

MAIN

MEAL

PLAN

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TAILGATE

POT ROAST

utensils needed:

Dutch oven
Measuring spoons
Measuring cup
Bag or small bowl
Rack
Paring knife (2 if available)
Kettle or pan for washing
vegetables

Ingredients needed for 8 persons:

Chuck roast, 2-1/2 to 3 pounds*
Flour 1/2 cup
Salt 1/2 teaspoon
Pepper 1/8 teaspoon
Shortening
Carrots 8 medium
Onions 8 small
Potatoes 8 medium

* This is a minimum. If meat has a large bone or much excess fat it should be as much as 4-1/2 pounds.

Instructions for preparing:

1. Put about 3 tablespoons of shortening in dutch oven and place over coals to heat.
2. Mix 1/2 cup flour, 1/2 teaspoon salt, and 1/8 teaspoon pepper together in bag or bowl. Place meat in flour mixture.
3. Press flour mixture into the meat -- use your hands to do this!
4. When dutch oven is hot, put meat in and brown thoroughly to seal juices in.
5. After both sides are browned (this should be a hard, dark brown), put rack in dutch oven with meat on top of rack, and add two cups of water to oven. The water will cause the grease to splatter and can cause bad burns. Add water fast along side of pan to reduce the danger and use the lid as a shield to protect your face. Put lid on and put oven over fire and heat liquid. As soon as the liquid starts to simmer, remove a few coals from under the oven and maintain the simmer. Liquid should be simmering at all times.
6. Check roast in 1/2 hour. If water is almost gone or is boiling hard, coals are too hot. Reduce heat and add some more water to oven. If there is little or no water movement, the coals are too low; add more coals under oven.
7. Check every 20 or 30 minutes to make certain the liquid is simmering.
8. One hour before you expect to eat:
 - a. Peel potatoes. If large, cut in half. Wash in cold water.
 - b. Scrape carrots and cut off both ends. If very large cut in half. Wash in cold water.
 - c. Cut off ends and remove outer layer from onions.
 - d. Put all vegetables in dutch oven. If liquid is almost gone, add a little water. Maintain the simmer.
9. Check vegetables about 20 minutes before you plan to eat. If they are not starting to get tender, add more coals under oven.
10. This will be ready to serve when vegetables are soft. Test with fork.

Time required:

Allow a minimum of 2 hours; 3 hours is better.

Suggestions:

Serve with bread and butter, a salad, a drink, and finish off with a dessert.

See recipe below for instructions on making gravy.

Source: Jim Shriner of Madison, Wisconsin, suggested this as a good camp dinner -- and it is!

(Continued on next page)

GRAVY

Utensils needed:

Meat pan (dutch oven)
Small bowl
Measuring spoons
Measuring cup
Mixing fork or spoon

Ingredients needed for 8 persons:

Drippings from roast or pot roast
(in pan meat was cooked in)
Flour
Salt and pepper

Instructions for preparing:

1. Remove meat from meat pan, placing on plate for carving or serving.
2. Add enough water to meat pan so that there is approximately 2 cups of liquid in the meat pan. Bring this liquid to a boil.
3. Put 4 tablespoons of cold water into a small bowl.
4. Slowly add 4 tablespoons of flour, stirring as you do, to form a smooth paste.
5. When liquid in pan is boiling, remove from fire and slowly stir the flour paste into the hot liquid in pan. Put back on fire and cook slowly for another 10 minutes, stirring occasionally.
6. Taste gravy to determine whether it needs salt and pepper. If it does, add, a little at a time, to taste.

Time required:

This will take an additional 15 minutes after the meat is done.

Suggestions:

If there is considerable liquid from the meat in the meat pan, you can make more than two cups of gravy. For each additional cup of liquid, you can add a paste that is made from 2 tablespoons of flour and 2 tablespoons of cold water.

If you are short on flavor, use a beef bouillon cube or one of the meat flavoring sauces for additional flavor.

CHILI

Utensils needed:

Frying pan
Spatula
Paring knife
8-quart kettle
Can opener
Measuring spoons
Stirring spoon

Ingredients needed for 8 persons:

Shortening
Onions 2 small
Hamburger 2-1/2 to 3 pounds
Kidney beans 2 16-ounce cans
Tomato soup 2 cans
Chili powder 4 tablespoons

Instructions for preparing:

1. Put about a tablespoon of shortening in frying pan and place over coals to heat.
2. Remove ends and outer layer from onions and dice into small pieces.
3. Brown onions and beef thoroughly, doing only a small amount at a time.
4. Put beans in the kettle. Add the canned soup. Check the instructions on the soup and add one-half the amount of water called for. Put over low coals to heat.
5. When they have been browned, add onions and hamburger to the beans. Do not add the grease.
6. Add 4 tablespoons chili powder and stir thoroughly. (Many will prefer more chili, but this can be added by the individual. Do not use less chili.)
7. Allow this to simmer for about 30 to 45 minutes. If coals are too hot, this will burn easily. It should simmer. Do not reduce the time. Stir bottom occasionally.

Time required:

This should be completed in about 45 to 60 minutes.

Suggestions:

Use dehydrated soup instead of canned soup, with 1/2 the water called for, or used canned tomatoes (2 20-ounce cans) without any additional water. Serve this with crackers or bread, a salad, and a dessert.

BEEF STEW

Utensils needed:

Frying pan
2-quart kettle
Measuring cup
Measuring spoons
Bag or small bowl
Spatula
Dutch oven
Paring knife (2 if available)
Pan for washing vegetables
Large spoon

Ingredients needed for 8 persons:

Stewing beef, 2 to 2-1/2 pounds, cut
in 2 inch cubes

Shortening

Flour 1/2 cup
Salt 1/2 teaspoon
Pepper 1/4 teaspoon
Onions 8 small
Carrots 8 medium
Potatoes 8 medium

Instructions for preparing:

1. Put about 3 tablespoons of shortening in frying pan and put over coals to heat.
2. Put 2-quart kettle, half filled with water, on coals to heat.
3. Mix 1/2 cup flour, 1/2 teaspoon salt, and 1/4 teaspoon pepper together in a bag or small bowl.
4. Rub meat in flour mixture, doing a few pieces at a time.
5. When frying pan is hot, start to brown meat. Do not overload pan. Browning will take place only when meat surface is in contact with the bottom of the pan. Add more shortening as needed. Brown all sides thoroughly. As pieces are browned, remove them and place in dutch oven. Do not pierce meat as you turn or take pieces out. You want juices sealed in.
6. Remove ends and outer layer from one onion. Dice into small pieces about 1/4 inch square. Brown in frying pan and then put in dutch oven. This can be done with the meat.
7. When last meat and onions have been removed from frying pan, put about 2 cups of hot water in frying pan and bring to a boil. Scrape bottom of pan with spatula and then pour contents over meat.
8. Add additional hot water to cover meat and put lid on. Place dutch oven over coals. Cook over low heat for at least 1-1/2 hours. It should be simmering at all times. Check every 20 to 30 minutes. Adjust heat if necessary. Add hot water as needed.
9. One hour before you expect to eat:
 - a. Peel potatoes; wash in cold water; cut in 1-inch cubes.
 - b. Remove ends and outer layers of onions; cut into fourths.
 - c. Scrape carrots; remove ends; wash and cut in 1/2 inch slices.
 - d. Put all vegetables into dutch oven, add hot water to cover vegetables and put on lid.
10. Simmer until vegetables are tender, stirring occasionally to make sure stew is not sticking to bottom.

Time required:

Allow at least 2 hours; three hours is better. In camp, start meat at noon and let it simmer all afternoon, checking it occasionally.

Suggestions:

Breads

Try dumplings with your stew. See ~~page 10~~ for ingredients and instructions.

Many times a chuck roast that you cut into 1-1/2-inch pieces is a much better buy than beef steumeat.

Try lamb or veal sometime, using the same general instructions.

Serve with a salad and finish with a dessert.

JAMBO BURGERS A LA TOMAHAWK

Utensils needed:

2 frying pans
Paring knife
Spatula
Wax paper
8-quart kettle
Can opener
Large stirring spoon
Measuring spoons
Measuring cup

Ingredients needed for 8 persons:

Shortening
Onions 3 to 4 medium
Hamburger 2-1/2 to 3 pounds
Vegetable soup . . 2 cans
Veg.-beef soup . . 2 cans
Salt 1/2 teaspoon
Pre-cooked rice . . 2-2/3 cups

Instructions for preparing:

1. Put 2 frying pans over bed of coals with about 2 tablespoons of shortening in each.
2. Remove outer layers from the onions and cut the two ends off. Now dice into small pieces -- about 1/4-inch cubes.
3. When pans are hot, divide onions about equally into the two frying pans.
4. While onions are being browned, form hamburger into small balls. Do not make them any larger than the size of a quarter. Press so each patty has two flat sides. (Use wax paper here, if available.)
5. Put some patties in frying pans and thoroughly brown each side. Brown only a few at a time.
6. Open the soup and pour into the kettle.
7. Add 1 can of water. Put kettle on a low fire and allow this to come to a boil. Stir occasionally.
8. Add 1/2 teaspoon of salt to soup.
9. When soup mixture starts to boil, add 2-2/3 cups of pre-cooked rice, and move kettle to a slower fire. Have liquid simmer. Stir bottom occasionally.
10. When patties are browned, add them and the onions to the soup. Brown any remaining hamburger. Do not add the grease from the frying pans.
11. Stir, but try not to break the patties. This will be ready to serve about 5 minutes after you have added the rice.
12. More water can be added, if mixture appears to be too dry.

Time required:

If you have a bed of hot coals to start with, you should be able to complete this in 25 to 30 minutes.

Suggestions:

This is a filling dish. It is good with a salad, drink and dessert.

Source: This is a variation of a 1963 Jamboree dish, developed by the Campmaster Staff of the Blue Ridge Council, Boy Scouts of America.

MAYNARD'S GOULASH

Utensils needed:

Frying pan
Spatula
4-quart kettle
Can opener
Paring knife
Stirring spoon

Ingredients needed for 8 persons:

Shortening
Baked beans 2 29-ounce cans
Onions 2 small
Vienna sausage . . 2 9-1/4-ounce cans
Crushed pineapple . 2 20-ounce cans

Instructions for preparing:

1. Put frying pan with about a tablespoon of shortening in it over coals to heat.
2. Put beans in kettle and put over some coals that are past their prime.
3. Remove the outer layers and ends from the onions and dice into small pieces.
4. When frying pan is hot, put onions in and brown thoroughly.
5. After onions are browned, add them to beans.
6. Open vienna sausage, cut into 1/2-inch pieces, and add to beans.
7. Add pineapple to beans.
8. Stir contents in kettle. Now allow this to simmer slowly over a low fire for 15 to 20 minutes. Stir frequently.

Time required:

About 30 minutes should be ample for this.

Suggestions:

If possible, get beans without pork and tomato sauce. If you cannot, then remove the pork from beans.

Serve this with a salad. Try some date-nut bread with peanut butter for dessert.

This has been a very popular dish, particularly if the ingredients used are more or less concealed until after the dish is tasted for the first time!

Source: Suggested by BSA Troop 249 of Pulaski, Virginia, and named for their Scoutmaster by Scouts of Troop 44 of Blacksburg, Virginia.

CREAMED TUNA

Utensils needed:

4-quart kettle
Can opener
Fork
Stirring spoon

Ingredients needed for 8 persons:

Mushroom soup . . . 2 cans
Peas 2 17-ounce cans
Tuna fish 3 6-1/2 ounce cans

Instructions for preparing:

1. Put soup in kettle. Add one can of water. (Liquid from peas can be used instead of water.)
2. Add the peas to the soup.
3. Drain tuna slightly. (Tip opened can, holding contents in with fork, to allow excess oil to drip out into an empty can.) Then put tuna into the soup. The tuna should be broken apart, but do not break into very small pieces.
4. Put over bed of hot coals and bring to a simmer. Allow to simmer for 10 to 15 minutes. Stir occasionally.

Time required:

Allow 20 to 25 minutes for preparing this dish.

Suggestions:

Serve this on bread, toast, or pre-cooked rice. If you use rice, the rice should be started at the same time or slightly ahead of the tuna. See ~~for~~ for instructions for preparing pre-cooked rice.

vegetables & Soups

CHICKEN CASSEROLE WITH DUMPLINGS

Utensils needed:

Can opener
4-quart kettle
Spoons (2)
Mixing bowl
Measuring cup

Ingredients needed for 8 persons:

Canned chicken . . . 4 5-ounce cans
Mixed vegetables . . 2 16-ounce cans
Chicken soup . . . 1 can
Biscuit mix . . . 2 cups
Milk (or liquid) . 3/4 cup

Instructions for preparing:

1. Open cans of vegetables, drain liquid into a cup and save, and put vegetables in kettle.
2. Open can of chicken soup and dump contents into kettle.
3. Open cans of chicken and place contents in kettle.
4. Place kettle over bed of coals and stir occasionally.
5. When small bubbles start to break out in the liquid in the kettle, prepare dumpling dough according to instructions on ~~package~~ **BREADS**.
6. When large bubbles break out, start to put dumpling dough on top of chicken mixture in kettle, according to instructions on ~~package~~ **Do NOT** put any dough in kettle until there are large bubbles. **DUMPLING (BREADS)**

Time required:

This will take at least 35 to 45 minutes.

Suggestions:

Use the liquid from the vegetables instead of milk in making the dumplings.

A small can of cut-up mushrooms can be added to the chicken mixture.

If you can afford it, use an extra can or two of chicken and an additional can of mixed vegetables.

ROAST CHICKEN

Utensils needed:

Spit (or make one from green wood, about 3/4" thick)
Forked sticks set in ground to hold spit
Aluminum wire or string
Small aluminum nails -- 12

Ingredients needed for 6 to 8 persons:

Roasting chicken, 5 pounds or more
Bacon 1/2 pound
Salt
Pepper
Butter 1/2 pound

Instructions for preparing:

1. Remove giblets. Wash chicken in cold water, inside and out. Save the weight label on the chicken!
2. Pass the spit through the chicken, from the opening in the back through the cavity and out through the breast.
3. Use wire or string to fasten chicken securely to the spit so that it will turn with the spit.
4. Sprinkle some salt and pepper over chicken.
5. Cover the breast with bacon, using some of the aluminum nails to hold the bacon.
6. Wrap some bacon around the upper part of the legs, using nails here too.
7. Put spit over a bed of coals, with the chicken about 12 inches from the coals.
8. The spit should be turned so that no part of the chicken stays close to the coals for more than 15 minutes at any one time.
9. If legs and breast start to dry out, spread some butter on these parts to keep moist.
10. Chicken is done when meat breaks away from the bones easily. Test one leg.

Time required:

This will take a long time. It will take 10 to 15 minutes to get the chicken ready for the coals. For a 4-pound chicken, you will need at least 1-1/2 hours for cooking. For each pound in excess of 4 pounds, allow an additional 30 minutes of cooking time.

Suggestions:

A piece of aluminum foil draped over the chicken will help concentrate the heat and will reduce the time required.

Use aluminum foil to cover breast or leg areas if these tend to brown too much before rest of chicken.

Try a small turkey sometime; it's good. A 6-pound turkey will take about 2 hours.

VEGETABLES & SOUPS

and Salads



VEGETABLE MEDLEY

For simple, colorful, and tasty dishes, serve some of the raw vegetables listed below. These can be prepared at your outdoor site or in your kitchen before your outing. If prepared earlier, place each vegetable in a plastic bag and then you can use any portion when needed. Cool the vegetables and use them when needed.

You might wish to have some dip available to complement the vegetables. You can use these for appetizers before meals or as snacks any time.

Carrots—Remove the top and any root extensions. Cut them lengthwise to the desired length, or cut crosswise and have small discs. These can be chilled in water in a tightly closed container.

Broccoli—Cut flowerets from the main stem. Slice the flowerets into desired sizes. Retain the stem for later cooking.

Cauliflower—Remove the flowered portion in small pieces, cut to desired sizes.

Bell peppers—Cut in half, remove the stem connection and seeds. The pepper can be cut in slices.

Turnips—Remove stem and bottom root extension. Slice into thin pieces.

Squash—Choose the zucchini, yellow or preferred variety. Slice crosswise into round discs.

Tomatoes—Use the small cherry tomatoes. These carry well and are easily served. Use the larger garden tomatoes, remove the stem connection and for quality serving, peel and remove the tomato skin. The tomatoes can be sliced or quartered.

Vegetables

STEAMED RICE

1 1/2 cups rice

1 tsp. salt

3 cups water

1 tbsp. cooking oil

Bring water to a boil in the oven.

Place other ingredients in oven. Cover and cook over low heat about 20-25 minutes, or until water is absorbed. Serves 8.

SUCCOTASH

1/2 lb. dried lima beans

water

1/4 lb. salt pork, diced

1 12-oz. can kernel corn

1/2 tsp. salt

or fresh corn

Cover beans with water and soak overnight; then drain.

Place beans, pork, salt and enough water to cover in the oven. Cook covered over low fire for 1 1/2 hours; add small amount of water if needed. Add corn; stir and cook 1/2 hour. Serves 8.

PINTO BEANS

2 cups beans, dried

1/4 lb. salt pork, sliced

1 tsp. onion salt

Place beans in 6 cups of water and soak overnight.

Put onion salt and pork in beans; cover and cook 3 hours. Add small amounts of water if needed. Serves 8.

BAKED POTATOES

1 potato per person

Wash the outside of the potatoes, and puncture a small hole on two sides of each potato. Place the potatoes in the oven and bake about 1 hour. The time will vary depending on the size of the potatoes.

OZARK BAKED BEANS

2 cups dried white beans	1 tsp dry mustard
1 1/2 qts water	1/4 cup molasses
1 tsp salt	1/4 lb salt pork, sliced
1/3 cup brown sugar	1 large onion, diced

Place beans in water and soak overnight.

Add salt and cook for 1 hour or until tender. Drain liquid into a separate pan. Add other ingredients and 2 cups of drained liquid to beans. Cover and bake for 4-5 hours. Check occasionally, adding small amounts of water if needed. Serves 8.

NAVY BEANS

2 cups navy beans	1 tsp salt
6 cups water	1 tsp onion salt
1/4 lb bacon, crisp	

Place beans in water and soak overnight. Chop bacon into small pieces and cook in a skillet until crisp, drain. Combine all the ingredients in a large cooking pot, cover and cook for 1 1/2 to 2 hours. Serves 8.

BAKED CORN

1 16-oz can cream style corn	1 tsp garlic salt
1 16-oz can whole kernel corn	2 cups grated cheese
1/2 cup corn meal	1 tsp baking powder
	1/4 cup cooking oil
	2 eggs, beaten

Combine corn, corn meal, garlic salt, cheese, baking powder and cooking oil. Beat eggs and add to mixture. Place mixture in baking pan in oven.

Bake 40-50 minutes. Serves 8.

Variation

Add 4-oz can chopped chilies or 1/2 cup chopped bell peppers.

FRIED POTATOES

Utensils needed:

Parer or paring knife (2)
2 frying pans
2-quart kettle
Spatula

Ingredients needed for 8 persons:

Potatoes 6 to 8 medium
Shortening
Salt

Instructions for preparing:

1. Put frying pans with about 2 tablespoons of shortening over coals.
2. Wash potatoes thoroughly to remove all dirt.
3. Peel potatoes, using a parer or a paring knife.
4. Put potatoes into kettle of cold water to hold until ready to use.
5. Slice potatoes into very thin slices -- not thicker than 1/16 or 1/8 inch at the most. Slice into a separate pan, since it is extremely dangerous to slice the wet potatoes directly into the hot shortening. The shortening will splatter.
6. Put sliced potatoes into the hot frying pans. Do not put more potatoes than will cover the bottom of the pan in at one time.
7. Make sure that potatoes are not sticking to the bottom, but do not turn over until bottom side is browned. Sprinkle salt lightly over potatoes.
8. When browned, turn and brown the other side.
9. When both sides are browned, put into a holding dish and keep near the heat while you fry more potatoes.
10. Add more shortening whenever there is not enough to cover the entire bottom of the frying pan. Always keep it hot.

Time required:

If you have hot coals, you should be able to complete this in 20 to 30 minutes.

FRIED ONIONS

Utensils needed:

Frying pan
Paring knife (2 if available)
Spatula

Ingredients needed for 8 persons:

Onions 8 medium
Shortening
Salt

Instructions for preparing:

1. Put frying pan over coals with about 2 tablespoons of shortening in it.
2. Remove outer layers of onions and cut off ends.
3. Slice onions into thin slices -- about 1/8 inch or less.
4. When frying pan is hot, put onions into it. Be careful when you do, as the water in the onions will likely cause the grease to splatter.
5. Cook over a hot fire. Turn occasionally with spatula. Onions will be done when browned and tender. Sprinkle lightly with salt.

Time required:

Fried onions will take 30 to 35 minutes.

CANNED VEGETABLES

Utensils needed:

2-quart kettle
Large spoon for stirring

Ingredients needed for 8 persons:

2 or 3 16-ounce cans

Instructions for preparing:

Most canned vegetables merely require heating and they are ready to serve. It is always best to check labels on the can to determine whether any cooking is actually required. If cooking is required, this will usually be a simmer or a slow boil and not a fast boil. Cook vegetables in their own liquid. Do not add any water, unless label indicates otherwise. If you heat over too hot coals, the liquid will boil away and the vegetables will burn.

Suggestions:

Two tablespoons of butter, added after the vegetable has been heated, improves flavor. Stir gently after butter melts.

Try adding a can of undiluted cream soup (celery or mushroom) to vegetable occasionally for variety.

Try canned applesauce, served warm, as a vegetable when you are serving ham or chicken.

QUICK BOSTON BAKED BEANS

Utensils needed:

Dutch oven with rack
Pan for beans
Can opener
Measuring cup
Spoon for stirring
Paring knife

Ingredients needed for 8 persons:

Baked beans 2 1-pound cans
Brown sugar 1/4 cup
Catsup 1/4 cup
Onion 1 small
Bacon 2 slices

Instructions for preparing:

1. Open beans and put contents in pan.
2. Put 1/4 cup of brown sugar on beans.
3. Add 1/4 cup of catsup to beans.
4. Add 1/2 cup of water to beans and stir gently with spoon.
5. Remove outer layer from onion and cut off ends. Cut onion in quarters and put on top of beans.
6. Cut 2 slices of bacon in half and put on beans.
7. Place pan on rack in dutch oven. Put lid on dutch oven.
8. Set dutch oven over 9 to 12 briquets and put about the same number on lid. Bring liquid to a simmer and keep it simmering for about an hour.

Time required:

Figure on this taking a little over 1 hour.

Suggestions:

If available, you may add about 1 teaspoon of prepared mustard to the beans when you add the catsup.

Beans can be cooked directly in the dutch oven. Be sure the oven is lined with aluminum foil.

Soups



CLAM CHOWDER

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|----------------------|-------------------------------------|
| 2 slices bacon | 2 11-oz cans cream of mushroom soup |
| 2 tsp margarine | 4 potatoes, diced |
| 1 bell pepper, diced | 4 6-oz cans minced clams |
| 1 tsp onion salt | |

Dice and brown bacon in a skillet, drain and set bacon aside. Melt margarine in a skillet and brown bell pepper. Into a large sauce pan place bacon, bell peppers, onion salt, mushroom soup, potatoes and clams. Cover, bring to a boil, simmer for about 20 minutes until potatoes are soft. Add water if needed for thinning. Serves 8.

CRAB MEAT CHOWDER

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|------------------------------------|-------------------------|
| 1 11-oz can cream of mushroom soup | 1 cup milk |
| 1 11-oz can pea soup | 2 6-oz cans crab meat |
| | 1 6-oz can small shrimp |

Place both cans of soup and milk in a sauce pan, stir and heat over low fire. Stir in crab meat and shrimp and heat thoroughly. Serves 6.

FISH CHOWDER

- | | |
|-----------------------------|---|
| 3 tbsp cooking oil | 1 tsp salt |
| 1/4 cup chopped onion | 1/4 tsp thyme |
| 1/2 cup chopped bell pepper | 1/4 tsp chopped basil |
| 1 cup chopped celery | 1 tsp parsley |
| 1/2 cup chopped carrots | 2 lbs fish fillets, cut in small pieces |
| 1 cup water | |

Heat cooking oil, brown onion, bell pepper, celery and carrots. Add water, salt, thyme, basil, and parsley. Cover and cook for 20 minutes. Add fish and cook about 10 minutes or until fish is done. Serves 8.

QUICK SCALLOP CHOWDER

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|------------------------------------|---------------------|
| 1 11-oz can cream of mushroom soup | 1 cup water |
| 3/4 lb bay scallops | 2 potatoes, diced |
| | 1 tsp chopped basil |

Combine all ingredients in a covered sauce pan. Cook on low heat about 20 minutes until potatoes are soft. Serves 4.

QUICK SHRIMP CHOWDER

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|------------------------------------|--------------------|
| 1 11-oz can cream of mushroom soup | 2 potatoes, diced |
| 2 4 1/2-oz cans small shrimp | 1 tsp ground basil |

Combine all ingredients in a covered sauce pan and cook about 20 minutes until the diced potatoes are soft. Serve warm. Serves 3 to 4.

SPLIT PEA SOUP

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|-----------------------|------------------------|
| 2 cups dry split peas | 1 small onion, chopped |
| 1/4 lb bacon | 1 tsp salt |

Place peas in 2 1/2 cups water and soak overnight. Brown bacon in a skillet, drain and crumble. Add bacon, salt, and onion to peas; cover and cook over slow fire for 1 hour.

Inspect occasionally, adding small amounts of water, if needed, to thin soup while it cooks. Serve with crackers. Serves 8.

VEGETABLE SOUP

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|---------------------------------|------------------------|
| 1 lb ground beef, optional | 1/2 cup lima beans |
| 1 tbsp margarine | 1/2 cup carrots, diced |
| 1 bell pepper, seeded and diced | 1 tsp thyme |
| 1 tbsp minced onion | 1 tsp ground basil |
| 8 cups water | 1 tsp salt |
| 1/4 cup barley | 1 cup green peas |
| | 1 cup shell macaroni |

If ground beef is desired, brown the beef in a skillet, drain off the grease and set aside. In a large sauce pan or Dutch oven, melt the margarine and brown the bell pepper and onion. Add beef, water, barley, beans, carrots, thyme, basil, and salt and simmer 60 minutes. Add peas and macaroni and cook 30 minutes. Serves 8.

Other ingredients can be added, if desired. You might wish to use 3/4 cup of diced white potatoes rather than the barley. You might wish to add a cup of stewed tomatoes. Additional water can be added, if needed.

GUMBO

- | | |
|------------------------|-------------------------|
| 2 lbs beef | 1 large bell pepper |
| 4 tsp margarine | chopped |
| 1 tsp salt | 1 10-oz pkg frozen okra |
| 2 qts water | 1 tsp thyme |
| 1 large onion, chopped | 1 tsp tarragon |
| 1 16-oz can tomatoes | 1 bay leaf |

Cut meat into small cubes; brown in margarine in skillet. Place meat, salt, water, and chopped onion in large sauce pan and cook 1 hour.

Add tomatoes, bell pepper, okra, thyme, tarragon, and bay leaf and cook slowly for 1 hour. Serves 8.

Variation

Gulf Coast Gumbo: Use fish, shrimp or crab meat instead of beef. Add 1 tsp gumbo file.

BEAN SOUP

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|-------------------|---------------------------|
| 2 cups navy beans | 1 tbsp minced onion |
| 8 cups water | 1/4 cup carrots, shredded |
| 1 tsp salt | 2 tbsp parsley |

Place beans in water and soak overnight. Combine beans and water with salt, onions and carrots in a large cooking pot, cover and cook about 2 hours. Take a potato masher and thoroughly mash the beans. Add parsley and cook 15 minutes. Serves 8.

MINESTRONE SOUP

2 tbsp margarine	1 cup lima beans
1 tsp minced onions	½ tsp ground basil
½ cup celery, diced	½ tsp oregano
2 11-oz cans beef broth	1 tbsp parsley flakes
1 16-oz can tomatoes	1 cup zucchini, diced
2 cups water	½ cup elbow macaroni

Melt margarine in skillet and brown the onions and celery. In a large sauce pan or Dutch oven, place the onions, celery, beef broth, tomatoes, water, and lima beans; bring to a boil and simmer 30 minutes. Add basil, oregano, parsley, zucchini, and macaroni; again bring to a boil and cook about 10 minutes until vegetables and macaroni are done. Serves 8.

MUSHROOM BARLEY SOUP

4 tbsp margarine	2 11-oz can beef broth
1 tsp minced onion	1 cup water
1½ lb fresh mushrooms, chopped	½ cup barley
	1 tsp thyme

Melt margarine in deep skillet, brown onions and add chopped mushrooms. Cook until mushrooms are soft, then add beef broth, water, barley and thyme. Cook about one hour or until barley is tender. Add small amount of water, if needed. Serves 8.

POTATO SOUP

2 tbsp margarine	2 cups water
1 cup diced celery	3 cups milk
¼ cup chopped onion	2 tsp salt
4 cups diced potatoes	2 tbsp parsley

Melt margarine and brown the celery and onions. Add potatoes and water; cover and cook for about 1 hour. Mash vegetables for smoothness. Add milk, salt and parsley, and simmer again for 15 minutes. Serves 8.

Variations

1. Add finely chopped carrots.
2. Add finely chopped ham.