

# **Thirty Minute Stovetop Meals For Scouts**



**Prepared For:**

**Seminole Trails District**

**Boy Scout Roundtable**

**November 18, 2004**

# Foreword

- Scouts, by their very nature, are hungry.
- They want to eat and they want to eat as quickly as possible, with as little effort as possible; with as little clean-up required as possible.
- Our challenge, as their Leaders, is to show them how to eat well when camping and meet their other culinary wants at the same time.
- In the pages that follow, are sample menus and the required ingredients along with the directions for their preparation.
- All menus and ingredient lists presume a Patrol of 8 Scouts. It may be necessary to adjust quantities based on the number of Scouts participating in the outing, their ages and appetites.
- Brand names are used in the ingredient lists, not necessarily to endorse a product, but rather to provide clarity. Generic products will often work just as well and taste just as good to the Scouts at lower cost.
- Cooking times are approximate. Perhaps the most difficult part of helping Scouts learn to cook for themselves is to persuade them that stoves have more than two temperatures; off and full-blast afterburners. Most foods will cook better and taste better when burners are set to medium to medium high flames.
- Salads have been added to most meals. The easiest way to do this is purchase bags of pre-cut salad. A serving size is approximately 3 ounces of salad per Scout and each Patrol should determine the dressing or dressings preferred by its individual members.

# Chicken-Broccoli Alfredo

## Ingredients

4 Envelopes of Alfredo Noodles  
1 Box Frozen Broccoli Florets or Chopped Broccoli  
Butter  
Milk  
2 Cans (13 ounces each) Cooked Chicken

## Directions

Fill large saucepan with ingredients for Alfredo Noodles per package directions. Add chicken and broccoli. Bring to boil and follow package directions for cooking time.

Add a salad to complete the meal.

**Helpful Hint:** This can be an excellent backpacking meal with a minor change. Prepare 2 packages of Lipton Pasta Sides, Alfredo Noodles with 1 drained can of cooked chicken. Substitute powdered milk and water for the milk called for in the package directions. Substitute Molly McButter Sprinkles for the butter called for in the package directions. **This combination will feed 4 Scouts or 3 Adults.**

# Green Beans w/ Boiled Redskin Potatoes & Smoked Sausage

## Ingredients

3 – 4 15 ½ ounce cans Cut Green Beans

1 lb. Smoked Sausage

8 small Potatoes

## Directions

Wash potatoes thoroughly and cut each into 8 pieces. Place potatoes in large saucepan. Cut smoked sausage into ½” pieces and place into saucepan with potatoes. Pour green beans (with liquid) over potatoes and sausage. Bring to boil and reduce heat to simmer until potatoes are fork tender. Serve

Add a salad to complete the meal.

**Helpful Hint:** This meal can be prepare using smoked sausage, kielbasa, andouille sausage, or any other sausage of choice; or, cut ham steaks into 1” pieces and substitute for sausage.



# Breakfast Frittata

## Ingredients

12 - large eggs  
1 - 20 ounce bag shredded hash browns  
1 lb. Sausage  
1 - 8 ounce bag shredded cheese  
1 chopped onion (optional)

## Directions

In a large skillet, fry sausage and chop into small pieces. When sausage is nearly done, add hash browns and continue to cook until potatoes are lightly browned. Scramble eggs and pour over sausage/potato mixture. Gently stir entire mixture until eggs are cooked through. Spread cheese over eggs and cover for 2-3 minutes until cheese is melted. Serve

**Helpful Hint:** This can be prepared substituting chopped ham or bacon for sausage. If ham is substituted, begin by frying potatoes with a small amount of cooking oil; then, add ham and eggs cooking until eggs are cooked through.

# Easy Chicken & Dumplings

## Ingredients

4 Cans Progresso Chicken Vegetable Soup

2 teaspoons Garlic Powder

1 Tube (of 10) Buttermilk Biscuit Dough

Grated Parmesan Cheese

## Directions

Place soup in large pan (minimum 3 quart saucepan) and add garlic powder. Mix well and bring to simmer over medium-high heat.

While soup is coming to simmer, cut each biscuit into 6 pieces.

When soup is simmering, place biscuit pieces on top of soup. Reduce heat to low and cover. Simmer for 6-7 minutes or until biscuits are fluffy and no longer doughy in the middle.

Divide into individual servings and sprinkle with grated parmesan cheese.

Add salad to complete meal.

# Hamburger Steaks w/ Gravy

## Ingredients

8 Hamburger Patties (approximately 6 – 8 ounces each)

Instant Mashed Potatoes

2 jars Heinz or Boston Market Beef Gravy

## Directions

Season hamburger patties *lightly* with Lawry's Seasoning Salt, Durkee Grill Creations Grill Seasoning for Beef, Emeril's Essence, or any other preferred seasoning before cooking.

Cook hamburger patties on charcoal grill, propane grill, or in frying pan as desired until each patty is medium to medium-well done.

While hamburger is cooking, place ingredients for mashed potatoes in a saucepan as directed and cook potatoes per package instructions.

Warm gravy in a small saucepan over low heat while all other items are cooking. Be sure to stir the gravy frequently to prevent it from scorching or burning on the bottom of the pan. For variety, a small amount of chopped onion can be sauteed in a small amount of butter before pouring the gravy into the pan; or, a small can of (drained) mushrooms can be added as the gravy is warming.

Add a vegetable and salad to complete the meal.

# Spaghetti w/ Meat Sauce

## Ingredients

1 Box (1 pound) Spaghetti

1 Jar (27.5 ounce) Prego Hearty Meat Sauce or Ragu Mama's Meat Sauce

1 Jar (ounce) Sauce

Grated Parmesan Cheese

## Directions

Fill large saucepan approximately 2/3 full with water and lightly salt. When water is boiling, break lasagna noodles in half and add to water. Reduce heat until water is *just* continuing to boil and continue cooking until noodles are tender. When noodles are done, drain all water. It is suggested that a colander be used. The water will be *extremely hot* and care should be taken to make certain that no one is burned.

Divide noodles into individual servings, ladle sauce over spaghetti and sprinkle with grated parmesan cheese.

Add a salad to complete the meal.

**Serving Suggestion:** If Scouts want garlic bread, cut french rolls in half length-wise and lightly butter. Sprinkle lightly with garlic powder and, after placing halves together, wrap in aluminum foil and warm on top of coals that have been prepared for this purpose.



# Lemon Pepper Chicken w/ Chicken Flavor Rice-a-Roni

## Ingredients

8 Boneless-Skinless Chicken Breasts (5 – 6 ounces each)

3 Boxes () Chicken Flavor Rice-a-Roni

1 stick Margarine

## Directions

Prepare the Rice-a-Roni according to box directions in a large saucepan.

While the Rice-a-Roni water is beginning to warm, sprinkle lemon-pepper seasoning *lightly* over each chicken breast. Chicken breasts can be broiled on a charcoal or propane grill; or, can be pan fried over a medium flame using a small amount of cooking oil. Chicken should be lightly browned on both sides and cooked until juices run completely clear when the chicken is cut.

Add a vegetable and a salad to complete the meal.