



## Troop 680 - Standard Menu

### French Toast

Categories: Breakfast

Servings: 4

4 Eggs  
1/4 c Milk  
1/2 ts Salt  
1/4 ts Pepper  
8 sl Bread

1. Break eggs into a bowl and beat in milk, pepper and salt.
2. Dip bread slices into the egg mixture and fry in a greased pan, turning once.



## Troop 680 - Standard Menu

### Breakfast Casserole

Categories: Breakfast, Eggs

Servings: 6

1 lb bulk or link sausage (slice up the links)  
5 sl fresh bread (any kind)  
1 c shredded cheese (such as cheddar or swiss)  
6 eggs  
2 c milk  
1 ts dry mustard  
1 ts salt  
1 ds pepper

1. In a large skillet, brown and drain the sausage.
2. Grease a 10- x 12- x 2-inch baking pan, or a 12-inch Dutch oven. Tear the bread into 1-inch pieces and arrange them evenly in the pan. Spoon the sausage over the bread and sprinkle with the shredded cheese.
3. Beat together the eggs, milk, mustard, salt and pepper and pour it over the mixture in the baking dish. Cover and refrigerate several hours or overnight, if possible.
4. If a baking pan is used, place it into a preheated Dutch oven, setting it on **several** stones to keep it off of the bottom. Bake for 30 to 40 minutes, or until set. (350-degree F.)



## Troop 680 - Standard Menu

### Dutch Oven Breakfast

Categories: Breakfast, Eggs

Servings: 12

24 Eggs  
1 Loaf of Bread  
2 lb Italian Sausage, hot & spicy  
2 lb Mozzarella Cheese  
1 Onion  
Water  
Shortening

1. Grease a No. 14 Dutch oven. Grease the lid if the oven is full enough that the contents might hit the top while cooking.
2. Break the loaf of bread into pieces, and place in the bottom of the oven.
3. Beat the eggs with some water (to add some "fluff" to the dish). Pour the eggs over the bread.
4. Brown the sausage and spread it on top of the eggs/bread.
5. Slice the cheese and lay it on top of the sausage.
6. Dice the pepper and onion, and spread on top of the cheese. Slice the mushrooms, and spread on top of the pepper/onion.
7. Cover and cook for 45 minutes in the usual Dutch oven way. (A 12 coals underneath, and a 18 on top works fine.)



## Troop 680 - Standard Menu

### Fried Eggs

Categories: Breakfast

Servings: 6

12 Eggs, fresh

Preheat a frying pan with a small amount of cooking oil. Break eggs into pan gently. If a hard yolk is desired, fry until top of egg white has started to set up and turn over at this point. If soft yolks, or "Sunny-side up," are desired, put about 3 Tb of water in pan after adding eggs. Put cover on pan and allow the steam to cook the tops of the eggs until the whites are firm, but the yolk will be soft.

Variations - Add any of the following:

- \* grated cheese
- \* shredded dried beef,
- \* diced pieces of browned sausage
- \* fried and crumbled strips of bacon
- \* diced ham.



## Troop 680 - Standard Menu

### Boiled Eggs

Categories: Breakfast  
Servings: 6  
12 Eggs, fresh

Place eggs in enough water to cover, and bring to a boil. Remove pan from heat and cover. Cooking time is 5 to 8 minutes for soft boiled or 20 minutes for hard boiled eggs. When eggs have cooked remove from water and place in cold water to make removing the shell easier.



## Troop 680 - Standard Menu

### Scrambled Eggs

Categories: Breakfast  
Servings: 6  
12 Eggs, fresh

Warm the pan over medium heat. Add bacon grease or shortening to pan. Beat eggs slightly, add 2 Tb milk if desired, and pour into the pan. Cook to a firm consistency while stirring slightly.

Variations - Add any of the following:

- \* grated cheese
- \* shredded dried beef,
- \* diced pieces of browned sausage
- \* fried and crumbled strips of bacon
- \* diced ham.



## Troop 680 - Standard Menu

### Poached Eggs

Categories: Breakfast  
Servings: 6

12 Eggs, fresh

: Add water 2 inches deep in a pan. Heat to boiling, then reduce heat to a simmer. Break egg into a cup or dish, then hold close to the water and gently slip egg into the water. Simmer 3 to 5 minutes until cooked the desired amount. Remove from water with a slotted spoon and place on paper towel to drain. Tip: Place mason jar rings, bottom side up, on the bottom of the pot to keep the eggs separate. Use less water, about 1 inch. Break egg into the ring and let cook until done.

Variations - Add any of the following:

- \* grated cheese
- \* shredded dried beef,
- \* diced pieces of browned sausage
- \* fried and crumbled strips of bacon
- \* diced ham.



## Troop 680 - Standard Menu

### Camp Stew

Categories: Main dish, Supper, Beef  
Servings: 8

2 lb Beef, cubed  
1 c Lentils  
4 lg Potatoes, diced  
4 lg Carrots, sliced  
1 lg Onion, diced  
2 Celery stalks, sliced  
1 cn Corn  
1 cn Green Beans  
1 Tb Salt  
1 ts Pepper  
1 ts Summer Savory  
Flour  
Water



## Troop 680 - Standard Menu

### Camp Stew - Continued

1. Cut the beef into ¾" cubes. Brown in a pot over high heat.
2. Add the lentils and enough water to cover everything. Simmer over low heat for 2-3 hours until meat is tender. Add water if needed during cooking.
3. Add the raw vegetables, salt, pepper, summer savory and enough water to cover. Simmer for about 30-45 minutes, until tender.
4. Add the canned vegetables, with water, and heat for about 15 minutes.
5. Put 4 Tb flour and 1 cup cold water in a shaker and mix well. Add to stew and simmer to thicken



## Troop 680 - Standard Menu

### Sausage Stew

Categories: Supper, Main dish  
Servings: 8  
3 lb Sausage, smoked  
6 Potatoes, cubed  
2 Onions, chopped  
1 Tb Parsley, dried  
1/2 ts Summer Savory  
Salt  
Pepper

1. Cut sausage into 2" pieces. Place in a skillet with the other ingredients and cover with water and place cover on skillet.
2. Bring to a boil for 5 minutes, then reduce to a simmer. Cook for about 30 minutes.



## Troop 680 - Standard Menu

### Minute Pizza

Categories: Lunch, Sandwich, Trail  
Servings: 6

12 English Muffins  
1 cn Pizza Sauce  
12 oz Pepperoni Sausage (sliced)  
1 lb Mozzarella Cheese, grated

1. Place English muffin halves on foil in a Dutch oven.
2. Cover each muffin with sauce, pepperoni, and cheese.
3. Bake 10 to 15 minutes.  
(10 to 12 pizzas)



## Troop 680 - Standard Menu

### Dog in a Blanket

Categories: Lunch, Trail  
Servings: 5  
1 cn Biscuits  
10 Hot dogs

1. Roll dough to about 3/8 inch thickness. Cut into strips and wrap around hot dogs.
2. Place in Dutch oven and cook about 10 minutes or until golden brown



## Troop 680 - Standard Menu

### Fried Egg Sandwich

Categories: Breakfast, Lunch

Servings: 6

24 ea Eggs

24 Tb Butter

24 sl Bread

Salt

Pepper

Onion, sliced thin

Cheese, sliced or shredded

Mushrooms, sautéed

Ham, Bacon or Canadian Bacon

Tomato, slice

1. Heat butter in a fry pan until just hot enough to sizzle a drop of water.
2. Break eggs into pan and reduce heat immediately. Break yolks if desired.
3. Cook slowly to desired doneness. Add salt and pepper.
4. Place 1 egg on bread, add desired toppings, and place second egg over filling.



## Troop 680 - Standard Menu

### Beef Stroganoff

Categories: Supper

Servings: 6

8 oz Egg Noodles, package

1 lb Ground Beef

1 cn Cream of Mushroom Soup

1/2 cn Milk (soup can)

1 Onion, diced

1 ts Salt

1. Cook the noodles in water according to package instructions.
2. Brown the ground beef and onion in a skillet.
3. Add the soup and milk, and simmer for 10 to 15 minutes.
4. Serve over the noodles.



## Troop 680 - Standard Menu

### Grilled Cheese Sandwiches

Categories: Lunch

Servings: 6

12 sl Cheese

Butter

24 sl Bread

1. Spread butter on one side of each slice of bread.
2. Put cheese in between 2 slices of bread with buttered side out.
3. Place in fry pan over medium-low heat, cook each side until golden brown.



## Troop 680 - Standard Menu

### Campfire Stew

Categories: Supper, Lunch

Servings: 4

1-1/2 lb hamburger

1 cn vegetable soup mix (or dry mix)

1 c water

2 c macaroni (optional, requires an extra 2 cups water)

1. Brown the hamburger over medium heat.
2. Drain the fat, add the soup mix and one cup water. Continue to cook until smooth and bubbly.
3. Serve with bread, buns, pita bread, etc.



## Troop 680 - Standard Menu

### Shish Kebob

Categories: Supper, Lunch, Beef

Servings: 4

1 lb Meat, cubed

1 cn Pineapple Chunks

1/2 lb Mushrooms, whole

10 Cherry Tomatoes

2 Onions, quartered

1 Green Peppers, sliced

Salt

Pepper

1. Alternate pieces of vegetables and meat on a skewer.
2. Cook over hot coals until done, about 15 to 20 minutes depending on the type of meat used.



## Troop 680 - Standard Menu

### Popcorn

Categories: Snacks

Servings: 4

4 oz Margarine, or

Cooking Oil

Salt

Popcorn

1. Pour enough oil into Dutch oven to cover the bottom about 1/16" deep, or melt 4 oz (1 stick) of margarine in oven.
2. When oven is hot, pour in enough popcorn to cover most of the bottom with a single layer of popcorn.
3. Place lid on the oven, and heat over high heat until the sounds indicates all the corn has popped. During popping, you should lift the oven by the bale and rotate the oven to better stir the whole batch of corn.
4. Pour popped corn into a paper grocery bag. Pour additional melted margarine and salt for desired taste. Shake bag to distribute salt. Serve while warm.



## Troop 680 - Standard Menu

### Pork Chops

Categories: Pork, Main dish, Supper

Servings: 8

8 Pork chops

2 Tb Cooking oil

1 cn Mushroom soup

1 ts Salt

1. Brown pork chops in oil in open oven.
  2. Add soup and salt and cook for 30 minutes in covered oven.
- Approx. Cook Time: :45



## Troop 680 - Standard Menu

### Popcorn in Foil

Categories: Snacks

Servings: 1

Popcorn

Oil

Salt

Aluminum foil

1. Make an aluminum foil "popper" by shaping the foil around a soft drink can, then remove the can.
2. Pour a small amount of cooking oil-just enough to cover the bottom of the popper.
3. Add popcorn kernels to just cover the bottom.
4. Put a string in the top and fold the coil close around it, leave plenty of room inside for the popcorn to pop.
5. Hold the package about 1/2 inches above hot coals until popping stops.



## Troop 680 - Standard Menu

### S'mores

Categories: Snacks

Servings: 1

2 ea Marshmallows

2 ea Graham Cracker square

1 ea Chocolate Bar square

1. Toast marshmallows over campfire coals.
2. When done place on a graham cracker square.
3. Top with a square of chocolate and another graham cracker square.



## Troop 680 - Standard Menu

### Dr. Mike's Chili

Categories: Lunch/Dinner

Servings: 6

2 lb ground beef

4 tbs water

1 tbs oil

1 pkt chilli seasonings

1 large onion chopped

1-1/2 tbs chili powder

2 cans kidney beans

3 c canned tomatoes

Brown ground beef in oil. Add onion and cook until it turns clear. Add remaining ingredients except kidney beans and simmer 1 hour covered. Add kidney beans and cook 1 additional hour uncovered.



## Troop 680 - Standard Menu

### CHICKEN POT PIE

Categories: Lunch/Dinner

Servings: 4

1 cup cooked chicken

10 ounces frozen mixed vegetables

1 small potato, cooked & diced

2 tablespoons butter

2 tablespoons flour

2 cups chicken broth

1 cup Bisquick baking mix

1/2 cup milk

1 egg

Melt butter in a medium size saucepan. Add flour and cook over medium heat, about five minutes. Add chicken broth and heat until mixture just begins to boil. Reduce heat; add chicken, potato and mixed vegetables until heated through. Pour into a 2 quart casserole dish. Combine Bisquick, milk, and egg; pour over chicken mixture. Bake at 400 F. for 30 minutes or until golden.



## Troop 680 - Standard Menu

### COUNTRY BEEF VEGETABLE SOUP

Categories: Lunch/Dinner

Servings: 6

1 gallon of water

2 large onions, diced

2 lbs of diced beef chunks

5 stalks of celery

5 tablespoons beef base / bouillon

4 potatoes, peeled

2 16 oz bags frozen mixed vegetables

2 16 oz cans of tomato sauce

1 tablespoons basil

Cut and cube beef, onions, and celery. Combine with water in a stockpot. Bring to a boil. Stir in beef base. Reduce heat and simmer for about 1 hour or until onion is transparent and tender. Dice potatoes and add to stock. Add remaining ingredients and simmer for 1 hour