

# Recipe Collection from Outdoor 1

## (per patrol of 8-12 adults)

### *No-cook Method:*

#### **Friendship Fruit Salad**

1 piece of fruit per person (do not use fresh or frozen pineapple)  
1 small can crushed pineapple in juice  
Powdered “red” Jell-O (start with half a box, add more as needed/desired)

Using a paring knife and cutting board, cut fruit into bite-sized pieces and place in a large Zip-loc bag. Add pineapple with juice and powdered Jell-O. Lightly toss and set aside. In warm weather, return it to a cooler.

example list:

Each girl in the troop/group is asked to bring in a piece of fruit.

example list:

- 4 bananas
- grapes (no seeds)
- 1 kiwi
- 1 pint strawberries
- 2 apples

example list:

- 4 bananas
- grapes (no seeds)
- 1 kiwi
- 1 bag frozen strawberries
- 1 apple
- 1 orange
- 1 peach

### ***Charcoal and Foil Cooking Method:***

#### **Cheesy Bread**

Foil  
1 pack hot dog or hamburger buns, split  
Margarine  
Cheese, grated

Open buns and place on foil squares. Top with pats of margarine and cheese. Wrap in a “butcher’s wrap” and place on coals. Do NOT flip the bread, but move it occasionally to prevent cold spots and burning. On “gray” coals it will only take about 5 minutes to toast and melt cheese. If grill area permits, place the bread on a rack about 1 inch above hot coals.

#### **Variation: Breadsticks**

8 hot dog buns  
1/2 cup margarine  
1/2 cup Parmesan cheese  
garlic powder, opt.  
Cut rolls into quarters lengthwise. Spread margarine on all sides. Roll these in Parmesan cheese. Wrap in greased foil. Place on coals, turn as needed.

#### **Cinnamon Bread**

Foil  
Bread  
Margarine  
Cinnamon  
Sugar

Take slices of bread and spread both sides with margarine. Place on square of foil large enough to hold 4 slices side by side. Sprinkle with cinnamon and sugar. Seal foil packets and place on hot coals. Rearrange packets every few minutes to keep bread from burning. Do NOT turn packets over! Bread is done in 5 - 10 minutes depending on height above coals.

#### **Cheesy Potatoes**

Foil, one square per person  
Margarine  
2 cans sliced potatoes, drained  
Salt  
Pepper  
Cheese, grated

Place potatoes on foil. Dot with margarine. Season with salt and pepper. Sprinkle with grated cheese. Place over coals until heated through and cheese has melted.

Variations, try these toppings instead of cheese:

BBQ: top with barbecue sauce  
Ranch: top with ranch dressing and bacon bits  
Tex-Mex: top with salsa and cheese

#### **Baked Apples**

Foil  
1 cooking apple (Granny Smith is good) per person  
Butter or Margarine  
Cinnamon  
Brown Sugar

Core and slice one apple per person. Place on a square of foil. Sprinkle with cinnamon and/or brown sugar and a pat of butter. Wrap as a Hershey’s kiss and mark outside of foil with your initials. Nestle in coals for 20 minutes.

#### **Banana Boats**

(a traditional Girl Scout favorite)  
Foil  
Bananas  
Mini marshmallows  
Chocolate chips or chocolate pieces

Do not peel bananas. Peel each banana down one side and cut a wedge into it. Place marshmallows and chocolate chips into the wedge, and cover with peel and aluminum foil. Put into coals for about 5 minutes.

### **One-pot Method:**

#### **Tortellini Stew**

12 oz. canned chicken  
1 can chicken broth  
Onion, minced  
Mushrooms, chopped (opt.)  
1 can or plastic jar of spaghetti sauce  
2 cans mixed vegetables (like Veg-All)  
¾ - 1 cup dried pasta  
1 small bag tortellinis

*Note: if a participant does not eat chicken (or mushrooms) prepare stew without it, reserve a small portion of it for each person with special needs; then add chicken (or mushrooms).*

Put all items in cook pot EXCEPT pasta and tortellinis. Add 2 cups water. Bring to a boil. Add pasta and tortellinis and cook for 15 minutes at medium heat.

Alternate Recipe: Ground chicken, 1 large can or 2 medium cans mixed vegetables, 1 can crushed tomatoes, chopped onion, 1 can vegetable soup or chicken broth, optional canned mushrooms.

#### **Chicken Nugget Parmesan**

Spaghetti Sauce (canned or plastic jars)  
Frozen Chicken Nuggets - 3/person  
Onion, Chopped  
Mushrooms, sliced (optional)  
Shredded Cheese

Put all items in cook pot EXCEPT chicken. Add ½ cup water. Bring to a boil. [If there are vegetarians, remove a serving of recipe before adding chicken.] Add chicken nuggets and cook for 10 minutes at medium heat. Sprinkle shredded cheese on top at time of serving.

To stretch the recipe, cook noodles or pasta to go under the main dish.

Alternate Recipe: Instead of chicken, add sliced zucchini or yellow squash, or thin slices of peeled eggplant. Fresh or frozen spinach can also be substituted.

#### **Stir-fry (with or without chicken)**

1/3 stick margarine or ¼ cup veg. oil  
6 oz. canned chicken meat  
1 bag pre-cut broccoli, carrots, & other veggies  
(about 4 cups total)  
1 - 2 zucchini or yellow squash  
1 small onion or 2 - 3 green onions  
1 can mushrooms or fresh mushrooms  
1 bell pepper (any color)  
1 bag Success rice

Rinse all vegetables. Cut unprepared vegetables. Light propane stove and place a 1 quart pot filled ¾ full of water on a burner and bring to a boil.

Meanwhile, put margarine or oil in a larger pot or fry pan and heat until butter begins to melt or oil warms. Dump all fresh vegetables into saucepan and stir and turn until mostly tender. Add canned vegetables. Retain portion(s) cooked stir-fry in foil or small mess kit dish if needed to serve girls with special needs. Add chicken to remaining mixture and heat through. Cover.

When the pan of water nears a boil, add 1 pouch of Success rice to the pot (in the bag). Cook according to box directions. Serve rice with stir-fry.