

Scoutmaster Lopez Award Winning One Pot Dinners!!

Beanie Weenie Casserole

This is something I remember eating as a Scout at camp.

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Ingredients:

- 1 large can baked beans
- 1 package hotdogs
- 1 tablespoon mustard
- 1 tablespoon ketchup
- 1 tablespoon brown sugar
- 1/2 medium onion

Preparation:

Pour beans in a 8 qt pot. Slice hotdogs into 1/4-inch pieces and add to beans. Dice onions and add to beans. Add mustard, ketchup, and brown sugar. Stir until everything is mixed and cook about 30 minutes.

Hobo Stew

A hearty one-pot meal. If you like dumplings, you can add a can of biscuits to the top and let cook for 15 minutes longer. You can also purchase "stew veggie bags" instead of individual items.

Prep Time: 15 minutes

Cook Time: 1 hour, 30 minutes

Total Time: 1 hour, 45 minutes

Ingredients:

- 2-3 pounds beef round steak, cut into squares
- 3 medium onions, cut in half
- 6 carrots, cut into 1" lengths
- 6 potatoes, cut into 1" cubes
- 6 stalks of celery, cut into 1" lengths
- 3 cloves of garlic
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons vegetable oil
- 2 tablespoons flour (if needed to thicken the stew)
- 6 cups water

Preparation:

Preheat Dutch oven or pot, add oil and meat. Brown beef. Add salt, pepper, water and veggies. Bring to a boil. Then keep at a simmer for about one hour. Mix flour with a small amount of water to make a thin paste and add to the stew to make gravy. Once the liquid thickens, it is time to enjoy.

Philmont Tuna- Mac

This is so easy, but it is amazingly good after a long day on the trail at Philmont Scout Ranch.

Prep Time: 20 minutes

Total Time: 20 minutes

Ingredients:

- 1 box Kraft Deluxe Macaroni and Cheese
- 1 can tuna, drained
- salt and pepper to taste

Preparation:

Boil water over campfire in 8 qt. pot. Cook macaroni until tender. Add packet of cheese, dump in can of tuna, add salt and pepper, and stir. You could also add green peas, if desired.

Servings: 2 (large)

Campsite Cannonballs (Meatball Soup)

This is one of our campsite favorites. Enjoy!

Prep Time: 25 minutes

Total Time: 25 minutes

Ingredients:

- 1 32 ounce package frozen meatballs
- 4 cups water
- 1-2 cups fresh chopped spinach
- 1-1/2 cups Orzo (macaroni product)
- 1 medium onion, chopped
- salt and pepper, to taste
- parmesan cheese

Preparation:

Mix ingredients together, except spinach, in a large sauce pan and bring to a boil. Reduce heat and cook for 15 minutes then add the spinach and cook for 5 more minutes. Add parmesan cheese and serve.

Servings: 4 - 8

Chicken a la Queen

Quick, easy, inexpensive.

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Ingredients:

- 1 cup uncooked elbow macaroni
- 5 ounce can boned chicken breast
- 1 small onion, chopped
- 3 tablespoons olive oil
- 8 ounce can tomato sauce
- 3/4 cup water
- salt and pepper, to taste
- 1/4 cup grated cheese, optional

Preparation:

Saute *uncooked* macaroni and onion in hot oil in large skillet until macaroni turns slightly yellow. Add tomato sauce, water, salt and pepper. Bring to a boil, cover and simmer 15 minutes stirring frequently. Add chicken and the juices from the can and simmer 5 minutes. Sprinkle with cheese (optional).

Servings: 2

Cream of Chicken and Rice

If you are looking for a simple, fast, hot, nutritious, easy clean up, One Pot Meals that tastes great - add this recipe to your camping menu.

Prep Time: 15 minutes

Total Time: 15 minutes

Ingredients:

- 1 6-ounce can chicken (all white meat)
- 1 can Campbell's Cream of Chicken soup
- 1 1/4 cups Uncle Ben's Minute Rice

Preparation:

In a one-quart pot add the can of soup, one can of water, and the can of chicken. Stir while heating to a boil. Remove from heat, add the Minute rice and stir. Cover and let it sit for 5 minutes; uncover, stir and serve. Salt and pepper to taste. If you don't want to carry a can into the wilderness, substitute your favorite dry chicken soup mix and use 2 1/2 cups of water and 1 1/4 cups of minute rice.

Servings: 6

Hash

This is a quick and yummy dish. It is a dish that other veggies could be added (like green beans or even a can of diced tomatoes). I like the clean flavor of the beef, carrots, potatoes and onion.

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Ingredients:

- 1 pound ground beef
- 5 or 6 carrots, chopped
- 4 potatoes, peeled and cubed
- 1 medium to large onion, chopped
- 2 tablespoons vegetable oil (if meat is lean)
- extra water as needed to cook veggies
- salt and pepper, to taste

Preparation:

If using lean ground beef, heat vegetable oil in Dutch oven. Brown ground beef and onion together. Add carrots, potatoes and beef broth to pot. Use extra water to barely cover veggies. Bring to boil and turn down immediately. Cover pot and simmer until carrots and potatoes are soft enough to eat. This recipe is better the second day when flavors have melded together.

Servings: 6

Ground Beef and Veggies

A very simple one pot meal when a VERY easy but filling dinner is being asked by your Patrol. This is probably the easiest hot meal you'll ever make.

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Ingredients:

- 1 pound ground beef
- 1 bag frozen mixed veggies

Preparation:

Brown and crumble one pound of good hamburger in 8 quart pot. Drain hamburger and add one bag of frozen mixed veggies. Reduce heat, cover and steam until it is hot and done – about 10 minutes.

Servings: 4

Rio Grande Valley Chicken and Rice

Prep time: 5 min.

Cook time: 10 mins

Total time: 15-20 mins.

Yet another simple to prepare and cook (rehydrate really) hot meal after a day on the trail or canoe.

Ingredients:

- 1 (5 ounce) can of light chuck chicken
- 4 ounces frozen peas
- 2 chicken bouillon cubes (optional)
- 2 cups instant rice
- 1 tablespoon butter (optional)
- 2 ½ cups water
- A couple of dashes of your favorite all spice

Preparation:

Add can of light chuck chicken, peas, and bouillon to water in 8 quart pot. Bring water to a boil. Add instant rice and stir well. Remove from heat. Cover and let stand for 10 minutes. Add butter and seasoning and serve hot.

Servings: 2 (double or triple the recipe for patrol size cooking)