

Menu Ideas and Recipes

Troop 202 Camp-Ins

Quesadillas

Baked Chicken with Rice

Scrambled Eggs and Toast

Oatmeal

Vegetables

Fruits

Desserts

S'mores

Quesadillas

❖ Ingredients

- Cheese
- Tortillas
- Things you could add in
 - Green peppers
 - Black olives
 - Onions
 - Salsa
 - Sour Cream

❖ How to make them

- Lay the tortilla flat in a skillet and put cheese and an extra toppings you want on the tortilla
- Cook until cheese is melted
- When cheese is melted fold half the tortilla over the other

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Baked Chicken with Rice

❖ Ingredients

- Either Chicken Breasts or Thighs and Legs
- Chicken Broth
- Salt and Pepper
- Rice

❖ How to make

- You can make Baked chicken in either a Dutchoven on a campout or in an oven at home
- For your oven at home
 - Place chicken in a baking dish
 - Pour enough chicken broth in the dish to reach a fourth of the way up the side of the piece of chicken
 - Salt and pepper chicken pieces to your liking
 - Cook in the oven at 375 degrees Fahrenheit
 - Cook for approximately 40 minutes
 - Chicken is done when it is not pink inside and has an internal temperature of 165 degrees Fahrenheit
- For your rice it depends on what brand you are using, so use the packaging's cooking instructions

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Scrambled Eggs and Toast

❖ Ingredients

- Eggs
- Milk
- Bread
- Butter

❖ How to Make

- Crack eggs into a bowl
- Pour a small amount of milk in with the eggs
- Whisk eggs until the yolk and egg whites are mixed
- Put a butter in a small skillet and heat the butter until melted
- Pour egg and milk mix in skillet
- Cook and stir eggs until you don't see anymore liquid

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Oatmeal

- ❖ For different brands of oatmeal read the packaging

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Vegetables (to add to any meal)

- ❖ Green Peppers
- ❖ Carrots
- ❖ Green Beans
- ❖ Peas

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Fruits (to add to any meal)

- ❖ Grapes
- ❖ Apples
- ❖ Bananas
- ❖ Oranges
- ❖ Applesauce
- ❖ Any canned fruit

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Desserts

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S'mores

❖ Ingredients

- Marshmallows
- Chocolate
- Graham Crackers

❖ How to make

- Roast Marshmallow over the fire
- When marshmallow is cooked place between the chocolate and graham crackers

* Quantities of ingredients in these recipes is dependent on the amount of people in your families

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