

# Chicken and Dumplings

## INGREDIENTS

4-5 chicken breasts, skinless boneless  
 3 15-ounce cans chicken broth  
 3 medium potatoes, diced  
 2 small onions, diced  
 10 baby carrots, sliced  
 1 can of peas  
 1/2 teaspoon garlic salt  
 1 teaspoon thyme  
 1 teaspoon salt  
 1/2 teaspoon black pepper  
 2 bay leaves  
 4 tablespoons flour  
 2 cans of refrigerator biscuits  
 2 tablespoons vegetable oil  
 2 tablespoons butter

## Shopping List (for 6)

4-5 chicken breasts	7.00
Knorr Bouillon Chicken Flavor	5.00
Fresh Potatoes Yukon Yellow - 5lb	4.00
Bag of Onions	4.00
ShopRite Baby Carrot bag	4.00
15oz cans of peas	2.00
(in cabinet)	
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(in cabinet)	
(home)	
(home)	
Pillsbury Biscuits - 4pack	4.00
(in cabinet)	
(home)	

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Total	(\$5 per person)	\$30.00
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### At home:

- Sauté Chicken breasts and cut into 1-inch chunks
- Sauté onions, let cool and pack separately
- Pack small container of flour
- Prepare spice bag with ½ teaspoon garlic salt, 1-teaspoon thyme, 1-tsp salt, ½ teaspoon pepper, 2 bay leaves.

### At Campsite:

Use a cast-iron Dutch oven, a stove top Dutch oven, or a large pot with a lid. Add oil to pot and heat to medium.

Saute the chicken breasts for about 20 minutes, turning after 10 minutes. Remove chicken to a cutting board.

Add butter to pot. Add onions, flour and stir to moisten and make a roux.

Add one can of broth and stir until the gravy is smooth.

Add remaining vegetables, diced chicken, spices and 2nd can of broth. Stir well, bring to a boil and then reduce to a simmer.

Take biscuits, and place them on top of the stew. Put a lid on the pot and simmer for about 10 minutes.

Remove the bay leaves before serving.

Servings: 6

# Spinach-Artichoke Cheesy Tortellini

INGREDIENTS	Shopping List (for 6)	Cost
1 (10 oz) box frozen spinach, thawed/drained	1 (10 oz) box frozen spinach	2.00
2 tablespoons olive oil	(in cabinet)	
1 tablespoon butter	(at home)	
3 garlic cloves, chopped	(at home)	
1 small onion, grated	Bag of Onions	4.00
2 tablespoons flour	(at home)	
1 cup chicken broth	Knorr Bouillon Chicken Flavor	4.00
1 cup heavy cream	Shopite Heavy Cream 8 oz	2.00
1/8 teaspoon nutmeg	(at home)	
1 (14 ounce) can water-packed artichoke hearts, drained and chopped	Cento Artichoke Hearts 1 can	3.00
1 cup grated parmesan cheese	ShopRite Parmesan Cheese-Grated 8oz	3.00
1 lb cheese tortellini	2 bags ShopRite Cheese Tortellini	6.00
2 tablespoons butter	(home)	
<b>Total</b>	<b>(\$4 per person)</b>	<b>\$24.00</b>



At home:

- Pre-cook tortellini
- Cut up onion and add garlic
- Pack small container of flour

At Campsite:

Heat a deep skillet over medium heat with the oil and butter.

When butter melts, add garlic and grated onion. Saute for 5 minutes.

Sprinkle the flour into the skillet and cook for 1 minute.

Whisk in the broth, then the cream and bring to a bubble.

Season the sauce with nutmeg and reduce heat to low. Separate spinach into pieces as you add it to the sauce.

Stir in the artichokes and cheese and season to taste with salt and pepper. Add tortellini with the spinach artichoke sauce.

Serve immediately with additional grated cheese.

Servings: 6

# Dutch Oven Mountain Man Breakfast

## INGREDIENTS

Banquet Brown & Serve Original Links  
 1 onion, chopped  
 1 green bell pepper  
 1 (2lb) pkg frozen shredded hash browns  
 12 eggs, beaten

## Shopping List (for 6)

1 pkg. Banquet Brown & Serve Links	2.00
Bag of onions	4.00
1 green bell pepper	2.00
ShopRite Hash Brown Potatoes (32 oz)	3.00
ShopRite Large Eggs (18 ct)	4.00
ShopRite Sharp Cheddar - Shredded	3.00

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Total	(\$3 per person)	\$18.00
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Cook and stir the sausage and onion, in a 12-inch cast iron Dutch oven with lid, raised over the coals to medium-high heat, until the onion is tender.

Stir in the red bell pepper, green bell pepper, and hash brown potatoes until evenly mixed. Cook, stirring occasionally, until the hash browns are hot and the peppers are tender, about 15 minutes.

Pour the beaten eggs evenly over the top of the potatoes, allowing them to sink into the potatoes.

Cover the Dutch oven, and place 9 coals underneath and 12 to 18 on top will give you approximately 350 degrees.

Allow to bake until the eggs are firm, about 40 minutes. Sprinkle with Cheddar cheese, cover, and continue cooking until the cheese has melted, about 5 minutes.

Servings: 6

# Skillet Chicken Lasagna

INGREDIENTS	Shopping List (for 6)	Cost
Bow tie pasta	1 box Bow tie pasta	2.00
2 tablespoons olive oil	(in cabinet)	
Salt		
2 boneless chicken breasts (diced)	1 package of 2 chicken breasts	4.00
1 tablespoon Italian seasoning	(at home)	
1 medium onion (diced)	Bag of onions	4.00
2 cloves garlic (minced)	1 ball of garlic	2.00
1 teaspoon red pepper flakes	(at home)	
1 jar marinara sauce	Colonna Marinara Pasta Sauce	2.00
1 cup grated mozzarella cheese	ShopRite Shredded Mozzarella	2.00
1/2 cup whole milk ricotta cheese	ShopRite Whole Milk Ricotta Cheese	3.00
1/4 cup grated Parmesan	ShopRite Parmesan Cheese – Grated 8oz	3.00
1 cup low-sodium chicken broth	ShopRite Chicken Broth (32oz)	2.00
Basil 12 fresh leaves	(at home)	
<b>Total</b>	<b>(\$4 per person)</b>	<b>\$24.00</b>



Cook the pasta according to the package instructions; drain and set aside.

Heat the oil in a large skillet over medium-high heat. Season the chicken with the Italian seasoning and some salt. Add the chicken to the skillet and cook until golden brown, 2 to 3 minutes per side. Remove the chicken to a plate and set aside.

Add the onions and garlic to the same skillet and cook, stirring, for 3 minutes. Add the broth, then

scrape the bottom of the skillet to loosen the bits. Cook for another 2 to 3 minutes to let the broth reduce. Add the marinara sauce and red pepper flakes, bring to a simmer and simmer for 10 minutes.

Turn off the heat and add the drained pasta, mozzarella, ricotta, Parmesan and basil. Add the cooked chicken on top. Toss to combine, then add more of the mozzarella, ricotta, Parmesan or basil until the sauce is just how you like it. Serve with a sprinkling of Parmesan and a little basil on top.

Servings: 6

# Dutch Oven Salmon with Potatoes and Asparagus

INGREDIENTS	Shopping List (for 4)	Cost
6-8 Potatoes	1 5lb bag red potatoes	4.00
12 Asparagus	1lb bunch Asparagus	4.00
Olive Oil	Olive oil	-
Lemon Pepper Spice	Lemon pepper spice	-
2lb Salmon Fillet	2lb Salmon Fillet	20.00
Parsley	1 bunch parsley	1.00
1 bundle green onions	1 bunch green onions	1.00
Garlic	1-2 cloves, minced	1.00
Dill	1 pkg dill	2.00
1 sliced lemon	1 lemon	1.00
<b>Total</b>	<b>(\$9 per person)</b>	<b>\$34.00</b>



In the dry-roasting phase: 25 + coals each above and below. In the final baking phase: 10-12 coals below, 18-20 coals above.

Heat up Dutch oven and season by putting olive oil on the cut up potatoes (6-8), parsley, salt, pepper, 1-2 cloves of minced garlic on bottom of Dutch oven

Let those cook for a while, using the dry-roasting technique, until they got good and seared on all sides, and the seasonings were clinging to potatoes (about 30 minutes).

Coat the asparagus with oil lemon salt and pepper. And put in Dutch oven for 5-10 min

Sprinkle dill, and chopped green onions, and put a lemon slice on each one salmon.

Add asparagus to potatoes and stirred them together. Lay salmon fillet pieces in on top.

Replace lid and readjust coals as above, and began baking the salmon and asparagus with the potatoes. Cook for about 15-20 minutes or so.

Servings 4

# Dutch Oven Short Ribs & Polenta

## INGREDIENTS

8 whole Beef Short Ribs  
 Kosher Salt and Pepper  
 1/4 cup All-purpose Flour  
 6 pieces Pancetta, Diced  
 2 Tablespoons Olive Oil  
 1 whole Medium Onion, Diced  
 3 whole Carrots, Diced  
 2 whole Shallots, Peeled And Finely Minced  
 2 cups Red Wine  
 2 cups Beef Broth (To Almost Cover Ribs)  
 2 sprigs Thyme  
 2 sprigs Rosemary  
 Polenta

## Shopping List (for 4)

8 whole Beef Short Ribs	13.00
Kosher Salt and Pepper	-
1/4 cup All-purpose Flour	-
6 pieces Pancetta	5.00
Olive Oil	-
1 bag onions	3.00
3 whole Carrots, Diced	2.00
2 whole Shallots	3.00
Goya Red Cooking Wine	3.00
ShopRite Beef Broth	2.00
2 sprigs Thyme	-
2 sprigs Rosemary	-
1 tube Food Merchants Polenta	4.00

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Total	(\$9 per person)	\$35.00
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Salt and pepper ribs, then dredge in flour. Set aside.

In a large Dutch oven, cook pancetta over medium heat until complete crispy and all fat is rendered. Remove pancetta and set aside. Do not discard grease.

Add olive oil to pan with the pancetta grease, and raise heat to high. Brown ribs on all sides, about 45 seconds per side. Remove ribs and set aside. Turn heat to medium.

Add onions, carrots, and shallots to pan and cook for 2 minutes. Pour in wine and scrape bottom of pan to release all the flavorful bits of glory. Bring to a boil and cook 2 minutes.

Add broth, 1 teaspoon kosher salt, and plenty of freshly ground black pepper. Taste and add more salt if needed. Add ribs to the liquid; they should be almost completely submerged. Add thyme and rosemary sprigs (whole) to the liquid.

Put on the lid and place into the oven. Cook at 350 for 2 hours, then reduce heat to 325 and cook for an additional 30 to 45 minutes. Ribs should be fork-tender and falling off the bone. Remove pan from oven and allow to sit for at least 20 minutes, lid on, before serving. At the last minute, skim fat off the top of the liquid. (Can also refrigerate mixture, then remove solid fat from the top.)

Serve 2 ribs on bed of creamy polenta, spooning a little juice over the top.

Servings 4

# One Pan Pasta

## INGREDIENTS

12 ounces linguini  
12 ounces cherry or grape tomatoes, halved  
1 onion, thinly sliced (about 2 cups)  
6 cloves garlic, thinly sliced  
¼- ½ teaspoon red-pepper flakes  
2 sprigs basil, plus torn leaves for garnish  
2-3 tablespoons olive oil (+ more for serving)  
Kosher salt and freshly ground pepper  
4 1/2 cups water  
Grated Parmesan cheese  
Italian Bread

## Shopping List (for 4)

	Cost
1 box linguini	2.00
12 oz cherry tomatoes	4.00
1 large onion	2.00
Polaner Chopped White Garlic - 4.5oz	3.00
Red pepper flakes	-
1 bunch basil	4.00
Olive oil	-
Salt & Pepper	-
Colonna Grated Cheese - Parmesan	3.00
1 loaf of Fresh Italian Bread	2.00

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Total	(\$5 per person)	\$20.00
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Combine pasta, tomatoes, onion, garlic, red-pepper flakes, basil, oil, 2 teaspoons kosher salt, 1/4 teaspoon pepper, and water in a large straight-sided skillet.

Bring to a boil over high heat. Boil mixture, stirring and turning pasta frequently with tongs, until pasta is al dente and water has nearly evaporated, about 9 minutes.

Season to taste with salt and pepper, divide among 4 bowls. Garnish with basil. Serve with oil and Parmesan.

# Caramelized Peach & Whole Wheat White Chocolate Oatmeal Skillet Cookie Pie

## INGREDIENTS

2 tablespoons butter  
 4-5 medium peaches and/or nectarines  
 1 1/3 cup brown sugar  
 1 3/4 cups + 2 tbsp old fashioned oatmeal  
 1 1/2 cups white whole wheat flour  
 3/4 teaspoon baking soda  
 1/4 teaspoon salt  
 3/4 cup coconut oil melted (or canola)  
 2 eggs  
 1 tablespoon + 2 teaspoons vanilla extract  
 1/2 cup slivered or chopped almonds  
 4-6 ounces white chocolate chopped

## Shopping List (for 6)

	Cost
ShopRite Butter - Salted – (2 stick pack)	3.00
4-5 medium peaches and/or nectarines	5.00
Domino Brown Sugar - Golden Light	2.00
ShopRite Old Fashioned Oats (42 oz)	3.00
ShopRite Whole Wheat Flour (5lb)	3.00
Baking soda	-
Salt	-
Jamaican Choice Coconut Oil	4.00
Dozen Eggs	2.00
Vanilla extract	-
ShopRite Almonds – Slivered (6oz)	4.00
Lindt Classic White Chocolate	4.00

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Total	(\$5 per person)	\$30.00
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Preheat the oven to 350 degrees.

Heat a 10- to 12-inch ovenproof skillet over medium heat; add 1 tablespoon of the butter. Add the sliced peaches, and sprinkle with brown sugar. Cook 3 minutes; stir peaches, and cook another 2 to 3 minutes or until caramelized and soft. Remove from the heat; add 1 tablespoon of the vanilla. Toss well.

In a large mixing bowl add the oatmeal, white whole wheat flour, brown sugar, baking soda, salt, melted coconut oil, eggs and 2 teaspoons vanilla.

Beat until combined and the dough holds together (the dough will seem oily, this is good). Mix in the almonds and about 1 cup of the white chocolate.

Sprinkle the dough directly over the peaches and or nectarines.

Do not worry if there are a few patches where there is no cookie dough. It does not have to be perfect, the dough will fill out as it bakes.

Bake for about 20-25 minutes, just do not over bake. Underdone is always better in my opinion. Remove from the oven and let sit 5 minutes.



# Garlic Shrimp Pasta

INGREDIENTS	Shopping List (for 4)	Cost
1 lb medium shrimp, deveined/tails removed	1 lb frozen shrimp	11.00
1 lb spaghetti	1 box spaghetti	2.00
6 -8 garlic cloves, minced	Polaner Chopped White Garlic - 4.5oz	3.00
1/4 cup butter	ShopRite Butter - Salted – (2 stick pack)	3.00
Olive Oil (drizzles)	Olive Oil	-
Italian Seasoning	Italian Seasoning	-
Salt & Pepper	Salt & Pepper	-
Red Pepper Flakes	Red Pepper Flakes	-
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Total	(\$5 per person)	\$19.00



Boil pasta in water till tender, save 1 cup of pasta water for use later. I always put some oil, salt, and fresh herbs in with my pasta when I boil it.

Drain and set aside when done. While pasta is boiling, wash shrimp.

Melt butter over medium heat. Add shrimp. Let cook till a little pink and starting to curl. Then add garlic.

Cook 5-7 min, add oil. Continue to stir till shrimp is pink and curled.

Add pasta to skillet. Add seasonings. Add just enough saved pasta water till it is not dry but not swimming in liquid either.

Depending on amount of pasta this requires 1/2 the cup or all of it. Start with adding 1/4 of it then work up from there. Keep tossing all ingredients around in skillet till all is incorporated and hot.

# Dutch Oven Lasagna

## INGREDIENTS

2lb Chopped Meat  
 1 large onion  
 2 teaspoon garlic  
 2 jars spaghetti sauce  
 2 teaspoons Italian seasoning  
 ½ teaspoon of black pepper  
 ½ teaspoon of salt  
 2 eggs  
 30 oz ricotta cheese  
 No boil lasagna noodles  
 1 cabbage  
 6 cups mozzarella cheese

## Shopping List (for 8)

2lb Chopped Meat	6.00
1 large onion	2.00
Polaner Chopped White Garlic - 4.5oz	3.00
2 jars Colonna Marinara Pasta Sauce	3.00
Italian seasoning	-
Salt & Pepper	-
2 eggs	2.00
ShopRite Ricotta Cheese (32 oz)	5.00
1 box Barilla Oven-Ready Lasagna Pasta	3.00
1 green cabbage	2.00
1 Great Lakes Shredded Mozzarella 32oz	8.00
1 Shopright shredded mozzarella 8oz	2.00

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Total	(\$5 per person)	\$39.00
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Combine 2lb chopped meat and 1 cup of onions and 2 teaspoons of minced garlic in a hot Dutch Oven, when cooked remove from heat to a bowl.

Add 2 jars of spaghetti sauce, black pepper, salt and Italian Seasoning and mix together with the chopped meat.

In a separate bowl mix together 2 eggs and ricotta cheese.

In Dutch oven, lay a foundation of cabbage, and a layer of sauce mixture followed by a layer of noodles and then cheese mixture followed by a layer of mozzarella. Repeat with remaining ingredients.

Bake for 45 minutes at 350 (8 coals under, 17 coals on top – recommended).