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.
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. ****
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.
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.
Camp 1

C--DESSERT--Pound Cake with Fruit Topping

Servings: 16

1. Slice cake. Serve topped with thawed fruit and whipped cream.
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. Sauté in a little butter until tender.
7. Serve with fruit and drinks.
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.
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.
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.
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 sauté 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.
5. Serve steak and salmon with potatoes, butter, sour cream and chives.
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.
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)
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.
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.
Camp 3

C--DESSERT--Cheesecake Bites, pre-made
Servings: 16

-------------------------------CAMP COOLER

16 servings pre-made cheesecake bites
1. Slice and enjoy!
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.

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.
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.
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.
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.
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.
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.
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.
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

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.
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.
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.
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.
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.
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!
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.
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.
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.
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.
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.
8. Slice french bread in half lengthwise. Butter and spread with crushed garlic. Wrap in aluminum foil and toast face down on griddle.
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.
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.
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.
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.
3. Toss with salad dressing.
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.
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.
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!
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.
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.
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.
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.
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.
3. Combine baking mix, milk, brown sugar and spices.
4. Add beaten eggs and peach juice or water.
5. Pour into oiled and pre-heated Dutch oven. Stir in peaches to create a marbled effect.
6. 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.
7. Check at 30 minutes. Watch carefully when it begins to smell done. Adjust coals if necessary to evenly cook.
8. 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.
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.
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.
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.
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.
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.
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.
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

2. Drain mandarin oranges. Toss with lettuce and avocados.
2. Toss slivered almonds and dressing into salad.
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.
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.
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.
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)
Camp 12

A-SALAD--Waldorf Salad
Servings: 16

------=----------=-=----------=----=ST
1 1/2 cups walnuts
16 ounces mayonnaise

------=----------=-=----------=----=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.
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.
Camp 12

C--DESSERT--Pepperidge Farm Cookies
Servings: 16

---CAMP BOX

16 servings Pepperidge Farm Cookies
1. Open and enjoy!
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.
7. Serve with fruit and drinks.
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.
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

2. Season to taste with salt and pepper.
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.
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.
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.
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.
A--SALAD--Crunchy Tomato Salad
Servings: 16

CAMP BOX
12 ounces waterchestnuts, sliced
1 bottle Vinegarette, 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.
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.


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.
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.


3. Pour cheesecake filling into crust. Chill for an hour in coolers.
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.
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.
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.
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.
5. Serve cornbread with butter and honey.
6. Serve chili with grated cheese and chopped onions on the side.
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.
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.
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.
Camp 16

A--SALAD--Fruit Salad
Servings: 16

---CAMP BOX---

75 ounces fruit cocktail or mixed fruit
1. Open cans, drain, and serve. Enjoy!
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.
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.
Camp 16

C---DESSERT--Oreo Pudding Pie, no-bake
Servings: 16

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.
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.
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.
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.
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 cranberries
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.
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.
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.
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.
3. Serve pork chops with sourdough bread and mashed potatoes.
Camp 18

C--DESSERT--Assorted Candy Bars
Servings: 16

16 each assorted candy bars
1. Open and enjoy!
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.
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.
Camp 19

A--SALAD--Apricot Honey Glazed Carrots
Servings: 16

1/2 cup butter

20 fluid ounces apricot nectar
75 ounces carrots, canned
1/4 cup honey
6 teaspoons cornstarch

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.
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.
Camp 19

D--BREAKFAST--Pancakes
Servings: 16

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<table>
<thead>
<tr>
<th>CAMP COOLER</th>
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<tbody>
<tr>
<td>1 1/2 cups butter</td>
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<tr>
<td>1 pint half and half (carry forward)</td>
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<table>
<thead>
<tr>
<th>CAMP BOX</th>
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<tbody>
<tr>
<td>12 cups pancake mix</td>
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<tr>
<td>30 ounces maple syrup</td>
</tr>
<tr>
<td>1 gallon Tang</td>
</tr>
<tr>
<td>45 ounces peaches, sliced canned</td>
</tr>
<tr>
<td>3/4 pound coffee</td>
</tr>
<tr>
<td>tea and hot cocoa</td>
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</tbody>
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<table>
<thead>
<tr>
<th>PRODUCE COOLER AND CRATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>fresh fruit</td>
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<table>
<thead>
<tr>
<th>STAPLES BOX AND SPICE BOX</th>
</tr>
</thead>
<tbody>
<tr>
<td>powdered creamer</td>
</tr>
<tr>
<td>sugar</td>
</tr>
</tbody>
</table>

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.
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.
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.
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.
Camp 20

C-DESSERT--Chocolate Mints
Servings: 16

-------------------------------CAMP COOLER
16 servings chocolate mints
1. Open and enjoy!
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.
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!
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.
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.
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.
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.
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.
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.
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.


5. Toss the noodles, peanut sauce and tofu until combined well. Top with the chopped cashews. Serve with crackers.
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.
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.
Camp 23

A--SALAD--Bean Salad, Multi
Servings: 16

75 ounces multi-bean salad
1. Open can(s) and serve.
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.
Camp 23

C---DESSERT (FIRE)--S'Mores
Servings: 16

1. Toast a couple of marshmallows per person.
2. Place between chocolate pieces and graham crackers like a sandwich.
3. Enjoy!
Camp 23

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.