**JAMBALAYA**

3 pounds smoked sausage, sliced

3 large onions, chopped

2 bell pepper, chopped

6 cloves garlic, minced

2 pounds ham, cubed

1½ teaspoons each: salt, pepper, thyme, Worcestershire sauce, soy sauce

¾ teaspoon cayenne pepper

7 cups water

2¾ cups uncooked rice

3 tablespoons chicken bouillon granules

3 small cans mushrooms, partially drained

Brown sausage. Add onion, bell pepper, garlic, and ham, then spices. Stir till all are softened. Add water, rice, and bouillon. Bring to boil and stir well. Cover and cook over low heat 30 minutes; add mushrooms, stir, cover, and cook another 15 minutes. This is a quarter-batch, serving 14.

**JAMBALAYA - VEGETARIAN**

1 tablespoon vegetable oil

¾ large onion, chopped

½ bell pepper, chopped

1 clove garlic, minced

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon thyme

½ teaspoon soy sauce

1/8 teaspoon cayenne pepper

1 1/8 cups water

½ cup uncooked rice

1 small can mushrooms, partially drained

Heat oil. Add onion, bell pepper, garlic, then spices. Stir till all are softened. Add water, rice. Bring to boil and stir well. Cover and cook over low heat 30 minutes; add mushrooms, stir, cover, and cook another 15 minutes. Serves 2.

**CORNBREAD**

1 cup sour cream

2/3 cup milk

2 large eggs

½ cup butter, melted

2 boxes Jiffy corn muffin mix

1 tablespoon sugar

Whisk together sour cream, milk, and eggs. Whisk in butter. Add corn muffin mix and sugar and stir with a wooden spoon. Transfer batter to prepared pan. Bake 25-30 minutes until golden. Each batch serves 16.

**FOIL DINNERS**

¼ pound ground beef

1 medium potato, sliced or cubed

¾ carrot, sliced or cubed

1/3 medium onion, sliced

Salt, pepper, Red Robin seasoned salt

Worcestershire sauce, BBQ sauce

2 feet of heavy duty aluminum foil

PAM spray oil

Tear off 2 feet of aluminum foil. Spray with PAM spray oil. Crumble the ground beef onto the foil. Put the vegetables on top of the ground beef. For vegetarian, use vegetables only. Add moisture as Worcestershire sauce, BBQ sauce, salad dressing, or water. Season with salt and pepper or a favorite seasoned salt. Be careful not to over-salt. Bring the long ends of the foil together and fold down with ½ inch folds until near level with the food. Then wrap the ends toward the middle in the same way. Place on mature coals – look for white ash, not red/glowing. Cook for 20 minutes, turning at least once. Serves 1.

**BAKED APPLES**

1 Granny Smith apple

1 tablespoon brown sugar

¼ teaspoon ground cinnamon

Core the apple. Fill the core of the apple with the brown sugar and cinnamon. Wrap the apple in a large piece of heavy foil, twisting the extra foil into a tail for a handle. Place the apple in the coals of a campfire or barbeque and let cook 5 to 10 minutes, until softened. Remove and unwrap, being careful of the hot sugar. Serves 1.

**NACHOS AND CHEESE**

2 sticks of butter

1 cup flour

half-gallon milk

2 pounds shredded cheddar cheese

2 jars jalapeno peppers

3 18-ounce bags tortilla chips

Melt the butter. Stir in the flour to a pasty consistency. Do not brown the flour. Add the milk slowly, in small batches, to start, stirring constantly until thoroughly mixed. Then keep adding more generously, stirring constantly, until all of the milk has been added. Heat stirring constantly until the mixture begins to thicken. A bit of cooking science: heat causes the starch granules from the flour to burst, releasing starch molecules into the milk. The temperature needs to be 150 F for this to happen, but do not heat to boiling. Too much heat will cause the starch molecules to degrade. The dispersed starch will create an emulsion with the fat from the butter. This emulsion will melt, incorporate and uniformly disperse the soon-to-be-added cheese throughout the mixture. When the mixture starts to thicken (look for coating on the spoon and a slightly-to-increasingly thicker texture), start adding the shredded cheese, slowly at first, stirring constantly to melt and incorporate. Keep adding and stirring to all has been incorporated. The cheese will thicken the mixture to the desired cheese sauce consistency. Serve with tortilla chips and jalapeno peppers. Single batch, serving roughly 14. Serve with other snacks.

**MOUNTAIN MAN**

¼ cup vegetable oil

2-pound bag of Potatoes O’Brien with Onions and Peppers

½ pounds bacon

½ pounds of grated cheddar cheese

1 dozen eggs

Salsa

Pre-heat the Dutch oven. Heat oil, add Potatoes O’Brien, and cover; stir occasionally until brown and heated. Mix 1 dozen eggs in a separate bowl and pour over the Potatoes O’Brien. Cover and cook until the eggs are starting to set. Sprinkle ½ pound of the cheese over the egg mixture, cover and heat until the eggs are completely set, and the cheese is melted. Remove vegetarian portion before continuing. Add pre-cooked bacon and stir in. Serve with salsa. Serves 12, two batches serve 24.

**BAKED OATMEAL**

½ cup vegetable oil

2/3 cup brown sugar

2 eggs, beaten

1 teaspoon salt

1 teaspoon baking powder

1 cup milk

3 cups quick oatmeal (not instant oatmeal)

yogurt

honey

raspberries

Pre-heat Dutch oven. Mix oil, sugar, and eggs. Add salt, baking powder, and milk. Add the oatmeal last. Mix well. Pour into greased or lined Dutch oven. Bake 30 minutes until top is golden brown and toothpick comes out clean. Serve arm with plain or vanilla yogurt and raspberries. Drizzle honey over the yogurt and raspberries. Serves 16, four times this batch serves 32.

**Jambalaya**

12 pounds smoked sausage

12 large onions

8 bell pepper

24 cloves garlic

8 pounds ham

6 teaspoons each: salt, pepper, thyme, Worcestershire sauce, soy sauce

3 teaspoons cayenne pepper

11 cups uncooked rice

12 tablespoons chicken bouillon granules

12 small cans mushrooms

**Cornbread**

2 cups sour cream

1 1/3 cup milk

4 large eggs

1 cup butter, melted

4 boxes Jiffy corn muffin mix

2 tablespoons sugar

**Foil Dinners**

14 pounds ground beef

56 medium potatoes, sliced or cubed

42 carrots, sliced or cubed

19 medium onions, sliced

Salt, pepper, Red Robin seasoned salt

Worcestershire sauce, BBQ sauce, A1

115 feet of heavy-duty aluminum foil

PAM spray oil

**Baked Apples**

56 Granny Smith apples

1¾ pounds brown sugar

5 tablespoons ground cinnamon

**Cracker Barrel**

2 sticks of butter

1 cup flour

half-gallon milk

2 pounds shredded cheddar cheese

2 jars jalapeno peppers

3 18-ounce bags tortilla chips

slices of cheese

fruit

veggie sticks

hummus

**Mountain Man**

½ cup vegetable oil

2 two-pound bags of Potatoes O’Brien

1pound bacon

1 pound grated cheddar cheese

2 dozen eggs

Salsa

**Baked Oatmeal**

2 cups vegetable oil

2 2/3 cups brown sugar

8 eggs, beaten

4 teaspoons salt

4 teaspoons baking powder

4 cups milk

12 cups quick oatmeal (not instant oatmeal)

2 16-oz plain yogurt

2 jars honey

raspberries

**Cereal**

1 box cereal

4 cups milk

**Coffee**

**Drinks**

Dry mixes for drinks

**Peanut Butter and Jelly**

1 loaf bread

1 jar peanut butter

1 jar jelly

**Shopping List**

**Meat**

12 pounds smoked sausage

8 pounds ham

14 pounds ground beef

1pound bacon

**Dairy**

1 gallon plus 1 quart milk

3½ dozen eggs

1 pound butter plus 1 stick

3 pounds shredded cheddar cheese

1 32-oz container plain yogurt

tray of various cheese slices

2 16-oz containers sour cream

**Produce**

12 large onions

8 bell peppers

2 heads garlic (24 cloves)

56 medium potatoes

42 medium carrots

19 medium onions

56 Granny Smith apples

various fruit (cracker barrel)

celery and carrot sticks (cracker barrel)

4 containers raspberries

**Canned Goods/Jarred Goods**

12 small cans mushrooms

2 jars jalapeno peppers

2 jars salsa

1 24-oz bottle vegetable oil

2 jars honey

1 jar peanut butter

1 jar jelly

1 jar instant coffee

4 boxes dry mix for drinks

**Dry Goods/Baking/Breads/Chips**

11 cups uncooked rice

4 boxes Jiffy corn muffin mix

2 tablespoons white sugar

3 pounds brown sugar

1 cup flour

4 teaspoons baking powder

1 42-oz container quick (not instant) oatmeal

1 box cereal

1 loaf bread

3 18-ounce bags tortilla chips

2 boxes crackers

**Frozen**

2 two-pound bags of Potatoes O’Brien

**Seasonings**

salt (10 teaspooons + seasoning)

pepper (6 tsp + seasoning)

1 jar thyme

cayenne pepper (3 tsp)

1 canister red robin seasoned salt

cinnamon (5 tablespoons)

1 bottle Worcestershire sauce

1 bottle soy sauce

2 bottles barbeque sauce

1 bottle A1 sauce

12 tablespoons chicken bouillon granules

**Supplies**

2 boxes 18” 150-sq ft heavy-duty aluminum foil

2 cans PAM spray oil

**Prepared Foods**

2 containers hummus (cracker barrel)