



gscb

**Camp
Cookbook**

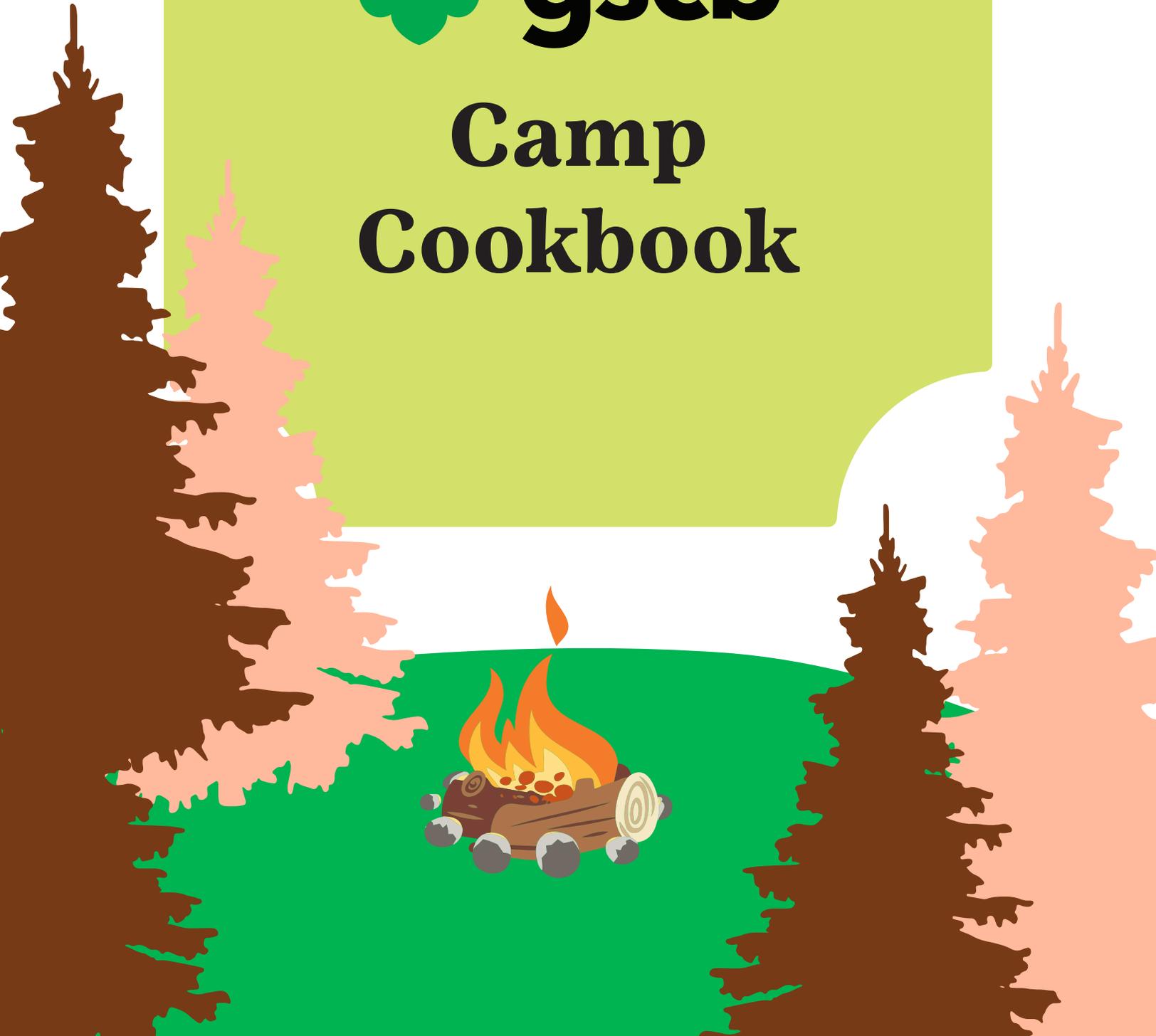


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About the GSCB Camp Cookbook

When planning meals for a camping trip, be sure to lean on your girls to drive the menu and make mealtime girl-led from planning to serving to clean-up. This guide will support you in planning the menu, testing out recipes, and give you tips on how to include girls in the process.

This guide will follow the outdoor cooking progression and include recipes within each type of format.

Camp Meal Planning

Meal planning is an excellent way to teach nutrition. Include selections from each of the food groups. Remember to include snacks and adapt to any requirements of your activities.

As your troop gains experience with outdoor cooking, think beyond the method and challenge them to plan a menu that has a specific goal: minimal cleanup, Thanksgiving dinner leftovers, all day crockpot meals, everything on a stick, etc.

After the menu is completed, make a shopping list including the best size or quantity to buy and any equipment required. Remember that some things will be needed for more than one meal. For support related to portion planning, see section: How Much Do We Need?

Your list might look something like the outline below:

	Menu Items	Quantities	Required Equipment
Meal 1			
Meal 2			
Etc.			

Letting the troop buy the necessary materials is a valuable lesson in using resources wisely when it comes to budgeting and buying items that can be used in multiple meals.

Meal Planning Tips

- Make it girl-led
- Encourage nutritional food choices
- Be thoughtful about dietary needs
- Consider the temperature requirements for your ingredients
- Plan according to the food storage capabilities, distance food will be carried to site, and the amount of time the group wants to spend cooking and cleaning up or doing other program activities.



Outdoor Cooking Progression

When you are planning for a cookout, remember the age level and experience of most girls in your troop.

With first time campers, start with easier forms of cooking and progress through the various steps. If campers are more experienced, start “where they are”. Many of the methods below should be introduced with heat and eat foods to reduce time spent over the fire.



Ready to Eat

Prepare a meal or snack that requires no cooking.

Cereal
Bag Lunch
Sandwiches
Trail Mix
Ants on a Log



Propane

Prepare a meal just like at home using a propane stove, griddle or grill.

Pancakes
Eggs
Hot dogs
Hamburgers
Kabobs
Grilled veggies
Walking tacos
Grilled cheese
One pot meals (stew, chili, soup, mac and cheese, oatmeal)

Foil Packets

Prepare a meal over a bed of coals in foil packets. Use of a rack is optional.

Roasted apples
Meatballs
Steamed veggies
Fajitas
Pigs in a blanket*
Potatoes

**Always check that dough is cooked.*

Start with “heat & eat” recipes before moving to foods with temperature requirements.

Sticks & Skewers

Prepare a meal over a campfire using a stick, skewer or dowel.

S’mores
Hot dogs
Pigs in a blanket*
Brown bears
Kabobs
Pie irons (grilled cheese, melts, dessert pies)

**Always check that dough is cooked.*

Start with “heat & eat” recipes before moving to foods with temperature requirements.

One Pot

Prepare a meal all in one pot over charcoal or wood.

Stew
Chili
Soup
Oatmeal
Casserole
Mac and Cheese

This method can increase time over the fire stirring, adding ingredients in sequence, or doing more prep outdoors.

Start with “heat & eat” recipes before moving to foods with temperature requirements.

Baking

Prepare a meal in a Dutch, box or solar oven.

Cakes
Casseroles
Meatloaf
Turkey
Pizza
Pies

These methods can be time consuming; be sure to plan accordingly, have a backup plan, and consider bringing extra materials.

Primitive

Prepare a meal with basic resources like a #10 can, a bucket, or a food’s own container.*

Vagabond stove
Can
Bucket
Crane
Tripod

**These methods get extremely hot - use protective equipment such as tongs, gloves, hot pads, etc.*



Ready to Eat

The first step in the outdoor cooking progression is simply eating outside! Being comfortable eating outside, with limited resources, is an important first step before ever cooking outside. Try some ready to eat items or minimal prep items with your troop.

Breakfast

- Cereal
- Granola Bars
- Yogurt
- Fruit
- Bagels
- Banana wraps: Tortilla, banana, and nut butter or Nutella

Snacks and Appetizers

- Ants on a Log
- GORP
- Veggies with dip or hummus
- Popcorn or Pretzels
- Salads: Start with your greens base. Then add, for:

Green Salad: Radishes Carrots Cucumbers Green Peppers Mayonnaise	Waldorf Salad: Celery Raisins Nuts Mayonnaise	Apple Slaw: Apples (1/2 lb.) Green Pepper (1/2 cup) Pineapple (3 cups) Vinegar (1/4 cup)
Mallow Fruit: Fruit Cocktail Marshmallows Mayonnaise or Sour Cream	Island Waldorf: Chunk Pineapple Celery Mayonnaise	Hawaiian Slaw: Pineapple Shredded Coconut
Bunny Salad: Cottage Cheese Raisins Nuts (Eat in lettuce wrap)	Apple and Cheese: Currant Jelly Cottage Cheese (Mix together and serve on apple slices)	Date, Nut Slaw: Dates Chopped Nuts Sour Cream (1/2 pint)

Afternoon Meals:

- Sandwiches
- Tuna Packets
- Lunchables

Dessert:

- Stuffed Fruit: Core an apple or remove the stone/seeds from a peach/pear and stuff with any of the following: Raisins, nuts, mayonnaise, cream cheese, chopped dates, raisins, sugar, etc.
- Armpit Fudge
- Puppy Chow



Girl Scout Speciality Recipe

Armpit Fudge

Per individual girl serving:

- 1/2 cup powdered sugar
- 1 tbsp. butter
- 2 tsp. cream cheese
- Dash of vanilla extract
- 2 tsp. cocoa powder

1. Put all ingredients into a Ziploc sandwich bag. Then squeeze all air out of the bag and seal.
2. Smush and knead all ingredients together, using your armpits if necessary.
3. Consistency should be more of a frosting than a true fudge - perfect for eating right out of the bag or dipping fruit/marshmallows/pretzels/etc.

For vegan or dairy-free, use non-dairy versions of ingredients. Vegan stick butter performs better than tub butter.

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Girl Scout Speciality Recipe

Puppy Chow

- 6 cups Rice Chex Cereal
- 1 cup creamy peanut butter
- 1 cup semi-sweet chocolate chips
- 1 1/2 cups powdered sugar

1. Place chocolate and peanut butter in a large, microwave-safe bowl and microwave for 1 minute. Remove and stir. If not melted, microwave for another 30 seconds, then stir again. Repeat until completely melted.
2. Add the cereal and mix gently until completely coated.
3. Transfer mixture onto a baking sheet lined with parchment or wax paper, spreading the pieces into a single layer to avoid sticking. Let sit for several minutes, allowing time for the chocolate to cool and dry.
4. Place powdered sugar in a large Ziploc bag. Add the cereal pieces, seal, and shake until coated.



Tip: Swap the chocolate and/or peanut butter for your favorite Fall Product items or add some crushed Girl Scout Cookies to your cereal mixture.

Tip 2: Make it less messy by giving each Girl Scout her own Ziploc bag.

Propane

Basically like cooking at home! On a small two-burner stove, you can make some high-caliber camp meals!

Breakfast

- Eggs - scrambled, sunny-side up, hardboiled, in a nest, or poached
- Pancakes
- French Toast
- Oatmeal

Dessert

- [Stove Top Candied Nuts](#)
- [Rice Krispie Treats](#)

Snacks and Appetizers

- Stovetop Popcorn

Afternoon Meals

- Sauteed hotdogs
- Walking Tacos
- Chili
- Mac and cheese



Girl Scout Speciality Recipe

Stove Top Candied Nuts

- 1 cup brown sugar
 - $\frac{1}{4}$ tsp. salt
 - $\frac{1}{2}$ tsp. ground cinnamon
 - $\frac{1}{4}$ cup water
 - $\frac{1}{2}$ tsp. almond extract
 - 2 cups pecan halves or other choice of nut
1. Combine all ingredients, except for the pecans, in a non-stick skillet and stir over medium heat until the sugar dissolves and the mixture is bubbly.
 2. Add the pecans and cook, stirring to coat.
 3. Allow to reduce, stirring occasionally to ensure the pecans and syrup don't burn, for about 5 minutes.
 4. Remove from heat and pour the pecans out on a parchment-paper lined baking sheet, spreading them into one layer with a silicone spatula.
 5. Let cool and enjoy!



Rice Krispie Treats

- 3 tbsp. butter
 - 1 package regular-sized marshmallows or 5 1/2 cups miniature marshmallows
 - 6 cups Rice Krispies® cereal
1. In a large saucepan, melt butter over low heat. Then, add marshmallows and stir until completely melted. (Tip: Grease your stirring utensil with non-stick cooking spray or butter to avoid sticking)
 2. Add cereal and stir until well coated.
 3. Pour mixture into a 13x9 inch pan coated with cooking spray and use a buttered spatula or wax paper to evenly press mixture into pan.
 4. Allow to cool, then cut into 2-inch squares. Best if served the same day.

Tip: For best results, use fresh marshmallows. 1 jar (7oz) of marshmallow creme can be substituted for marshmallows.



Foil Packets

Heavy duty foil is the only equipment you need to cook these cozy, traditional camp treats!

Breakfast

- Hash - [Submit your recipe](#)
- Scramble - [Submit your recipe](#)
- [French Toast Bake](#)
- Cinnamon Buns - Using pre-made refrigerated dough: place dough in foil and wrap tightly. Bake over coals until done.
- [Orange Muffins](#)

Snacks and Appetizers

- [Spicy Cheese Roll](#)

Afternoon Meals

- [Pocket Stew](#)
- [Chicken Firecrackers](#)
- [Nightmares](#)
- [Chicken Leg Delight](#)
- [Ms. Linda's Camp Potatoes](#)
- [Long John Silver](#)
- [Flavor Stuffed Potatoes](#)

Dessert

- [Cake in an Orange](#)
- [Peach Yums](#)
- [Something's Missing Apple "Pie"](#)
- [Foil Sundaes](#)



Girl Scout Speciality Recipe

French Toast Bake

- 6 slices of French bread, cubed
- 4 eggs
- 1 tsp. vanilla extract
- $\frac{1}{2}$ cup milk
- 1 tsp. cinnamon
- 1 cup syrup
- Powdered sugar (for topping)
- Strawberries, sliced (for topping)

1. Layer the bread into a foil packet or foil pie plate.
2. Mix together the egg, milk, vanilla, $\frac{1}{2}$ the syrup and cinnamon. Pour the mixture over the bread.
3. Wrap the entire dish in foil and place over coals.
4. Allow to bake for 60 minutes or until center is firm.
5. Top with remaining syrup, strawberries or powdered sugar.

Tip: Cut down on cooking time by dividing the bake into individual portions.

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Girl Scout Speciality Recipe

Orange Muffins

- 1 pkg. muffin mix
 - Milk (Amount as per muffin mix requirements)
 - Eggs (Amount as per muffin mix requirements)
 - 12 orange half peels (6 oranges)
1. Mix muffins as directed on package.
 2. Fill orange peels halfway with batter.
 3. Wrap peel in foil and place directly on coals.
 4. Bake until tops are brown.



Girl Scout Speciality Recipe

Spicy Cheese Roll

- 2 French rolls (large)
 - 1/2 lb. butter
 - 1/2 lb. shredded American cheese
 - 1 green pepper, finely shredded
 - 1 onion, chopped
1. Split roll lengthwise and spread both sides with butter.
 2. Sprinkle liberally with shredded cheese, chopped onion and shredded green pepper.
 3. Place halves together and wrap in foil.
 4. Bake on low heat for 25 minutes, turning frequently.

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Girl Scout Speciality Recipe

Pocket Stew

- Raw hamburger patties
 - Your vegetables of choice, sliced
 - Potatoes
 - Carrots
 - Onion
 - Salt and pepper, to taste
 - Butter, to taste
1. Place hamburger patty, vegetable slices, salt, pepper and butter on a large piece of heavy-duty foil.
 2. Wrap tightly in foil.
 3. Cook on hot coals for 40 minutes, flipping halfway through.

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Girl Scout Speciality Recipe

Chicken Firecrackers

- 2 cups of diced, cooked chicken
 - 1 tbsp. diced onion
 - 1 1/2 cups of diced celery
 - 1 tsp. pepper
 - 1/4 cup of slivered almonds
 - 1/2 cup mayonnaise
 - 1 tsp. salt
 - 1/4 lb. grated cheddar cheese
 - French rolls
1. Combine chicken, celery, almonds, onion, salt, pepper, mayonnaise, and cheese.
 2. Scoop out the center of each French roll and fill it with chicken mixture.
 3. Wrap each roll in aluminum foil, twisting the ends to resemble firecrackers.
 4. Place on coals and cook for 20 minutes, turning frequently.

Serves 8.

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Girl Scout Speciality Recipe

Nightmares

- 1/2 cup mayonnaise
- 1/4 cup pickle relish
- 1 cup grated cheese
- 1 tbsp. mustard
- 2 cups hot dogs, chopped
- Hot dog buns
- 2 hard boiled eggs, chopped

1. Mix all ingredients together, except for the hot dog buns.
2. Split hot dog buns and fill with mixture.
3. Wrap in foil.
4. Cook on coals for 15 minutes or until cheese is melted.

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Girl Scout Speciality Recipe

Chicken Leg Delight

- 10 6oz. chicken legs
- 8 potatoes, peeled and thinly sliced
- 5 medium onions, chopped
- 1/2 cup oil
- 1 cup ketchup
- 1/4 cup vinegar

1. Oil aluminum foil slightly. Spread potatoes evenly on the foil.
2. Place chicken on top of potatoes and sprinkle with chopped onions, vinegar, and salt and pepper to taste.
3. Pour ketchup over chicken.
4. Foil foil over ingredients to form a sealed envelope.
5. Broil on coals for 40 minutes, turning frequently.

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Girl Scout Speciality Recipe

Ms. Linda's Camp Potatoes

- Red potatoes, sliced
 - Onion, sliced
 - Green peppers, sliced
 - Salt and pepper
 - 1 stick of butter, cubed
1. Combine potatoes, onion, green pepper, salt, pepper and butter on the foil.
 2. Wrap foil tightly around the potatoes so that no butter is able to leak out.
 3. Place directly on coals or rack and cook for 40 minutes, flipping halfway through.

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Girl Scout Speciality Recipe

Long John Silver

- 1 lb. ground beef
 - 1 lb. hot dogs
 - 1 large onion, chopped
 - Mustard
 - Salt and pepper
 - 1/2 cup water
1. Mix beef and water, then season with salt and pepper to taste.
 2. Place half the beef mixture on a large square of foil, spreading about 4" wide and 11" long.
 3. Place hot dogs down the center and spread mustard liberally over hot dogs.
 4. Sprinkle with chopped onion.
 5. Place the remainder of the beef mixture on top and mold cylindrically.
 6. Wrap tightly in foil.
 7. Place on coals and cook 35 minutes, turning frequently.
 8. Remove from heat and cut in thick slices to serve.

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Girl Scout Speciality Recipe

Flavor Stuffed Potatoes

- 6 cups mashed potatoes, boxed or homemade
 - Butter
 - Optional “flavor” add ins:
 - If serving with chicken: Add 3 tbsp. of chopped stuffed olives, 3 tbsp. parsley, and garnish with olive slices.
 - If serving with ham or pork: Add 3 tbsp. shredded sharp cheddar cheese and 1 tbsp. chopped onion or chives.
 - If serving with fish: Add 6 tbsp. sour cream, 1 tbsp. grated onion, 3 tbsp. chopped radishes, 3 tbsp. chopped cucumber, and 1 tsp. dried dill. Top with sour cream.
 - If serving with steak: Add 6 tbsp. shredded sharp cheddar cheese and 1 tbsp. chopped green onions or chives.
1. Season mashed potatoes according to suggestions above.
 2. Shape aluminum foil into boat-like containers.
 3. Fill each boat with 3/4 cup of potato mixture.
 4. Place on top of coals for 20 minutes (use grill, if available).
 5. Remove from heat and serve with a pad of butter.

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Girl Scout Speciality Recipe

Cake in an Orange

- Cake mix of your choice
 - Milk, eggs, oil as needed for cake mix
 - 10-12 oranges
1. Mix cake mix as directed.
 2. Starting $\frac{1}{3}$ down from the top, slice the tops of each orange.
 3. Scoop the fruit out of the $\frac{2}{3}$ piece of each orange, leaving an empty shell.
 4. Fill the shell $\frac{1}{2}$ full with cake batter.
 5. Place the top back on the orange and wrap each in a piece of foil.
 6. Place on coals for 10-15 minutes.





Girl Scout Speciality Recipe

Peach Yums

- Peaches, canned or fresh
 - Marshmallows, large
1. Place half of a peach on a sheet of foil.
 2. Place a large marshmallow in the center of the peach.
 3. Use a “drugstore fold” to seal tightly with foil.
 4. Bake on a grill over coals for 5-10 minutes, turning once.
 5. Best served hot.

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Girl Scout Speciality Recipe

Something’s Missing Apple “Pie”

- Apples, sliced, 1 per person
 - Butter
 - Cinnamon
 - Sugar
1. In a large bowl, toss together sliced apples, cinnamon and sugar until apples are coated.
 2. Give each person a square of heavy-duty aluminum foil, sprayed in the middle with non-stick cooking spray.
 3. Place a generous handful of apple slices in the middle of the foil, dot with a pad of butter, then seal.
 4. Cook over coals until apples are soft and bubbly.
 5. Open packets and let cool before serving.

Tip: Get creative by adding marshmallows, nuts, raisins, caramel or chocolate chips.





Girl Scout Speciality Recipe

Foil Sundaes

- Pound cake, sliced
 - Brown sugar
 - Butter, sliced
 - Crushed pineapple or canned pie filling
1. Arrange a slice of pound cake on foil square.
 2. Sprinkle brown sugar on top. Then, add a few slices of butter and some pineapple or pie filling.
 3. Wrap well in foil and grill over coals

For a similar recipe (Campfire Strawberry Shortcakes), check out the [Moon Mayhem patch requirements](#) under 'Strawberry Moon'.

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Sticks and Skewers

Find a stick, bring your own skewers, or grab your pie irons and make these one-tool treats. We challenge you to see just how many things you can make on a stick!

Breakfast

- [Breakfast Sausage Pig-in-a-Blanket](#)

Snacks and Appetizers

- Corn on the Cob
- Garlic Bread (could also be done in a foil packet or box oven), place bread on a 2-prong skewer and toast over fire

Afternoon Meals

- Pie Iron Grilled Cheese
- Kabobs
- [Pigs-in-a-Blanket](#)
- [Pioneer Drumsticks](#)

- [Angels on Horseback](#)
- [Troop 1014's Chicken Tenders](#)
- [Pie Iron Pizzas](#)

Dessert

- [Brown Bears](#)
- [Mock Angel Cake](#)
- [Fairy Rings](#)
- [S'mores Variations](#)
- [Shaggy Dogs](#)
- [Pie Iron Turnovers](#)

Breakfast Sausage Pigs-in-a-Blanket

- Breakfast sausage links
 - Refrigerated crescent dough
 - Maple syrup for dipping (optional)
1. Separate crescent dough into triangles.
 2. Wrap each triangle around a sausage link and place on skewer.
 3. Roast over fire until both sausage and dough are cooked through.
 4. Remove from skewer and dip in syrup to enjoy!

For lunch/dinner:

- 10 hot dogs
 - 10 cheese slices
 - Refrigerated biscuit or crescent dough
1. Separate crescent dough into triangles or roll out biscuit dough
 2. Slice hot dogs lengthwise and add cheese slice in the middle.
 3. Wrap dough around the hot dogs and place on skewer.
 4. Roast over fire until both hot dog and dough are cooked through.





Girl Scout Speciality Recipe

Pioneer Drumsticks

- 1 1/2 cups of Corn Flakes cereal, crushed
- 2 eggs
- 2 1/2 lbs. ground beef
- Salt and pepper to taste

1. Mix all ingredients together thoroughly.
2. Wrap a small amount of the mixture (about the size of your thumb) around a stick or skewer. Should be long/thin, not round.
3. Hold over bed of coals to cook, turning frequently.

Option: Leave corn flakes out of mixture, then roll “drumsticks” in them just before cooking.

Serves 10.

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Girl Scout Speciality Recipe

Angels on Horseback

- 1 lb. cheese, cut in large cubes
- 20 slices of bacon
- 10 split rolls
- Lettuce

1. Cook bacon on stick or in a frying pan until partially done but not crisp.
2. Wrap a slice of the partly cooked bacon around a cheese cube, securing with a toothpick (or twig).
3. Place wrapped cheese on stick or skewer and toast over coals until the cheese begins to melt and the bacon finishes cooking.
4. Have your split roll with lettuce ready to hold the “angel” when it’s done (or when it seems likely to fall off the stick).

Option: Thin slices of cooked ham may be used in place of the bacon.

Serves 10.

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Girl Scout Speciality Recipe

Troop 1014's Chicken Tenders

- Chicken tenders or chicken breasts cut into strips
 - Marinade of choice
1. Place chicken in a large Ziploc bag with marinade of choice. Keep in cooler or refrigerator until you're ready to cook.
 2. Using two-prong skewers, place the chicken on both prongs and cook over coals until cooked all the way through.

Be careful when handling and cooking raw chicken. Do not consume chicken until confirmed it is cooked all the way through. Do not reuse skewers until they have been properly washed and sanitized.

Serves 10.



Pie Iron Pizzas

- Sliced bread
 - Pizza sauce
 - Shredded or sliced mozzarella cheese
 - Butter
1. Spread butter on one side of bread slice.
 2. Place bread in the pie iron, butter side down, then top with pizza sauce and cheese.
 3. Close pie iron tightly and cook over fire until bread is toasted.

Option: Add a second slice of bread on top, butter side up, before closing to create a "pizza pocket".

Serves 10.

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Girl Scout Speciality Recipe

Brown Bears

- Loaf of bread, cut into strips
 - Butter, melted
 - Cinnamon
 - Sugar
1. Mix cinnamon and sugar.
 2. Dip strips of bread in melted butter, then roll in the cinnamon sugar mixture.
 3. Place bread strip on stick or skewer and toast over hot coals until crispy.

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Girl Scout Speciality Recipe

Mock Angel Cake

- Loaf of white bread, unsliced
 - 1 can condensed milk
 - Shredded coconut or coconut flakes
1. Trim the crusts off bread, then cut into $\frac{3}{4}$ " thick slices, then cut again into strips.
 2. Dip strips in condensed milk and roll in shredded coconut/coconut flakes.
 3. Place the strips on a stick and toast over coals.

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Girl Scout Speciality Recipe

Fairy Rings

- 1 dozen glazed donuts
 - Marshmallows, large
1. Place a marshmallow in the center of the donut ring, then pierce with a stick or skewer.
 2. Heat over coals.
 3. Marshmallow should stay in the center of the ring when removed from stick.

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Girl Scout Speciality Recipe

S'mores Variations

- Graham crackers, chocolate graham crackers, or Rice Krispie Treats, your favorite Girl Scout Cookie
- Marshmallows
- Chocolate bars, peanut butter cups, nutella, jam, chocolate covered pretzels, Rolos (Tip: Use your favorite Fall Product items like Mint Trefoils, Peanut Butter Penguins, Dulce Daisies or Chocolate Covered Peanuts)

Robinson Crusoe's

Peanut butter, topped with toasted marshmallow between graham crackers

Samoa S'more

Caramel and coconut with toasted marshmallow between graham crackers

Elvis Style S'more

Peanut butter and banana slices with toasted marshmallow between graham crackers





Girl Scout Speciality Recipe

Shaggy Dogs

- 1 can of chocolate or other flavored dipping sauce
 - Marshmallows
 - Coconut or crushed candies of choice
1. Heat can of chocolate sauce.
 2. Toast marshmallows until golden brown.
 3. Dip marshmallows in the chocolate sauce, then roll in coconut or crushed candies.

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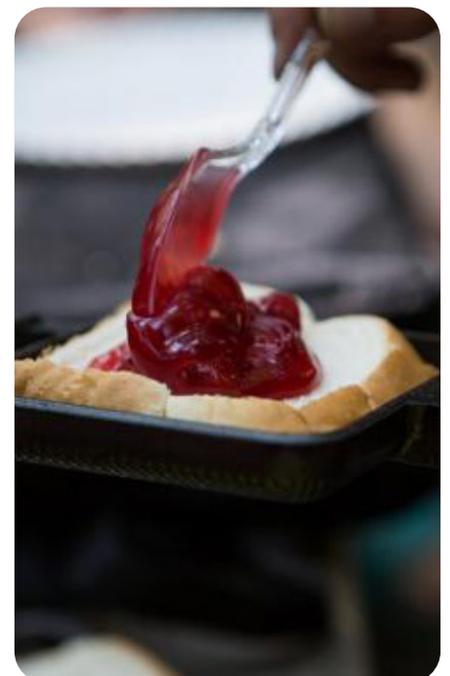
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Girl Scout Speciality Recipe

Pie Iron Turnovers

- Bread or refrigerated crescent dough
 - Pie filling of your choice
 - Butter
1. If using bread, butter one side and place in the pie iron butter side down.
 2. Add filling and seal with second piece of bread or dough. If using bread, make sure it is buttered on one side and you place the butter side up.
 3. Close pie iron tightly and roast until bread is toasted or dough is cooked through.



One Pot

What can you throw in one pot, skillet, or pan and cook altogether? Go beyond soup and try the recipes below. They range from simple to exciting with lots of room for creativity! These recipes can be made over a fire or with propane.

Breakfast

- Oatmeal
- [Breakfast Skillet](#)
- [Huevos Rancheros](#)

Snacks and Appetizers

- Chili - Mix with a bag of fritos to make Frito Pie
- [Chili Mac](#)
- Mac and Cheese - add tomatoes or hot dogs
- Spaghetti - add meatballs, cheese, sauce, butter, or vegetables

Afternoon Meals

- [10 One Pot Meals for Twelve](#)

Dessert

- Pudding
- [No Bakes](#)
- [Dump Cake](#)
- [Applesauce](#)
- [Apple Crisp](#)

Breakfast Skillet

- Potatoes, cubed
 - Eggs
 - Protein of choice: spam, bacon, sausage, etc.
 - Shredded cheese of choice
 - Onion, diced
1. Cook protein, then set aside. Leave grease/oils from protein in the skillet.
 2. Add onions and potatoes to the skillet and cook in leftover grease/oils until soft (about 10 minutes).
 3. Add protein back into the skillet, then add the eggs and cook until done.
 4. Sprinkle with cheese and enjoy.

Option: Can be cooked over propane as well.



Huevos Rancheros

- Salsa - canned or homemade
 - Tortillas
 - Eggs
1. Heat your salsa in a skillet or cast-iron pan.
 2. Crack eggs into the pan. Let simmer until cooked (or fry eggs separately).
 3. Serve each egg over a tortilla with some of the salsa.
 4. Add toppings of choice (avocado, beans, cheese, fresh herbs, etc.)

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Chili Mac

- 1 tbsp. oil
 - 1 onion, diced
 - 1/2 lb. ground beef
 - 2 tbsp. tomato paste
 - 2 tbsp. chili powder
 - 1 tbsp. cumin
 - 1 tsp. smoked paprika
 - 1 tsp. salt
 - 2 cloves garlic, minced
 - 8 oz. elbow noodles
 - 1 14.5 oz can kidney beans, drained
 - 1 1/2 cup beef broth
 - 1/2 cup shredded cheddar cheese
1. In a dutch oven or large pot with a lid, heat the oil. Then, add the onion and saute until translucent (3-5 mins).
 2. Add ground beef, tomato paste, chili powder, cumin, paprika, and salt. Break apart the meat and stir to coat with paste and spices. Once browned, add garlic and cook for another 30-60 secs.
 3. Add the noodles, kidney beans, broth and stir. Cover with lid and cook 5-6 minutes, or until pasta is tender.
 4. Remove lid and stir in cheese. Serve with toppings of choice (scallions, sour cream, etc.)





10 One Pot Meals for Twelve

Start with:

- 3 lbs. ground beef or turkey, browned
- 1 package dehydrated or frozen onions
- 1 package dehydrated or frozen sweet peppers
- Salt and pepper to taste
- 2 cans tomato soup

Then, add for:

American Chop Suey	Substitute 4 cans spaghetti OR spaghetti O's for the tomato soup
Spanish Rice	1 large packet minute rice, cooked separately
Spaghetti	1 large package spaghetti noodles, cooked separately
Mac Beef	1 large box macaroni, cooked separately
Hunters Stew	4 cans vegetable soup
Yoki Special	3 cans spaghetti 2 cans peas
Chili	4 cans kidney beans Chili powder and other seasonings, to taste Other ingredients as desired (corn, other beans, etc.)
Harvest Corn*	3 cans corn 1/2 lb diced or shredded cheese
Lopalary (serves 25)	5lbs hamburger 2 packages Sloppy Joe mix 2 large cans of tomatoes 20 potatoes, cut in small pieces or canned 15 carrots, sliced or canned 3 onions, diced 6 cans kidney beans

*Historically known as Squaw Corn One-Pot, GSCB has decided to rename this popular recipe Harvest Corn because the term “squaw” has been used prejoratively by some as a demeaning term or slur for indigenous women. For additional information, please reference Chapter 1 of [American Indian Studies in the Extinct Languages of Southeastern New England](#).



Girl Scout Speciality Recipe

No Bakes

- 2 cups sugar
 - $\frac{1}{2}$ cup milk
 - 1 stick (8 tbsp.) unsalted butter
 - $\frac{1}{4}$ cup unsweetened cocoa powder
 - 2 cups old-fashioned rolled oats
 - 1 cup smooth peanut butter
 - 1 tbsp. vanilla extract
 - 1 large pinch kosher salt
1. Lay out parchment or wax paper.
 2. Bring sugar, milk, butter and cocoa to a boil, stirring occasionally. Let boil for 1 minute, then remove from heat.
 3. Add oats, peanut butter, vanilla and salt. Stir to combine.
 4. Drop teaspoonfuls of the mixture onto the paper and allow to cool, about 30 minutes.

Makes approximately 5 dozen.

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your final product!



Dump Cake

- 1 (21 oz.) can cherry pie filling (or other preferred flavor)
 - 1 (15 oz.) can crushed pineapple (optional)
 - 1 (15.25 oz.) package yellow cake mix
 - 8 oz. chopped walnuts (optional)
 - $\frac{1}{2}$ cup butter, melted
1. Pour pie filling and pineapple into skillet or pot.
 2. Add cake mix over top.
 3. Sprinkle with butter and walnuts.
 4. Cover and cook for 35-40 minutes.

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Applesauce

- 4 apples, peeled, cored and chopped
 - $\frac{3}{4}$ cup water
 - $\frac{1}{4}$ cup sugar
 - $\frac{1}{2}$ tsp. ground cinnamon
1. In a saucepan, combine apples, water, sugar and cinnamon.
 2. Cover and cook over medium heat for 15-20 minutes, or until apples are soft.
 3. Allow to cool, then mash with a fork or potato masher.

Serves 4.



Apple Crisp

- 8 large, tart apples, peeled and sliced
 - 1 cup sugar, divided
 - $\frac{3}{4}$ tsp. ground cinnamon, divided
 - 2 cups all-purpose flour
 - $\frac{3}{4}$ cup packed brown sugar
 - 1 tsp. baking powder
 - $\frac{1}{2}$ tsp. salt
 - 2 large eggs, room temperature, lightly beaten
 - $\frac{2}{3}$ cup butter, melted
 - Vanilla ice cream (optional)
1. In a 6-qt. dutch oven, combine apples, $\frac{3}{4}$ cup sugar and $\frac{1}{2}$ tsp. cinnamon.
 2. In a bowl, whisk flour, brown sugar, remaining $\frac{1}{4}$ cup sugar, baking powder, salt and remaining $\frac{1}{4}$ tsp. cinnamon. Stir in eggs (batter will be lumpy).
 3. Spoon mixture over apples.
 4. Drizzle butter over batter. Do not stir.
 5. Cover and bake until lightly browned and apples are tender, 45-50 minutes.
 6. Serve warm, with ice cream if desired.

Serves 8.

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Baking

Use a regular oven, or embrace camp life by assembling your own box oven, heating your charcoal and waiting patiently!

Breakfast

- [Coffee Cake](#)

Snacks and Appetizers

- Breadsticks - Refrigerated

Afternoon Meals

- [Burger Bombs](#)
- Refrigerated Biscuits with turkey/chicken gravy
- Pizza - Frozen, pizza rolls or use refrigerated dough to make your own.

Dessert

- [Daisy's Fruit Biscuits](#)
- [Donut Holes](#)
- [Brownies](#)

Coffee Cake

- 1 pkg. muffin mix (chocolate chip, blueberry, etc.)
 - Ingredients called for on muffin mix pkg.
1. Lightly grease 2 9" foil pans.
 2. Prepare muffin mix as directed on package and pour into 1 pan.
 3. Invert second pan over pan with batter, securing the rims together with clips. Wrap with heavy duty foil.
 4. Place pan on grill 4" from hot coals. Rotate pan occasionally for even baking. Cook 15 minutes each side.
 5. Serve with butter.

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Burger Bombs

- Onion
 - Ground beef or turkey
 - BBQ sauce
1. Cut onion in half and scoop out the center of each half.
 2. Fill each onion half with a meatloaf mixture or ground meat seasoned with BBQ sauce.
 3. Place onion halves together, then wrap in heavy duty foil.
 4. Cook 20 minutes in coals or 35-40 minutes in foil oven.

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Girl Scout Speciality Recipe

Daisy's Fruit Biscuits

- Refrigerated biscuit dough
 - Pie filling of your choice
1. Remove biscuits from tube. Roll each biscuit into a ball of dough.
 2. With your thumb, push a hole into the center and spoon pie filling into the center.
 3. Pinch the hole closed and smooth over so you have a ball of dough.
 4. Place in oven on a greased pan or sheet and bake according to the time indicated on the biscuit packaging.

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Donut Holes

- Refrigerated biscuits
 - Butter, melted
 - Cinnamon sugar
1. Remove the biscuits from the tube and cut each of them in quarters.
 2. Roll each dough piece into a ball.
 3. Dip each ball into the melted butter and then roll in the cinnamon-sugar mixture until coated.
 4. Place balls into a greased, shallow baking tin and bake for 15-20 minutes or until dough is cooked.



Brownies

- 1 pkg. brownie mix
 - Ingredients called for on brownie mix pkg.
 - 4 foil pie pans
1. Lightly grease 4 9” foil pans.
 2. Prepare brownie mix as directed on package. Pour half of batter in one pan, and the other half in another.
 3. Invert remaining pans and cover pans with batter in, securing the rims together with clothespins.
 4. Place pan on grill 4” from hot coals. Use cooking times indicated on brownie packaging, turning over halfway through cooking time.

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Primitive

What can you make in its own container, a plain metal trash can, bucket, or over a fire with a crane?

Breakfast

- [#10 Pancakes](#)

Snacks and Appetizers

- [Submit your primitive recipes](#)

Afternoon Meals

- Canned Meals - Remove labels and open cans, cook on a grate and heat until you see steam
- [Trash Can Turkey](#)

Dessert

- [Cookie in a Can](#)
- [#10 Poached Pears](#)

Can Sizes - Standard can sizes are known by numbers 1-10. The average soup can is a #2 can, holding 16 fl. oz. #10 cans are often found at warehouse markets like Costco or Sam's Club. They hold 104-117 fl. oz. (3-3.5 liters).

#10 Pancakes

- Pancake mix
 - Ingredients called for on pancake mix pkg.
1. Prepare pancake batter according to instructions on package.
 2. Heat a #10 can over coals (ensure you have removed the labels and lid on one side). When hot, pour batter into the rim of the can on the side with the lid intact.
 3. Flip pancake when the batter begins to aerate.
 4. Remove from heat when underside is golden brown.

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Trash Can Turkey

- Turkey, thawed
- Butter or oil
- Spices of choice
- Stuffing, if filling the turkey

1. Prepare the turkey as you would at home. Once prepped, place into metal trash can.
2. Cook using the following guidelines:

Weight	Unstuffed	Stuffed
8-12 lbs	2 ³ / ₄ - 3 hours	
12-14 lbs	3 - 3 ³ / ₄ hours	
14-18 lbs	3 ³ / ₄ - 4 ¹ / ₄ hours	
18-20 lbs	4 ¹ / ₄ hours - 4 ¹ / ₂ hours	
20-24 lbs	4 ¹ / ₂ - 5 hours	

Cookie in a Can

- Refrigerated cookie dough
1. Use a #2 or 16 oz. can for individual portions or a #10 for group cooking. Place your cookie dough on the top of the can (ensure labels are removed and one side has lid removed).
 2. Place can on a grate and cook until dough is cooked through.

Tip: Place the cookie dough inside of a clean and empty can for a play on a “mug cookie”.

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#10 Poached Pears

- Can of pears
- Cinnamon
- Clove
- Nutmeg

1. Open one side of can and remove label.
2. Add the spices to taste and stir.
3. Cook over fire until you see steam.

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your final product!



How Much Do We Need?

Meats	Bacon	15-16 regular slices per pound
		20 thin slices per pound
	Hot Dogs	8 hot dogs per package
	Hamburger	1/4 lb. per person for hamburgers
		1 1/2 - 2 lbs. per 8 servings for One Pot meals
	Chicken	3 lbs. chicken per 8 servings for One Pot meals
		1/2 breast or 2 drum sticks per foil meal
	Deli Meats	16 slices per pound
	Tuna	2 cans (6.5 oz) per 8 servings for sandwiches
Canned Meats	1 1/2 - 2 lbs. per 8 servings for One Pot meals	
Breads	Regular	16-20 slices per loaf
	French Bread	1 inch per serving
	Biscuit Mix	4 cups per 8 persons
	Pancake Mix	4 cups per 8 persons
	Other Mixes	1 box per 8 persons
Dairy	Milk	1 qt. per person, per weekend (cereal, drinking, cooking)
	Butter/Margarine	1/4 lb. stick = 24 squares (1 tsp. each) with wire slicer
		1/4 lb. stick = 16 servings
		8 servings per 1/4 lb. for popcorn, potatoes
Cheese	16 slices processed cheese per pound	

Outdoor Cooking Challenge

Coming Soon!

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