

Dutch Oven Cooking

Beef Roast Main Dishes

French Style Roast Beef

**3 lb Boneless chuck or rolled rump roast
6 whole cloves
1 bay leaf
4 c water
2 med. onions, quartered
2 med. stalks celery, cut into 1" pieces
1 tsp salt
5 peppercorns
1 lg clove, garlic
4 med. carrots cut into quarters
2 med. turnips cut into quarters**

Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2-1/2 hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables.

Tasty Beef Roast

**1 3 lb to 5 lb beef roast
1 can cream of mushroom soup
1 package dry onion soup mix**

Brown roast. Pour 1/2 can mushroom soup around meat. Pour onion soup mix over meat, then the remaining mushroom soup over all. Let bake to desired doneness. Approximately 30 to 45 minutes to pound.

Beef Pot Roast

**3-4 lb rump roast or pot roast
3 med potatoes, pared and halved
3 med carrots, cut into 2" pieces
2 med onions, halved
1 tsp salt
1/4 tsp pepper
1/2 c water or beef broth**

Brown roast in oven on all sides in small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 for 3-5 hours depending upon size of roast and degree of doneness desired. Remove meat and vegetables carefully and place on serving platter.

Ann's Brisket

**3-4 lb beef brisket
Seasoned tenderizer
2-3 tbs flour
Salt and pepper**

Coat brisket well with tenderizer. Wrap with 2 layers of heavy duty foil. Refrigerate overnight. Place in dutch oven, cover and cook 225 to 250 for 6 to 7 hours. You can cook it faster but it is juicier cooked slow. Remove from foil and place on warm serving plate. Using the juice, flour, salt and pepper, make a thin gravy. Pour gravy over brisket before serving. By Ann Audleman, Ft Walton Beach, Fl

Swiss Steak

**3 lb round steak
3 stalks celery, peeled, chopped fine
3 tbs butter
1/2 c catsup
1 tsp salt
1 tbs chopped parsley
1 lg onion, diced**

Brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2 to 2-1/2 hours. 1/2 c water may be needed if mixture thickens too much.

Onion Swiss Steak

**3 lb round steak, 3/4" thick
2 pkg onion soup mix
1-1/2 tsp salt
2 cans (10 oz) tomatoes
1/4 tsp pepper**

Cut steak into serving pieces, season with salt and pepper and place into dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meet is done and tender.

Steak & Mushrooms

1 lb mushrooms sliced
1/2 tsp salt
1 c onions, diced
1/2 tsp pepper
1/4 lb butter
1 round steak
8 oz can tomato sauce
flour
1 tbs Worcestershire sauce

Cut meat into strips and coat with flour. Saute in melted butter for 5 min. Add onion and mushrooms, cook another 5 min or until onion turn clear. Add remaining ingredients and stir well. Simmer 1 to 1-1/2 hours. Serve over rice.

Flank Steak Teriyaki

4-6 flank steaks
4-6 pineapple slices
1 tbs salad oil
1/2 c soy sauce
1/4 c sugar
2 tbs sherry (optional)
1 tsp ginger
1 clove garlic, crushed
1/2 tsp MSG

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1-1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Serve over rice.

Corned Beef with Dijon Glaze

3 lb corned beef brisket
4 c water
1/4 c vinegar
1/4 c Worcestershire Sauce
2 bay leaves
8 whole cloves
3 cloves garlic, crushed
1/2 c dijon mustard
1/2 c orange marmalade
2 tbs horseradish

2 tbs Worcestershire Sauce

Place brisket in dutch oven. Add water and next 5 ingredients, bring to a boil. Cover, reduce heat and simmer 2-1/2 to 3 hours or until tender. In a small saucepan, combine dijon mustard, marmalade, horseradish, and Worcestershire sauce. Cook over medium heat, stirring constantly, until bubbly. Remove brisket and drain. Return to oven and spread with 1/2 c glaze. Bake at 350 for 20 min. Serve with remaining glaze.

Beef Stew Dishes

Beef Goulash

**3 lb beef, cubed
1 tsp salt
2 tbs Cooking oil
1 can mushroom soup**

Brown the beef in cooking oil. Add salt and soup. Cover and simmer about 1 hour.

Hungarian Goulash

**2 lb beef tips, 2" cubes
2 tsp paprika
1 sm onion
1-1/2 tsp salt
3 tbs Wesson oil
1/4 tsp pepper
1 can whole tomatoes
1 c sour cream
4 oz whole mushrooms
2 tbs flour**

Brown beef tips and onion in oil, add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

Beef Burgundy

**2 lb beef round roast
2 cans beef gravy (or pkgs of instant)
1 clove of Garlic
1/4 tsp oregano
3 med onions, sliced**

1/2 c burgundy wine
4 tbs butter
1/2 pt sour cream

Cut beef into 1 inch cubes. Sprinkle with tenderizer. Saute garlic and onions in butter slowly until onions are clear or slightly browned. Remove onions and brown meat slowly in the drippings. Add beef gravy, salt, pepper and onions to pan. Simmer 15 min. Serve over rice.

Beef Stew

2 lb stew meat, 1" cubes
1 lg onion, sliced
3 tbs oil
1 can (1lb 12oz) tomatoes
1/2 c flour
1 clove garlic, minced
2 tsp salt
1/3 c water
1/2 tsp pepper
1 bay leaf
6 carrots, cut into 1" pieces
3 med potatoes, peeled, cubed

Coat beef cubes with a mixture of flour, salt and pepper. Brown in hot oil in bottom of oven. While oven is still hot, pour water in and scrape brown bits from bottom. Place remaining ingredients into oven and cover. Simmer 1 to 2 hours or until meat is tender and potatoes are done.

Easy Beef Stew

2 lb. Stew meat
3 large onions
Potatoes
Corn
Carrots
Peas
Cauliflower
2 Beef bouillon cubes
Mushrooms
Seasonings
Cornstarch
Water
Kitchen Bouquet

Cut meat into pieces of eating size, Cut onion into quarters, Cut vegetables and potatoes into desired size for eating. Put 1/4 inch of oil in Dutch oven

and place on coals. When oil is hot, add meat and onions. Cook until meat is browned. Remove pot from fire and drain off excess oil. Add all vegetables, potatoes, and mushrooms. Add seasoning to taste. Add bouillon cubes. Add enough warm water to cover vegetables. Cover and place pot on coals. Put 10 coals on top. Cook until vegetables are tender. When vegetables are tender, add corn starch to thicken water mixture. Add some Kitchen Bouquet to create browner gravy.

Bruce Rosen, Scoutmaster Troop 1948, Rockville, MD

Great Beef Stew

1/4 lb chuck steak (cheap) for each person

5 pounds of potatoes

5 pounds of carrots

Salt, pepper, bay leaves, water

Let the beef cook for 30 minutes after the water is a full boil, (make sure pot has a cover for more efficient heating) throw in carrots + potatoes , bring to boil and serve once carrots and potatoes are soft. Jack Clow, Scouter

Stew and Biscuits

1 roast (1/4 - 1/2 lb. per person; cheaper than stew meat)

1 bottle Zesty Italian salad dressing

1 tbsp. Worcestershire sauce

1 tbsp. butter or margarine

1 large onion

1 tsp. pepper

1 tsp. garlic salt

1 tsp. seasoning salt

1/2 cup corn starch

1 - 2 cans refrigerated jumbo biscuits

1 large Ziplock bag

2 - 3 1 lb. bags frozen vegetables (chef's choice - many combinations are available at the supermarket.

Note: The onion can be omitted if the frozen vegetable package includes onion. It's nice to include a specialty mixture of vegetables for color and variety.) 1 package mushroom (or brown) gravy mix. Also, (a package of e.g., McCormick, beef stew seasoning can be used in place of the seasonings and corn starch)

The morning of the dinner, cut up the roast into bite-sized cubes, put the cubes in the Ziplock bag, and add the salad dressing and Worcestershire sauce. Seal the bag and knead to mix the contents. Put the bag back in the

cooler until its time to cook. It is best if the meat can marinate at least four hours (this imparts a wonderful flavor to the meat as well as tenderizes it).

Dice the onion. Saute' in the butter in the Dutch oven. Then add the marinated meat and spices and brown the meat. After the meat has browned, add the mixed vegetables and stir. When everything is combined, mix the gravy mix with water in a separate cup per the instructions on the package and add to the stew. If there is not enough liquid to the mixture, add a little more water. Cover the Dutch Oven and allow to cook for about 1/2 hour, stirring occasionally. There will be extra liquid in the stew from the marinade, vegetables, and added water, which will have to be thickened. To do this, mix the corn starch with cold water in a separate cup until it is a thick white liquid. Slowly stir this into the stew over heat until it starts to thicken. Cover and allow to simmer on low heat for 5 - 10 more minutes, stirring frequently. Pull the oven off the fire and uncover. Place jumbo biscuits on top of the stew leaving a small gap between the biscuits. Cover the oven and place the oven on a pile of coals, then place coals on the lid. Check periodically until the biscuits are light golden brown.

Jim Lewis, SM Troop 1, Bartlesville, OK

Squirrel Stew, Georgia Style

2 squirrels, cleaned, cut into 6 pieces each

2 c bouillon

Leafy tops of 2 stalks of celery

1/8 lb salt pork, 1/2" cubes

2 c fresh lima beans

2 tbs flour

2 lg ripe tomatoes, peeled

1 tsp salt

1 c fresh corn kernels

1/4 tsp pepper

1 tsp Worcestershire sauce

2 lg onions, thinly sliced

1-2 tbs flour

Fry salt pork until very crisp, then remove pieces from the pan. Dredge squirrel in seasoned flour and saute in hot fat until brown on all sides. When nearly brown, add onions and cook until soft. Place meat in dutch oven, together with broth and celery tops. Cover and bake at 350 for 1 hour. Remove celery tops, add lima beans, tomatoes, corn and Worcestershire sauce. Cover and bake until vegetables are tender-about 30 min. Skim off excess fat and thicken gravy with flour and 1/2 c cold water. Serve hot topped with crisp pork cracklings.

Beef Main Dishes

Sausage Balls

**1 lb Sausage (Mild or hot)
1 Egg
6 oz Grated Cheddar Cheese
3 c Bisquik**

Mix all ingredients together. Mixes best with your hands. Pinch off small pieces and form into balls. Cook 10-15 min at 350 in dutch oven. Makes 6 dozen.

Corned Beef & Cabbage

**2 lb well trimmed corned beef
1 sm onion, quartered
Boneless brisket or round
1 clove garlic, crushed
1 sm head green cabbage, cut into 6 wedges
6 med carrots cut into quarters**

Pour enough cold water on corned beef in dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce head. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carats, heat to boiling. Reduce heat and simmer uncovered 15 min.

Round Steak Hawaiian

**1/4 c cooking oil
1 can sliced water chestnuts, drained
1-1/2 lb round steak
1 jar homestyle beef gravy
1 bell pepper cut into strips
Chow mein noodles**

1 lb mushrooms, sliced 1/2 tsp salt

Cut steak into 1/4" strips. Heat oil over medium-high heat. Add steak, onion, green pepper, mushrooms and salt. Cook until meat is brown, stirring constantly. Drain and add water chestnuts and gravy. Cover and simmer 1-1/2 to 2 hours, stirring occasionally. Serve over rice and sprinkle with chow mein noodles.

Ground Beef Main Dishes

Poor Man's Steak

2 lb pkg Ground beef

1 1/3 c Milk

2 tsp Salt

Margarine

1/4 tsp Pepper

2 cans Mushroom Soup

2 c Cracker Crumbs

1 c Water

Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Let stand in refrigerator overnight or as least 6 hours. Cut into slices and brown in margarine. Mix soup with 1 c of water and pour over meat placed in dutch oven. Bake at 350 for 1-1/2 hours.

Salisbury Steaks

2 lb ground beef

2/3 c bread crumbs

1 tsp salt

1/2 tsp pepper

2 eggs

2 lg onions, sliced

2 cans(10 oz) condensed beef

2 cans (4 oz) mushrooms, drained

Broth

1/4 c cold water

4 tbs cornstarch

Mix ground beef, bread crumbs, salt, pepper and eggs, shape into 8 oval patties, each about 3/4" thick. Cook patties over medium heat, turning occasionally, until brown, about 10 min, drain. Add onions broth and

mushrooms. Heat to boiling, reduce heat. Cover and simmer until beef is done, about 10 min.

Meat Loaf

3 lb ground beef
1/2 c bell pepper
1-1/2 c quick oats
2 pkg onion soup mix
2 eggs
1-1/2 tsp salt
1/2 tsp dry mustard
1/4 tsp marjoram

Mix all ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

Basic Hamburger, Beans & Biscuits

2 lb lean Hamburger or Turkey Hamburger
2 2 lb cans of Pork & Beans
1 jar Hickory Smoked BBQ sauce
1 jar Mesquite BBQ sauce
1 jar Regular BBQ sauce
1 cup shredded Cheese
Ketchup
Mustard
Onions
Your favorite Rollout Biscuit Mix

Brown and drain the Hamburger. Add both cans of Pork & Beans. Fix well. Add as much or as little of the three BBQ sauces to the mix. Again, mix well. Add Ketchup and Mustard to taste. Once all is mixed, add a handful of chopped onions (the finer the better). Let simmer on low heat for 15 minutes.

Make your Rollout Biscuits. Cut out in circles. Cut circles in half giving two half circles. Stir the Beans & Hamburger. Arrange biscuit halves on top of simmering beans. Stand biscuit halves on end so that round halves are up. Cover the complete top of the beans and hamburger mix with biscuit halves. Add all shredded cheese on top of biscuits. Bake for 30 minutes at 400 degrees. It's done when the biscuits are done.

Mess

- 1-1/2 lb ground beef**
- 1 can(16 oz) french style green beans**
- 1 can tomato soup**
- 1 sm onion chopped**
- 1 can mushrooms**

In dutch oven or large pot, brown ground beef and onion until onion is clear. Drain and add other ingredients. Heat through and salt to taste. Serve plain or on top of noodles or spaghetti. Lynne Waltz, Troop 546, Niceville, FL

Taco Pie

- 1-1/2 lb ground beef**
- 1 med jar Taco sauce**
- 4 lg corn tortillas**
- 1 8 oz pkg shredded cheddar cheese**
- 1 can (8 oz) tomato puree**

Brown ground beef, drain. Combine taco sauce and tomato puree. Line dutch oven with aluminum foil. Place 2 tortilla shells in Dutch oven. Place 1/2 of ground beef on top, pour 1/2 taco sauce over top. Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top. Sprinkle with cheese. Cover and bake until cheese is melted. Variations: Add chopped onions, mushrooms or tomatoes to meat.

Lynne Waltz, Troop 546, Niceville, FL

Scouting A-E

Tamale Pie

- 1 1/2 lb.. ground beef**
- 1 clove garlic, minced**
- 1 onion, coarsely chopped**
- 1 green pepper, cut in 1 inch squares**
- 1 can (1 pound) tomatoes, cut up**
- 1/2 cup stuffed green olives (or black olives), coarsely chopped**
- 1 to 2 teaspoons chili powder**
- 1 teaspoon salt**
- Freshly ground pepper to taste**
- 1 package (11 ounces) corn muffin mix**
- 1 can (8 oz) cream corn**
- 1/3 cup milk**

1/2 cup shredded cheddar cheese

Brown ground beef in Dutch Oven, drain excess fat off. Add garlic, onion and green pepper and saute' 5 minutes or until tender. Add tomatoes, olives, chili powder, salt and pepper and simmer 10 minutes. In a bowl stir together muffin mix, corn and milk until evenly moistened. Spoon over ground beef mixture and sprinkle with cheese. Bake at 400 degrees for approximately 20 minutes, or until browned.

Taco Casserole

**2 pounds hamburger
6 tortillas cheese grated
2 cloves garlic, minced
2 cans enchilada sauce
1 small can tomato sauce**

Brown meat and garlic. Add enchilada sauce and tomato sauce. Simmer for 30 minutes. Tear tortillas and layer pan with tortillas, meat, cheese. Repeat with cheese on top. Bake at 350 degrees for 45 minutes.

Pasta Italiano Bake

**1 lb ground beef
1/4 cup chopped onion
1/4 cup chopped green pepper
1 garlic clove, minced
1 6 oz can tomato paste
1/2 cup water
1 teaspoon salt
1/2 teaspoon oregano leaves
2 cups (4 oz) noodles, cooked, drained
1/4 cup chopped parsley
1/2 cup Miracle Whip salad dressing
3/4 cup Kraft grated parmesan cheese
2 eggs, beaten**

Brown meat, drain. Add onion, green pepper and garlic; cook until tender. Stir in tomato paste, water and seasonings. Cover; simmer 15 minutes. Combine noodles and parsley; toss lightly. Combine salad dressing, 1/2 cup cheese and eggs; mix well. Layer noodles and meat mixture in Dutch Oven; top with remaining cheese. Bake for approximately 40 minutes. 6 servings.

Easy Meat Loaf

2 pounds ground beef

1 small can evaporated milk or 1/2 cup milk
2 packages dried onion soup mix

Mix all ingredients together and form loaf in Dutch oven. Bake approximately 50 to 60 minutes.

Dutch Oven Enchilada Casserole

2 lb. ground beef
1 teaspoon salt
1 large onion, chopped
1 can tomato soup (10 3/4 oz)
2 cans enchilada mild sauce (10 oz)
1 can water (10 oz)
1 package of corn tortillas
1/2 lb grated or sliced cheese

Brown together beef, salt and onion. Add tomato soup, enchilada sauce and water to beef mixture and simmer together. Place 3 or 4 corn tortillas on bottom of Dutch Oven. Remove 3/4's of the meat mixture from pan, and place over top of tortillas. Add another layer of tortillas. Add a 1/4 lb of cheese on top. Add another layer of meat mixture. Place another layer of meat mixture. Place another layer of tortillas. Sprinkle with remaining cheese. Place like over Dutch Oven and let simmer until it appears to be done. Approximately 30-40 minutes.