

Desserts

Also see quesadilla recipes

Raspberry Rollups

Flour Tortillas
Cream cheese, Softened
Raspberry Jam

Spread softened cream cheese on each tortilla. Add a thin layer of raspberry jam. Roll up each Tortilla, Cut into pieces.

Fruit Cup Shortcake (8 servings)

15 oz can fruit cocktail
16 oz can chocolate syrup
Redi whip
11 oz pound cake

Cut off piece of pound cake Drizzle with chocolate syrup, plop on some fruit cocktail and squirt on whipped cream.

BANANA WRAPS

1 flour tortilla
2 table spoons peanut butter
1 tablespoon honey
1 banana
2 tablespoons raisins

Lay tortilla flat. Spread peanut butter and honey on tortilla. Place banana in the middle and sprinkle with the raisins. Wrap and serve.

Yield – 1 serving.

Aztec Toothpicks

Tortillas
Cream cheese
Brown sugar
Cinnamon

Heat a white flour tortilla in a skillet; spread cream cheese on tortilla; sprinkle on brown

Sugar; sprinkle on a small amount of cinnamon; roll up tortilla and pig out.

River Cheesecake

Oatmeal cookies

Cream cheese

Jam or preserves

Spread cream cheese on cookie for “plain cheesecake” or add dollop of jam for flavored cheese cake (sounds weird but this is really good!)

Lunches

Tuna Pitas

2 6 oz Canned Tuna
3 oz shredded Cheddar Cheese
3 Table spoons Mayo
½ cup chopped celery

Mix and put into pitas

TUNA OR CHICKEN SALAD

2 6 oz cans tuna or chicken
3 3 oz shredded cheddar cheese
4 tablespoons mayonnaise
½ cup chopped onion and celery

Mix together and stuff in pita bread.

Yield – 4 servings

Cream Cheese Pita's

2 pkgs cream cheese
1 can pitted olives
3 stalks celery
Worcester sauce
Small jar pickle relish

Open can and slice olives with a knife. (can be done in the can quickly with a long knife) Chop celery. Mix all ingredients in a bowl. Add about 2 tbs of Worcester sauce or as to taste. Serve in pita bread

Dinners

Fried Bean Tomatoes

14 oz can barbecue baked beans
15 oz can Mexican style stewed tomatoes w/ juice
7 oz can corn

Dump all ingredients, plus one cup of water into a skillet
Bring to a boil
Reduce heat to low and simmer for 10 minutes

Pot luck pasta (4 servings)

2 15 oz cans spaghetti's
½ lbs hamburger
8 oz can peas
1/3 cup sour cream
1 tsp onion powder

Brown hamburger in a skillet and drain. Add all other ingredients and cook on medium heat, stirring so it won't stick, until hot throughout.

SWEET AND SOUR CHICKEN

3 cans chicken
1 can pineapple chunks
1 can sweet and sour sauce

Simmer together for 15 to 20 minutes. Serve over hot biscuits

Yield – 6 servings

COWBOY STEW

15 oz can of turkey chili with beans
1 lbs hamburger
14 oz can original or bbq baked beans
1 onion chopped
¼ cup shredded cheddar cheese

Brown hamburger and onions in a frying pan. Drain grease and dump in chili and beans

Simmer 30 minutes or until warm. Serve with Fritos and top with cheese.

Western SpaghettiO's

2 15 oz cans spaghettiO's
16 oz can black beans, drained and rinsed
2 tablespoons cheddar cheese
2 green onions, chopped
1 tbsp chili powder

Dump all ingredients except cheese into a large skillet. Cook uncovered over medium heat, stirring occasionally. When heated throughout, add cheese and cook till it melts.

Serve

Yield 4 servings

SLOPPY JOES

1 pound hamburger
15 oz can Manwich sloppy Joe sauce
1 packet hamburger buns

Brown hamburger in skillet and drain off grease. Add sloppy Joe sauce and heat through. Serve on hamburger buns.

Yield 7 servings

Nachos Campbell

1 can (10.75 oz) Campbell's Condensed Cheddar Cheese Soup
1/2 cup Salsa
1 Chopped Tomato
Sliced green onions
Sliced pitted ripe olives
1 bag tortilla chips
Chopped green or sweet red pepper

1. In 1 1/2 quart saucepan, combine soup and salsa. Over low heat, heat through, stir often.
2. Serve over tortilla chips. Top with tomato, green onions, olives and peppers.
3. Add browned ground beef or canned chili.

Creamy Chicken With Rice:

In a quart freezer bag put:

1 cup instant rice

1 packet Lipton Cup A Soup® Cream Of Chicken soup mix (the 1 cup of water type)

1 Tbsp dried onions

pinch of granulated garlic

pinch of dried parsley

Also take a 3-5 oz can of chicken.

Add 1 cup boiling water & chicken (liquid and all), stir well, put in cozy for 10 minutes.

Serves 1.

Notes: If you cannot find the Lipton brand you can use 2-3 Tbsp of other dry soup mixes. Adding a packet of salsa is a good twist.

Chicken Diablo Rice:

In a quart freezer bag put:

1 cup instant rice

1/4 cup freeze dried corn

1 package tomato Lipton's® Cup-a-Soup or 2-3 Tbsp of other brands

2 tsp chili powder

Take one 3-5 oz can of chicken also.

Add chicken with liquid and 1 cup boiling water. Stir well and put in cozy for 10 minutes.

Serves 1.

Sesame Orange Chicken by Perk:

2 tsp sesame seeds, toasted

1/2 tsp butter buds

1 tsp dry milk

1 tsp low sodium chicken bouillon

Dash of red pepper

1/2 tsp Crystal Light® orange powder (or Tang®)

1/2 tsp cornstarch

Also take:

A 7oz pouch of chicken

1-2 cups instant rice in a separate freezer bag.

Combine all but meat with ¼ cup boiling water and shake to mix well. Add meat and put in a cozy for 10 minutes. Add boiling water to rice bag and put in cozy with the first bag.

Serve over instant rice.

Serves 1-2. (1 cup instant rice per person.)

Curried Chicken Cranberry Couscous:

At home, in quart freezer bag mix:

3/4 cup couscous

1/2 cup dried cranberries

1 Tbsp dried onion flakes

1/2 tsp dried parsley

1 1/2 tbsp curry powder

1/2 tsp salt (if desired)

Also take:

1 7 ounce packet or 5 ounce can chicken

2 Tbsp olive oil

1/4 cup diced walnuts

In camp put the chicken and 1 1/4 cup boiling water in the bag. Let sit 8 minutes and then add in 1/4 cup walnuts and toss.

Serves 2.

Ramen Pot Pie:

In a quart freezer bag put:

1 package chicken flavored ramen with seasoning packet. Break up the ramen.

1 pouch or can of chicken (3-7 ounces depending on your taste)

A quart freezer bag with instant mashed potatoes. (I would recommend the Idahoan® ones that have everything in them, or use the cup version that has everything in it.)

In camp add 2 cups boiling water to the ramen. Add in the chicken. Pop in a cozy for 10 minutes or so, then start adding the potatoes till it becomes nice and thick.

Serves 2.

Lunches

Frito Pie

1 can chili

6-8 small bags Frito's corn chips

Shredded cheese

Cook up pot of chili (homemade or canned). Buy individual size bags of Frito's corn chips.

Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese.

And you have portable lunch time Frito Pie.

Pita pocket Frito Pie

1 pk. Pocket Bread

1 can Chili,

1 bag Frito's Corn Chips

8 oz Grated Cheddar Cheese

Heat Chili, put some chips in the Pocket bread and spoon chili on top. Add more chips and cheese. Eat as many as you can.

"It's in the bag" Chinese serves 4-5

1 can Chinese vegetables,

1 can bean sprouts,

Soy Sauce

1 can Chinese noodles

2 @ 4 oz cans of chicken

1.5 cups Minute Rice

Place rice in a large 2 qt. heavy freezer style zip lock bag. Boil 1.5 cups of water and place in bag with rice; add Chinese vegetables, sprouts and chicken. Seal and let set 5 minutes. Serve over Chinese noodles

Breakfasts

Eggs n O's (2 servings)

15 oz can spaghettiO's
2 eggs
2 tbs shredded parmesan cheese
2 tbs milk
1/8 tsp garlic powder

In a bowl beat together eggs cheese, milk and garlic powder.
Dump in spaghettiO's and pour into skillet sprayed with Pam.
Cook over medium heat until set.

Egg in the Nest

1 piece bread,
1 egg,
1 Sliced cheddar cheese
1 slice deli ham

Spray skillet with Pam. Cut a hole in center of bread for the egg about 2/5 to 3" in diameter. Butter both sides of the bread. Place bread in fry pan. Break egg over bread into hole. Cook until set enough to turn. Flip over and place ham and cheese over bread. Cover skillet and cook until cheese is melted.

Quesadillas

Kernel quesadillas

2 7 oz cans corn
4 oz jar chunky salsa
1 cup shredded cheddar
8 6" tortillas

In a large skillet stir together the corn and salsa over high heat.
Spoon mixture evenly over 4 tortillas
Toss ¼ cup of cheese onto each
Top with another tortilla and then cook on medium heat skillet for about 3 minutes on both sides.

Club quesadillas

½ cup mayonnaise	8 slices deli ham
8 flour tortillas	8 slices provolone cheese
2 cups shredded lettuce	salsa
2 tomatoes, sliced	
8 slices deli turkey	

Spread mayo on each tortilla. On four tortillas, layer lettuce, tomatoes, turkey, ham, and cheese. Top with remaining tortilla, Can be served this way cold or can cook in a pan for about 2 minutes on each side to serve warm.

Easy Chicken Quesadillas

2 16 oz cans chicken meat
1 10 ¾ oz can cheddar cheese soup
½ cup salsa
10 8" tortillas

IN a medium skillet over medium high heat, cook chicken, soup and salsa until heated throughout. Top ½ of each tortilla with about 1/3 cup of mixture. Fold tortilla in half and cook on medium heat skillet for about 2-3 minutes on each side.

Apple pie Quesadillas

1 21 oz can apple pie filling

1/3 cup raisins

½ tsp cinnamon

8 6" tortillas

½ cup shredded Mexican blend cheese.

In a bowl combine apple pie filling, raisins and cinnamon. Coat skillet with Pam. Place one tortilla in skillet and top with 2 tablespoons cheese and ¼ cup pie filling mix. Cook 1 – 2 minutes until cheese is melted and bottom of tortilla is golden brown. Fold tortilla in half, sprinkle cheese over the top and cook about 2 minutes longer.

Quesadilla Italiano

1 can pizza sauce

Grated mozzarella cheese

1 tbs. cooking oil

Flour tortillas 9"

Pizza toppings, sausage, onion, mushroom.....

Cook the sausage, mushrooms, and onions. Oil skillet and put tortilla on the sauce, toppings and cheese. Put 2nd tortilla on top and heat for 2 minutes, flip and heat 3 minutes more or less.

SPAMÒ Quesadillas 18 appetizer servings.

1 (12-ounce) can SPAM Luncheon Meat, chopped

4 cups shredded Monterey Jack cheese with peppers

6 (8-inch) flour tortillas Guacamole and

Salsa

Combine SPAM and cheese. Spoon meat mixture over 3 tortillas. Top with remaining tortillas. In lightly greased griddle, heat filled tortilla over medium high heat until soft and cheese is melted, turning once. Repeat with remaining tortillas. Cut each tortilla stack into 6 wedges. Serve with guacamole or salsa.

Chocolate Tortillas

2 flour tortillas

Chocolate bar or chips

Mini Marshmallows

Vegetable. oil

Heat skillet with oil, Add tortilla. Add chocolate chips or pieces of bar and the marshmallows. Cover with second tortilla and flip. Cover until chocolate melts.