrone Soup

Servings: 16

-----CAMP BOX

152 ounces minestrone soup

2 sleeves crackers

1. Heat and serve. Salt and pepper to taste.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 5

B--DINNER--Herb-Citrus Chicken + Tofu with Carrots and Couscous

Servings: 16

-----CAMP COOLER

15 each chicken breasts, boneless and skinless

1 cup butter

-----CAMP BOX

1 box tofu

2 cups flour, white

3 each ziplock bags, gallon size

6 cups couscous

6 teaspoons dried rosemary (or 2 tsp ground rosemary)

4 tablespoons parsley flakes

-----PRODUCE COOLER AND CRATES

12 each carrots

3 each oranges

2 each lemons

1. Wash and slice carrots.
2. Juice oranges and lemons and set juice aside.
3. Cube tofu and set aside with some carrots and some juice.
4. Cut chicken into strips.
5. Combine flour, salt and pepper to taste in a large ziploc bag. Add chicken in small batches and shake to coat.
6. Melt butter in large frying pan. Saute chicken and carrots, stirring constantly until chicken is fully cooked.
7. Add juice and rosemary.
8. Stir well, sprinkle with parsley and serve.
9. When the chicken version is well underway, saute carrots for the tofu version. Add tofu, juice and rosemary.
10. Meanwhile, prepare couscous according to directions. Season as desired.
11. Serve couscous with chicken, veggies and tofu.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 5

C--DESSERT--Brownies, ready-made

Servings: 16

-----CAMP COOLER

16 each ready-made fudge brownies

1. Open package and enjoy!

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 5

D--BREAKFAST--Scromlets and Canadian Bacon

Servings: 16

-----CAMP COOLER

2 pounds Canadian bacon
1 cup butter
8 ounces colby jack cheese
16 ounces frozen concentrated juice
1 pint half and half (carry forward)

-----CAMP BOX

8 fluid ounces jelly
3/4 pound coffee
tea and hot cocoa

-----BREAD BOX

16 each English muffins

-----EGG BOX OR COOLER

36 each eggs

-----PRODUCE COOLER AND CRATES

2 each bell pepper
1 each onion
fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Fry bacon on griddles. Drain on paper towels.
2. Whisk eggs with salt and pepper to taste.
3. Chop veggies and saute till tender (veggies are optional). Grate cheese.
4. Melt a little butter in a saute pan and scramble eggs until almost done.
5. Add cheese and veggies to eggs and finish scrambling.
6. Heat muffins on griddle and serve with condiments.
7. Serve fruit and drinks on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 5

~~E--LUNCH--~~Curried Chicken Salad with Bruschetta Spread

Servings: 16

-----CAMP COOLER

- 1 pound cheese
- 24 ounces frozen concentrated lunch drink

-----CAMP BOX

- 1 jar bruschetta spread (vegetarian option)
- 18 ounces mayonnaise
- 50 ounces white chunk chicken
- 1 package cookies
- 2 sleeve(s) crackers

-----BREAD BOX

- 16 each tortillas

-----PRODUCE COOLER AND CRATES

- 1 each onion, red
- 3 each apples
- lunch fruit

-----STAPLES BOX AND SPICE BOX

- 1/4 teaspoon cayenne
- 1/2 teaspoon curry powder

1. Wash and slice apples. Mince onion.
2. Drain chicken.
3. Mix apple, onion, mayo, cayenne and curry powder in a large bowl. (Check with 'less spicy' participants, either keep cayenne & curry on the side, or use minimally)
REMOVE VEGETARIAN PORTIONS and mix in chicken.
2. Slice cheese and veggies, arrange buffet style with crackers and fruit.
3. Serve drinks and cookies on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 6

A--SALAD--Garden Salad

Servings: 16

-----CAMP BOX

1 bottle salad dressing

-----PRODUCE COOLER AND CRATES

2 each zucchini

5 each carrots

2 heads lettuce, romaine

3 each tomatoes

1. Wash veggies.

2. Either shred the zucchini and carrots, or slice them as you wish.

3. Slice tomatoes and cut lettuce.

4 Mix thoroughly.

5. Serve with dressing.

Camp 6

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

Servings: 16

-----CAMP COOLER

8 pounds turkey breast
1 each vegetarian "turkey" roast
1 1/2 cups butter
16 ounces sour cream
2 cups milk, fresh

-----CAMP BOX

16 servings Stuffing mix
30 ounces cranberry sauce
6 packets gravy mix
16 teaspoons chives
sage
1 quart vegetable broth (some or all needed for stuffing)
2 each vegetable bouillon cubes

-----PRODUCE COOLER AND CRATES

12 each potatoes
4 each sweet potatoes
6 stalks celery (for stuffing)
2 each onion (for stuffing)

----- 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 broth for each breast. Place the breasts in the DO's. Add 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 broth in the bottom of the DO's. Heat vegetarian roast separately.
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!

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 6

C--DESSERT--Pumpkin Pie, No-Bake

Servings: 16

-----CAMP COOLER

5 cups milk, fresh

1 each aerosol whipped cream

1 cup butter

-----CAMP BOX

2 each pumpkin pie mix

-----STAPLES BOX

4 tablespoons sugar

Follow package directions. Top with whipped cream.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 6

D--BREAKFAST--Cream of Wheat and Sausage

Servings: 16

-----CAMP COOLER

3 pounds breakfast sausage
1 package vegetarian breakfast "meat"
8 cups milk, fresh
16 ounces frozen concentrated juice

-----CAMP BOX

28 ounces cream of wheat
1 1/2 cups apricots, dried
1 1/2 cups raisins
1 cup walnuts
3/4 pound coffee
tea and hot cocoa

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar
1 1/2 teaspoons salt
1/2 cup brown sugar

water

1. Fry sausage in skillet or on griddle. Set out coffee & tea supplies, including half & half from previous camp.
1. Prepare cream of wheat according to package directions. For creamier cereal, use milk instead of some of the water.
2. Serve with milk, brown sugar and dried fruits. Drinks on the side as usual.

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Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 6

E--LUNCH--Taco Salad

Servings: 16

-----CAMP COOLER

16 fluid ounces sour cream
16 ounces shredded Mexican cheese
24 ounces frozen concentrated lunch drink

-----CAMP BOX

45 ounces black beans, canned
15 ounces garbanzo beans, canned
30 ounces kidney beans, canned
24 fluid ounces salsa
1 jar jalapenos, sliced
24 ounces tortilla chips
1 package cookies

-----BREAD BOX

16 each tortillas

-----PRODUCE COOLER AND CRATES

1 head lettuce, iceberg
1 each onion, red
4 each avocado
4 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, except salsa, jalapenos and onion.
3. Offer salsa, jalapenos and onion on the side. Enjoy with cookies, fruit and drinks on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 7

A--SALAD--Fiesta Salad

Servings: 16

-----CAMP COOLER

8 ounces shredded Mexican cheese

16 ounces sour cream

-----CAMP BOX

15 ounces garbanzo beans, canned

15 ounces corn, canned

15 ounces black beans, canned

1 bottle ranch dressing

16 ounces salsa

-----PRODUCE COOLER AND CRATES

3 each avocados

2 heads lettuce, iceberg

3 each tomatoes

1. Wash veggies. Drain beans and corn.
2. Slice tomatoes and avocados.
3. Toss all ingredients. Serve with sour cream, salsa, and salad dressing.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 7

B--DINNER--Beef Stroganoff and Vegetarian Chili with French Bread

Servings: 16

-----CAMP COOLER

6 pounds beef strips
24 ounces sour cream
1/2 cup butter (for bread)
1/2 cup butter (for saute)

-----CAMP BOX

3 1/2 pounds egg noodles
40 ounces mushroom stems and pieces
4 packages stroganoff sauce mix
2 cans vegetarian chili

-----BREAD BOX

2 loaves french bread

-----PRODUCE COOLER AND CRATES

1 each onion, yellow

-----STAPLES BOX AND SPICE BOX

8 teaspoons garlic, crushed
6 cloves garlic
3 tablespoons worcestershire sauce
splash vegetable oil

aluminum foil

1. In a large pot, boil water with a dash of salt and a splash of oil. Usually you need about 4 quarts of water for every pound of noodles. Add noodles and cook al dente. Drain.
2. Meanwhile, season beef with worcestershire sauce, salt and pepper. Saute in a medium frying pan. Cover to keep warm while preparing noodles and sauce.
3. Chop onion and garlic cloves. Saute them in a large skillet with mushrooms in 1/2 cup butter.
4. Combine packages of Stroganoff sauce mix with 1 cup of water per package. Add to onion, garlic, mushroom saute.
5. Stir in sour cream and simmer until heated through.
6. Mix noodles with beef and sauce. Heat through.
7. Heat vegetarian chili.
8. Slice french bread in half lengthwise. Butter and spread with crushed garlic. Wrap in aluminum foil and toast face down on griddle.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 7

C--DESSERT--Frozen Fruit

Servings: 16

-----CAMP COOLER

6 pounds frozen fruit

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

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 7

D--BREAKFAST--Cereal and English Muffins

Servings: 16

-----CAMP COOLER

8 cups milk, fresh
1/2 cup butter
16 ounces frozen concentrated juice
1 pint half and half (carry forward)

-----CAMP BOX

2 servings Phantom Hiker snacks
24 servings cereal (at least 2 kinds)
1 jar honey
12 ounces jelly
3/4 pound coffee
tea and hot cocoa

-----BREAD BOX

16 each English muffins

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Serve cereal with milk and your choice of fruit.
2. Toast the muffins on oiled griddles. Serve drinks on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 7

E--LUNCH--Deli Lunch with Bruschetta Spread

Servings: 16

-----CAMP COOLER

- 1 pound cheese
- 2 1/2 pounds deli meats

-----CAMP BOX

- 1 jar bruschetta spread (vegetarian option)
- 1 jar almond butter
- 1 jar mayonnaise
- 1 jar mustard
- 1 jar pickles or pepperoncini peppers
- 1 package cookies
- 2 gallons powdered lunch drink

-----BREAD BOX

- 2 loaves bread

-----PRODUCE COOLER AND CRATES

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

1. Wash vegetables.
2. Slice the cheeses and vegetables.
3. Spread all of the ingredients out deli style.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 8

~~A~~ ~~SALAD~~ ~~Greek Salad~~

Servings: 16

-----CAMP COOLER

8 ounces feta cheese

-----CAMP BOX

1 1/2 cups walnuts

1 bottle Italian or Caesar Salad Dressing

1 jar kalamata olives

-----PRODUCE COOLER AND CRATES

3 each cucumbers

2 heads lettuce, iceberg

1 each onion, red

1. Wash veggies. Chop and/or slice the vegetables.
2. Add nuts and olives. Crumble in feta cheese.
3. Toss with salad dressing.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 8

B--DINNER--Boil-in-a-Bag Chicken Enchiladas and Spinach Enchiladas

Servings: 16

-----CAMP COOLER

14 servings boil-in-bag chicken enchiladas

2 servings boil-in-bag spinach enchiladas

8 ounces sour cream

-----CAMP BOX

16 servings Mexican rice

1. Boil water, place boil-in-bags in water and heat on medium heat for about 45 minutes.
2. Prepare rice according to directions.
3. Offer sour cream as a topping, and serve enchiladas with rice.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 8

C--DESSERT--Lemon Silk Pie, no-bake

Servings: 16

-----CAMP COOLER

2 tubs Cool Whip®

-----CAMP BOX

5 1/2 cups milk, non-perishable

4 packages Jello lemon flavor instant pudding

2 each graham cracker crumb pie crust(s)

1. Prepare pudding mix according to directions.
2. Pour mixture into pie crust(s).
3. Top with cool whip.
4. Place in cooler until firm.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 8

D--BREAKFAST--Huevos Rancheros with Sausage

Servings: 16

-----CAMP COOLER

3 pounds spicy or smoked sausage
1/2 cup butter
16 ounces shredded Mexican cheese

-----CAMP BOX

60 ounces vegetarian refried beans
1 can Rotel spicy tomatoes
1 gallon Tang
3/4 pound coffee
tea and hot cocoa

-----BREAD BOX

24 each tortillas

-----EGG BOX OR COOLER

36 each eggs

-----PRODUCE COOLER AND CRATES

1 each onion, yellow
fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Grate the cheeses. Set out coffee & tea supplies, including half & half from previous camp.
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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 8

E--LUNCH--Tabouli and Pita

Servings: 16

CAMP BOX

8 cups tabouli mix
1 package cookies
2 gallons powdered lunch drink
16 servings salty snacks

BREAD BOX

16 whole pitas

PRODUCE COOLER AND CRATES

2 each cucumber
1/2 head lettuce, iceberg
1 each onion, red
8 stalks celery
4 each tomatoes
lunch fruit

STAPLES BOX AND SPICE BOX

1/4 cup olive oil

6 cups water

***** To prepare this meal efficiently, prepare tabouli in the morning at breakfast. It needs to stand at least one hour. *****

1. Wash and dice tomatoes and celery.
2. Mix veggies and olive oil, water and tabouli. LET STAND ONE HOUR.
3. Wash and slice cucumber and onion.
4. Serve tabouli with pitas, onion, and cucumber.
5. Serve with fruit, drinks and cookies.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 9

A--SALAD--Hearty Garden Salad

Servings: 16

-----**CAMP BOX**

- 15 ounces garbanzo beans, canned**
- 1 bottle salad dressing**
- 1 cup walnuts**

-----**PRODUCE COOLER AND CRATES**

- 3 each avocados**
- 5 each carrots**
- 2 each cucumbers**
- 2 heads lettuce, iceberg**
- 3 each tomatoes**
- 2 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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 9

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

Servings: 16

-----CAMP COOLER

24 ounces cheddar cheese slices
2 each Vegetarian Burgers
18 each hamburger patties
14 each hot dogs

-----CAMP BOX

75 ounces vegetarian baked beans
12 ounces ketchup
8 ounces mayonnaise
12 ounces mustard
8 ounces pickle relish
1 jar pickle slices
2 cans Pringles

-----BREAD BOX

18 each hamburger buns
14 each hot dog buns

-----PRODUCE COOLER AND CRATES

1 head lettuce, iceberg
2 each onion, yellow
3 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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 9

C--DESSERT (DO)--Peach Cobbler

Servings: 16

-----CAMP COOLER

1 each aerosol whipped cream

-----CAMP BOX

1/2 cup milk, non-perishable

7 cups bisquick® baking mix

75 ounces peaches, sliced canned

1/2 cup brown sugar

18 ounces water or peach juice

-----EGG BOX OR COOLER

6 each eggs

-----STAPLES BOX AND SPICE BOX

3 teaspoons cinnamon

3/4 teaspoon cloves

3/4 teaspoon nutmeg

charcoal

1. Start charcoal in firepan. You will need about 30 coals.
2. Oil and pre-heat Dutch oven and lid on stove.
2. Combine baking mix, milk, brown sugar and spices.
3. Add beaten eggs and peach juice or water.
4. Pour into oiled and pre-heated Dutch oven. Stir in peaches to create a marbled effect.
5. Place lid on DO. Place DO on 5-7 coals arranged in a checkerboard pattern. Cover the top of the DO with coals in a similar pattern.
6. Check at 30 minutes. Watch carefully when it begins to smell done. Adjust coals if necessary to evenly cook.
7. Serve warm with whipped cream.

Camp 9

D--BREAKFAST--French Toast with Bacon

Servings: 16

-----CAMP COOLER

3 pounds bacon
1 package vegetarian breakfast "meat"
1 1/2 cups butter
1 pint half and half (carry forward)

-----CAMP BOX

2 cups milk, non-perishable
24 ounces maple syrup
45 ounces canned pears
1 gallon Tang
3/4 pound coffee
tea and hot cocoa

-----BREAD BOX

2 loaves french toast bread

-----EGG BOX OR COOLER

24 each eggs

-----STAPLES BOX AND SPICE BOX

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

-----PRODUCE COOLER AND CRATES

fresh fruit

1. Fry bacon on griddles.
2. Mix egg with milk 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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 9

E--LUNCH--Asian Chicken Salad for Mixed Groups

Servings: 16

-----CAMP BOX

50 ounces white chunk chicken
2 sleeve(s) crackers
1 jar pickles
1 package cookies
4 tablespoons sesame seeds
2 gallons powdered lunch drink

-----PRODUCE COOLER AND CRATES

1 head cabbage, green
1 head cabbage, red
1 each onion

-----STAPLES BOX AND SPICE BOX

1/2 cup sugar
2 teaspoons salt
1/4 cup soy sauce
1 cup vegetable oil
3/4 cup vinegar

***** Remember to remove a vegetarian portion before adding chicken.

***** 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. In a separate bowl, combine sugar, salt, soy sauce, veg. oil, and vinegar and mix well.
3. Pour dressing over cabbage. Toss.
4. REMOVE VEGETARIAN PORTION(S).
5. Toss in chicken.
6. Sprinkle sesame seeds on top.
7. Serve with crackers, pickles, and cookies.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 10

A--SALAD--Pesto Tomatoes and Zucchini

Servings: 16

-----CAMP COOLER

22 ounces pesto sauce, refrigerated

-----PRODUCE COOLER AND CRATES

4 each tomatoes

3 each zucchini

-----STAPLES BOX AND SPICE BOX

olive oil

1. Wash tomatoes and zucchini. Hard tomatoes work well for this dish.
2. Slice tomatoes into wedges.
3. Slice zucchini in the diagonal.
4. Saute tomatoes and zucchini in olive oil. Once vegetables are soft, lower heat and simmer.
5. Add pesto sauce and simmer until sauce is warm.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 10

B--DINNER--Pesto Pork Chops and Orzo + Veggie Strips

Servings: 16

CAMP COOLER

1 package vegetarian chicken strips
15 each pork loin chops
44 ounces pesto sauce, refrigerated
1 cup butter

CAMP BOX

3 pounds orzo

STAPLES BOX AND SPICE BOX

3/4 cup olive oil
Pam

water for pasta

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. Spray skillet with no-stick spray and place on medium burner to heat.
3. While orzo is cooking, spread pesto on both sides of pork chops. Pan fry until done, turning once (about 10 minutes total).
4. When the pork chops are almost done, saute lemon pepper strips.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 10

C--DESSERT--Chocolate Lover's Dessert Pie, no-bake

Servings: 16

-----CAMP COOLER

1 each aerosol whipped cream

-----CAMP BOX

4 packages instant Chocolate Mousse Mix

4 cups milk, non-perishable

2 each graham cracker crumb pie crust(s)

1. Please refer to packaged directions for making the mousse.
2. Pour into pie crust(s).
3. Chill for 1 - 2 hours.
4. Top with whipped cream.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 10

D--BREAKFAST--Eggs Benedict

Servings: 16

-----CAMP COOLER

2 pounds Canadian bacon

1 cup butter

-----CAMP BOX

4 cups milk, non-perishable

3 packages hollandaise sauce

30 ounces canned fruit

1 gallon Tang

3/4 pound coffee

tea and hot cocoa

-----BREAD BOX

16 each English muffins

-----EGG BOX OR COOLER

36 each eggs

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer

sugar

*Set out coffee & tea supplies, including half & half from previous camp.

1. Fry Canadian bacon on the griddles. Heat muffins on the griddles too.

2. Poach the eggs, or prepare them as you like.

3. Prepare sauce according to package directions.

4. Prepare sandwich muffins with bacon, egg, and sauce.

5. Fruit and drinks on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 10

E--LUNCH--Taco Salad 10

Servings: 16

-----CAMP COOLER

16 fluid ounces sour cream

16 ounces shredded Mexican cheese

-----CAMP BOX

45 ounces black beans, canned

15 ounces garbanzo beans, canned

30 ounces kidney beans, canned

24 fluid ounces salsa

1 jar jalapenos, sliced

24 ounces tortilla chips

1 package cookies

2 gallons powdered lunch drink

-----BREAD BOX

16 each tortillas

-----PRODUCE COOLER AND CRATES

1 head lettuce, iceberg

1 each onion, red

4 each avocado

4 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, except salsa, jalapenos and onion.
3. Offer salsa, jalapenos and onion on the side. Enjoy with cookies, fruit and drinks on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 11

A--SALAD--Citrus Salad

Servings: 16

-----CAMP BOX

- 1 1/2 cups almonds, slivered**
- 1 bottle poppy seed salad dressing**
- 2 cans mandarin oranges**

-----PRODUCE COOLER AND CRATES

- 4 each avocados**
- 2 heads lettuce, iceberg**

1. Wash lettuce. Shred lettuce and slice avocados.
2. Drain mandarin oranges. Toss with lettuce and avocados.
2. Toss slivered almonds and dressing into salad.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 11

B--DINNER (Grill)--Grilled Steak, Baked Tofu, and Baked Potatoes

Servings: 16

CAMP COOLER

1 package baked tofu
15 pieces top sirloin steaks (8 - 10 oz each)
24 ounces sour cream
2 cups butter

CAMP BOX

16 ounces mushrooms, canned
12 teaspoons chives

PRODUCE COOLER AND CRATES

3 each onion
12 each potatoes
4 each sweet potatoes

STAPLES BOX AND SPICE BOX

steak sauce

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. Saute onions and mushrooms and top steaks if you wish.
5. When the steaks are almost done, grill baked tofu on both sides.
6. Serve potatoes with butter, sour cream and chives on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 11

C--DESSERT (DO)--Carrot Cake

Servings: 16

-----CAMP BOX

2 packages carrot cake mix
16 ounces cream cheese frosting
1 1/2 cups raisins

-----PRODUCE COOLER AND CRATES

6 each carrots

-----EGG BOX OR COOLER

6 each eggs

-----STAPLES BOX AND SPICE BOX

3/4 cup vegetable oil

charcoal

1. Start charcoal in firepan. You will need about 30 coals.
2. Oil and pre-heat Dutch oven and lid on stove.
3. Wash and grate carrots.
4. Please refer to the directions included with the cake mix and use the amount of eggs and oil specified in those directions. Mix cake according to directions. Fold raisins and grated carrots into cake mix.
5. Pour into oiled DO. Set Dutch oven on 6-8 coals that are arranged in a checkerboard pattern. Arrange remaining coals on lid, also in a checkerboard pattern.
6. Check after baking for about 30 minutes. Watch carefully when it begins to smell done. Adjust coals if necessary to evenly cook.
7. Allow to cool and spread with frosting.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 11

D--BREAKFAST--Bagel Breakfast with Sausage and Cereal

Servings: 16

CAMP COOLER

3 pounds sausage patties
1/2 cup butter
8 ounces cream cheese with chives and onions
8 ounces cream cheese
1 pint half and half (carry forward)

CAMP BOX

8 cups milk, non-perishable
16 servings cereal (at least 2 kinds)
1 gallon Tang
3/4 pound coffee
tea and hot cocoa

BREAD BOX

18 each bagels

PRODUCE COOLER AND CRATES

fresh fruit

STAPLES BOX AND SPICE BOX

powdered creamer
sugar

**** This can be a quick breakfast to make and clean up. The griddles can be cleaned with paper towels, leaving just a few utensils to wash. ****

1. Toast bagels on griddle if desired.
2. Fry sausage. Drain on paper towels.
3. You might want to include leftover lunch cheese.
4. Lay out everything buffet style.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 11

E--LUNCH--Guacamole and Tortillas

Servings: 16

-----CAMP COOLER

4 pounds avocado, pre-mashed
16 ounces shredded Mexican cheese

-----CAMP BOX

1 bottle hot sauce
45 ounces black beans, canned
1 package cookies
2 gallons powdered lunch drink
1 teaspoon cumin
16 ounces salsa
20 ounces tortilla chips

-----BREAD BOX

16 each tortillas

-----PRODUCE COOLER AND CRATES

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

1. Wash and chop veggies.
2. Mix pre-mashed avocados with salsa and cumin to taste. (Check with 'less spicy' participants, may need to make a separate version for them.)
3. Serve with tortillas, beans, veggies, and chips. (Hot sauce is optional for those who like it spicy)

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 12

A--SALAD--Waldorf Salad

Servings: 16

-----CAMP BOX

1 1/2 cups walnuts

16 ounces mayonnaise

-----PRODUCE COOLER AND CRATES

14 each apples

8 stalks celery

-----STAPLES BOX AND SPICE BOX

paprika

1. Wash the apples and celery. Chop apples, celery and walnuts. Mix with mayonnaise. Offer paprika on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 12

B--DINNER--Shepherd's Pie (Traditional)

Servings: 16

CAMP COOLER

6 pounds ground beef
1 package vegetarian ground "beef"
2 pounds block cheddar cheese
1 cup butter

CAMP BOX

4 cups milk, non-perishable
60 ounces canned corn
60 ounces canned green beans
32 servings dehydrated mashed potatoes

PRODUCE COOLER AND CRATES

3 each onion

water

**Prepare a vegetarian version separately.

1. Chop onion. Half will be cooked with the ground beef and half will be cooked with the mashed potatoes.
2. Cook ground beef and half of the chopped onion in a large skillet or Dutch Oven over medium-high heat, stirring occasionally, until beef is brown; drain well. Stir in drained green beans and half of the corn. Heat to boiling; reduce heat to low to keep warm.
3. Meanwhile, cook potatoes as directed on package. Stir in remaining onions and corn; let stand 5 minutes.
4. Spoon potatoes onto center of beef mixture, sprinkle cheese over potatoes and beef mixture. Cover and let stand about 5 minutes or until cheese is melted.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 12

~~C--DESSERT--~~Pepperidge Farm Cookies

Servings: 16

~~-----~~CAMP BOX

16 servings Pepperidge Farm Cookies

1. Open and enjoy!

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 12

D--BREAKFAST--Eggs, Bacon and Dehydrated Hashbrowns 12

Servings: 16

-----CAMP COOLER

3 pounds bacon
1 package vegetarian breakfast "meat"
1/2 cup butter

-----CAMP BOX

24 servings dehydrated hashbrowns
12 ounces ketchup
30 ounces canned fruit
1 gallon Tang
3/4 pound coffee
tea and hot cocoa

-----EGG BOX

36 each eggs

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar
3 cloves garlic
1 1/2 cups vegetable oil

-----PRODUCE COOLER AND CRATES

2 each onion, yellow
fresh fruit

***** YOU MIGHT WANT TO START HEATING WATER TO RE-HYDRATE POTATOES RIGHT AWAY. *****

1. Make coffee. Set out coffee & tea supplies, including half & half from previous camp.
2. Rehydrate potatoes according to directions. Fry in oil to desired crispness. Serve with ketchup.
3. Fry bacon on the griddles. Drain on paper towels.
4. Whisk eggs with salt and pepper to taste.
5. Wash and chop onions. Saute in a little butter until tender.
6. Pour in scrambled eggs. You might want to add in leftover lunch cheese. Cook until done.
7. Serve with fruit and drinks.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 12

E--LUNCH--Deli Lunch with Hummus 12

Servings: 16

-----CAMP COOLER

- 1 pound cheese**
- 2 1/2 pounds deli meats**
- 1 container hummus (vegetarian option)**

-----CAMP BOX

- 1 jar mayonnaise**
- 1 jar mustard**
- 1 jar almond butter**
- 1 jar pickles or pepperoncini peppers**
- 1 package cookies**
- 2 gallons powdered lunch drink**
- 16 servings salty snacks**

-----BREAD BOX

- 2 loaves bread**

-----PRODUCE COOLER AND CRATES

- 1/2 head lettuce, iceberg**
- 1 each onion, red**
- 3 each tomatoes**
- lunch fruit**
- 1. Wash vegetables.**
- 2. Slice the cheeses and vegetables.**
- 3. Spread all of the ingredients out deli style.**

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 13

A--SALAD--Carrot Salad with Craisins

Servings: 16

-----CAMP BOX

1 bottle red wine vinaigrette

1 1/2 cups craisins

1 1/2 cups walnuts

-----PRODUCE COOLER AND CRATES

16 each carrots

1. Wash and grate carrots. Chop nuts. Mix with craisins, nuts and dressing.
2. Season to taste with salt and pepper.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 13

B--DINNER (Grill, DO)--Pork Tenderloin + Tempeh and Seasoned Potatoes

Servings: 16

CAMP COOLER

- 1 package tempeh**
- 15 servings teriyaki marinated pork tenderloin**
- 16 ounces sour cream**
- 1 1/2 cups butter**

CAMP BOX

- 2 packages Lipton's onion soup**

PRODUCE COOLER AND CRATES

- 12 each potatoes**
- 4 each sweet potatoes**
- 2 each onions**

aluminum foil

charcoal

1. Start the charcoal in firepan. You will need about 40 coals for the Pork Tenderloin and about 40 coals to cook the potatoes on the grill.
2. Clean and slice potatoes and onions. Arrange several potatoes on double sheets of aluminum foil. Distribute onions over potatoes. Sprinkle the Lipton's onion soup mix over the potatoes and onions. Add pats of butter. Close up potato packages and grill, turning and checking every 15 minutes or so. (Note: potatoes can also be cooked in a Dutch oven.)
3. Place tenderloins with marinade in a Dutch Oven. Place 7 coals on the bottom, and 33 coals on top. It will take about 35 - 40 minutes for the tenderloins to cook.
4. Season tempeh as desired. Saute.
5. Serve sour cream on the side for the potatoes.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 13

C--DESSERT (DO)--Lemon Bars

Servings: 16

-----CAMP BOX

2 packages lemon bar mix

-----EGG BOX OR COOLER

6 each eggs

2/3 cup water

charcoal

1. Start the charcoal in the firepan. You will need about 30 coals. Oil and pre-heat the lid and bottom of Dutch oven.
2. Mix according to instructions.
3. Pour into greased DO.
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.
5. Check at 30 minutes. Watch carefully when it begins to smell done. Look and adjust coals if necessary to evenly cook.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 13

D--BREAKFAST--Yogurt Fruit Salad with Granola, Breakfast Bars and Sausage

Servings: 16

-----CAMP COOLER

3 pounds breakfast sausage
64 ounces yogurt
1 pint half and half (carry forward)

-----CAMP BOX

32 ounces granola (2 kinds)
24 each breakfast bars
15 ounces mandarin oranges
14 ounces pineapple chunks, canned
15 ounces peaches, sliced canned
15 ounces pears, canned
3/4 pound coffee
1 gallon Tang
tea and hot cocoa

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Fry sausage. Drain on paper towels.
2. Drain fruit and mix with yogurt. Serve everything buffet style.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 13

E--LUNCH--Burrito Bar

Servings: 16

-----CAMP COOLER

2 pounds avocado, pre-mashed
16 ounces shredded Mexican cheese

-----CAMP BOX

2 cans olives, sliced black
8 ounces green chilies, diced
1 jar jalapenos, sliced
75 ounces vegetarian refried beans
1 package cookies
2 gallons powdered lunch drink
24 ounces salsa
20 ounces tortilla chips

-----BREAD BOX

18 each tortillas

-----PRODUCE COOLER AND CRATES

1 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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 14

A--SALAD--Crunchy Tomato Salad

Servings: 16

-----CAMP BOX

12 ounces waterchestnuts, sliced

1 bottle Vinagarette, Italian, Oil & Vinegar or Red Wine & Olive Oil Dressing

-----PRODUCE COOLER AND CRATES

6 each tomatoes

2 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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 14

B--DINNER--Spaghetti and Italian Sausage + Vegetarian Sausage

Servings: 16

-----CAMP COOLER

1 package vegetarian Italian Sausage
3 1/2 pounds Italian sausage, mild
12 ounces parmesan cheese
1/2 cup butter

-----CAMP BOX

96 ounces spaghetti sauce
3 1/2 pounds spaghetti
1 ziplock baking soda

-----BREAD BOX

2 loaves french bread

-----PRODUCE COOLER AND CRATES

2 each bell peppers
2 each onion, yellow

-----STAPLES BOX AND SPICE BOX

9 teaspoons garlic, crushed
1/3 cup vegetable oil

water for pasta

*****Please make a vegetarian version of this dinner with vegetarian sausage. ***

*** Note: the baking soda helps with dish washing after a spaghetti dinner.

1. Bring water and 1 tablespoon oil to a boil. You will need about 1 quart of water per pound of pasta. Add spaghetti and cook till al dente. Drain.
2. Saute chopped and washed onions, bell peppers and 1/2 of the garlic in a small amount of oil. (Check with 'less spicy' participants, may need to keep peppers and onion on the side)
3. Add sauce to above mixture and continue cooking for 7-10 minutes.
4. Brown sausage in oil in a large skillet. Heat veggie sausage in a separate, small skillet.
5. Mix garlic with butter (add parmesan cheese if desired).
6. Slice bread in half lengthwise and spread butter/garlic mixture on it. Double wrap in aluminum foil and heat over coals or toast on griddles.
7. Serve spaghetti with sauce. Serve sausages and parmesan cheese on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 14

C--DESSERT--Cheesecake, no-bake

Servings: 16

-----CAMP COOLER

1 cup butter

-----CAMP BOX

3 cups milk, non-perishable

2 packages no-bake cheesecake mix

1. Please refer to the directions included with the cheesecake mix, and use the amount of butter and milk specified.
2. Mix crumbs with butter and press evenly and firmly into bottom of a medium nesting bowl. Blend cheesecake with milk. Beat for 3 minutes.
3. Pour cheesecake filling into crust. Chill for an hour in coolers.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 14

D--BREAKFAST--Scrambled Eggs and Ham

Servings: 16

-----CAMP COOLER

3 each ham steaks

1 cup butter

-----CAMP BOX

8 ounces jelly

30 ounces canned fruit

1 gallon Tang

3/4 pound coffee

tea and hot cocoa

-----BREAD BOX

16 each English muffins

-----EGG BOX AND COOLER

36 each eggs

-----STAPLES BOX AND SPICE BOX

powdered creamer

sugar

-----PRODUCE COOLER AND CRATES

fresh fruit

1 each onion, yellow

1. Heat ham in skillet or on griddles. Set out coffee & tea supplies, including half & half from previous camp.
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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 14

E--LUNCH--Tuna, Apple and Raisin Salad + Bruschetta Spread

Servings: 16

-----CAMP COOLER

1 pound cheese

-----CAMP BOX

1 jar bruschetta spread (vegetarian option)

48 ounces tuna, canned

16 ounces mayonnaise

1 1/2 cups raisins

1 jar pickles

2 sleeve(s) crackers

1 package cookies

2 gallons powdered lunch drink

16 servings salty snacks

-----BREAD BOX

2 loaves bread

-----PRODUCE COOLER AND CRATES

3 each apples

1 each onion, red

1. Wash and chop onion and apples.
2. Open and drain tuna. Mix in bowl with onion and apple.
2. Add mayonnaise and raisins to salad. Add pepper to taste.
3. Slice tomatoes and cheeses. Let everyone build their own sandwiches.
4. Serve cookies and drinks on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 15

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

Servings: 16

-----CAMP BOX

- 1 bottle Asian sesame salad dressing**
- 3 cans mandarin oranges in lite syrup**
- 1 1/2 cups almonds, slivered**
- 12 ounces Chinese fried noodles**

-----PRODUCE COOLER AND CRATES

2 heads cabbage, green

1. Wash and chop cabbage.
2. Combine with drained mandarin oranges, almonds, and Chinese noodles.
3. Toss dressing into salad.
4. Add salt and pepper to taste.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 15

B--DINNER (DO)--Canned Meat Chili and Vegetarian Chili with Cornbread

Servings: 16

CAMP COOLER

1/2 cup butter
20 ounces cheddar cheese
16 ounces sour cream

CAMP BOX

1 jar honey
6 cups cornbread mix
15 ounces corn, canned
2 cans vegetarian chili
216 ounces chili

PRODUCE COOLER AND CRATES

1 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. Heat vegetarian chili separately.
5. Serve cornbread with butter and honey.
6. Serve chili with grated cheese and chopped onions on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 15

C--DESSERT (DO)--Cherry Cobbler

Servings: 16

-----CAMP BOX

7 cups bisquick® baking mix
3/4 cup brown sugar
9 tablespoons powdered milk
2 cans cherry pie filling

-----EGG BOX OR COOLER

6 each eggs

18 ounces water

charcoal

1. Heat charcoal in firepan. You will need about 30 coals. Oil Dutch oven, and pre-heat lid and oven on stove.
2. Combine Bisquick, powdered milk and brown sugar.
3. Beat eggs with water. Add to dry mixture.
4. Pour the mixture into oiled, pre-heated Dutch oven. Stir in the cherries, creating a marbled effect.
5. 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.
6. Check at 30 minutes. Watch carefully when it begins to smell done. Look and adjust coals if necessary to evenly cook.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 15

D--BREAKFAST--Apple Pancakes

Servings: 16

-----CAMP COOLER

1 1/2 cups butter

1 pint half and half (carry forward)

-----CAMP BOX

25 ounces applesauce

12 cups pancake mix

30 ounces maple syrup

45 ounces peaches, sliced canned

1 gallon Tang

3/4 pound coffee

tea and hot cocoa

-----STAPLES BOX AND SPICE BOX

powdered creamer

sugar

2 teaspoons cinnamon

-----PRODUCE COOLER AND CRATES

fresh fruit

1. Mix pancakes according to directions using applesauce in place of some of the water. Add a little cinnamon (optional).
2. Cook on oiled griddles and serve with butter and syrup.
3. You might want to heat the peaches with leftover applesauce and offer as an additional topping.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 15

E--LUNCH--Bagel Lunch

Servings: 16

-----CAMP COOLER

16 ounces cream cheese

-----CAMP BOX

8 ounces jelly

1 jar peanut butter, crunchy

1 jar peanut butter, smooth

24 ounces GORP or Mixed Nuts

16 servings pringles or Pretzels

1 package cookies

2 gallons powdered lunch drink

-----BREAD BOX

18 each bagels

-----PRODUCE COOLER AND CRATES

lunch fruit

1. Set out all ingredients buffet style.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 16

A--SALAD--Fruit Salad

Servings: 16

-----**CAMP BOX**

75 ounces fruit cocktail or mixed fruit

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

Camp 16

B--DINNER--Potato Corn Chowder for Late Camps

Servings: 16

CAMP BOX

4 cups powdered milk
75 ounces corn, canned
30 ounces green beans, canned
30 ounces peas, canned

PRODUCE COOLER AND CRATES

15 each potatoes
5 each sweet potatoes
8 each carrots
2 each onion, yellow

2 gallons water

1. Wash and cut potatoes into small bits.
2. In a large pot, boil potatoes in 2 gallon of filtered water until tender. DO NOT DRAIN.
3. Stir powdered milk into cooked potatoes.
4. Wash, peel and slice carrots. Chop onions.
5. Add carrots, canned veggies, and chopped onion to potatoes, and let simmer 15 minutes or until desired taste and consistency is reached.
6. Salt and pepper to taste. Add water to thin chowder as needed.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 16

C--DESSERT--Oreo Pudding Pie, no-bake

Servings: 16

-----**CAMP COOLER**

1 Each aerosol whipped cream

-----**CAMP BOX**

4 packages instant Oreo pudding mix

8 cups milk, non-perishable

2 each Oreo cookie crumb pie crust(s)

1 sleeve Oreo cookies

1. Please refer to packaging directions for making the pudding.
2. Pour into pie crust(s).
3. Chill for 1 to 2 hours.
4. Top with whipped cream and Oreo cookies.

Camp 16

D--BREAKFAST--Scrambled Eggs and English Muffins

Servings: 16

-----CAMP COOLER

1 cup butter

-----CAMP BOX

1 gallon Tang

3/4 pound coffee

tea and hot cocoa

30 ounces canned fruit

-----BREAD BOX

18 each English muffins

-----EGG BOX OR COOLER

36 each eggs

-----PRODUCE COOLER AND CRATES

fresh fruit

1 each onion, yellow

-----STAPLES BOX AND SPICE BOX

powdered creamer

sugar

1. Set out coffee & tea supplies, including half & half from previous camp. 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. Serve with honey and leftover condiments.
6. Fruit and drinks on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 16

E--LUNCH--Unbeatable Bean Salad with Salami

Servings: 16

-----CAMP COOLER

16 ounces hard salami

1 pound cheese

-----CAMP BOX

3 sleeve(s) crackers

12 ounces artichoke hearts, canned

30 ounces asparagus spears, canned

30 ounces green beans, canned

15 ounces garbanzo beans, canned

15 ounces kidney beans, canned

15 ounces pinto beans, canned

1 package cookies

2 gallons powdered lunch drink

-----PRODUCE COOLER AND CRATES

2 each onion, red

lunch fruit

-----STAPLES BOX AND SPICE BOX

1/2 teaspoon pepper

1 teaspoon garlic powder

3/4 cup vegetable oil

5 1/2 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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 17

A--SALAD--Beet Salad

Servings: 16

-----CAMP BOX

75 ounces beets, sliced canned

-----STAPLES BOX AND SPICE BOX

1 teaspoon dill weed

6 tablespoons lemon juice

1/2 cup olive oil

1/2 teaspoon salt

1. Beat together oil, lemon juice, dill and salt for dressing. Drain beets.
2. Gently toss beets with dressing. Serve.

Camp 17

B--DINNER (DO)--Cheese Enchiladas

Servings: 16

CAMP COOLER

4 pounds shredded Mexican cheese
50 each corn tortillas

CAMP BOX

16 servings Mexican rice
60 ounces refried black beans
16 ounces green chilies, diced
90 ounces enchilada sauce
18 ounces olives, black
24 ounces salsa
20 ounces tortilla chips

PRODUCE COOLER AND CRATES

1 each onion, yellow

charcoal

1. Serve chips and salsa as appetizer.
2. Start about 42 coals in the firepan. Pre-heat and oil a Dutch oven.
3. Wash tomatoes. Grate cheeses and chop the onions and tomatoes.
4. Prepare rice according to directions.
5. Heat refried beans on the stove. Heat tortillas.
6. The easy method of making enchiladas is to layer the ingredients as you would lasagna. The most traditional method is to fill each tortilla with a small amount of enchilada sauce, cheese, onions, tomatoes and chilies. Roll each enchilada and place in DO. In either case, cover with sauce and more cheese.
7. 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 until sauce is bubbling and cheese is melted, about 20 minutes. Garnish with black olives.

Camp 17

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

Servings: 16

-----CAMP COOLER

12 ounces chocolate chips

-----CAMP BOX

2 packages brownie mix

1 cup walnuts

-----EGG BOX OR COOLER

2 each eggs

-----STAPLES BOX AND SPICE BOX

2/3 cup vegetable oil

2/3 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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 17

D--BREAKFAST--Jordy's Breakfast Smorgasbord

Servings: 16

-----CAMP COOLER

32 ounces yogurt
8 ounces cream cheese, plain
1/2 cup butter
1 pint half and half (carry forward)

-----CAMP BOX

4 cups milk, non-perishable
9 packages instant oatmeal
9 servings cereal
32 ounces granola (2 kinds)
8 ounces jam or jelly
1 jar peanut butter
1 cup brown sugar
1 1/2 cups raisins
1 1/2 cups apricots, dried
1 gallon Tang
3/4 pound coffee
tea and hot cocoa

-----BREAD BOX

8 each bagels
8 each English muffins

-----PRODUCE COOLER

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Heat English muffins and bagels.
2. Set out all ingredients and allow everyone to choose what they want.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 17

E--LUNCH--Curried Chicken Salad with Bruschetta Spread 17

Servings: 16

-----CAMP COOLER

1 pound cheese

-----CAMP BOX

1 jar bruschetta spread (vegetarian option)

18 ounces mayonnaise

50 ounces white chunk chicken

1 package cookies

2 sleeve(s) crackers

2 gallons powdered lunch drink

16 servings salty snacks

-----BREAD BOX

16 each tortillas

-----PRODUCE COOLER AND CRATES

1 each onion, red

3 each apples

lunch fruit

-----STAPLES BOX AND SPICE BOX

1/4 teaspoon cayenne

1/2 teaspoon curry powder

1. Wash and slice apples. Mince onion.

2. Drain chicken.

3. Mix apple, onion, mayo, cayenne and curry powder in a large bowl. (Check with 'less spicy' participants, either keep cayenne & curry on the side, or use minimally)

REMOVE VEGETARIAN PORTIONS and mix in chicken.

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

3. Serve drinks and cookies on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 18

A--SALAD--Tomato Soup

Servings: 16

-----CAMP BOX

8 cups milk, non-perishable

8 cans tomato soup

1. Heat and serve. Salt and pepper to taste.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 18

B--DINNER--Boil-in-a-Bag Stuffed Pork Chops and Eggplant Parmesan

Servings: 16

-----CAMP COOLER

14 servings Boil-in-a-Bag Stuffed Pork Chops
2 servings Boil-in-a-Bag Eggplant Parmesan
1/2 cup butter

-----CAMP BOX

24 servings instant mashed potatoes

-----BREAD BOX

1 loaf sourdough bread

1. Boil water, place boil-in-bag(s) in water and heat on medium heat for about 45 minutes.
2. Prepare instant mashed potatoes.
2. Serve pork chops with sourdough bread and mashed potatoes.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 18

C--DESSERT--Assorted Candy Bars

Servings: 16

-----CAMP COOLER

16 each assorted candy bars

1. Open and enjoy!

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 18

D--BREAKFAST--Scrambled Eggs and English Muffins 18

Servings: 16

-----CAMP COOLER

1 cup butter

-----CAMP BOX

30 ounces canned fruit

1 gallon Tang

3/4 pound coffee

tea and hot cocoa

-----BREAD BOX

18 each English muffins

-----EGG BOX OR COOLER

36 each eggs

-----PRODUCE COOLER AND CRATES

fresh fruit

1 each onion, yellow

-----STAPLES BOX AND SPICE BOX

powdered creamer

sugar

1. Set out coffee & tea supplies, including half & half from previous camp. 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. Serve with leftover condiments.
6. Fruit and drinks on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 18

E--LUNCH--Salami and Cheese + Bruschetta Spread

Servings: 16

-----CAMP COOLER

1 1/2 pounds cheese

2 pounds salami

-----CAMP BOX

1 jar bruschetta spread (vegetarian option)

3 sleeve(s) crackers

1 jar pickles or pepperoncini peppers

1 package cookies

2 gallons powdered lunch drink

16 servings salty snacks

-----PRODUCE COOLER AND CRATES

lunch fruit

1. Slice salami, cheeses and fruit.
2. Set out leftover condiments, and serve buffet style. Cookies, fruit and drink on the side.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 19

A--SALAD--Apricot Honey Glazed Carrots

Servings: 16

-----CAMP COOLER

1/2 cup butter

-----CAMP BOX

20 fluid ounces apricot nectar

75 ounces carrots, canned

1/4 cup honey

6 teaspoons cornstarch

-----STAPLES BOX AND SPICE BOX

1 teaspoon salt

1. Combine nectar and cornstarch in a small bowl. Mix until smooth.
2. Wash, peel, and slice carrots, or drain carrots if canned. Steam just short of desired crispness.
3. Add honey, butter and salt. Heat thoroughly.
4. Add nectar mixture and cook at low heat until apricot glaze is thickened.

Camp 19

B--DINNER (DO)--Tamale Pot Pie for Late Camps

Servings: 16

CAMP COOLER

16 ounces shredded Mexican cheese
30 each corn tortillas

CAMP BOX

16 servings Mexican rice
75 ounces vegetarian refried beans
30 ounces black beans, canned
16 ounces olives, black
1 can Rotel spicy tomatoes (optional use)
30 ounces tomatoes, diced canned
30 ounces green chilies, diced
16 ounces salsa

PRODUCE COOLER AND CRATES

3 each onion, yellow

STAPLES BOX AND SPICE BOX

1 teaspoon cumin

charcoal

Check with "less spicy" participants, may need to make adjustments as to which ingredients may need to be offered on the side instead in the pot pie.

1. Start charcoal in firepan. You will need about 36 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. Rotel 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. Prepare rice according to directions. Serve on side of pot pie.

Camp 19

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

Servings: 16

-----CAMP COOLER

1/2 cup butter

-----CAMP BOX

2 packages yellow cake mix

1/2 cup coconut flakes

1 1/2 cups brown sugar

28 ounces pineapple, sliced canned

17 ounces water or pineapple juice

-----EGG BOX OR COOLER

6 each eggs

-----STAPLES BOX AND SPICE BOX

3 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.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 19

D--BREAKFAST--Pancakes

Servings: 16

-----CAMP COOLER

1 1/2 cups butter

1 pint half and half (carry forward)

-----CAMP BOX

12 cups pancake mix

30 ounces maple syrup

1 gallon Tang

45 ounces peaches, sliced canned

3/4 pound coffee

tea and hot cocoa

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer

sugar

1. Mix pancake batter according to directions provided. Fry on hot griddle, turning when bubbles appear on top. Turn only once.
2. Serve with butter, syrup and drinks.
3. Heat peaches, if desired, and offer as an additional topping.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 19

E--LUNCH--Burrito Bar 19

Servings: 16

-----CAMP COOLER

16 ounces shredded Mexican cheese

-----CAMP BOX

2 cans olives, sliced black

8 ounces green chilies, diced

1 jar jalapenos, sliced

75 ounces refried black beans

1 package cookies

2 gallons powdered lunch drink

24 ounces guacamole salsa

20 ounces tortilla chips

-----BREAD BOX

18 each tortillas

-----PRODUCE COOLER AND CRATES

1 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. Lay out everything buffet style.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 20

A--SALAD--Green Bean Casserole

Servings: 16

-----CAMP BOX

1 cup milk, non-perishable

75 ounces green beans, canned

12 ounces Durkee French Onions

50 ounces cream of mushroom soup

1. Drain the green beans.
2. Mix the green beans with the soup and milk, and half of the french onions in a pot with a lid.
3. Simmer on medium heat with the lid on, stirring often, for about 25-30 minutes, or till heated through. Garnish with remaining french onions.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 20

B--DINNER--Tortellini Parma Rosa with Garlic Bread

Servings: 16

-----CAMP COOLER

1/2 cup butter (for bread)

1/2 cup butter

-----CAMP BOX

4 pounds tortellini

6 packages Parma Rosa Sauce Mix

7 1/2 cups milk, non-perishable

-----BREAD BOX

2 loaves french bread

-----STAPLES BOX AND SPICE BOX

8 tablespoons garlic, crushed

1. Slice bread in half lengthwise. Spread each half with butter (save 1/2 cup for tortellini) and garlic. Wrap in aluminum foil and warm on griddles.
2. Boil water with a tablespoon of oil. You will need approximately 8 quarts. Add tortellini and boil till al dente. Drain.
3. In a saucepan, whisk milk and sauce mix until well blended.
4. Add 1/2 cup of butter. Stir constantly until it boils. Lower heat and simmer for 4 minutes, stirring occasionally.
5. Pour over tortellini and mix well.
6. Serve with garlic bread.

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 20

C--DESSERT--Chocolate Mints

Servings: 16

-----CAMP COOLER

16 servings chocolate mints

1. Open and enjoy!

Tim Strauch
Colorado River Raft Trip
Grand Canyon
Mar. 9 - Apr. 1, 2019

Camp 20

D--BREAKFAST--Mexican Home Fries with Dehydrated Potatoes and Eggs

Servings: 16

-----CAMP COOLER

16 ounces sour cream
16 ounces shredded Mexican cheese
1/2 cup butter

-----CAMP BOX

24 servings dehydrated hashbrowns
24 ounces salsa
1 gallon Tang
30 ounces canned fruit
3/4 pound coffee
tea and hot cocoa

-----EGG BOX OR COOLER

36 each eggs

-----PRODUCE COOLER AND CRATES

2 each onion, yellow
fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar
1 cup vegetable oil

***** YOU MIGHT WANT TO START HEATING WATER TO RE-HYDRATE POTATOES RIGHT AWAY. *****

1. Re-hydrate potatoes according to packaged directions. Set out coffee & tea supplies, including half & half from previous camp.
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. Offer cheese, salsa and sour cream on the side.
5. Serve with drinks and fruit.

Tim Strauch
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Camp 20

E--LUNCH--Hiking Lunch

Servings: 16

-----CAMP COOLER

32 each string cheese

16 each candy bars

-----CAMP BOX

1 jar peanut butter

1 jar jelly

16 each granola bars

2 pounds GORP or Mixed Nuts

2 cups apricots

3 sleeve(s) Oreos

4 gallons Gatorade

16 each ziplock bags, quart size

-----BREAD BOX

2 loaves bread

-----PRODUCE COOLER AND CRATES

lunch fruit

1. Select items as you desire and pack in Ziploc bag. Enjoy the hike!

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Camp 21

A--SALAD--Black Beans and Corn (Non-Perishable)

Servings: 16

-----CAMP BOX

30 ounces black beans, canned

45 ounces corn, canned

1 jar roasted red peppers

8 ounces green chilies, diced

-----PRODUCE COOLER AND CRATES

1 each onion, red

-----STAPLES BOX AND SPICE BOX

1/2 cup oil

1/3 cup vinegar

1/4 teaspoon cumin

1. Wash and chop onion.
2. Drain beans and corn, then toss in a large bowl. Add cumin and salt & pepper to taste.
3. Serve with red peppers, green chilies and onion on the side.

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Camp 21

B--DINNER--Mediterranean Couscous for Mixed Groups

Servings: 16

-----CAMP COOLER

2 cups feta cheese

-----CAMP BOX

6 cups couscous

60 ounces garbanzo beans

50 ounces white chunk chicken

9 cups vegetable broth

2 cups raisins

-----PRODUCE COOLER AND CRATES

3 each tomatoes

-----STAPLES BOX AND SPICE BOX

3/8 teaspoon cayenne pepper

3/4 teaspoon pepper

1. Wash and dice tomatoes.
2. Heat broth to boiling in a large pot. Stir in all ingredients except cayenne, chicken and cheese; remove from heat.
3. Cover and let stand about 5 minutes or until liquid is absorbed; stir gently.
4. REMOVE VEGETARIAN PORTIONS.
5. Stir in chicken and heat.
6. Sprinkle each serving with cheese and offer cayenne on the side.

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Camp 21

C--DESSERT (DO)--Blueberry Cobbler

Servings: 16

-----CAMP BOX

1 cup milk, non-perishable
7 cups bisquick® baking mix
42 ounces blueberry pie filling

-----EGG BOX OR COOLER

6 each eggs

18 ounces water

charcoal

1. Heat charcoal in firepan. You will need about 30 coals. Oil Dutch oven, and pre-heat lid and oven.
2. Combine baking mix, milk and water.
3. Add beaten eggs.
4. Pour the mixture into oiled, pre-heated Dutch oven. Stir in the blueberries, creating a marbled effect.
5. Place lid on DO. Place DO on 5-7 coals arranged in a checkerboard pattern. Cover the top of the DO with remaining coals in a checkerboard pattern.
6. Check at 30 minutes. Watch carefully when it begins to smell done. Look and adjust coals if necessary to evenly cook.

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Camp 21

D--BREAKFAST--Oatmeal, Raisins and Nuts

Servings: 16

CAMP COOLER

1/2 cup butter

1 pint half and half (carry forward)

CAMP BOX

4 cups powdered milk

10 cups Oatmeal

1 1/2 cups apricots, dried

1 1/2 cups raisins

1 1/2 cups brown sugar

1 1/2 cups walnuts

1 gallon Tang

3/4 pound coffee

tea and hot cocoa

PRODUCE COOLER AND CRATES

fresh fruit

STAPLES BOX AND SPICE BOX

powdered creamer

sugar

1. Bring water and salt to a rolling boil. You will need about 1 3/4 cups water to 1 cup oats.
2. Stir in oats. Stir in powdered milk to make creamy oatmeal. Reduce to minimum heat and cook for 1 minute, stirring often enough to keep bottom oats from burning. Cover, remove from heat and let sit 2-3 minutes.
3. Serve with milk, raisins, walnuts, brown sugar, fruit and drinks.

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Camp 21

E--LUNCH--Unbeatable Bean Salad with Salami 21

Servings: 16

-----CAMP COOLER

16 ounces salami

1 pound cheese

-----CAMP BOX

3 sleeve(s) crackers

12 ounces artichoke hearts, canned

30 ounces asparagus spears, canned

30 ounces green beans, canned

15 ounces garbanzo beans, canned

15 ounces kidney beans, canned

15 ounces pinto beans, canned

1 package cookies

2 gallons powdered lunch drink

-----PRODUCE COOLER AND CRATES

2 each onion, red

lunch fruit

-----STAPLES BOX AND SPICE BOX

1/2 teaspoon pepper

1 teaspoon garlic powder

3/4 cup vegetable oil

5 1/2 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.

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Camp 22

A--SALAD--Lemon Herb Sweet Peas

Servings: 16

-----CAMP COOLER

1/2 cup butter

-----CAMP BOX

60 ounces sweet peas, canned

15 ounces carrots, canned

-----PRODUCE COOLER AND CRATES

1 each lemon

2 each onion, yellow

-----STAPLES BOX AND SPICE BOX

4 cloves garlic

1 teaspoon thyme

1. Wash, peel and slice carrots, or drain if canned. Chop onion and garlic. Grate lemon peel.
2. Melt butter in a saucepan over medium heat. Stir in onion and cook until tender.
3. Add in carrots and garlic. Cook, stirring occasionally, until the carrots are crisp-tender, about 3 to 5 minutes.
4. Add lemon peel, thyme, and drained peas. Cook until the peas are heated through.

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Camp 22

B--DINNER--Pasta, Tofu, and Peanut Sauce with Crackers

Servings: 16

-----CAMP BOX

3 1/2 pounds linguine noodles

4 boxes tofu

30 ounces peanut sauce

2 cups cashews

3 sleeves crackers

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. Crush cashews. Heat in a dry skillet.
5. Toss the noodles, peanut sauce and tofu until combined well. Top with the chopped cashews. Serve with crackers.

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Camp 22

C--DESSERT--Chocolate Lover's Dessert Pie with Chocolate Chips, no-bake

Servings: 16

-----CAMP COOLER

- 1 each aerosol whipped cream**
- 12 ounces mini-chocolate chips**

-----CAMP BOX

- 4 packages instant Chocolate Mousse Mix**
- 4 cups milk, non-perishable**
- 2 each graham cracker crumb pie crust(s)**

1. Please refer to packaged directions for making the mousse. Stir in some of the chocolate chips.
2. Pour into pie crust(s).
3. Chill for 1 - 2 hours.
4. Top with whipped cream and remaining chocolate chips.

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Camp 22

D--BREAKFAST--Blueberry Pancakes

Servings: 16

-----CAMP COOLER

1 1/2 cups butter

-----CAMP BOX

3 cans blueberries, canned

12 cups pancake mix

32 ounces maple syrup

45 ounces peaches, sliced canned

1 gallon Tang

3/4 pound coffee

tea and hot cocoa

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer

sugar

1. Set out coffee & tea supplies, including half & half from previous camp. Mix pancakes according to directions. Drain and stir in blueberries.
2. Cook the pancakes on a well-oiled hot griddle, flipping the pancakes when bubbles appear on the surface. Turn only once.
3. Heat peaches, if desired, and offer as an additional topping.
4. Serve with butter and syrup. Fruit and drinks on the side.

Camp 22

E--LUNCH--Curried Chicken Salad with Bruschetta Spread 22

Servings: 16

CAMP COOLER

1 pound cheese

CAMP BOX

1 jar bruschetta spread (vegetarian option)

18 ounces mayonnaise

50 ounces white chunk chicken

1 package cookies

2 sleeve(s) crackers

2 gallons powdered lunch drink

16 servings salty snacks

BREAD BOX

16 each tortillas

PRODUCE COOLER AND CRATES

1 each onion, red

3 each apples

lunch fruit

STAPLES BOX AND SPICE BOX

1/4 teaspoon cayenne

1/2 teaspoon curry powder

**Last On-River Lunch, time to use up any/all leftovers!

1. Wash and slice apples. Mince onion.

2. Drain chicken.

3. Mix apple, onion, mayo, cayenne and curry powder in a large bowl. (Check with 'less spicy' participants, either keep cayenne & curry on the side, or use minimally)

REMOVE VEGETARIAN PORTIONS and mix in chicken.

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

3. Serve drinks and cookies on the side.

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Camp 23

A--SALAD--Bean Salad, Multi

Servings: 16

-----CAMP BOX

75 ounces multi-bean salad

1. Open can(s) and serve.

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Camp 23

B--DINNER--Creamy Chicken and Dumplings for Mixed Groups

Servings: 16

-----CAMP BOX

12 cups milk, non-perishable
16 ounces vegetable broth (optional)
50 ounces white chunk chicken
60 ounces peas and carrots, canned
75 fluid ounces cream of mushroom soup, canned
3 1/2 cups Bisquick® baking mix
3 sleeves crackers

1. Heat 9 1/2 cups milk, the peas and carrots, and the soup to boiling in a large pot. If it is too thick to be able to cook the dumplings, add some broth.
2. Stir Bisquick mix and 2 1/2 cup milk until soft dough forms. Drop dough by tablespoonfuls onto soup mixture.
3. Cook uncovered over low heat 10 minutes. Cover and cook 10 minutes longer.
4. REMOVE VEGETARIAN PORTION(S).
5. Stir drained chicken into remaining soup. Heat and serve with crackers.

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Camp 23

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

Servings: 16

-----CAMP COOLER

16 each chocolate bars

-----CAMP BOX

10 ounces marshmallows

3 sleeve(s) graham crackers

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

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Camp 23

D--BREAKFAST--Granola, Dried Fruit and Yogurt

Servings: 16

CAMP COOLER

64 ounces yogurt
1 pint half and half

CAMP BOX

8 cups milk, non-perishable
64 ounces granola (2 kinds)
1 gallon Tang
3/4 pound coffee
tea and hot cocoa

STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Serve granola with leftover dried fruit and yogurt. There will be milk in early camps.