

Cranberry Harbors District  
June Roundtable  
Recipes

## **Camp Stroganoff recipe**

**Serves:** 4-6

### **Ingredients**

1 ½ – 2 pounds ground beef

1 dry onion soup packet

1 cup sour cream

1 can cream of mushroom soup (condensed)

1 12- to 16-ounce pack wide egg noodles

### **Instructions**

In large frying pan, brown the ground beef until it is not pink. Drain off the grease.

Bring a large pot of water to a boil. Cook noodles, al dente, following package instructions. Rinse noodles in cool water to stop cooking.

Add to Fry pan with cooked beef, the remaining ingredients. Simmer gently until meat is tender.

If necessary, thin the sauce with a little milk.

Serve over the cooked noodles.

*Recipe by Dunlin Stathis, Eagle Scout from Troop 154 of Goldens Bridge, N.Y.*

Recipe from Bryan on Scouting Post:

<https://blog.scoutingmagazine.org/2020/05/26/home-cooking-scouts-practice-preparing-camp-recipe-together-over-zoom/>

## White Chicken Chili Dutch Oven Recipe (Serves 6)

**Required:** 12-inch Dutch oven

### Ingredients:

- 2 - 10oz cans of chicken breast chunks
- 1 can Northern beans, undrained
- 1 can Cannellini beans, drained
- 4 cups chicken broth
- 1 cup finely chopped onion
- 2 tsp minced garlic
- Two boxes of Jiffy Corn Muffin Mix
- 2 Eggs
- 1 bunch cilantro (leaves only), chopped
- 2 tsp cumin
- 2 tsp oregano
- 1/2 tsp cayenne
- 1 cup sour cream
- 3 cup shredded Monterey Jack cheese
- 2/3 cup milk

### Instructions:

1. Make Corn Muffin batter using milk and eggs.
2. In Dutch oven, brown onion and garlic.
3. Add all ingredients except the sour cream, cheese and muffin batter to the Dutch oven.
4. Gently place large spoonfuls of the batter on top of the chili ingredients
5. Simmer at 350° for 30 minutes and until the corn muffin mix is baked and golden brown
6. Serve with sour cream and cheese.

Thanks to Mark Turnak,  
Troop 4, Hingham who  
modified a recipe from  
DutchOvenDude:  
<http://dutchovendude.com/campfire-cooking.php>  
(you can find # of coal-  
temperature guides here).  
The cornbread rises to the  
top to create a nice one-  
pot meal.

## TACO SOUP - MEXICAN

(RECIPE.PAK)

### Ingredients

- 1 pound ground chuck
- 1 large onion, chopped
- 3-15 ½ oz cans Mexican style chili beans, undrained
- 1 -15 ½ oz can white kernel corn, undrained
- 1-15 oz can tomato sauce
- 1 14 ½ oz can diced tomatoes, undrained
- 1 4 ½ oz can chopped green chilies
- 1-1 ¼ oz envelope taco seasoning mix
- 1 oz envelope Ranch style dressing mix
- 1 ½ cups water

### Toppings:

- Corn chips, shredded lettuce, Chopped tomato, sour cream, shredded Cheddar cheese

### Directions

Step 1: Cook beef and onions in a Dutch oven over medium-high heat until meat is browned, and onions are tender, stirring until meat crumbles; drain.

Step 2: Stir beans and next 7 ingredients into beef mixture; bring to a boil. Reduce heat, and simmer, uncovered, 15 minutes, stirring occasionally.

Step 3: Spoon soup into bowls; top with desired toppings.

From "Ethnic Recipes", a Woodbadge ticket item for our District Commissioner

## Two Burner Favorite:

### Ingredients:

- ~ 2 lbs. lean ground beef
- 1 yellow onion, diced
- 1 green pepper, diced
- 2-3 garlic cloves, diced
- 2 cans condensed tomato soup
- ~ ½ tsp. black pepper
- Kosher salt
- ~ 1 tsp dried oregano
- ~ 1 tsp dried basil
- 3 cans cream style corn
- ~ ½ lb. diced or shredded cheese
- 2 lbs. macaroni (any style)
- ~ 3 tbsp olive oil (or butter)

### Preparation:

1. Begin boiling salted water for macaroni on one burner
2. On the other burner, heat the olive oil; add onion & green pepper, stir as needed, cook until onions are just softened. Add garlic, cook about 30 seconds, then add black pepper, salt, oregano and basil, stir. Add meat break up clumps and stir, cook until just done. Drain grease.
3. Add tomato soup & cream-style corn and bring to a simmer. Simmer, stirring occasionally for ~20 minutes.
4. When macaroni water boils, and when the time left to complete simmering the meat sauce mixture is a little longer than the macaroni cooking time, add macaroni and cook per package directions. Drain.
5. Add the cooked macaroni and the diced cheese to the meat sauce mixture, continue to simmer for 2-3 minutes, stir well. Remove from heat, allow to sit, covered for ~2 minutes, serve.

This meal, a relatively easy camping favorite has hundreds of variations and goes by many names including American Chop Suey, American Goulash and Yukon Pete, among others.

## Taco in a bag (8 servings)

### Ingredients:

- ~ 2 lbs. lean ground beef
- 1 large can diced tomato, drained
- ~ 4 cups shredded lettuce
- ~ 2 cups shredded cheese
- 1 package taco seasoning mix
- 8 individual serve bags corn chips
- 1 jar salsa
- 1 cup sour cream

### Preparation:

1. In a large skilled, brown the ground beef, stirring regularly. Drain grease, add in taco seasoning and stir.
2. Gently crush the corn chips in unopened bags, then carefully cut the top off the bags.
3. Spoon in beef mixture, tomato, lettuce, cheese, salsa and sour cream as desired.
4. Eat from the bag with a spoon.

Note, by cooking the meat in advance and storing in a zip lock, this can serve as a cold lunch.

## **Fish Stew** (based on “food for the soul” recipe published by the CSC Indiana province)

Ingredients (Note: for camp use, recommend preparing seafood and vegetables in advance and transporting in cooler in zip locks)

- ~ 1.5 – 2 lbs. cod fish (or other firm white fish) cut into  $\frac{3}{4}$  in cubes
- ~ 1 lb. shrimp, peeled & deveined
- ~ 1 cup chopped yellow onion
- 3 cloves minced garlic
- 3 tbsp lemon juice
- 2 carrots, peeled & cut into medium thickness rounds
- 2 stalks celery, diced
- ~  $\frac{1}{2}$  cup water
- 2 large cans crushed tomatoes
- 1 can diced potato, drained
- Olive oil
- ~ 1 tbsp old bay seasoning
- ~ 1 tbsp dried basil
- ~ 1 tbsp lemon pepper seasoning
- ~ 1 tsp salt

### Preparation:

1. Season fish and shrimp with old bay (can be done in advance and transported in zip lock).
2. Sauté onion & celery in olive oil and salt in the bottom of a soup pot until onion is just translucent (4-5 min). Add garlic, basil & lemon pepper, sauté until aromatic, (~30 seconds).
3. Add crushed tomato, carrots, potato and bring to a slow boil.
4. Reduce heat and simmer for ~45 min.
5. Add water, lemon juice, fish and shrimp, simmer an additional 10 min.
6. Remove from heat, let stand, covered for ~ 5 min.
7. Serve