

Vegetable soup

Submitted by Brian Y, Life Scout
Fulfillment Farm Campout
Jan 17-18, 2014

Ingredients

2 onions and 5 garlic cloves sautéed
12 ounces of V8 tomato juice drink
1 cup of water
2 large potatoes, diced
4 carrots, sliced
2 celery stalks diced
2 cans of diced tomatoes (basil flavored)
2 cans of chopped green beans
2 cups of fresh corn kernels
Salt, pepper and creole seasoning to taste. (I added a ton of creole seasoning to add some heat)

To make, just sauté the garlic and onions before in a skillet and then add all of the ingredients together in a crockpot and let simmer for 2 hours until vegetables are soft.

Comments:

Great warm soup
Painless way to have vegetables
Make ahead and re-heat

Meatballs

Submitted by Brian Y, Life Scout
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Ingredients

2.5 lbs of ground sirloin
4 teaspoons Worcestershire sauce
2 eggs
1 cup Italian bread crumbs
1/2 grated parmesan cheese
4 garlic cloves, minced
salt
pepper
parsley

Mix all ingredients in a bowl and then make medium sized balls and bake on 425 degrees for 10-15 minutes or until meat is fully cooked.

Comments:

Make at home and freeze.

Serve with pasta and sauce.

Warm separately from sauce to accommodate non-beef eaters

Zatarain's Rice with Smoked Sausage

Submitted by Ian E, Life Scout
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Ingredients

2 8oz boxes of Zatarain's Jambalaya rice mix
1 lb smoked sausage or kielbasa, cut into ¼ inch slices
Onion, chopped
Green pepper, chopped
¼ cup vegetable oil
5 cups water

Sauté chopped onion and pepper in ¼ cup vegetable oil (do this step at home and freeze sautéed onion and pepper).

Add rice and water to pot following the directions on the Zatarain's box. Then add the sliced sausage and sautéed onion and pepper mixture.

Simmer 25 minutes in a covered pot. Let stand 5 minutes before serving.

Breakfast Burritos

Submitted by Ian E, Life Scout
Fulfillment Farm Campout
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Ingredients

Dozen eggs
Non-stick cooking spray
1 lb ground sausage
8 oz Mexican cheese, grated
Tortilla shells
Salsa

Brown sausage and drain off grease (do this step at home).

Scramble the eggs (be sure to spray the skillet with non-stick spray).

Add the cooked sausage and grated cheese to the scrambled eggs and warm just until cheese melts.

Serve in tortillas with salsa.

Comments:

You can let the scouts add the sausage and cheese on their own but it makes more of a mess. If you have non-meat eaters, you can leave the sausage out or substitute vegetarian sausage crumblers (we've used Morning Star).

Biscuits with Sausage Gravy

Submitted by Michael M, Life Scout

Ingredients:

1 lb ground sausage
½ cup flour
Salt & pepper
2 cans condensed milk
Canned biscuits

Do at home before the camp out:

Bake the biscuits following the package directions.
Brown the sausage and drain grease off. Return the browned sausage to the skillet.
Add the flour, salt & pepper to the sausage and cook on low heat about 5 minutes, stir frequently.

At the camp out:

Add the canned milk to the sausage mixture. Simmer until the milk thickens, stirring continuously.
Serve sausage gravy over split biscuits.

Comments:

Do the prep work at home and reheat with the milk on the camp out.
You can use vegetarian sausage instead of pork sausage (we use Morning Star crumblers).
Go light on the salt and heavy on the pepper.

Tacos

Apple Harvest, October 2013

Ingredients:

2 lbs ground beef

2 envelopes Taco seasonings

1 ½ cups water

Taco shells (16 to 20)

Lettuce, shredded

Tomatoes, chopped

Mexican cheese, grated

Salsa

Sour cream

Do at home:

Brown the ground beef in a skillet; drain off grease.

Add taco seasonings and water and simmer 5 minutes.

Freeze in zip lock bags.

On Camp out

Re-heat taco meat.

Serve in taco shells with lettuce, chopped tomatoes, cheese, salsa & sour cream.

Serves: 8 to 10

Comments:

This is an easy dish to prepare at home and reheat on the camp out.

Serve with soft or crunchy tacos.