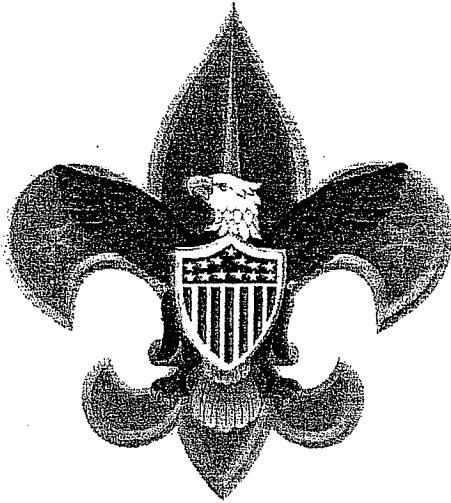


Troop 588 Cookbook



Columbus Christian Church
Columbus, Indiana

Breakfast

Lunch

Supper

Drinks

Snacks

Desserts

Tips, Tricks & Terms

Low Impact Cooking

A COROLLARY TO "LEAVE NO TRACE BEHIND"

Decide how you will prepare your food.

Plan a menu that requires fewer cooked meals or no heat source at all. Gas stoves minimize impact on the natural surroundings compared to campfires.

Carefully select and prepare your foods to minimize trash.

Reduce your pack load and trash by repackaging and combining foods whenever possible. Pack every bag necessary for a meal in single larger bag and use that same bag to pack out the trash from the meal. Avoid using glass containers.

Determine the amount of food needed to minimize wasted leftovers.

Do not cook more than you can eat. Leftover foods make for messy trash. Leftovers poured on the ground are unsightly and unsanitary. If buried, animals will dig them up.

Plan to protect your food, trash, and other odorous items from animals.

Consider avoiding the use of very aromatic foods that can attract animals. Store food, trash, and other odorous items where animals won't be able to get to them.

Decide whether to avoid collecting wild foods.

Avoid harvesting wild foods, such as berries, if these foods are not plentiful in the area you're visiting. Such foods may be a key component of the local ecosystem, especially if scarce.

B101 Breakfast Scramble



Gear Needed			
1	Backpack stove	1	plastic cooking spoon
1	2 qt pot		

Handling Instructions	
Fresh Eggs	will keep for two days if not kept in a cooler.

Step	Cooking Instructions	Qty	Ingredient
1	Boil water	1 1/2 cup	water
If fresh eggs are used, scramble and cook first. Put aside in container.			
2	Pour bag contents into water	1 bag	breakfast scramble
3	Stir		
Stir until thoroughly mixed. Mix in scrambled eggs (if fresh eggs used), Let stand 5 minutes before serving.			

Tips & Tricks
Do not boil, or put boiling water in Ziploc bags.
Re-use and recycle the Freezer Ziploc bags.

Breakfast Scramble



Home Preparation Supplies	
1	Freezer zip-loc bag, 1 gal (3 or more people)
1	Freezer Ziploc bag, 1 qt (1-2 people)

How many servings at this meal?
Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = 1/4 cup).

Home Preparation	
1	Combine all ingredients in Ziploc bag.
2	Pack fresh eggs (if used) separately

Ingredients		
Qty for 1	Description	Servings Qty
1 3/4 cup	Instant mashed potatoes	
6 1/2 tbl	freeze dried eggs with or bacon	
2	fresh eggs (optional)	
1 tbl	powdered milk	
3 tbl	chedder cheese, grated	

Tips: Put this card in bag
Burp air from bag
Securely close bag.

Special Preparation Instructions	
Fresh eggs (if used)	Pack in egg carton or plastic egg case. Put in separate Ziploc bag.

B102 Cereal, Assorted



Gear Needed

1	2 qt pot
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Cooking Instructions

	Cooking Instructions	Qty	Ingredient
1	Make milk	1 bag	powdered milk
		AR	water
1 cup water for every serving. Pour water into bag and seal. Mix thoroughly.			
2	Put cereal in cup	2 cup	cereal per serving
3	Ladle milk over cereal	1 cup	milk per serving
Carefully open milk bag at one end and pour milk into cup or bowl.			

Handling Instructions

Place milk bag in a pot, when not being used, to protect it from punctures and prevent spills.

Tips & Tricks

Re-use and recycle the Freezer Ziploc bags.
Close containers to prevent spills.

Cereal, Assorted



Home Preparation Supplies

1	Ziploc storage bag, 1 qt (up to 7 servings)
1	Freezer Ziploc bag, 1 gal

Home Preparation

1	Put powdered milk in 1 qt bag
Burp air from bag and seal	
2	Put milk bag and cereal in 1 gal bag

Tips: Put this card in bag
Burp air from bag
Securely close bag.

How many servings at this meal?

Multiply single serving quantities below and convert measurements if needed. (i.e. 4 tbl = $\frac{1}{4}$ cup).

Ingredients

Qty for 1	Description	Servings Qty
2 cup	Cereal of choice	
3 tbl	Powdered milk	

Special Preparation Instructions

Alternate powdered milks	soy, rice, plain, vanilla
Large quantity cereal	Remove bag from box, discard box. Double bag in Ziploc bag.
Milk bag	If more than 7 servings then use a 1 gallon freezer bag with slider to pack the milk in.

B103 Oatmeal



Gear Needed			
1	Backpack stove	1	plastic ladle
1	2 qt pot		

Cooking Instructions		Qty	Ingredient
1	Boil water	1 cup	water
½ cup water per packet			
2	Put oatmeal in cup	2 pkg	oatmeal
Empty oatmeal packets into cup or bowl.			
3	Add water to oatmeal		
Stir until smooth. Let stand for one minute before eating.			

Handling Instructions
Boiling water can cause serious burns.
Be careful when putting hot water into cups and bowls

Tips & Tricks
Do not boil, or put boiling water in Ziploc bags.
Re-use and recycle the Freezer Ziploc bags.
Close containers to prevent spills.

Oatmeal



Home Preparation Supplies	
AR	Freezer Ziploc bag, 1 qt

Home Preparation	
1	remove oatmeal packets from box Save weight and space by removing from cardboard box.
2	put two oatmeal packets and sugar in 1 qt Ziploc bag.
Makes individual servings	

Tips: Burp air from bag
Securely close bag.

How many servings at this meal?
Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = ¼ cup).

Ingredients		
Qty for 1	Description	Servings Qty
2 pkt	instant oatmeal, single serving	
Opt	sugar packet, 1 or 2	

B104 Trailmix Cereal



Gear Needed

1	2 qt pot
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Cooking Instructions

	Cooking Instructions	Qty	Ingredient
1	Make milk	1 bag	powdered milk
		AR	water

1 cup water for every serving. Pour water into bag and seal. Mix thoroughly.

2	Put cereal in cup	2 cup	cereal per serving
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3	Pour milk over cereal	1 cup	milk per serving
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Carefully open milk bag at one end and pour milk into cup or bowl.

Handling Instructions

Place milk bag in a pot, when not being used, to protect it from punctures and prevent spills.

Tips & Tricks

Re-use and recycle the Freezer Ziploc bags.

Close containers to prevent spills.

Trailmix Cereal



Home Preparation Supplies

1	Ziploc storage bag, 1 qt (up to 7 servings)
1	Freezer Ziploc bag, 1 gal

How many servings at this meal?

Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = ¼ cup).

Home Preparation

1	Combine all cereal ingredients
2	Package cereal in 1 gal Ziploc bag.
3	Measure powdered milk into ½ gal bag.

Burp air from bag, seal and put in bag with cereal

Tips: Put this card in cereal bag
Burp air from bag
Securely close bag.

Ingredients

Qty for 1	Description	Servings Qty
1 cup	oatmeal squares cereal	
¼ cup	grapenut cereal	
½ cup	granola with pumpkin seed cereal by Omega 3	
2 tbl	dried cherries	
2 tbl	dried blueberries	
2 tbl	dried banana slices	
1 tbl	sliced almonds	
3 tbl	powdered milk	

More than 7 servings...

Milk bag	If more than 7 servings then use a 1 gallon freezer bag with slider to pack the milk in.
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Special Preparation Instructions

Alternate powdered milks	soy, rice, plain, vanilla
Alternate cereals	cheerios, bite size shredded wheat, oatmeal clusters

B105 Sausage & Eggs



Gear Needed			
1	Backpack stove	1	plastic cooking spoon
1	non-stick skillet		

Cooking Instructions		Qty	Ingredient
1	Heat sausage and vegetables	1 bag	sausage & veggies
Heat sausage until heated through.			
2	Mix eggs	AR	eggs
		AR	water
Add 1 tbl water for each egg. Beat eggs and water until uniform in color.			
3	Add eggs to skillet		
Scramble eggs with sausage. Stir constantly until done.			
4	Sprinkle cheese		cheese
Sprinkle cheese over eggs and sausage. Serve			

Handling Instructions
 If backpacking serve this for the first breakfast.
 Sausage will provide the oil to keep eggs from sticking.

Tips & Tricks
 Do not boil, or put boiling water in Ziploc bags.
 Re-use and recycle the Freezer Ziploc bags.

Sausage & Eggs



Home Preparation Supplies	
1	Freezer Ziploc bag, 1 qt
1	storage bag, snack

Home Preparation	
1	Cook sausage
Brown sausage. Drain and let cool.	
2	Repackage fresh eggs (if used)
If backpacking put eggs in crush proof container.	
3	Put cheese in snack bag
Put cheese in snack bag, squeeze out air and put in	
4	Put ingredients in bag
Put ingredients, except for eggs, in 1 qt bag. Burp air, seal, and place in freezer.	

Remember to pull sausage and vegetable bag from freezer and put in backpack or cooler.

How many servings at this meal?
 Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = 1/4 cup).

Ingredients		
Qty for 1	Description	Servings Qty
2	fresh egg	
2 oz	ground sausage, mild	
1 tbl	grated cheese	
Optional Vegetables		
1 tbl	chopped onion	
1 tbl	chopped green pepper	
1 tbl	sliced mushroom	

Special Preparation Instructions	
fresh eggs	will keep for two days unrefrigerated

B201 Fruit Cocktail & Cereal Bar



Gear Needed	
none	

Cooking Instructions	Qty	Ingredient
1 none		

Tips & Tricks

Re-use and recycle the Freezer Ziploc bags.
Close containers to prevent spills.

Fruit Cocktail & Cereal Bar



Home Preparation Supplies	
AR	Freezer zip-loc bag, 1 qt

How many servings at this meal?
Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = ¼ cup).

Home Preparation	Ingredient
1	Put one fruit cup and one cereal bar in each bag
Remove fruit cups and cereal bars from cardboard boxes to save weight and space.	

Ingredients		
Qty for 1	Description	Servings Qty
1	fruit cup, single serving	
1	cereal bar of choice	

Tips: Burp air from bag
Securely close bag.

Substitutions	
Fruit Cup	Jell-O cup
Cereal bar	fruit bar, fruit rollup