



**Golden West District
Newsletter
September 2020**

Roundtable (2nd Thursday Monthly)

West Anaheim Youth Center
320 S. Beach Blvd., Anaheim, CA 92804

(Due to COVID-10 Guideline, all in-person District Meeting are on Hold till further notice. Please attend the Virtual Roundtable below.)



Roundtable (Tom Devine, Joe Lum, Sarah Fordyce)

Golden West District is inviting you to a scheduled **Virtual Zoom meeting – Sep 10th @ 7:30 PM Pacific Time**. Please log in to the Zoom with your Name, Unit type(s), Unit number(s), and/or District Position.

Join Zoom Meeting :

<https://us02web.zoom.us/j/81328032855?pwd=ckdtcXErYlpleDRvRzhreG55TXhrUT09>

Meeting ID: 813 2803 2855
Password: GWDOCBSA

Roundtable will also stream to the district's Facebook page

Breakout: Dutch Oven

COVID-19 and Impact on Programs (August 31, 2020) – THINK SMALL!

<https://www.scouting.org/coronavirus/covid-19-faq>

Effective August 31, the new California Blueprint for a Safer Economy is providing new guidelines for the county to manage this pandemic. Based on these guidelines, little has changed from our past council COVID-19 updates on program delivery. As it stands, all previous guidelines are still in effect.

Is Your Unit Thinking Too Big? Unfortunately, too many

of our units have not reengaged their programs. Overwhelming feedback from unit leaders has been that they struggle to find locations for Pack and Troop meetings and the restrictions for large group gatherings prohibit them from hosting hikes, campouts, and other full unit programs. If you are one of these units, you are thinking too big!

The Boy Scouts of America has the best small group program for youth in America...we call them Dens and Patrols. Parents are screaming for programs to resume and the need for social interaction. Based on the new State guidelines, "cohorts" can meet in groups of 14 youth with two adults. Sound familiar?

Packs and Troops which have thrived through this pandemic have used regular den and patrol programs hosted at parks, church parking lots, backyards, or other areas to gather in small groups. One troop in Irvine is hosting patrol meetings at different parks on the same night and time, and patrols rotate skill development activities each week. They are also hosting virtual patrol activities for youth that are not ready for in-person activities. Bottom line, if the same group stays together, uses physical distancing, handwashing and wears masks in proximity, they are meeting State safety requirements

We are proud to announce that using these same small group tactics and safety protocols the Orange County Council served 2,644 youth, with no documented COVID transmission, at the Irvine Ranch Outdoor Education Center and Newport Sea Base summer programs. New fall programs are now being launched for after school and weekend activities – Same small groups, lots of great programs.

It's true, Dens and Patrols can go on hikes, meet in-person, complete rank advancement, and have fun. No unit needs to halt programs until the full unit can meet. As Orange County moves through the new risk levels, units will be able to emerge stronger and trouble free. Please contact your unit commissioner or district executive for questions on how to reengage your unit this Fall.

The past six months have represented an extraordinary time in our history. None of this has been easy, and we've seen our share of differing opinions and

expressed concerns. Yet one thing we can all agree on is our desire to get Scouts back to safe and equitable learning environments, where they can engage with mentors and socialize with peers.

The Orange County Council is fully committed to doing everything possible to protect the health of our families, volunteers and staff members. Scouting is a force for good and we need to get our families back together while at the same time prevent becoming widespread drivers of community transmission, which could reverse the progress the county has made.

For these reasons, we will continue to closely follow the guidance of our public health partners, including the county Health Care Agency and the California Department of Public Health. When new information is released that impacts Scouting, we will provide another COVID-19 update on program delivery.

We are not out of the woods yet, but there are promising signs that our county is moving in the right direction. Think small! Let's get our Scouts in their small groups and deliver program. With continued vigilance, and your partnership, we can turn this corner and safely get Scouting back together.

New BSA Fees for 2021



Starting August 1, 2020 BSA National and Orange County Council have announced new fees associated with registering youth and adults in the Scouting program.

New fees are summarized as follows:

	<u>Youth</u>	<u>Adult</u>	<u>Explorer</u>
BSA National Registration Fee Packs/Troops, OCBSA Insurance and Program Fee	138	54	42
<i>Boys Life (Optional)</i>	12		
Total	\$ 150	\$ 54	\$ 42

New Member Joining Fee: Youth Only – one time \$25 flat fee no matter when you join during the year (no prorating). Fee is in addition to above enrollment fee. There is NO joining fee for adult volunteers, Exploring participants, or any member previously registered in any BSA programs.

Unit Recharter Fee: \$75 for all new and rechartering units.

Please continue to support Scouting. Even with these changes BSA quality programs are still bargain priced when compared with other activities such as soccer, baseball and football (see below). Also, let's not forget that Scouting delivers immeasurable lasting value to our youth and families as well. It still remains an inexpensive investment in a future for our youth.

If you have any questions or comments please contact Orange County Council at communication@ocbsa.org.

Average Amount Put Toward Sports Per Child (11-18) - 12 month Period

	Registration	Equipment	Travel	Lessons	Camps	Others	Total
Ice Hockey	\$ 634	\$ 389	\$ 830	\$ 390	\$ 301	\$ 39	\$ 2,583
Skiing/Snowboarding	\$ 168	\$ 1,174	\$ 434	\$ 281	\$ 55	\$ 137	\$ 2,249
Field Hockey	\$ 409	\$ 521	\$ 934	\$ 86	\$ 132	\$ 42	\$ 2,124
Gymnastics	\$ 152	\$ 111	\$ 762	\$ 421	\$ 104	\$ 16	\$ 1,566
Other Sports	\$ 105	\$ 335	\$ 154	\$ 508	\$ 58	\$ 77	\$ 1,237
Tennis	\$ 115	\$ 121	\$ 352	\$ 471	\$ 95	\$ 16	\$ 1,170
Lacrosse	\$ 411	\$ 280	\$ 281	\$ 67	\$ 23	\$ 20	\$ 1,082
Bicycling	\$ 120	\$ 504	\$ 247	\$ 29	\$ 105	\$ 5	\$ 1,010
Golf	\$ 81	\$ 363	\$ 238	\$ 88	\$ 118	\$ 42	\$ 930
Swimming	\$ 115	\$ 59	\$ 389	\$ 154	\$ 67	\$ 3	\$ 787
Martials Arts	\$ 82	\$ 86	\$ 107	\$ 467	\$ 25	\$ 9	\$ 776

Baseball	\$ 166	\$ 121	\$ 175	\$ 106	\$ 99	\$ 25	\$ 692
Softball	\$ 141	\$ 59	\$ 190	\$ 66	\$ 53	\$ 7	\$ 516
Volleyball	\$ 242	\$ 66	\$ 170	\$ 53	\$ 54	\$ 7	\$ 592
Soccer	\$ 157	\$ 125	\$ 107	\$ 66	\$ 73	\$ 6	\$ 534
Tackle Football	\$ 91	\$ 110	\$ 83	\$ 116	\$ 76	\$ 7	\$ 483
Wrestling	\$ 102	\$ 59	\$ 172	\$ 61	\$ 54	\$ 24	\$ 472
Basketball	\$ 86	\$ 75	\$ 114	\$ 61	\$ 87	\$ 2	\$ 425
Cross Country	\$ 130	\$ 87	\$ 47	\$ 22	\$ 30	\$ 3	\$ 319
Skateboarding	\$ 20	\$ 109	\$ 80	\$ 23	\$ 141	\$ 5	\$ 378
Flag Football	\$ 74	\$ 68	\$ 58	\$ 27	\$ 36	\$ 8	\$ 271
Track & Field	\$ 52	\$ 45	\$ 49	\$ 20	\$ 14	\$ 10	\$ 190

source: Money.Com August 30, 2019 -Think your Kid's Soccer League is Too Expensive? By Prachi Bhardwa

	Registration		Camps	Due	Total
Scouting	\$ 150		\$ 250	\$ 60	\$ 310
Uniform		\$ 100			

OC Annual Recognition Dinner

The Annual Recognition Dinner is to honor our District Award of Merit Recipients, Unit Exceptional Scouters Awards and our 2020 Silver Beaver Award Recipients. **Silver Beaver nominations are due by 3 pm on Sep 25th to Roslyn Ortiz – roslyno@ocbsa.org.**

District Award of Merits and Unit Exceptional Scouter Awards are due by Dec 1st.

More details and fillable nomination forms are located at <https://www.ocbsa.org/annualdinner>

Camporall

Day event in the planning stage for November. More details next month.

Friends of Scouting 2020

	Goal	Current	% Goal
Family	\$ 37,000	\$14,444	39.04%
Major Gifts	\$ 10,400	\$4,305	41.39%
Leadership	\$ 3,000	\$3,940	131.33%
Total	\$ 50,400	\$22,689	45.02%

With the shutdown of normal meetings, the Friends of Scouting team is not able to visit units and make presentation for FOS. Outdoor activities, in-person meetings, fundraising, and formal Council events have all paused at this time. ***The Scouting program needs our financial support more than ever before.*** To make a gift to the Golden West District - visit <https://donations.scouting.org/#/council/039/appeal/2931>

Pam and Sally and their team are contacting units to present FOS during the units Virtual Meetings. If you have not heard from them, please contact Pam Zawisza @ zawiszap@hotmail.com or Sally Jensen @ Sally_Jensen@hotmail.com.

Popcorn (Goal \$149,000, \$0 = 0%) Free Shipping for all orders over \$30 till Sep 10 @ 5 pm. All online product is the same cost as storefront sales, and all product options are available online. The 2020 Popcorn sale will focus on online sales and take orders, as well as the traditional storefront sales through which packs and troops can organize a risk-free sale!

Please visit <https://www.ocbsa.org/popcorn/> for Popcorn details.

To register your unit for Popcorn 2020 - <https://www.trailsend.com>. Trail's End is making

changes and offering webinars and updating apps (for iPhone 7 or higher) to meet the new standards. To attend the webinars visit <https://www.trails-end.com/webinars>

Commission: Units can earn up to 35% Commission!

- 26% Base Commission
- 1% Register by July 15 for the 2020 Popcorn Sale
- Attend Virtual Training on 7/21 or 8/1 or 8/12
- 7% 40% of your units' traditional sales be with credit card through the Trail's End App
- 2%

If you need more information or have any questions regarding the popcorn sale, please email, text or call:

Popcorn Kernel: Kathy Hight, kathy314@gmail.com
Popcorn Lt. Kernel: Marcie Lui, my03lui@gmail.com, 714.928.6450 (text enabled)

Unit Charters for 2021 is underway! Unit packets will be distributed in October.

Membership goal is 2657 youth and 94 Units. Current youth membership is 1866 at 70% of goal. Fall recruitment kickoff is being finalized.

Advancement: Please visit **Golden West District** website: <http://goldenwest.ocbsa.org/> for the **Corona Virus Eagle Extension Form**. It's an application to request additional time to complete the Eagle Rank due to delay caused by the pandemic. Unit may not add, subtract, or change requirements or processes for Rank Advancement. All requirements are specified in the BSA Advancement Guide.



Eagle Scout Process:
<http://goldenwest.ocbsa.org/eagle-scout-process/>

Eagle Virtual Paperwork:
<http://goldenwest.ocbsa.org/eagle-scout-process/>

Eagle Palms Once a Scout has earned his Eagle Rank, he may receive his Palms for every 5 MB's over the 21 for Eagle. Example: A Scout earned 36 MB's at the time of earning Eagle Rank. He may receive a Bronze Palm, for 5, Gold Palm for 5, and a Silver Palm for 5, totaling

36 MB's. Following earning Eagle, every 3 months and 5 MB's he may receive an additional Palm, B,S,G, until their 18th Birthday. These may be presented at the Eagle Court of Honor.

# Scouts Earning Eagle Scout Rank		
Year	GW	
2020	35	
	OFD	EICap
2019	55	51
2018	48	54
2017	15	28
2016	50	31
2015		58
2014		54

Congratulations to the 2020 Eagles from Golden West District:

January	May
David C. (T75)	Erik H. (T642)
Matthew A. (T270)	Ryan P. (T657)
Elijah C. (T490)	Nathanel B. (T671)
Jared F. (T490)	Ryan I. (T1103)
Ta' Aga W. (T610)	
Robert (Trey) A. (T660)	July
Jacob V. (T671)	Kyle A. (T578)
Johnathan P. (T680)	Mathew M. (T578)
Vuni B. (T1400)	Richard R. (T650)
Jackson G. (T1400)	Nilson W. (T658)
Jaxson E. (T1666)	Hung L. (T680)
	Lent T. (T1930)
February	August
Nathan S. (T578)	Andrew M. (T295)
Payton M. (T610)	Max D. (T660)
Scott H. (T642)	Ethan T. (T1004)
Aris R. (T657)	Tung T. (T1930)
Trent T. (T671)	Kyle N. (T578)
Ryan M. (T1400)	Kyle E. (T578)
Conner L. (T1666)	Aiden S. (T660)
April	Delyon N. (T1271)
A. Somani (T650)	Joseph P. (T1299)
Delong N. (C1271)	David L. (T299)

Scoutbook New apps for your computer or Smartphone. App allows access to Units training, rosters, calendar, announcements, a link to BSA materials and commissioner tools. If you would like to try it, type “myscouting” in your device’s app store.

Due to Units not processing achievements within a week of earning, i.e. Rank advancement or Merit Badges Earned, the National Database is not updated to reflect actual achievements. You may record a Scouts achievement in “Scoutbook” for Cub Scouts, or Advancement in “my.scouting.org”.

To learn on your own how to use Scoutbook, go to Scoutbook.com and use your my.scouting.org username and password to log in. There are applications for every registered position in scouting, including parent, on how to use Scoutbook for the level of access you have based on your BSA position.

Cub Scout Rank Advancement, 686 Cubs, UNK YTD 2020 is TBD%

Scout BSA Rank Advancement 1180 Scouts, UNK YTD 2020 is TBD%

Scout BSA Merit Badges earned 1180 Scouts, UNK YTD 2020 is TBD%.

Training New requirement from BSA is to have all Scouters trained in their registered position before Chartering for 2020.



We are currently about 75% trained in our district. If you are a registered adult, you must be trained whether as a committee member or Scoutmaster/assistant scoutmaster or cub leader, venturing leader, etc.. Everybody must have YPT.

- Please complete YPT even if it’s not due for a few months. Please help the overload rush in the fall and winter.
- If you have incomplete training, you will need to restart with the new updated training at the national level. We will be updating our own District training videos to reflect those changes.
- Every scout needs and deserves a trained adult leader. It is required and expected that you complete your specific leader training that you are

willing to serve at. Thank you for all that you do to serve our youth.

- Here is the link for which training you need: <https://my.scouting.org/Documents/PositionTrainedCourses.pdf>

Pack Leader Trained goal = 100%, Actual 85.0%

Troop Leader Trained goal = 100%, Actual 75.4.7%

Crew Leader Trained goal = 100%, Actual 90.8%

Day Camp Attendance increase => 100 we have 0 Cubs of 860 total = X% going to day camp.

More Troops to Summer Camp = 56 we had TBD = 0%

Scouts of 1223 total = 0% went to Camp.

Pack and Troop Committee training - Cub Scout Leader training, and Boy Scout Leader Training may be done online at my.scouting.org;

Sign in; click on **Cub Scout Leader Training** Click here; sign in again; Scroll down to **CUB SCOUTING** and click on it; **SELECT A TRAINING PROGRAM**;

- All the DEN LEADER training is the same 22 modules.
- CUBMASTER has the same modules as the DEN LEADER plus eight more.
- PACK COMMITTEE TRAINING has the 22 modules of a different mix of the total 30 modules.

We are planning on putting on the 5 Leader Specific Training in a YouTube video with the most helpful Joe Lum. SM is 6 hours long in 3 segments, all others are 3 hours.



Merit Badge Counselor Training is now online at My.Scouting.Org. Our District Advancement Chair will get all our MBC’s trained in that position. All MBC’s are required to have a current YPT2 to registered in 2020.

Rudy Solorzano, 714.745.3839,
rudySolo71@gmail.com

Order of the Arrow:

Maga: meet the 3rd Thursday of the month, 7:30 P.M. at the United Methodist Church, 12741 Main St. Garden Grove.

Santee meet the 3rd Thursday at Holy Cross Lutheran Church, 4321 W. Cerritos Ave. Cypress.



Camping

Cub Scout Camping rate is
UNK/860 = 0.00%

Scout BSA Camping rate is
UNK/1223 = 0.00%



Golden West District Staff

Chairman – Charles Osaki, GWDC2020@gmail.com

Commissioner – Tom Miller, ocnslt@gmail.com

GWD DE – Alvin Phan, Alvin.Phan2@scouting.org

Activities Chair – Open

Adult Awards – Sandy Vo, sandyvo@me.com

Advancement – Eddie Sheely,
goldenwestadvancement@gmail.com

Camporee – Brian Mendoza,
Mendoza.brian@gmail.com

Camporall – Dan Moran, danmoran72@gmail.com

Cub Day Camp Director – Matt Forester,
mhforester@gmail.com

Cub Day Camp Program – OPEN

Cub Scout Girl Champion - OPEN

District Dinner – OPEN

Down Hill Cart Race – David Edmundson,
david@geeklegacy.com

Eagle Board Chair – David Rogers,
ofda.chairman@gmail.com

Eagle Project Advisor – Eddie Sheely,
goldenwestadvancement@gmail.com

Facebook – OPEN

FOS Family Chair

Pam Zawisza, zawiszap@hotmail.com

Sally Jensen, Sally_Jensen@hotmail.com

FOS Community Chair – David Shawver,
dshawver1@att.net

Maga Taskozu OA Chapter – Eileen Meade,
esmeade54@hotmail.com

Membership – John Vo, ocecmvc@gmail.com

Merit Badge Counselor Coordinator – Kelley Sheely,
Kelley.sheely@gmail.com

Merit Badge Counselor Coordinator –
Richard Marubayashi, richmaru@socal.rr.com

Newsletter – Marcie Lui, GWUpdates@att.net

New Unit Organizer - Michael Mannix,
mlmannix@hotmail.com

Outdoor/Program Chair – Bruce Finnsson,
eagle63267@aol.com

Popcorn Kernel – Kathy Hight, khight314@gmail.com

Popcorn Lt. Kernel – Marcie Lui, my03lui@gmail.com

Religious Emblems Coordinator – Jeff Giacomi,
jeffgiacomi@gmail.com

Roundtable Commissioner – Tom Devine,
tdevine@nmggeotech.com

Roundtable Commissioner, Packs - Sarah Fordyce,
sfordyce@diceless.net

Roundtable Commissioner, Troops – Joe Lum,
Joe@integratedsrv.com

Pushcart Race – Miguel Diazleal, info@scout75.com

Risk Management - Greg Dubois,
gdubois340@gmail.com

Santee OA Chapter – Brian Mendoza,
Mendoza.brian@gmail.com

Scoutbook – Joe Lum, joe@integratedsrv.com
Luong Ngoc Ta, lu@zidan.net

Eddie Sheely,
goldenwestadvancement@gmail.com

Scouting for Food/Day of Service – Marcie Lui,
my03lui@gmail.com

Scout-O-Rama Adventure Cards - Marcie Lui,
my03lui@gmail.com

Scout-O-Rama Booths – Eileen Meade,
esmeade54@hotmail.com

Training – Rudy Solorzano, rudysolo71@gmail.com

Webelos Transition Camp – OPEN

Webmaster – Joe Lum, joe@integratedsrv.com
Miguel Diazleal, info@scout75.com

YPT – Todd Oishi, toishi@sbcglobal.net

Tran Nguyen, nouturn72@gmail.com

Useful Links:

- <http://goldenwest.ocbsa.org/>
- <https://www.scouting.org/>
- <https://my.scouting.org/>
- <https://www.scoutshop.org/>
- <https://www.scoutbook.com/>
- www.usscouts.org/bbugle
- www.insanescouter.org

OCBSA Properties:

- www.newportseabase.org
- www.outdooreducationcenter.org
- www.oso.org
- www.ssriv.org
- www.seascouts.org

Council Office (OCBSA):

1211 E. Dyer Road, Santa Ana, CA 92705
 Council Office 714.546.4990
 Scout Shop: 714.979.4554

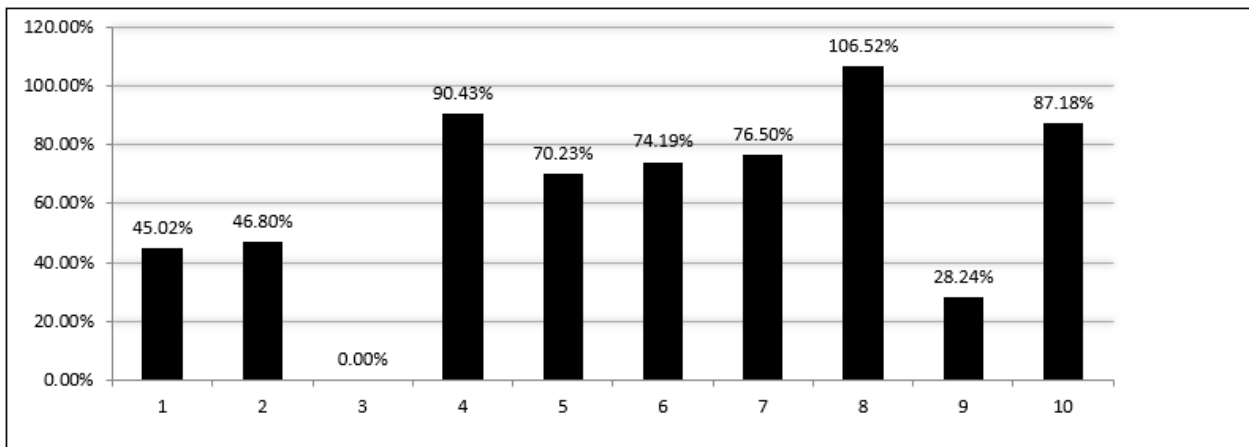
Anaheim Scout Shop:

1501 N Raymond Ave, Anaheim, CA 92801
 714.774.3270

Upcoming Events:

- 12-Sep** Popcorn Distribution @ OC Food Bank in Garden Grove
- 13-Sep** Second Popcorn Order Due
- 22-Sep** Popcorn Swap Day 3-8 pm
- 25-Sep** Second Order Distribution
- 25-Sep** **Silver Beaver Nominations due by 3 PM to Roslyn Ortiz – roslyno@ocbsa.org**
- 27-Sep** Popcorn Third Order Due
- 9-Oct** Third Order Distribution
- 23-Oct** Popcorn Return & Account Close Out
- 26-Oct** Final Popcorn Order Due Online
- 7-Nov** Day of Service
- 7-Nov** Flag Planting @ Forest Lawn
- 14-Nov** Final Popcorn Distribution @ OC Food Bank in Garden Grove
- 14/15-Nov** Oso Lake Fall Fest
- 21/22-Nov** Oso Lake Fall Fest
- 26-Nov** Thanksgiving

BSA/OCBSA/Golden West Dist Goals 2020



	FOS	SOR	Popcorn	Units	Youth	UC's	Trained	Unit/UC	UC Visits	Staff
Goal	\$50,400	\$25,000	\$149,000	94	2657	31	100.0	3.03	85	39
Actual	\$22,689	\$11,700	\$0	85	1866	23	76.5	3.23	24	34
% of Goal	45.02%	46.80%	0.00%	90.43%	70.23%	74.19%	76.50%	106.52%	28.24%	87.18%

Over all goal:	\$224,400	Cubs '20 =	686
Over all actual:	\$34,389	Scouts'20 =	1011
% of Goal	15.32%	Vent '20	169
		Total '20 =	1866

Popcorn 2020 Info Page

Be sure to mark your calendar with these important dates! ***Dates subject to change!!***

Save Time with the New Trail's End App Text APP to 62771 to get a link to download.

<https://www.ocbsa.org/popcorn/>

Date	Item	Action Needed
Tues 7/21	Unit Popcorn Kernel Training from 6:30pm—Virtual on Zoom	Click Here to RSVP!
Wed, 7/20	Most Sales (dollar amount Contest	
Sat 8/1	Unit Popcorn Kernel Training at 8:30am on Zoom	Click Here to RSVP!
Aug 1—Aug 28	First 25 scouts complete FULL BINGO Card by 8/28 contest—earn a MARSHMALLOW Blaster	Bingo card
Aug 11—Aug 16	FREE SHIPPING for all ONLINE orders over \$30	
Wed 8/12	Unit Popcorn Kernel Training at 7:00pm on Zoom	Click Here to RSVP!
Wed 8/12	Scouts with MOST ITEMS sold Contest	
Wed 8/19	First Orders Due Online	Submit your units order online.
Wed 8/19	Scouts with MOST 9 oz White Cheddar Cheese Popcorn Bag sold Contest	
Sat 8/29	Popcorn Action Plan DUE & Drive Thru Kickoff—10am-Noon at Council Service Center—1211 E Dyer Road Santa Ana, CA 92705	RSVP for the Drive Thru Kickoff Turn in Action Plans to District Kernel or email it to Roslyn Rakosky.
Sat 8/29	Popcorn Kick-Off Training & Kit pick up	Click here to RSVP! Coming Soon
Sat 9/12	Distribution Day @ OC Food Bank	Appointment required Sign up below
	First Order	Submit your units order online.
Sun 9/13	Second Order due online by 10pm	Council Service Center
Tue 9/22	Popcorn Swap Day from 3pm-8pm	Council Service Center
Fri 9/25	Second Order Distribution	Submit your units order online.
Sun 9/27	Third Order due online by 10pm	Council Service Center
Tues 10/6	Popcorn Swap Day from 3pm-8pm	Council Service Center
Fri 10/9	Third Order Distribution	Council Service Center
Fri 10/23	Popcorn Return & Account Close Out from 8am-Noon	Council Service Center
Mon 10/26	Final Orders due online	Login to the popcorn system to place your unit order.
Fri 11/6	Ducks Club Names Due Online	Place your order online.
Thurs 11/12	Account Close Out	District Location (TBD) or Council Service Center
Sat 11/14	Final Order Distribution @ OC Foodbank	Appointment required
Thurs 12/10	Final Payment Due/Account Close Out	District Location (TBD) or Council Service Center
TBD	Ducks Popcorn Club Member Celebration	Come out, get your t-shirt & celebrate with the Ducks!

Almost Pumpkin Pie

Troop 334 in Raleigh, NC

INGREDIENTS

FILLING:

1 Can Pumpkin (29oz.)

1 Tablespoon Cinnamon

½ Teaspoon Salt

3 Eggs

1 Cup Brown Sugar

1 Teaspoon Vanilla

1 Cup Evaporated Milk

TOPPINGS:

1 Package Spice Cake Mix

1 Cup Chopped Pecans

1 Cup Butter



DIRECTIONS:

Mix all filling ingredients and pour into lined (or greased) 12-inch Dutch Oven. Cut butter and add to cake mix, and then add pecans. Gently cover the filling mixture with the topping mixture.

Bake for about 1 hour with 15 coals on the top and 9 coals on the bottom. This is also good served cold and with ice cream.





Dutch Oven Cooking



What is a Dutch Oven?

When most people think of a Dutch oven, they picture a flat bottom pot with a dome lid used to cook in the oven or on the stove top. A Dutch oven can also be used outdoors over a camp fire. There is another, fun way to cook outdoors with a Dutch oven, using preheated charcoal briquettes. A camp Dutch oven is usually made of cast iron. It has a flat bottom with three small legs to hold the pot above the heat source and allow air to circulate. The lid is dome shaped with a flange around the outer edge. In the center is a small handle. The pot also has a bail or swing handle to lift it off the coals.

To cook in a Dutch oven using preheated briquettes, place the oven over a bed of briquettes, and heap more briquettes on the top. The number of briquettes used determines the temperature your Dutch oven will reach on the inside.

You can figure that each charcoal briquette is worth about 25 degrees Fahrenheit. 20 coals will give about 500 degrees. Weather conditions (temperature, wind and humid or rainy conditions) will also affect cooking efficiency. Enough about the oven and on to what you can do with it!

The following chart will help you determine how many briquettes to use with a cast iron Dutch oven.

OVEN TEMPERATURE	6 ½" x 9"		9" x 9"	
	Under	Top	Under	Top
250°-300°	4	6	6	8
300°-350°	5	7	7	10
350°-400°	6	8	8	12
400°-450°	7	9	9	14

Other Things You Will Need

A good pair of leather gloves can save time and prove invaluable around a hot fire. A pair of Work Style gloves will do, but, if possible, see if you can locate a pair of fire handling gloves. Although these typically cost more, they offer thicker leather and an inner insulating lining. They allow you to literally place your hand into hot coals, though I don't recommend doing so.

Something else you will need is a shovel. The standard garden type will be sufficient. It will be used for stirring the coals and lifting them out of the fire pit to the oven. The style and length of the handle is up to you, the user. The longer ones are great but not practical on hikes and canoe trips. While the short Army folders are great for hiking and canoes, they suffer from short handles, getting you and your hands closer to the fire.

Another item which will prove to be worth their weight in gold is a pair of hot pot pliers. The pliers have a specially designed jaw that grips the oven lid very securely. The handle has a hook that is used to grab the bail handle when it is too hot to hold by hand or when it is hanging down in the coals.

A Few No-No's

! NEVER NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.

! Never use soap on cast iron. The soap will get into the pores of the metal and will taint the flavor of your next meal. If soap is used accidentally, the oven should be put through the pre-treatment procedure, including removal of the present coating.

! Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better but cast iron will crack or warp, ruining it. ! Do not get in a hurry to heat cast iron, you will end up with burned food or a damaged oven or pan.

! Never put cold liquid into a very hot cast iron pan or oven. They will crack on the spot!

! One more note: Be careful with high acidic foods as they will eat away at the seasoning on the oven.

Seasoning and Caring for a Dutch Oven

A new Dutch oven comes with a protective coating which must be removed before cooking. The best way to remove this is with hot soapy water and a wire scrubber. Scrub your pot two or three times, rinsing after each time to feel if it is still there. After the cleaning, rinse with hot water to clean off the soap.

Next, dry your pot well in a warm oven for 30 minutes or so, then let it cool enough to handle it.

Now you are ready to begin the seasoning process. Using a paper towel, apply vegetable shortening or lard to the inside and outside of the oven until all is coated. Put some extra inside the oven. Do the same with the lid.

Put both in a 425 oven and bake for an hour; then, using tongs and a paper towel, swish the excess grease around inside the oven, again coating the entire area and lid.

When the time is up, remove from the oven and swish the excess grease on all the inside to coat and let sit in the oven until cool. Using a paper towel, wipe the inside of the oven to coat again all inside surface and then wipe all the excess out to just leave a thin coating on the oven.

It is best to begin with foods which require a lot of oil such as deep fried foods or bread as they tend to continue to coat the oven. After each use wash only in very hot water to clean. If you cooked bread in it, wipe a light coating of

shortening on and you are ready to go again. It does not require washing out. (If you cooked something which stuck to the oven, put oven back on the heat source and use a plastic spoon to remove the stuck food.)

Rinse with hot water at least twice, wipe dry with a paper towel and lightly grease the oven and you are ready to cook again. To store your oven, place a paper towel inside the oven to help absorb any moisture. If you are going to store your oven for a long time, simply store it without the lid and apply a light coat of mineral oil and it will not become rancid. Store in a location where it is protected from moisture and dust.

Another method for "sweetening" Dutch ovens is to get some heavy, spicy bacon or sausage and cook it in them. Next, completely cover the inside (and outside if you like) of your Dutch oven with the grease. Next you will want to bake it in the

- oven at 450 for 20 minute. For a real deep seasoning, and especially for new ones, it's necessary to do this two or three times. This will not make the pan bake everything real spicy or anything, it just gives it a light flavor.

If the oven gets rusty, you can clean it up by soaking the rusty area in Coca Cola for an hour, then scrub with wire scrubber only where it is rusty. Rinse it out and re-season that part of the oven again by applying a coat of shortening

- and heat to 425 for 30 minutes. You are now ready to begin cooking with it again.

If, during the seasoning process, too much seasoning is applied and a build-up occurs. clean off the flaking material and start over again, or just continue to cook in it as it is.

Enjoy every minute of your time while cooking in these wonderful ovens. They provide wonderful food and wonderful times when they are properly cared for. This requires a minimal amount of care after each use.

Now you are ready to start cooking.

Cooking Techniques

Roasting: The heat source should come from the top and bottom equally. Coals should be placed under the oven and on the lid at a 1 to 1 ratio.

Baking: Usually done with more heat from the top than from the bottom. Coals should be placed under the oven and on the lid at a 1 to 3 ratio, having more on the lid.

Frying, boiling, etc: All of the heat should come from the bottom. Coals will be placed under the oven only.

Stewing, Simmering: Almost all heat will be from the bottom. Place the coals under and on the oven at a 4 to 1 ratio with more underneath than on the lid.

Using the Lid: The lid can be placed on the fire or stove upside down and used as a skillet or griddle. Using the lid in this fashion, you can make virtually error free pancakes and eggs that don't run all over. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center, even if the lid is not level.

The recipes that follow have been designed to be cooked in a Dutch oven over a camp fire or with briquettes. If you want to use the recipes at home in the kitchen, they will work just fine there, too.

Recipes

*Turn the lid upside down on the coals and make French toast or eggs on it.

*Bake jelly Danish by adding a little sugar and butter to a biscuit recipe. Drop on pie tin. Make a depression in middle and fill with spoon of jelly. When baked, drizzle mixture of powdered sugar and vanilla (just a little goes a long way) over top for icing!

Pita Pocket Breakfast

1 lb sausage (pork, turkey or ground beef)	1 bell pepper, diced
1 medium onion, minced	12 eggs, beaten
6 Pita breads, medium	1 jar salsa
1 clove garlic	

Preheat Dutch oven (12 coals on the bottom). Brown sausage drain fat, saving 2 tbsp. Stir in onion, garlic, pepper, saute with sausage. Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into pita pockets; top with salsa to taste.

Hints: Brown sausage and saute garlic onions and peppers in advance, refrigerate or freeze in Ziploc bags. Add 2 tbsp. of Olive Oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that will need to dispose of.)

Quick & Easy Breakfast Casserole

8 slices of bread	1 qt. Milk
2 pounds of sausage	1-1/2 tsp. Dry mustard
16 oz grated cheddar cheese	1 tsp salt
12 eggs	

Line a 12" Dutch oven with heavy-duty foil. Lightly grease the foil with butter. Break up bread into the oven. Crumble cooked sausage meat over bread and cover with cheese. In a separate bowl, mix eggs (lightly beaten), milk, dry mustard, and 1 tsp. salt (to taste). Pour the egg mixture over the layered bread/sausage/cheese in the oven, cover, and bake for 35 - 40 minutes, checking occasionally. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!

Mountain Man Breakfast

1/2 lb bacon (or pre-cooked sausage)
Med onion
2 lb. bag of hash brown potatoes

1/2 pound of grated cheddar
1 dozen eggs
Small jar of salsa (optional)

The following requires 6-9 bottom coals and 12 -15 top coals: Pre-heat 12" Dutch oven. Slice bacon and onion into small pieces and brown in the bottom of the DO until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes) Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set (10 - 15 minutes).

Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted.

Optional: cover cheese/egg mixture with a small jar (1 cup) of SALSA. Cover and cook for an additional 3-5 minutes. Slice and server like quiche. Cooking times will vary with the weather and your state of awake but its almost impossible to screw up. Serves 6.

Crustless Quiche

1/4 lb butter
3 oz cream cheese
1/2 c flour
2 c cottage cheese (approx. 1 lb) 10
eggs

1 tsp baking powder
1 c milk
1 tsp salt
1 lb Monterey Jack Cheese
1 tsp sugar

Melt butter and add flour. Cook into a light rue. Beat eggs, milk, 3 cheeses, baking powder, salt and sugar together. Stir into rue until well blended. Pour into Dutch oven and bake 350 for 45 min.

Breakfast Muffins

1/2 lb butter, softened
2 c sugar
2 c boiling water
5 tsp baking soda

4 eggs
1 qt buttermilk
5 c flour
6 c raisin bran

Combine water and baking soda. Allow to cool slightly. Cream together butter and sugar. Can be refrigerated for up to 6 weeks covered. Warning: This makes 6 dozen.

Pecan Caramel Rolls

1 tube of refrigerator biscuits (10 count)
1/2 cup brown sugar
1 stick butter or margarine

Generous amount of chopped pecans
Cinnamon (optional, but good)
Raisins (optional)

Melt butter, brown sugar, cinnamon, and a tablespoon of water in the cover of a chef kit. (large frying pan) Stir well until sugar/butter becomes a caramel. Add pecans and raisins to the caramel mixture. Cut the biscuits into quarters. Stir into the caramel mixture, coating each part with caramel. Place the pan in the Dutch Oven using the "three stone method" bake the biscuits until they are golden brown. About 15 minutes. Enjoy.

Australian Brumbies in the Sandhills

Filling:

Cold cooked meat
Any vegetables you have
Some oil

Batter:

2 cups self-rising flour
Pinch salt
Milk
1 egg

Place flour, salt and the egg in a bowl and mix well slowly adding a little milk until you have a smooth batter. Chop vegetables and leftover cooked meat then mince the vegetables and meat together then mix into the batter. Have hot oil in the camp oven. Spoon mixture into the hot oil. Turn them when the edges look like crumpets that are bubbly. Fry till golden brown. Serve as they are but I like them with Bacon and eggs!

Brownie Pudding Cake

2 cups flour	1 ½ cups sugar
1/3 cup cocoa	2 tsp. baking powder
1 tsp. salt	2/3 cup oil
1 cup milk	1 tbsp. vanilla
1 cup sugar	1 cup brown sugar
½ cup cocoa	

1 ½ cups hot water

In a large bowl, combine the first 8 ingredients. Pour batter into 12 inch Dutch oven.

In a medium bowl, combine the next 3 ingredients. Then pour the hot water into the dry ingredients and stir until sugars and cocoa are mixed into the water. Carefully pour this mixture on top of the batter in the Dutch oven.

Do Not Stir. Cook with 8 coals under and 16 coals on the lid for about 35 – 40 minutes. The cake will rise to the top and the hot fudge sauce will form under the cake. Take care not to burn. Rotate oven often. Serve warm with ice cream.

Brown Sugar Cinnamon Biscuits

2 cups Biscuit Mix or Jiffy baking mix	¼ cup white sugar
¼ cup milk	1 tsp. cinnamon
¼ cup brown sugar	1 tbsp. cooking oil, butter or margarine, melted

Blend the baking mix and milk and roll or pat out ¼ inch thick. Mix the brown and white sugars, cinnamon and oil or butter. Spread over the dough. Roll like a jelly roll and cut into ¾ inch thick slices. Place in a greased Dutch oven and back with 8 coals under and 12 over about 15 – 20 minutes. (375 if baking in an oven.)

Homemade Biscuits

1 cup + 2 tbsp flour 1/4 tsp baking soda 1 tsp baking powder pinch of salt 2 tbsp Crisco (solid) 1/2 c buttermilk

Place 1 tbs Crisco in bottom of oven. Place coals on oven to bring temperature to 500 while making dough. Combine flour, baking soda, salt and baking powder in bowl. Cut in Crisco until mixture becomes grainy. Add buttermilk and stir with fork until it forms dough. Turn out on floured surface and briefly kneed. Do not over-knead. Flatten to 1/2" thick. Cut out with glass or cup. Place in oven and turn once to coat on both sides. Bake at 500 for 10 min. or until done.

Bread Pudding

2 c Milk	2 eggs
2 tsp cinnamon or nutmeg	8 slices week old bread
1/4 c Butter	1/2 c Sugar
1/4 tsp salt	1/2 c Raisins

Dice bread into small cubes. Beat eggs and salt together. Place milk and butter in 2 qt saucepan and heat until scalded. Mix in bread sugar cinnamon and eggs. Stir until bread is well soaked. Stir in raisins and pour mixture into 1 1/2 qt casserole dish and put into Dutch oven on a trivet. Bake until toothpick comes out clean at 350, about 30-40 min. Top with cinnamon sugar or brown sugar.

Monkey Bread

4 cans Biscuits	4 tbsp Cinnamon
1 c sugar	1 stick margarine or butter (don't use soft margarine)
1 c brown sugar	

Cut biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop quarters into bag and coat well. Place in Dutch oven. Pour melted margarine or butter over quarters. Bake 350 for 35 min.

Dump Cobbler

1 pkg yellow or white cake mix
2 cans pie filling or 1 large can fruit cocktail
Cinnamon
Butter

Pour cans of filling or fruit cocktail in bottom of Dutch oven. Sprinkle cake mix over top of fruit, DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR, it will burn. Cover and bake until bubbly and top is lightly browned, about 30-45 min. Any combination of fruits can be used. I recommend 1 can apple filling and 1 can of fruit cocktail.

Dutch Oven Cobbler

1 box yellow cake mix
2 boxes Jiffy brand cornbread (or muffin) mix
2 eggs
2 tbsp vegetable oil

Ingredients required by cake mix

Water to make a medium-thick batter
1 can pineapple chunks or crushed pineapple

Combine all 3 boxes of mixes together, mixing well. Add the oil and eggs, and any other ingredients that your particular cake mix calls for. Add water until the resulting batter is fairly thick yet. This doesn't seem to be too critical, except if it is too thick it seems to burn easier. Preheat the Dutch oven slightly and oil up good. Add the batter. Drain the pineapple juice and spread the pineapple out evenly over the top of the batter.

Place the cover on the oven. Use a very small amount of coals on the bottom, about four or five charcoal briquettes worth. Cover the oven top with coals, and bake for about 30 minutes. Replenish the coals on top if needed.

Easy Peach Cobbler

1 box yellow cake mix	1/2 cup brown sugar
2 29-oz cans sliced peaches (or equivalent)	oil (at least 1/3 cup plus 4 teaspoons)
3 eggs	1 teaspoon cinnamon water
1 cup sugar	large Ziploc bag to mix cake in

In Ziploc bag, mix cake mix, 3 eggs, 1 and 1/3 cup water, 1/3 cup oil. Preheat oven over 8 burning coals. Add 4 teaspoons oil to pot. Add 1/2 cup brown sugar to pot. When sugar has melted, dump in peaches (with no more than 1/2 cup of the juice), Add 1 cup sugar, Add 2 teaspoons cinnamon . . . and . . . stir. Pour cake batter on peaches S-L-O-W-LY. Put lid on oven and add 12 burning coals on top of lid. After 15 minutes remove oven from coals on bottom and continue baking from top until cake is brown and cake is done (check with toothpick). Allow cake to cool 30 minutes before serving.

Cherry Crisp

2 cans cherry pie filling
2 sticks butter, melted
1 white cake mix
1-3/4 c chopped nuts

Pour pie filling in bottom of oven. Sprinkle cake mix over top and DO NOT STIR. Top with nuts. Pour melted butter over top. Bake for about 30 min at 350 degrees.

Indian Bread Pudding

2 c milk	Sugar
1/4 tsp Ginger	1/4 c Molasses
1/4 c Yellow cornmeal	1/2 tsp Salt
1 egg	1 tbsp butter
2 tbsp	1/2 tsp Cinnamon

Place 1 1/2c milk in Dutch oven and heat to scalding. Combine cornmeal, sugar, salt, cinnamon and ginger, add to milk stirring constantly. Cook 2 min. Combine egg, molasses and butter. Add small amount of the hot milk mixture, slowly. Then add to remaining milk mixture. Stir and cook until thickened, 2-5 minutes. Pour remaining milk OVER (do not stir in!) pudding. Cook until set, 5 minutes. LET STAND 10 to 15 minutes before serving.

Tropical Pie

1 stick margarine	1 tsp vinegar
1/2 c chopped nuts (pecans, peanuts, almonds)	1/2 c coconut
1 c sugar	1 unbaked pie shell
1 tsp vanilla	1/2 c raisins
2 eggs	

Combine margarine, sugar and slightly beaten eggs. Add remaining ingredients. Mix well and pour into pie shell. Place on trivet or inverted pie tin in 350 Dutch oven. Bake for 30 minutes. Let stand in oven about 5 minutes after removing coals.

Giant Cinnamon-Pecan Ring

2 1lb loaves frozen bread dough
1/2 c butter, melted
1/2 c sugar
1/2 c packed brown sugar
2 tsp cinnamon
1/2 c chopped pecans

1-1/4 c sifted powdered sugar
1/2 tsp vanilla
Milk (about 4 tsp)
Cinnamon sticks (optional)
Pecan Halves (optional)

Lightly grease inside of Dutch oven. On a lightly floured surface, flatten thawed dough slightly. Cut each loaf into 4 pieces (total of 8). Form each piece into a rope about 18" long. Brush each rope on all sides with melted butter. Stir together sugar, brown sugar, and cinnamon. Place mixture on sheet of foil. Roll rope in sugar mixture to coat evenly. Shape rope into a coil in the center of the Dutch oven. Roll another rope in sugar. Attach securely to end of first rope and continue coil. Continue coating ropes and attaching to form a 10-11" circle. Sprinkle any remaining sugar over coil. Sprinkle with chopped pecans.

Cover and let rise in a warm place for about 30-40 min. Bake at 350 for 30 to 35 min or till done. Cover with foil last 15 minutes to prevent over browning if necessary. Cool about 15 min. Stir together powdered sugar, vanilla, and enough milk to make a thick glaze. Spoon over top of cake. Decorate with cinnamon sticks and pecan halves. Serves 16

Memphis Molly

1 15-16oz can tart cherries (not pie filling)
1 15-16oz can blueberries (not pie filling)
1 smaller can crushed pineapple

1 small package of chopped walnuts
2 boxes Jiffy cake mix
1/2 stick butter pats

Add ingredients order, spread fruit and nuts in bottom of Dutch oven. Sprinkle cake mix over all and put butter pats on top. Cook 20 -30 minutes or until "cake" is done.

Maple Custard Pie

1 c brown sugar
1-1/2 c scalded milk
1/4 tsp maple extract
2 tbsp melted butter
1 tbsp cornstarch

1/2 c cold milk
3 beaten eggs
Pinch of salt
2 uncooked pie shells
nutmeg

Makes 2 pies Into scalded milk, mix sugar, extract and melted butter. Combine cold milk and cornstarch and mix well. Add to mixture along with salt and eggs. Beat well. Pour into pie shell. Place on top of inverted pie tin and bake at 450 for 10 min. Top with nutmeg and bake another 25 min at 350

Sugar Cookies

1/2 c softened butter	1 egg
1/2 tsp salt	2 c flour
1 c sugar	1/2 tsp vanilla extract
2 tsp baking powder	

Combine butter and sugar, stirring until well mixed. Blend in egg and vanilla. Add remaining ingredients and mix well. Drop onto greased pie tin or aluminum pan. Place on trivet or inverted pie tin in 400 Dutch oven. Bake for 6 to 7 minutes.

Chocolate Chip Cookies

2-1/4 c all purpose flour	3/4 c sugar
2 eggs	3/4 c brown sugar
1 c butter, softened	1 tsp vanilla extract
1 (12oz) semi-sweet morsels	

In large bowl, combine butter, sugar, brown sugar, and vanilla extract. Beat until smooth. Beat in egg. Gradually add flour.

Stir in chocolate chips. Drop onto ungreased pie tin or aluminum pan. Place on trivet or inverted pie tin in 350 Dutch oven.

Pineapple Upside Down Cake

Yellow cake mix (Jiffy cake mix doesn't require eggs)	Maraschino cherries
Pineapple slices	Butter or margarine
Brown sugar	Walnuts or pecans - optional

Use a metal pan that will fit into the Dutch oven or use foil. Put the pan into the oven so that it rests above or on top of 1/2 inch of water in the bottom of the oven. If you are using foil, wrap the foil over the sides of the Dutch oven, so that you have a pan inside that just rests on top of the water/other but won't fall in. Use several layers of foil. Put dots of butter in pan. Sprinkle brown sugar over bottom. Place pineapple slices in a single layer on the bottom. Place maraschino cherries in the holes in the pineapple slices. Pour cake batter over this. Close up Dutch oven, place coals on top if desired or possible, and bake until done. Also, you can include walnuts.

Devil's Tooth Cheesecake Crust:

1/2 cube melted butter
1 pkg chocolate cookie wafers, crushed.

Mix butter and crumbs and press into a 10-inch Dutch oven, going up the sides at least 1-inch.

Filling:

2 packages 8-oz cream cheese	1.5 tsp almond flavoring
1 cup sugar	1.5 tsp vanilla
1 16-oz tub ricotta cheese	12 oz. chocolate chips
6 eggs	1/4 cup butter
1/2 cup sour cream	1/2 cup whipping cream.

Mix first five ingredients (cream cheese, sugar, ricotta, eggs, sour cream) until smooth. Melt chips, butter and whipping cream over low heat until smooth. Add almond flavoring. Pour 1/3 of white mixture into chocolate mixture and mix well. Pour this into crust. Add vanilla to remaining white mixture and carefully pour this over the chocolate layer already in the Dutch oven. This is very dense and takes about 1 ½ hour to bake, so be patient. It is done when the top cracks and is firm.

Quick Biscuits

While you are preheating the Dutch oven (10 charcoal briquettes underneath), make rolled (or drop, if you're camping) biscuits, using the recipe on a Bisquick box. Powdered milk works just fine.

Put the biscuits into the Dutch oven and cover. Let sit for 5-7 minutes (this browns them on the bottom). Lift the Dutch oven off the bottom coals, and put 25 coals on top. Cook another 8-10 minutes (check at 5 minutes to make sure they aren't burning). Oven needs to be HOT.

Main Dishes

Beef Pot Roast

3-4 lb rump roast or pot roast 1 tsp salt
3 med potatoes, pared and halved 1/4 tsp pepper
3 med carrots, cut into 2" pieces 1/2 c water or beef broth
2 med onions, halved

Brown roast in oven on all sides in a small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 for 3-5 hours depending upon size of roast and degree of doneness desired. Cook to a minimum internal temperature of 145°F. Remove meat and vegetables carefully and place on serving platter.

Onion Swiss Steak

3 lb round steak, 3/4" thick 2 cans (10 oz) tomatoes
2 pkg onion soup mix 1/4 tsp pepper
1-1/2 tsp salt

Cut steak into serving pieces, season with salt and pepper and place into Dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meat is done and tender and at a minimum internal temperature of 145°F.

Steak & Mushrooms

1 lb mushrooms sliced 1 round steak
1/2 tsp salt 8 oz can tomato sauce
1 c onions, diced flour
1/2 tsp pepper 1 tbsp Worcestershire sauce
1/4 lb butter

Cut meat into strips and coat with flour. Saute in melted butter for 5 min. Add onion and mushrooms, cook another 5 min or until onion turn clear. Add remaining ingredients and stir well. Simmer 1 to 1 1/2 hours. Serve over rice.

Flank Steak Teriyaki

4-6 flank steaks 1/4 c sugar
4-6 pineapple slices 2 tbsp sherry (optional)
1 tbsp salad oil 1 tsp ginger
1/2 c soy sauce 1 clove garlic, crushed

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1 1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Make sure internal temperature of meat reaches 145°F. Serve over rice.

Cook meat dishes to safe internal temperatures.

USDA recommendations:

Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Beef Goulash

3 lb beef, cubed

1 tsp salt

2 tbsp cooking oil

1 can mushroom soup

Brown the beef in cooking oil. Add salt and soup. Cover and simmer about 1 hour.

Hungarian Goulash

2 lb beef tips, 2" cubes

2 tsp paprika

1 small onion

1-1/2 tsp salt

3 tbsp vegetable oil

1/4 tsp pepper

1 can whole tomatoes

1 c sour cream

4 oz whole mushrooms

2 tbsp flour

Brown beef tips and onion in oil, add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours or until internal temperature of meat reaches 145°F. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

Beef Burgundy

2 lb beef round roast

2 cans beef gravy (or packages of instant)

1 clove of Garlic

1/4 tsp oregano

3 med onions, sliced

1/2 c burgundy

wine

4 tbsp butter

1/2 pt sour cream

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Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Cut beef into 1 inch cubes. Sprinkle with tenderizer. Saute garlic and onions in butter slowly until onions are clear or slightly browned. Remove onions and brown meat slowly in the drippings. Add beef gravy, salt, pepper and onions to pan. Simmer 15 min. Make sure internal temperature of meat reaches 145°F. Serve over rice.

Sausage Balls

1 lb Sausage (Mild or hot)

1 egg

6 oz grated cheddar cheese

3 cups Bisquick

Mix all ingredients together. Mixes best with your hands. Pinch off small pieces and form into balls. Cook 10-15 min at 350 in Dutch oven. Make sure internal temperature of meat reaches 160°F. Makes 6 dozen.

Beef Stew

2 lb stew meat, 1" cubes
1 large onion, sliced
3 tbsp oil
1 can (1lb 12oz) tomatoes
1/2 c flour
1 clove garlic, minced
2 tsp salt
1/3 c water
1/2 tsp pepper
1 bay leaf 6 carrots, cut into 1" pieces
3 med potatoes, peeled, cubed

Coat beef cubes with a mixture of flour, salt and pepper. Brown in hot oil in bottom of oven. While oven is still hot, pour water in and scrape brown bits from bottom. Place remaining ingredients into oven and cover. Simmer 1 to 2 hours or until meat is tender (and 145°F) and potatoes are done.

Meat Loaf

3 lb ground beef
1/2 cup bell pepper
1-1/2 c quick oats
2 pkg dried onion soup mix
2 eggs
1-1/2 tsp salt
1/2 tsp dry mustard
1/4 tsp marjoram

Mix all ingredients and put in casserole pan. Place pan in dutch oven on an oven proof trivet. Bake 1 hour, covered. Make sure internal temperature of meat reaches 160°F.

Basic Hamburger, Beans & Biscuits

2 lb lean hamburger or ground turkey
2 2-lb cans of Pork & Beans
1 jar Hickory Smoked BBQ sauce
1 cup shredded cheese ketchup mustard onions
Your favorite biscuit mix

Brown and drain the Hamburger. Add both cans of pork & beans. Mix well. Add as much or as little of the three BBQ sauces to the mix. Again, mix well. Add ketchup and mustard to taste. Once all is mixed, add a handful of chopped onions (the finer the better). Let simmer on low heat for 15 minutes. Make sure internal temperature of meat reaches 160°F.

Make your rolled biscuits. Cut out in circles. Cut circles in half giving two half circles. Stir the Beans & Hamburger. Arrange biscuit halves on top of simmering beans. Stand biscuit halves on end so that round halves are up. Cover the complete top of the beans and hamburger mix with biscuit halves. Add all shredded cheese on top of biscuits. Bake for 30 minutes at 400 degrees. It's done when the biscuits are done.

Bubble & Squeak

1 small cabbage 1-2 smoked kielbasa sausages 4-6 medium potatoes 1/4 cup water

Peel and cube the potatoes, coarse chop the cabbage, and slice the sausage. Then layer the cabbage, potatoes and sausage in a large pot or pan, repeat layers, add water and simmer until veggies are tender. Make sure internal temperature of meat reaches 145°F. This makes a complete meal in one pot. You can serve more by adding more cabbage, potatoes and sausage.

Pulled Pork Barbecue

pork loin or shoulder roast (shoulder roast will be juicier) 1/3 cup catsup
carrots and celery 1 teaspoon cayenne
2 cups of water 1 teaspoon salt
1 cup cider vinegar
2 tablespoons brown sugar

Place the pork roast on a shallow rack in a 12" deep Dutch oven, prepared for baking at 300°. Next add 2 carrots, 2 stalks of celery, and 2 cups of water to the Dutch oven.

Use 10-12 coals under and 8-10 coals on top of the Dutch oven. Slow-cook the pork for 2-3 hours, depending on size, until the fats are broken down and the meat is tender enough to easily pull apart with a fork. While slow-cooking, replenish the coals as needed and rotate the Dutch oven and lid occasionally to avoid any hot spots.

While the lid is off to be rotated, marinate the roast with the juices and check the water level. Add more water as needed so that there's always some under the roast.

When the pork is done (160°F), cover it and set it aside for about an hour to cool before pulling it. While waiting for the pork to cool down, prepare the serving sauce: strain 1 cup of the pork drippings from the Dutch oven and blend it with the other sauce ingredients: vinegar, brown sugar, catsup, cayenne, and salt. When it's cooled, shred the pork into a large pot, stir in the sauce, and heat. Serve hot on a bun with coleslaw and potato chips.

Cook meat dishes to safe internal temperatures.	
USDA recommendations:	
Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Sausage and Chicken Jambalaya

3 lb chicken pieces, bone in 4 onions, cut up
3 lb sweet sausages 1/4 cup vegetable oil
2 lb potatoes, washed and cubed salt and pepper to taste
4 green peppers, seeds removed and cut up Cajun type spice mix, if desired

Combine first five ingredients in a large foil roasting pan. Drizzle oil on top and toss together until coated. Add spices and toss again. Cover with heavy duty aluminum foil and place on a preheated grill or campfire grate (over hot coals, not flames). Cook for approx 50 - 60 minutes, stirring mixture several times. Check meat for doneness.

Cheese Enchiladas

4 c. Monterey Jack, shredded
2 c. Cheddar, shredded
2 medium onions, chopped
1 c. sour cream or plain yogurt
1 c. chopped green bell pepper
3-15 oz. cans tomato sauce
4 T. chopped fresh parsley
1/2 t. dried oregano
18 flour tortillas
3 T. chili powder
3/4 t. ground cumin
1/2 t. pepper
2 cloves garlic, finely chopped

Grease Dutch oven. Mix Monterey Jack, one cup cheddar cheese, 1/2 onion (chopped), sour cream, parsley and pepper. Spoon about 1/3 - 1/2 cup mixture onto each tortilla around filling and face seam side down. Mix remaining ingredients except cheese. Pour over enchiladas. Sprinkle with remaining cheese. Bake until hot and bubbly. Serve about 18.

Easy Taco Bake

DUTCH OVEN SIZE: 10 inch

COOKING TIME: 30 minutes

1 lbs. ground beef
1/2 c. chopped green pepper
1/2 c. chopped onion
1 pkg. taco mix
1/2 c. Miracle Whip
8 corn tortillas
1 jar salsa
1 c. shredded Monterey jack cheese
3/4 c. water

Brown meat with green pepper and onion. Drain. Stir in taco mix and cook five minutes. Arrange tortillas to over lap on bottom of Dutch oven. Top tortillas with meat mixture, and then with cheese. Let stand for 15 minutes.

Zucchini Enchiladas

COOKING TIME: 30 minutes, preheat the lid (use with Mexican Hot Sauce, recipe below)

1 c. uncooked rice
2 c. water
1 large onion, minced
1 c. slivered
several cloves of garlic, crushed almonds
4 Tbs. olive oil

2 c. sharp cheddar cheese, grated

red (or green) bell peppers, minced
10 small zucchini, shredded and squeezed out
Mexican hot sauce....see below
1 tsp. each: salt, cumin, oregano, basil, cayenne, black pepper
1/2 c. unsalted sunflower seeds

14 burrito size tortillas

Cook meat dishes to safe internal temperatures.	
USDA recommendations:	
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Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Make the filling first and then cook the enchiladas in the Dutch, but if you're the adventurous type, the entire dish could be prepared in the Dutch oven. Wash rice, cook with water and a few crushed garlic. Once boiling, reduce heat and simmer for 25-30 minutes. **DO NOT REMOVE THE LID UNTIL DONE!** In a large, heavy skillet, saute the garlic and onion in olive oil and salt. When the onions are soft, add peppers, zucchini and herbs. Stir and continue to cook over medium heat another 8 min. stir in sunflower seed and almonds, cook 2 more minutes. Remove from heat and stir in the cooked rice and cheese. Allow to cool to room temperature. Assemble the enchiladas by placing 1-2 heaping spoonful of filling on one side of the tortilla and roll it up. Pour a small amount of sauce into the Dutch oven, place the enchiladas on top. Layer sauce, enchiladas, sauce, cheese, enchiladas, sauce, cheese. There should be enough to make two layers.

Mexican Hot Sauce

COOK TIME: 30 minutes or longer

DUTCH OVEN SIZE: 10 inch or smaller

(Sauce for Zucchini Enchiladas)

2 c. chopped onion several cloves of garlic, crushed 2

tsp. salt

4 Tbs. olive oil

2 tsp. cumin

1 tsp. cayenne

1 tsp. chili powder

1/2 tsp. ground coriander

1/2 tsp. black pepper

6 c. chopped tomatoes

2 c. water

4 Tbs. tomato paste

3 Tbs. dry red wine

Saute onion, garlic, and salt in olive oil until the onion is clear. Add spices and mix. Add tomatoes, water tomato paste, and wine. Simmer for 30 minutes or longer, several hours is best. Hot spices tend to get hotter as they cook.

Coca-Cola Chicken

COOKING TIME: 1 hour

DUTCH OVEN SIZE: 12 inch

2 lbs. chicken strips

1 can coke

1 cup barbecue sauce

Throw it all in the pot and stir. Make sure meat reaches internal temperature of 165°F.

Little Shop of Horrors Stuffed Peppers

DUTCH OVEN SIZE: 14 inch

8 medium bell peppers (red, green, yellow) broccoli yellow squash mushrooms pea pods wooden skewers (large toothpicks) 1 lbs. Italian sausage

COOKING TIME: 25 minutes;

4 tbsp dry falafel mix water
1 small yellow onion
diced garlic diced
basil black pepper mushrooms, diced

Meat filling: Mix falafel mix with enough water to make a paste. Brown sausage and falafel paste separately. Falafel should be cooled until crumbly. Set meat and falafel aside. Saute onions, garlic, basil, and mushrooms together. Add meat and falafel and mix together. Set aside. **Vegetable filling:** Cube or dice all vegetables. Mix in bowl; set aside. **Prepare bell peppers:** Cut tops of peppers, remove seeds and cut a design in top of peppers. Skew peppers together so they won't fall apart in oven. After peppers are secure stuff them full with fillings (4 veggie, 4 meat). Place circle of peppers on top of tomato sauce (see below) Sauce should be about 1 1/2 inch deep. Cook for 25 minutes or until veggies are tender but slightly crunchy. Make sure meat (if used) reaches internal temperature of 160°F. Garnish as desired or just eat.

Spaghetti Sauce Magnifico

COOKING TIME: 40 minutes (minimum)

DUTCH OVEN SIZE: 12 inch

2 cloves garlic
1 onion
1 c. chopped mushrooms
1 lbs Italian sausage (mild, hot or sweet)
2 16-oz. tomatoes, do not drain
1 4-oz. can tomato paste
1/2 tsp. basil
1 tsp. oregano
1/2 tsp. thyme
1 tsp. sugar
1 tsp. salt

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Brown sausage with onion, garlic and mushrooms. Add tomatoes, paste and all spices listed. Bring to a boil then simmer at low heat for at least 40 minutes. Make sure meat reaches internal temperature of 160°F. Can simmer all day for full flavor.

Note: Make sure your Dutch oven is well seasoned before cooking spaghetti sauce or any food with lots of tomatoes or other high acid foods. You may find you need to re-season your oven after cooking these foods.

Mike's Chili

2 lb ground beef
4 tbsp water
tbsp oil
tsp each of salt, sugar, Worcestershire Sauce, cocoa, ground cumin, oregano
1/2 tbsp Tabasco sauce
1 large onion chopped
1-1/2 tbsp chili powder
2 cans kidney beans
3 c canned tomatoes

Brown ground beef in oil. Add onion and cook until it turns clear and meat reaches internal temperature of 160°F. Add remaining ingredients except kidney beans and simmer 1 hour covered. Add kidney beans and cook 1 additional hour uncovered.

Green Chili

2 lb lean pork
2 stalks of celery, chopped
1/2" 2 med tomatoes, chopped

1/2 c Ortega Green Chilies
6 cloves garlic, minced
3 tbsp jalapeno pepper sauce

Brown pork in a small amount of oil. Add remaining ingredients and mix well. Add 1-2 cups water. Cover and simmer

45 min to 1 hour. Ensure meat reaches internal temperature of 160°F. If it is too thin, remove cover and continue to simmer until thickened

Chili Rellano Casserole

2 large cans whole green chilies
1 lb cheddar cheese
1 lb Monterey Jack Cheese
1 can (13 oz) evaporated milk

3 tbsp flour
4 eggs,
separated salt &
pepper

Place half the chilies in bottom of greased casserole dish, cover with all of cheddar cheese. Top with rest of chilies. Cover with all of jack cheese. Beat egg whites until stiff. Beat yolks with flour, milk, salt and pepper in large bowl. Fold egg whites into yolk mixture. Pour over casserole. Bake in 325 Dutch oven for 45 minutes or until knife inserted in center comes out clean.

Easy Chicken Dinner

2 chickens, skinned and cut up
flour
seasonings - your favorites

potatoes
carrots
broccoli

Cut vegetables and potatoes into small pieces for eating. Mix flour and seasonings in plastic bag. Place potatoes in bag and shake. Remove potatoes from bag. Place 2 chicken parts at a time in bag and shake. Remove chicken from bag when coated and repeat until all chicken is coated. Put about 1/2 inch of oil in Dutch oven and place on coals. When oil is hot, add chicken and completely brown on all sides. Remove chicken from pot and drain excess oil from pot. Put chicken back in pot. Add approximately 1/4 inch of warm water. Place potatoes and vegetables over chicken. Cover pot and place back on coals. Put 10 coals on top of oven. Cook for 1 hour or until chicken is tender and reaches an internal temperature of 165°F. Check periodically to ensure there is always a small amount of moisture in the Dutch oven.

Festive Chicken Bake

1/4 c flour
2/3 c light molasses
1 tsp salt 1/4 tsp pepper
2-1/2-3 lb fryer chicken
1 tbsp prepared mustard
2 tbsp oil

1 tbsp cider vinegar
1 can (8 oz) Sliced pineapple
1 can (16 oz) sweet potatoes, drained

Combine flour, salt and pepper. Coat chicken pieces in flour mixture.

Brown in hot oil. Drain pineapple, reserving juice.

Combine juice, molasses, mustard, and vinegar, mix well.

Place chicken in Dutch oven, arrange potatoes around chicken. Brush with half of the sauce. Cover and bake at 350 for 30 minutes. Top with pineapple, brush with remaining sauce, cook 30 min more. Ensure meat reaches an internal temperature of 165°F.

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Chicken Pot Pie

3 to 3-1/2 lb Chicken
Chopped parsley
2-1/2 tsp salt
4 hard-boiled eggs, cut into wedges
1 stalk of celery, chopped

1 med onion, chopped
1/2 tsp saffron
4 med potatoes, peeled, cut
4 stalks celery, thinly sliced
1/4 tsp pepper

Dough:

2 c sifted flour 2 eggs
1/2 tsp salt 4-6 tbsp water

Place chicken in Dutch oven, add salt, pepper, celery, onion and saffron. Add water to almost cover chicken. Bring to a boil, reduce heat, cover and simmer about 1 hour or until the chicken is tender and reaches an internal temperature of 165°F. Do not overcook. Remove the chicken from the broth to make dough, place the flour into a mixing bowl. Make a well in the center of the flour and add the eggs and salt. Gradually work eggs into the flour, adding only enough water to make a soft but not sticky dough. Knead five minutes.

Cover the dough with clean cloth and let rest 30 minutes. Divide the dough in half and roll out each as thinly as possible into a 15" square and cut each square into 2" squares with a sharp knife. Add potatoes and celery to the broth; simmer 25 min. until vegetables are tender. Add the chicken pieces and bring to boil. Slide the squares of dough into the broth, a few at a time, pushing them down gently. Cover and simmer 20 min. Ladle the pot pie into large soup bowls and garnish with chopped parsley and the wedges of hard cooked eggs.

Texas Pork Roast

1 small leg of pork 1 c melted cinnamon-flavored
 2 tbsp lemon juice 1/8 tsp allspice or plain apple jelly
 1 tsp salt 1 tsp chili powder
 Dash of Tabasco sauce 1 tbsp Worcestershire sauce
 Pepper to taste 1-1/4 c chili sauce

Place pork in oven and sprinkle with mixture of salt, pepper, allspice and chili powder. Combine remaining ingredients, and spread evenly on pork. Roast at 350 for 30 min per pound. Ensure meat reaches an internal temperature of 145°F for 15 seconds. Baste frequently with well-seasoned drippings in the pan. Serves 14-16.

North Shore Jambalaya

1/2 lb pork tenderloin, chopped	1 bunch green onions, chopped	1/2 tsp Hungarian paprika
1/2 lb smoked sausage, 1/2" slices	4 cloves garlic, minced	1/2 tsp dried thyme
1/4 c vegetable oil	1 tbsp chopped parsley	1/4 tsp red pepper
1/4 c all-purpose flour	1 (8 oz) can tomato sauce	6 c uncooked rice
1 c chopped onion	1 tsp garlic salt	
1 c chopped celery	1/2 tsp pepper	

Cook sausage and pork until browned; drain well. Set aside. Cook rice according to package and set aside. Heat oil in Dutch oven, add oil and cook over medium-high heat stirring constantly, until rue turns dark brown. Stir in onion, celery, 1/2 of green onion, garlic and parsley. Cook over medium heat 10 min stirring frequently. Add tomato sauce and seasonings. Reduce heat and simmer 5 min, stirring occasionally. Stir in meat and remaining green onions. Cook until thoroughly heated (internal temperature of meat should be 160°F). Add cooked rice and mix well. Simmer 5 min covered.

Red-Hots with Kidney Beans

1 lb frankfurters	1 tsp salt
1 tbsp lemon juice 1 can kidney beans	
2 slices bacon, chopped 1/2 tsp chili powder	
1 tsp Worcestershire sauce	1/4 c catsup
1/4 c chopped onion	1/8 tsp garlic salt
1 tbsp brown sugar	
1 (8 oz) can tomato sauce	

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Fry bacon bits in oven over low flame until crisp. Remove and reserve bits. Saute onions in bacon fat until light brown. Add tomato sauce into which flour has been blended. Cook until slightly thickened, stirring constantly. Add kidney beans and bean liquid. Blend together liquid and dry seasonings separately; then combine them and stir thoroughly into bean mixture. Cover and simmer 15 min. Cut frankfurters into 1" pieces. Add to beans, cover and cook for 8 min longer. Sprinkle with bacon bits.

Garlic Potatoes

6 medium sized potatoes salt
Garlic 1/2 pint of cream

Peel potatoes and cut into thin slices. Place the potatoes in the oven in layers, sprinkling some garlic salt on top of each layer. Pour cream over the lot, and cook for an hour or so until the potatoes are cooked through.

Dutch Oven Lasagna

1-1/2 lb. lean ground beef	¼ cup grated Parmesan cheese
23 oz spaghetti sauce	13 lasagna noodles
9 oz shredded mozzarella cheese	1-1/2 tsp. oregano
3 eggs	¾ c hot water
2-1/4 c cottage or ricotta cheese	

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.

Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done (meat reaches internal temperature of 160°F). Check frequently. Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by precooking and draining the lasagna noodles.

Ham & Potatoes Au Gratin

1-1/2 c cooked ham, diced	1/2 c grated cheese
2 c milk	1 onion, minced
3 c potatoes, diced seasoned salt and pepper	2 tbsp fine bread crumbs
4 tbsp margarine or butter	3 tbsp flour

Melt margarine and sauté onion. Blend in flour to make a light roux. Gradually add milk and cook; stirring until thickened. Add pepper and seasoned salt. Pour over ham and potatoes in Dutch oven. Sprinkle cheese and bread crumbs over top. Bake at 400° for 20 min.

Old Fashioned Macaroni and Cheese

8 oz macaroni	1 small onion, chopped
8 oz sour cream	Salt & pepper
2 c cottage cheese	8 oz sharp cheddar cheese
8 oz cream cheese	

Prepare macaroni according to package instructions. Mix all ingredients together and place in pan. Put pan in 350 Dutch oven for 30 min or until cheese is melted and bubbly.

Asparagus Tart

1 precooked pie shell
1-1/2 cup half-&-half
1 c shredded cheddar cheese
3 eggs, slightly beaten
1 lb asparagus, trimmed, cut
3 tbsp red pepper strips, cut 1-1/2" long, cooked tender-crisp
1/4 c grated Parmesan cheese
2 tbsp cornstarch
1/2 tsp salt pinch of pepper

Line shell with cheese. Top with asparagus and pepper strips. In medium bowl combine cornstarch, salt and pepper. Gradually stir in half and half until smooth. Stir in eggs and Parmesan until well blended. Pour into pastry shell. Bake in 375 oven 35 to 40 min or until knife inserted in center comes out clean. Let stand for 5 to 10 min before serving.

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Cowboy Soup

Potato chunks	1 can tomato soup
1 can peas	1 can corn
1 lb ground beef	1 can tomatoes
1 can green beans	Bay leaf
1 med onion	Nutmeg salt
1 can baked beans	and pepper
Chili powder	

Brown ground beef and onion together. Add all except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and cook 30 min. Ensure meat reaches an internal temperature of 160°F.