Station 1

Panzanella Salad

1 lg Cucumber

4-6 tomatoes

1 Red onion

1 day old baguette loaf, cubed

1 lb mozzarella ball cubed

1 cup Balsalmic Vinegerette Dressing

1 tsp basil

Salt and Pepper to tasted

Chop bread into chunks and skewer on sticks, grill bread to toast edges (do not burn). Chop remaining items and toss in bowl with dressing!

UTENSILS:

Large Bowl

Knife

Cutting board

Large spoon

Measuring cup/spoon: 1 cup & 1 tsp

Station 2

Chicken Chili

1 pkg of ground turkey

1 onion, chopped

1 can cream of chicken soup

1 can tomatoes with green chilis

1 can of mexicorn

1 can of bean drained (favorite kind-kidney, pinto navy, black)

1 package of chili seasoning mix

1 box of chicken stock, eye ball amount (32oz or 4 cups of water and 4 bouillon cubes)

½ brick of cream cheese (optional)

In stock pot over med/hi heat brown the ground turkey and chopped onion. Once cooked add remaining ingredients, EXCEPT cream cheese. Let chili simmer for about 20 min. to thicken, add cream cheese and let simmer again for 10 minutes.

UTENSILS:

Stock pot/dutch oven

Cutting board

Knife

Can opener

Ladle

Lg. spoon

Garbage bowl for cans/trash

Station 3

Oatmeal—Trail breakfast

1/2 cup of quick oatmeal

1 cup boiling

Mixture of dried fruits and nuts, seeds, chocolate chips, and/or garnishments

1 tsp brown sugar or other sweetener

1 sandwich bag

Add all ingredients to bag, EXCEPT boiling water. When ready to eat, pour bag contents into mess kit and add boiling water. Let sit for 2-3 minutes before serving. Remember, your mess kit cup is a 1 cup measure.

UTENSILS:

Bowls

Knife

Cutting board

Spoon

Measuring cup/cup from mess kit: 1 cup

Station 4

Beef Jerky Ramen Soup—Trail Lunch

1 pkg. oriental ramen noodles original flavor

1 serving beef jerky - chopped

½ cup frozen mixed vegetables defrosted

1 snack size Ziploc bag

1 quart size Ziploc bag

Open original packaging of Ramen Noodles put noodles and seasoning package in bag, add chopped jerky. In snack bag add veggies and put snack bag inside of quart size bag with noodles and seasoning. At campsite, empty all bags of ingredients into mess kit and add 2 cup of water wait 3 min. and enjoy!

UTENSILS:

Knife

Cutting board

Bowls

Quart & Snack size Ziploc bags

Station 5

Caramelized Apples—Foil Pouch

8 apples

8 tbsp of brown sugar

Cinnamon to sprinkle

8 tsp butter cubed and separated

Use melon baller to scoop core out of apple. Put brown sugar, butter, and sprinkle of cinnamon into the cored out apple. Using 2 layers of reg. foil, or 1 layer of heavy duty foil, wrap apple and place in campfire for 10 min. Remove from heat and let cool. Open and eat!

UTENSILS:

Melon baller

Knife

Cutting board

Measuring spoon: 1 tbsp

Garbage bowl for apple cores

Foil

Station 6

Upside Down Ham—Foil Packet

Ham chunks or steaks

Pineapple Slices

Teriyaki sauce

Canned Sweet Potatoes (yams)

Apricot Preserves

Add desired amounts of meat and potatoes, add 1-2 slices of pineapples, a dash of teriyaki sauce and a tsp of apricot preserves. Fold up packets and put in the fire for 10-15 minutes, until heated thru. Remove from fire and cool. Open and enjoy!

UTENSILS:

Foil

Can Opener

Spoons

Fork

Knife

Cutting board

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| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Noah | Ryan | Chuck | Crispin | Drew | Hadyn |
| August | Braden | Michael | Joe C. | Robert | Sam |
| Joe K. | Nick | Ricky | Mason | Max | Zachary |
| Brandon | Geoffrey | Jack |  |  |  |