

One Pot Spaghetti

Ingredients

1 pound Ground Beef	½ t oregano
1 Large Onion, diced	½ t salt
2 14 oz cans of chicken broth	¼ t pepper
6 oz can of tomato paste	1/8 t garlic powder
8 oz spaghetti- uncooked & broken	Garnish with Parmesan Cheese

Equipment

Large pot, Knife, spoon, can opener

Instructions

Brown ground beef over medium heat (or prepare it before hand), drain, and stir in broth, tomato paste, & seasonings. Bring to a boil. Add spaghetti, reduce heat and simmer. Stir often for 15 minutes or until spaghetti is tender. Garnish with Parmesan Cheese and enjoy. Serves 4

Comment: One Pot – very cool

Chinese Beef & Noodles

Ingredients

1 1/4 pounds Ground Beef
2 3 oz pkgs Oriental flavored Ramon
Noodles, crushed with (2) seasoning packs
2 c frozen stir fry vegetable blend, thawed
2 cups of water
2 T green onions sliced

Equipment

Large pot, cup, knife

Instructions

Brown ground beef over medium heat, drain, and add seasoning pack. Heat through.
Combine noodles, seasoning pack, vegetables and water. Bring to a boil. Reduce heat to medium. Cover and simmer 3 minutes until noodles are tender, stirring occasionally
Add green onion and mix well. Serves 4 to 6

Comment: Clean up is very easy!!

5-can chili Recipe

Ingredients

one can chili, your favorite
one can diced tomatoes
one can corn
one can kidney beans, drained
one can any other beans, un-drained
1/4c. BBQ sauce
1t. chili powder or to taste

Equipment

A Large Pot, big spoon

Instructions

combine all ingredients, heat for 15 minutes
serve

Comment Great for scouts working on cooking merit badge

Spiderman Stew

Ingredients:

1 lb hamburger
1 onion -chopped
1-2 cans of sliced white potatoes
Mushrooms, corn, or green beans to your liking.
12 oz water with salt & pepper

1-2 cloves chopped garlic.
1 can stewed tomatoes (or diced)

Equipment

A Large Pot, big spoon

Instructions

Brown hamburger with 1 to 2 gloves of chopped garlic. Add one chopped onion. Cook until onion is soft. Add 1 to cans of sliced white potatoes and one can of diced tomatoes, mushrooms, corn or green beans. Add water with salt and pepper. Cook 20 plus minutes over medium low heat – stir often.

Feeds 5-7 people

Cheeseburger Chowder

Ingredients

1 pound lean ground beef	2 med potatoes, cubed, - 2 cups
1/2 cup chopped celery	1/4 cup chopped onion
2 tablespoons chopped green pepper	
1 tablespoon beef bouillon	1/2 teaspoon salt
1 1/2 cups water	2 1/2 cups milk
3 tablespoons flour	1 cup shredded Cheddar cheese

Equipment:

One Pot, measuring cup, knife, spoon

Instructions:

In a large pot, brown ground beef, drain. Stir in cubed potatoes, chopped celery, chopped onion, chopped green pepper, bouillon, salt, and 1 1/2 cups water. Cover and bring to a boil; reduce heat and simmer until vegetables are tender, about 15 to 20 minutes.

Blend flour with 1/2 cup of milk in baggie. Work it with your fingers. Pour your flour paste into the pot, and add the remaining milk. Warm and serve.

Taco Skillet Dinner

Ingredients

1 pound lean ground beef	1 medium tomato, cubed
1 taco seasoning package	2 ½ cups of water cup
7 oz of uncooked elbow macaroni	2 green onions, chopped
4 oz shredded cheddar cheese	½ cup sour cream

Equipment:

One pot or large skillet, measuring cup, knife, spoon

Instructions:

In a large pot, brown ground beef, drain. Stir in taco seasoning, water, and macaroni. Reduce heat to medium low and simmer 8 to 10 minutes until macaroni is tender. Serve and top each bowl with cheese, onion, tomato and sour cream.

Minestrone Soup with Meatballs

Ingredients

2 19 oz cans of minestrone soup
12 frozen meatballs
½ cup southern style hash browns- (cooked)
1 oz Parmesan Cheese

Equipment

Large pot, spoon, can opener

Instructions

Combine soup, meatballs and hash browns together and simmer for 10 minutes until meatballs hot. Serve and sprinkle cheese on top.