

Outdoor Cookbook

Cooking outdoors is a Girl Scout tradition! There are few meals that taste better than those cooked at a campsite after a fun day outside.

Table of Contents:

1. Indoor Oven Cooking
 - Personal Pizzas
 - Cowboy Casserole
2. Camp Stove Recipes
 - Walking Tacos
 - Pancakes
3. Campfire or Outdoor Grill Recipes
 - Pigs in a Blanket
 - Foil Packets
4. Dutch Oven Over Charcoal Recipes
 - Pull Apart Monkey Bread Pizza
 - Nachos
 - Chicken Pot Pie
 - Lasagna
5. No/Low Cook Camp Recipes
 - Ants on a Log
 - Cracker Stackers
 - Kids Mandarin Cous Cous
6. Desserts
 - Apple Crisp
 - Banana Boats
 - Grilled Peach Foil Packets





Indoor Oven Cooking

Personal Pizzas

Ingredients:

- 8 oz. can Tomato Sauce
- 1/2 teaspoon Italian seasoning
- 4 pre-baked mini pizza crusts, 8-inch (or bagels, English muffins, or other bread)
- 1-1/3 cups shredded cheese
- 1 3.5 oz pkg sliced pepperoni (or other topping)

Directions:

- Preheat oven to 450°F. Mix tomato sauce and Italian seasoning in a small bowl until well blended. Spread evenly onto crusts.
- Sprinkle pizzas evenly with cheese; top with pepperoni. Place on an ungreased baking sheet.
- Bake on the center oven rack in the oven for 8 to 10 minutes, or until the edges of the crusts are lightly browned and cheese is melted.

Cowboy Casserole

Ingredients:

- 1 pound ground beef
- 1 diced onion
- 1 (15 ounce) can corn (drained)
- 1 (10.75 ounce) can cream of mushroom soup
- 1 cup shredded cheddar cheese (divided)
- 1/2 cup milk
- 1/4 cup sour cream
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- salt and pepper, to taste
- 1 (20 ounce) bag frozen tater tots

Instructions

- Preheat oven to 375°.
 - In a large skillet, cook beef and onion over medium heat until beef is no longer pink.
 - Drain grease, then stir in the corn, soup, 1/2 cup cheese, milk, sour cream, and seasonings.
 - Pour beef mixture into a 9 x 13 inch baking pan.
 - Top with frozen tater tots (try to keep them in a single layer) and then sprinkle remaining cheese on top.
 - Bake uncovered for 25-30 minutes or until cheese is bubbly and tater tots are thoroughly cooked.
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Camp Stove Recipes

Walking Tacos

Ingredients:

- 1 pound ground beef
- Your preferred taco seasoning mix
- 1 can of your preferred style beans (pinto/ black/ refried beans)
- 5 individual packages (1 ounce each) corn chips (fritos) (or one large bag, split)
- Shredded cheddar cheese
- Sour cream
- Salsa

Directions:

- In a large skillet, cook beef over medium heat until no longer pink, breaking into crumbles, 6-8 minutes; drain. Stir in seasoning mix.
- In another skillet, heat your beans. Add seasoning to taste.
- Just before serving, cut open corn chip bags. Individuals add beef, beans mixture and toppings to taste; eat right out of the bag!

Pancakes

Ingredients:

- 1 cup all-purpose flour
- 2 tablespoons white sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons vegetable oil
- Pancake toppings (fruit, chocolate chips, whipped cream, syrup, etc.)

Directions:

- In a large mason jar, shake to mix flour, sugar, baking powder and salt. Carefully open the lid, and pour in milk, egg and oil. Re-cap, and shake until smooth.
- Heat a lightly oiled griddle or frying pan over medium high heat. Pour the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.
- Add toppings as desired.





Campfire or Outdoor Grill Recipes

Campfire Pigs in a Blanket

Ingredients:

- 1 can crescent dough
- Mustard
- Ketchup
- 8 hot dogs

Directions:

- Separate crescent dough into triangles. Spread a very thin layer of mustard over each piece of dough then place a hot dog on top. Roll up, so the dough is wrapped around the hot dog, then skewer each dog.
- Cook over a campfire until the crescent is golden and the dough is cooked through, 10 to 15 minutes.
- Dip in ketchup & enjoy!

Campfire/Grill Foil Packets

Ingredients:

- 1 pound skinless, boneless chicken breast meat – cubed (pre-cooking indoors is recommended)
- 2-3 of your favorite veggies—fresh & cut or frozen & thawed
- 4 cloves garlic, sliced
- 4 small potatoes, cubed (pre-cooking indoors, or using canned potatoes, is recommended)
- ¼ cup olive oil
- 1 lemon, juiced

Directions:

- In a large bowl, or a large zip-top bag, combine the chicken, veggies, garlic, and potatoes. Pour in the olive oil and lemon juice, then mix well.
 - Evenly divide the mixture between 4 large sheets of aluminum foil. Top each with another sheet of foil, and roll up the edges tightly. Wrap each packet again, securely in another sheet of foil to double wrap.
 - Cook in the hot coals of a campfire until the chicken is opaque and the potatoes are tender, around 40 minutes—or, if using pre-cooked chicken & potatoes, until everything is heated thoroughly.
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Dutch Oven Over Charcoal Recipes (or Indoor Oven Casseroles)

Pull Apart Monkey Bread Pizza

Ingredients:

- 32 ounces of refrigerated biscuit dough
- Pepperoni (or other preferred pizza toppings)
- 2 cups of shredded mozzarella cheese
- ½ cup of parmesan cheese
- ¼ cup of butter
- 2 tbsp of olive oil
- 2 tsp Italian seasoning
- 1 tsp garlic powder
- 1 jar marinara sauce

Other equipment:

- Aluminum foil
- Dutch oven (with lid)
- Pot holders
- Large mixing bowl
- Stirring utensil
- Knives
- Cutting boards

Directions:

- Line your dutch oven with aluminum foil, then grease it.
- Cut biscuits into quarters.
- Put all ingredients (except for the marinara) into a large mixing bowl.
- Mix until well combined.
- Pour the mixture into the dutch oven.
- Cook in the hot coals of a campfire until the dough is fully cooked.
- Enjoy! Pull pieces out one by one and dip into marinara sauce.

Campfire Nachos

Ingredients

- 1 tablespoon neutral flavored oil
- ½ lb tortilla chips
- 1 (7.75 oz) can diced tomatoes, or equivalent
- 1 cup shredded cheese blend
- 1 (14.5 oz) can black beans, drained
- 1 large avocado, cubed
- 4-5 green onions, sliced
- handful of fresh cilantro, chopped
- 1 small lime, cut into wedges





Directions:

- Lightly oil the bottom of a large dutch oven, to prevent the nachos from sticking.
- For the first layer, evenly spread $\frac{1}{3}$ of the chips into the dutch oven, topped with $\frac{1}{4}$ can diced tomatoes, $\frac{1}{4}$ can black beans, $\frac{1}{4}$ cup cheese, and a handful of avocado, green onions, and cilantro. Repeat for the second layer.
- For the third and final layer, use the remaining $\frac{1}{3}$ portion of chips, $\frac{1}{2}$ can diced tomatoes, $\frac{1}{2}$ can black beans, $\frac{1}{2}$ cup cheese, and the remaining avocado, onion, and cilantro.
- Cover the dutch oven and place on a metal grill over your campfire for about 10 minutes, until the cheese has melted. Serve with the lime wedges.

Dutch Oven Chicken Pot Pie

Ingredients:

- 2 (29 ounce) cans mixed vegetables (with potatoes)
- 1 (10.75 ounce) can cream of chicken soup
- 1 (10.75 ounce) can cream of mushroom soup
- 1 (10 ounce) can refrigerated biscuit dough
- 2 large cooked chicken breasts, cut into cubes

Directions:

- Stir vegetables, chicken soup, mushroom soup, and chicken cubes together in a Dutch oven with a flat lid.
- Cook over campfire coals until warmed through but not boiling, about 15 minutes.
- Arrange biscuit dough segments in a layer atop the vegetable mixture. Put lid on the Dutch oven and carefully arrange some hot coals atop the lid.
- Heat until the biscuits are cooked through, 15 to 30 minutes.

Dutch Oven Lasagna Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 2 1/2 cups pasta sauce
- 12 oz cooked or no bake lasagna noodles (divided into 4 sets)
- 3 cups fresh baby spinach
- 1 1/2 cup shredded cheese (mozzarella or Italian blend)
- 1 tablespoon dried oregano or basil

Directions:

- PRE-HEAT: If cooking over a campfire, get your coals ready. You'll need 25 total. If cooking at home, preheat your oven to 400.
 - ASSEMBLE THE LASAGNA: Start by coating the bottom of a 10" Dutch oven with the olive oil to help prevent the bottom layer from sticking. Add 1/2 cup pasta sauce and spread evenly over the bottom of the Dutch oven. Use the first set of noodles to create the base of the lasagna. Layer 1/2 cup sauce, 1 cup baby spinach, and 1/3 cup cheese. Repeat (one set noodles, 1/2 cup sauce, 1 cup spinach, 1/3 cup cheese) two more times. For the final layer, use the last set of noodles, 1/2 cup sauce, and 1/2 cup cheese. Sprinkle the oregano over the top.
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- BAKE: Use 8 coals to create a bed to set your Dutch oven on. Place the Dutch oven on top of the coals. Cover the oven with the lid, and place the remaining 17 coals on top of the lid. If cooking at home, simply cover your Dutch oven and stick it in your preheated oven. Bake for 30 minutes, until the noodles are tender and cooked through and the cheese has melted.
 - SERVE: Take the Dutch oven off the heat. Carefully remove the lid and set aside. Cut the lasagna into 4 wedges, plate, and enjoy!

No/Low- Cook Camp Recipes

Ants on a Log

Ingredients:

- Celery Stalks
- Cream Cheese
- Raisins/Craisins
- Almond/peanut/nut butter
- Hummus

Directions:

- Wash and cut celery into 2 – 3 inch pieces, creating logs.
- Fill the middle groove with cream cheese, hummus or nut butter.
- Add a few raisins on top of logs as decoration.

Cracker Stackers

Ingredients:

- 1 sleeve of your favorite crackers
- 1-2 sticks of sliced cheese
- 1 tub of spreadable cream cheese
- 1 bag of peperoni
- ½ lb of your favorite lunch meat, cut into cracker sized pieces
- 1 cucumber

Directions:

- Wash cucumber & cut it into discs.
- Lay out your selection of lunchmeats, cheeses, crackers, and cucumbers.
- Stack your selections with crackers and enjoy!

Kids' Mandarin Chicken Cous Cous

Ingredients:

- 1/4 cup uncooked couscous
 - 1 mandarin/ clementine (or a snack-pack of mandarins works too!)
 - Leftover or pre-cooked chicken
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Directions:

- Bring 1/4 cup of water to the boil then remove from heat. Use a kettle if you have one to make it even simpler!
- Add couscous and mix well. Cover and let sit for 2-3 minutes.
- Peel mandarin and divide into halves. Take one half and chop each segment into 3 parts.
- Chop-up pre-cooked chicken
- Once couscous has absorbed the water and is soft, mix in the chicken and mandarin pieces.
- Take the remaining mandarin half and squeeze the juice into the couscous.
- Mix and serve.





Desserts:

Apple Crisp

Ingredients:

- 4-6 apples, sliced ¼" thin 2 tablespoon oil or butter
- 2 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- 0.5 cup brown sugar
- 2 cup granola

Directions:

- **In an 8" or 10" cast iron skillet, over medium heat**, sauté the sliced apples in a bit of oil or butter until beginning to soften, about 5 minutes.
- Add the spices and sugar, and stir to combine. Continue cooking until the sauce thickens and the apples are tender, 5-10 minutes.
- Remove from the heat and sprinkle the granola evenly across the top. Serve in individual bowls with whipped cream on top.

Banana Boats:

Ingredients:

- Banana
- Chocolate chips
- Mini marshmallows
- Crumbled graham crackers

Directions:

- Cut banana length wise on the concave side about 1/2 inch deep. Open the peel wider to form a pocket where you will put your toppings
- Stuff banana with toppings of your choice
- Wrap banana in aluminum foil
- Warm banana over fire or in embers until it's slightly squishy, remove with tongs.

Grilled Peach Foil Packets:

Ingredients:

- 1/4 cup packed light brown sugar
 - 2 tablespoons unsalted butter, cut into small pieces
 - Pinch of kosher salt
 - 4 ripe peaches
 - 4 tablespoons granola
 - Whipped cream
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Directions:

- Toss together the sugar, butter and salt in a small bowl.
- Cut the peaches in half and remove the pits. Stuff each half with some of the brown sugar-butter mixture.
- Put two peach halves, stuffed-side down, in the center of each piece of foil. Gather up the sides of the foil and crimp the edges tightly to make 4 purse-shaped packets.
- Put the packets on a grill or fire, and cook for 15 minutes
- Remove from the heat and let rest for a few minutes.
- Carefully open each packet (hot steam will escape) and use a spoon or fork to flip the peach halves over, they should be tender with a caramelized sauce.
- Top each serving with 1 tablespoon of granola and whipped cream if desired

