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Any Time Items

Any Time Items

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

DESSERT "BOX"

-----CAMP COOLERS

Ghirardelli chocolate in each camp cooler

-----Dessert Box

Walkers shortbread or PF's Chessmen

PF Geneva

PF Brussels

LU Chocolate wafer cookies, if available

Cake Mix and Frosting

Brownie mix

Servings: 11

Any Time Items

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

Frozen Fruit for Your Marble Canyon Float and Bender Drink Party

-----CAMP COOLER

3 bags frozen fruit
frozen lime-aid
frozen cranberry juice
frozen pineapple juice
Servings: 11

Camp 0

Camp 0

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

D--BREAKFAST--Put-In Breakfast

-----CAMP COOLER

48 ounces orange juice
2 packages coffeecake or muffins
16 servings seasonal fruit

-----PRODUCE CRATE

2 bunches bananas
Servings: 11

Camp 0

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

E--LUNCH--Put In River Lunch

-----CAMP COOLER

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- 1 container hummus**
- 1 1/2 pounds cheese(s)**
- 2 pounds deli meats (2 kinds)**
- 1 head lettuce, iceberg**
- 3 each tomatoes**
- 1 each onion, red**
- 11 servings lunch fruit**
- 13 each mayonnaise packets**
- 13 each mustard packets, yellow and dijon**
- 1 package Pecan Sandies or Oreos, or Chips Ahoy or Fig Newtons or Nutter Butters**
- 2 loaves bread**

1. Slice the cheeses and vegetables.
2. Spread all of the ingredients out deli style. Build your own as you wish.

Servings: 11

Camp 01

A--Appetizer--Apple Slices, Smoked Gouda and Crackers

-----CAMP COOLER

16 ounces smoked Gouda cheese

-----CAMP BOX

2 sleeves crackers

-----PRODUCE COOLER AND CRATES

8 each apples

1. Wash and slice apples.
2. Serve with cheese and crackers.

Servings: 11

Camp 01

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

A--SALAD--Spinach Salad

-----CAMP BOX

1 bottle Salad Dressing for Spinach Salad

-----PRODUCE COOLER AND CRATES

15 ounces mushrooms

1 1/2 each cucumbers

1 each onion, red

12 servings spinach, washed

3 each tomatoes

1. Open bag of washed spinach. Wash and slice remaining veggies.
2. Toss all ingredients together with Italian dressing.

Servings: 12

B--DINNER (Grill)--Grilled Salmon and Rice Pilaf

-----CAMP COOLER

2/3 cup butter
13 pieces salmon

-----CAMP BOX

24 ounces rice pilaf

-----PRODUCE COOLER AND CRATES

3 each lemons

-----STAPLES BOX AND SPICE BOX

5 1/2 teaspoons garlic, crushed
2/3 tablespoon Italian seasoning, if desired
dill weed, if desired
lemon pepper, if desired

charcoal

aluminum foil

1. Start charcoal in firepan. Prepare rice according to directions.
2. Melt butter over low heat. Add crushed garlic to the butter and mix.
3. Brush both sides of the salmon with butter/garlic mixture, herbs, salt and pepper. Double wrap in aluminum foil and seal tightly.
4. Place fish on coals. Grill salmon for about 12 minutes, turning halfway through.
5. Serve salmon with rice and slices of lemon on the side.

Servings: 11

Camp 01

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

D--BREAKFAST--Bagel Breakfast with Cream Cheese and Yogurt

-----CAMP COOLER

- 1/2 cup butter
- 32 ounces yogurt
- 8 ounces cream cheese
- 8 ounces cream cheese, flavored
- 12 ounces frozen concentrated juice
- 1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

- 1 Jar jelly
- 1/2 pound coffee (PROVIDED BY PATSY)
- 10 assorted teas (odd camps)

-----BREAD BOX

- 14 each bagels

-----PRODUCE COOLER AND CRATES

- fresh fruit

-----STAPLES BOX AND SPICE BOX

- powdered creamer
- sugar

**** This can be a quick breakfast to make and clean up. The griddles can be cleaned with paper towels, leaving just a few utensils to wash. *****

1. Toast bagels on griddle if desired.
2. Layout everything buffet style.

Servings: 11

Camp 01

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

E--LUNCH--Turkey and Cheese Sandwiches(GORP)

- CAMP COOLER
- 3/4 pound cheese
 - 1 7/8 pounds turkey, deli
- CAMP BOX
- 1 jar pickles
 - 14 each mayonnaise packets
 - 12 ounces GORP
- BREAD BOX
- 1 1/2 loaves bread
- PRODUCE COOLER AND CRATES
- 1 1/2 each cucumber
 - 3/8 head lettuce, iceberg
 - 3/4 each onion, red
 - 2 each tomatoes
 - lunch fruit
1. Wash veggies. Slice cucumber, tomatoes, and onion.
 2. Slice cheeses. Open meat package.
 3. Set out all ingredients buffet style.

Servings: 12

Camp 02

A--APPETIZER--Guacamole and Chips

-----CAMP COOLER

1 bag avocado, pre-mashed bag

-----CAMP BOX

24 ounces tortilla chips

16 fluid ounces salsa

-----STAPLES BOX AND SPICE BOX

cumin

hot sauce

1. Mix avocado and some of the salsa to make guacamole. You may want to add cumin, or other spices from the Spice Box. Serve with chips.

Servings: 11

Camp 02

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

A--SALAD--Corn

-----CAMP BOX

60 ounces corn, canned

1. Open, heat and serve!

Servings: 12

A--SIDE-Toppings for Tacos - Lettuce, Tomatoes, Limes, Cilantro, Onion

-----PRODUCE COOLER AND CRATES

1 head lettuce, iceberg

3 each tomatoes

2 each onion, yellow

1 bunch cilantro, fresh

4 each limes

1. Wash veggies. Chop tomatoes, onions and cilantro. Shred lettuce. Slice limes.

Servings: 12

Camp 02

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

B--DINNER--Tacos with Meat and Cheese

-----CAMP COOLER

4 1/2 pounds ground beef
16 fluid ounces sour cream
16 ounces cheddar and/or jack cheese
35 each corn tortillas

-----CAMP BOX

11 fluid ounces salsa
11 servings Mexican rice
30 ounces refried beans
2 cans olives, black
4 packages taco seasoning mix

-----PRODUCE COOLER AND CRATES

1 head lettuce, iceberg
2 each tomatoes
3 each onion, yellow

1. Prepare rice according to directions on the package.
2. Chop onions. Brown meat, onion and taco seasonings in a large frying pan.
3. Grate cheeses.
4. Heat refried beans. Tortillas can be heated in a dry frying pan.
5. Serve buffet style with sour cream and olives.

Servings: 11

D--BREAKFAST--Scrambled Eggs with Onion and Cheese and English Muffins

-----CAMP COOLER
1 cup butter
1 pint half and half (camps 1, 4, 7, 10, 13, 16)
-----CAMP BOX
1/2 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)
-----BREAD BOX
12 each English muffins
-----EGG BOX OR COOLER
28 each eggs
-----PRODUCE COOLER AND CRATES
fresh fruit
1 each onion, yellow
-----STAPLES BOX AND SPICE BOX
powdered creamer
sugar

1. Whisk eggs with salt and pepper to taste.
2. Chop onion (optional) and saute in butter until tender.
3. Pour in eggs and cook until done.
4. Top with cubed or shredded cheese.
5. Toast muffins on griddle.

Servings: 11

Camp 02

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

E--LUNCH--Hummus Pockets with Extra Veggies

-----CAMP COOLER

3/4 pound cheese
12 ounces hummus, pre-made

-----CAMP BOX

1 package Pecan Sandies or Oreos, or Chips Ahoy or Fig Newtons or Nutter Butters

-----BREAD BOX

11 each pitas

-----PRODUCE COOLER AND CRATES

3 each avocados
1 1/2 each cucumbers
3/4 head lettuce, iceberg
11 each carrots
3/4 each onion, red
3 each tomatoes
lunch fruit

1. Wash and slice carrots, tomatoes, cucumbers & onion and set out buffet style.
2. Set out remaining ingredients.
3. Let everyone build their own pita sandwich.

Servings: 11

Camp 03

Camp 03

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

A--APPETIZER--Onion Dip with Chips

-----CAMP COOLER

32 fluid ounces Sour cream

-----CAMP BOX

2 packages onion soup mix

3 cans Pringles

Mix the sour cream and the onion soup mix until well blended.

Serve the dip with the Pringles.

Servings: 12

Camp 03

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

A--SALAD--Green Salad

-----CAMP BOX
1 bottle salad dressing

-----PRODUCE COOLER AND CRATES

- 4 each carrots
- 1 1/2 each cucumber
- 2 heads lettuce, romaine
- 1 bunch green onions
- 2 each tomatoes

1. Wash and slice veggies.
2. Mix thoroughly.
3. Serve with dressing.

Servings: 12

B--DINNER (Grill)--Chicken Teriyaki, Basmati Rice and Garlic Bread

-----CAMP COOLER

1/3 cup butter
11 each chicken breasts, boneless and skinless
8 fluid ounces orange juice

-----CAMP BOX

1 bottle soy vav Teriyaki Sauce
5 1/2 cups basmati rice

-----BREAD BOX

1 1/2 loaves french bread

-----PRODUCE COOLER AND CRATES

2 each oranges

-----STAPLES BOX AND SPICE BOX

2 3/4 teaspoons garlic powder
5 1/2 teaspoons garlic, crushed

8 1/4 ounces beer (optional and client provided)
charcoal

1. Marinate the chix in orange juice, beer (optional), teriyaki sauce, garlic powder, and sliced oranges.
2. Prepare coals in the firepan 20-30 minutes prior to cooking.
3. Prepare rice pilaf according to directions.
4. Grill chicken over coals for 30 - 40 minutes rotating frequently.
5. Slice french bread in half lengthwise. Butter and spread with crushed garlic. Wrap in aluminim foil and toast face down on griddle.

Servings: 11

Camp 03

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

D--BREAKFAST--Granola, Granola without Walnuts, Dried Fruit, Yogurt and Milk

-----CAMP COOLER

6 cups milk, fresh
48 ounces yogurt
12 ounces frozen concentrated juice
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

1 cup granola without walnuts
48 ounces granola (2 kinds)
1 cup raisins
1 cup craisins
1/2 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Serve granola with fruit and yogurt. There will be milk in early camps.

Servings: 12

Camp 03

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

E--LUNCH--Curried Chicken Salad

-----CAMP COOLER
11 each string cheese

-----CAMP BOX
18 fluid ounces mayonnaise
48 ounces white chunk chicken
2 sleeves crackers

-----BREAD BOX
14 each tortillas

-----PRODUCE COOLER AND CRATES
3/4 each onion, red
3 each apples
lunch fruit

-----STAPLES BOX AND SPICE BOX
1/8 teaspoon cayenne
3/8 teaspoon curry powder
1. Wash and slice apples. Mince onion.
2. Drain chicken.
3. Mix chicken, apple, onion, mayo, cayenne and curry powder in a large bowl.
Serve everything buffet style.

Servings: 11

Camp 04

A--APPETIZER--Veggies and Dip

-----CAMP COOLER

32 ounces sour cream

-----PRODUCE COOLER AND CRATES

1 bag washed mixed veggies

-----CAMP BOX

2 packages onion soup mix

1. Mix sour cream and onion soup mix together to make dip.
2. Serve veggies with dip and chips. Enjoy!

Servings: 12

A--SALAD--Steamed Broccoli

-----PRODUCE COOLER AND CRATES

1 bag washed, cut broccoli tips

-----STAPLES BOX AND SPICE BOX

Mrs. Dash Seasoning

1. Steam broccoli and season as desired.

Servings: 12

B--DINNER--Pesto Pasta and Italian Sausage and French Bread

-----CAMP COOLER

1/3 cup butter

11 servings Italian sausage, mild

11 servings pesto sauce, refrigerated

-----CAMP BOX

2 1/2 pounds penne or rotini pasta

-----BREAD BOX

1 1/2 loaves french bread

-----STAPLES BOX AND SPICE BOX

6 teaspoons garlic, crushed

water for pasta

1. Boil water with a tablespoon of oil. You will need approximately 8 quarts. Add noodles and boil till al dente. Drain.
2. Cook sausage in frying pans with enough water to keep sausage from sticking to pan. Just before sausage is done, the water should be gone so that the sausage will brown.
3. Slice bread in half lengthwise. Spread each half with butter and garlic. Wrap in aluminum foil and warm on griddles.
4. Gently heat pesto sauce. Toss into noodles.
5. Serve pesto noodles with bread and sausages on the side.

Servings: 11

Camp 04

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

D--BREAKFAST--Yogurt Fruit Salad and English Muffins with Cream Cheese

-----CAMP COOLER

48 ounces yogurt
8 ounces cream cheese, flavored
8 ounces cream cheese, plain
1/2 cup butter
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

1 jar honey
1 jar jelly
1/2 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----BREAD BOX

14 each English muffins

-----PRODUCE COOLER AND CRATES

1 each pineapple
1 each cantaloupe

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Toss fruit with yogurt.
2. If desired, toast muffins on griddles. Serve with condiments.

Servings: 12

Camp 04

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

E--LUNCH--Deli Lunch

-----CAMP COOLER

3/4 pound cheese
1 7/8 pounds deli meats

-----CAMP BOX

14 each mayonnaise packets
14 each mustard packets, yellow and dijon
1 package Pecan Sandies or Oreos, or Chips Ahoy or Fig Newtons or Nutter Butters

-----BREAD BOX

1 1/2 loaves bread

-----PRODUCE COOLER AND CRATES

3/8 head lettuce, iceberg
3/4 each onion, red
2 each tomatoes
lunch fruit

1. Wash vegetables.
2. Slice the cheeses and vegetables.
3. Spread all of the ingredients out deli style.

Servings: 12

Camp 05

Camp 05

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

A--APPETIZER--Hummus and Olives with Crackers

-----CAMP COOLER

12 ounces hummus, pre-made

-----CAMP BOX

2 sleeves crackers

1 jar greek olives

Dig in!

Servings: 11

B--DINNER--Chicken Stir-Fry and Rice

-----CAMP COOLER
4 1/4 pounds chicken strips for stir-fry

-----CAMP BOX
5 1/2 cups basmati rice
2 bottles peanut stir-fry sauce

-----PRODUCE COOLER AND CRATES
2 each bell peppers
1/3 bag washed, cut broccoli tips
4 stalks celery
16 ounces snow pea pods
2 each squash, crookneck
2 each onion, yellow

-----STAPLES BOX AND SPICE BOX
1 cup vegetable oil

1. Prepare rice according to directions.
2. Wash and chop and slice vegetables.
3. In a large skillet or Dutch Oven, heat oil over medium high heat.
4. Add chicken into skillet with a dash of stir-fry sauce and saute for about 5 minutes, until chicken is only slightly pink.
5. Add vegetables to the chicken starting with the longest cooking ones first. Add a few more dashes of stir-fry sauce to the skillet. Gradually add the stir-fry sauce as needed and continue to saute until the veggies are heated through and the chicken is fully cooked. Season with pepper.
6. Serve with rice.

Servings: 11

Camp 05

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

C--DESSERT--Fortune Cookies

-----CAMP BOX

12 servings fortune cookies

1. Open and enjoy! Be sure to read fortunes aloud.

Servings: 12

Camp 05

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

D--BREAKFAST--French Toast and Cantaloupe

-----CAMP COOLER

- 1 1/2 cups milk, fresh
- 1 cup butter
- 12 ounces frozen concentrated juice
- 1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

- 24 fluid ounces maple syrup
- 1/2 pound coffee (PROVIDED BY PATSY)
- 10 assorted teas (odd camps)

-----BREAD BOX

- 2 loaves french toast bread

-----EGG BOX OR COOLER

- 18 each eggs

-----STAPLES BOX AND SPICE BOX

- powdered creamer
- sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 4 1/2 teaspoons vanilla
- powdered sugar

-----PRODUCE COOLER AND CRATES

- 2 each cantaloupe

1. Mix eggs with milk and spices. Soak each bread slice in batter and brown on hot, well-oiled griddles.
2. Serve french toast with butter, syrup and other condiments you desire (eg. powdered sugar).

Servings: 12

Camp 05

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

E--LUNCH--Guacamole and Tortillas

-----CAMP COOLER

2 bags avocado, pre-mashed bag
16 ounces cheddar and/or jack cheese

-----CAMP BOX

30 ounces black beans, canned
1 teaspoon cumin
16 ounces salsa
18 ounces tortilla chips

-----BREAD BOX

13 each tortillas

-----PRODUCE COOLER AND CRATES

1/2 head lettuce, iceberg
3 each tomatoes
1 each onion, red
lunch fruit

1. Wash and chop veggies.
2. Mix pre-mashed avocados with salsa and cumin to taste.
3. Serve with tortillas, beans, veggies, and chips.

Servings: 12

Camp 06

Camp 06

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

A--APPETIZER--Easy Antipasto

-----CAMP BOX

1 jar Roasted red peppers or spread

1 jar Kalamata olive spread

2 sleeves crackers

!. Open all and enjoy!

Servings: 11

Camp 06

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

A--SALAD--Hearty Garden Salad

-----CAMP BOX

12 ounces garbanzo beans, canned
1 bottle salad dressing
3/4 cup pecans

-----PRODUCE COOLER AND CRATES

3 each avocados
4 each carrots
1 1/2 each cucumbers
1 1/2 heads lettuce, iceberg
2 each tomatoes
1 1/2 each squash, zucchini

1. Wash veggies. Drain garbanzo beans.
2. Chop and/or grate carrots and zucchini.
3. Slice remaining veggies.
4. Toss all ingredients. Serve with salad dressing.

Servings: 12

B--DINNER (Grill)--Grilled Steak, Veggie Burgers and Baked Potatoes

-----CAMP COOLER

1 package veggie burgers
10 pieces top sirloin steaks (8 - 10 oz each)
16 fluid ounces sour cream
1 cup butter

-----CAMP BOX

15 ounces mushrooms, canned
1 bottle Steak Sauce
8 teaspoons chives

-----PRODUCE COOLER AND CRATES

2 each onion
11 each potatoes

charcoal
aluminum foil

1. Start the charcoal in firepan. Oil the grills to prevent sticking.
2. Roll each potato in aluminum foil and cook on grill for a good long while. Rotate potatoes frequently to cook evenly.
3. Season steaks with salt and pepper. Grill to taste, 6 minutes per side for rare, 8-10 minutes for more well-done steak. Serve with steak sauce on the side.
4. Saute onions and mushrooms and top steaks if you wish.
5. When the steaks are almost done, grill veggie burgers.
6. Serve potatoes with butter, sour cream and chives on the side.

Servings: 11

Camp 06

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
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D--BREAKFAST--Lox and Bagels

-----CAMP COOLER

18 ounces smoked salmon
16 ounces cream cheese
3/8 cup butter
12 ounces frozen concentrated juice
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

3 ounces capers
3/8 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----BREAD BOX

14 each bagels

-----PRODUCE COOLER AND CRATES

2 each lemons
2 each tomatoes
1 1/2 each cucumbers
3/4 each onion, red
fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Toast bagels on griddle if desired.
2. Wash and slice veggies and fruit.
3. Mix drinks.
4. Lay out everything buffet style.

Servings: 12

Camp 06

Patsy Verhoeven
Colorado River Trip
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E--LUNCH--Salami and Cheese

-----CAMP COOLER

1 pound cheese
1 1/2 pounds salami

-----CAMP BOX

2 sleeves crackers
15 each mustard packets, yellow and dijon
1 jar pickles or pepperoncini peppers
1 package Pecan Sandies or Oreos, or Chips Ahoy or Fig Newtons or Nutter Butters

-----PRODUCE COOLER AND CRATES

lunch fruit

1. Slice salami, cheeses and fruit.
2. Serve buffet style.

Servings: 12

Camp 07

Camp 07

Patsy Verhoeven
Colorado River Trip
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A--APPETIZER--Chips, Salsa & Black Bean Dip

-----CAMP BOX

24 ounces Tortilla chips

16 ounces Salsa

1 jar Black bean dip

Open all.

Dig in!

Servings: 11

A--SALAD--Bean Salad, Zippy

-----CAMP BOX

30 ounces black beans, canned
15 ounces pinto beans, canned
30 ounces corn, canned

-----PRODUCE COOLER AND CRATES

3/4 bunch cilantro, fresh
1 1/2 each tomato
3/4 each onion, red

-----STAPLES BOX AND SPICE BOX

6 cloves garlic
1/2 cup balsamic vinegar
1/2 cup olive oil
3/4 tablespoon hot sauce
3/4 tablespoon cayenne pepper

1. Wash fresh veggies.
2. Mince garlic and cilantro. Chop onion and tomatoes.
3. Drain about half of the liquid from the canned corn and beans.
4. Combine all ingredients in a large bowl and mix thoroughly.
5. Add hot sauce and cayenne to taste.

Servings: 12

B--DINNER--Chicken and Veggie Fajitas with Mexican Rice

-----CAMP COOLER

4 1/8 pounds chicken strips for fajitas
16 ounces cheddar and/or jack cheese
16 fluid ounces sour cream

-----CAMP BOX

1 bottle hot sauce
11 fluid ounces salsa
11 servings Mexican rice
4 packets fajita seasoning mix

-----BREAD BOX

15 each tortillas

-----PRODUCE COOLER AND CRATES

3 each avocados
2 each onion, yellow
3 each bell peppers
4 each tomatoes

-----STAPLES BOX AND SPICE BOX

1/2 cup vegetable oil

1. Prepare rice according to directions on box.
2. Slice washed peppers and onions into strips.
3. Season chicken with fajita mix.
4. In a large skillet or Dutch Oven, heat vegetable oil. Saute chicken, onion and the peppers in skillet until chicken is browned and veggies are tender.
5. Meanwhile wash and chop tomatoes and avocados, and grate cheeses. Warm tortillas in frying pan. Serve buffet style. Enjoy!

Servings: 11

D--BREAKFAST--Cereal and English Muffins(PB&J)

-----CAMP COOLER

6 cups milk, fresh
1/2 cup butter
12 ounces frozen concentrated juice
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

18 servings cereal (at least 2 kinds) - not fruit loops or anything with a lot of sugar
1 jar jelly
1 jar peanut butter
1 1/2 cups raisins
1/2 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----BREAD BOX

12 each English muffins

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Serve cereal with milk and your choice of fruit.
2. Toast the muffins on oiled griddles.

Servings: 12

Camp 07

Patsy Verhoeven
Colorado River Trip
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E--LUNCH--Salmon-Veggie Pita

-----CAMP COOLER

3/4 pound cheese
16 ounces cream cheese with chives and onions

-----CAMP BOX

3/4 bottle Italian salad dressing
36 ounces pink salmon, canned

-----BREAD BOX

11 each pitas

-----PRODUCE COOLER AND CRATES

5 stalks celery
1 1/2 each cucumbers
2 each tomatoes
3/8 head lettuce, iceberg
lunch fruit

1. Wash veggies.
2. Chop celery. Thinly slice tomato and cucumber.
3. Drain salmon.
4. Toss salmon with celery and salad dressing.
5. Spread pita halves with cream cheese.
6. Set out everything buffet style.

Servings: 11

Camp 08

Camp 08

Patsy Verhoeven
Colorado River Trip
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A--APPETIZER--Salami and Cheese

-----CAMP COOLER
16 ounces Block cheese - swiss, cheddar, jack, muenster, etc
16 ounces salami

-----CAMP BOX
2 sleeves crackers

Slice cheese(s) and set out with sliced salami and crackers.

Servings: 12

Camp 08

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

A--SALAD--Citrus Salad

-----CAMP COOLER
12 ounces yogurt, plain or lemon

-----CAMP BOX
2 cans mandarin oranges

-----PRODUCE COOLER AND CRATES
3 each avocados

1 1/2 heads lettuce, iceberg
-----STAPLES BOX AND SPICE BOX

1/8 teaspoon cloves

1. Wash lettuce. Shred lettuce and slice avocados.
2. Drain mandarin oranges. Toss with lettuce and avocados.
2. Mix yogurt with a dash of cloves and toss with salad.

Servings: 12

B--DINNER--Vegetable Fettucine & Garlic Bread

-----CAMP COOLER

1/3 cup butter
1/3 cup butter
22 fluid ounces whipping cream
12 ounces parmesan cheese

-----CAMP BOX

2 pounds fettucine
1 can sweet peas, canned

-----BREAD BOX

1 1/2 loaves french bread

-----PRODUCE COOLER AND CRATES

2 each bell pepper, red
1 each bell peppers
4 each carrots
1 each squash, zucchini
2/3 bag washed, cut broccoli tips
2 each tomatoes

-----STAPLES BOX AND SPICE BOX

4 teaspoons garlic, crushed

water for pasta

1. Cut french bread in half lengthwise.
2. Spread each half with butter and some of the crushed garlic. Wrap in aluminum foil, and warm on the griddle.
3. Wash and cut bell peppers, squash, carrots and zucchini into thin strips.
4. Chop remaining vegetables.
5. Saute in butter until vegetables are tender but still crisp.
6. Add whipping cream and just bring to a boil.
7. Meanwhile boil water in pot with a splash of oil. You will need about 4 quarts of water per pound of pasta. Add noodles and boil till al dente.
8. Drain noodles and toss with the vegetables.
9. Serve with parmesan cheese on the side.

Servings: 11

D--BREAKFAST--Granola, Granola without Walnuts, Dried Fruit, Yogurt and Milk-2

-----CAMP COOLER

8 cups milk, fresh
48 ounces yogurt
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

1 cup granola without walnuts
48 ounces granola (2 kinds)
1 cup raisins
1 cup craisins
1/2 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Serve granola with fruit and yogurt. There will be milk in early camps.

Servings: 12

Camp 08

Patsy Verhoeven
Colorado River Trip
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E--LUNCH--Tabouli and Pita

-----CAMP BOX

6 cups tabouli mix

1 package Pecan Sandies or Oreos, or Chips Ahoy or Fig Newtons or Nutter Butters

-----BREAD BOX

11 each pitas

-----PRODUCE COOLER AND CRATES

1 1/2 each cucumber

3/8 head lettuce, iceberg

3/4 each onion, red

6 each celery

3 each tomatoes

lunch fruit

-----STAPLES BOX AND SPICE BOX

1/8 cup olive oil

4 1/2 cups water

***** To prepare this meal efficiently, prepare tabouli in the morning at breakfast. It needs to stand at least one hour. *****

1. Wash and dice tomatoes and celery.
2. Mix veggies and olive oil, water and tabouli. LET STAND ONE HOUR.
3. Wash and slice cucumber and onion.
4. Serve tabouli with pitas, onion, and cucumber.

Serve everything buffet style.

Servings: 12

Camp 09

A--Appetizer--Apple Slices, Smoked Gouda and Crackers-2

-----CAMP COOLER

16 ounces smoked Gouda cheese

-----CAMP BOX

2 sleeves crackers

-----PRODUCE COOLER AND CRATES

8 each apples

1. Wash and slice apples.
2. Serve with cheese and crackers.

Servings: 11

A--SALAD--Coleslaw with Mandarin Oranges and Almonds

-----CAMP BOX

2 cans mandarin oranges in lite syrup

1 cup almonds, slivered

9 ounces chinese fried noodles

-----PRODUCE COOLER AND CRATES

2 small heads cabbage, green

-----STAPLES BOX AND SPICE BOX

3/4 cup vegetable oil

1/2 cup vinegar

1. Wash and chop cabbage.
2. Combine with drained mandarin oranges, almonds, and Chinese noodles.
3. Mix oil and vinegar and toss into salad.
4. Add salt and pepper to taste.

Servings: 12

B--DINNER (Grill)--Shishkabob & Couscous

-----CAMP COOLER
4 1/4 pounds cubed meat

-----CAMP BOX
21 ounces pineapple chunks, canned
4 cups couscous

16 ounces marinated mushrooms
22 each skewers

-----PRODUCE COOLER AND CRATES
2 each bell pepper, red
2 each onion, yellow

2 each squash, zucchini
-----STAPLES BOX AND SPICE BOX
3 tablespoons cider vinegar

Lawry's seasoning salt, if desired
Worcestershire sauce, if desired

charcoal

1. Start the charcoal in the firepan. Soak skewers in water until ready to use.
2. Wash and cut the veggies into chunks. If time permits, marinate meat and veggies in oil and vinegar with spices.
3. Prepare couscous according to directions.
4. Skewer the chunks alternating meat, veggie and pineapple.
5. Grill until cooked, turning several times to cook on all sides.
6. Serve with couscous on the side.

Servings: 11

Camp 09

Patsy Verhoeven
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D--BREAKFAST--Oatmeal, Raisins and Pecans

-----CAMP COOLER

3/8 cup butter
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

3 cups Nido powdered milk (1 part Nido to 4 parts water)
7 cups Oatmeal
1 cup raisins
1 cup brown sugar
1 1/2 cups pecans
1/2 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Bring water and salt to a rolling boil. You will need about 1 3/4 cups water to 1 cup oats.
2. Stir in oats. Stir in powdered milk to make creamy oatmeal. Reduce to minimum heat and cook for 1 minute, stirring occasionally. Cover, remove from heat and let sit 2-3 minutes.
3. Serve with milk, raisins, pecans, brown sugar AND fruit.

Servings: 12

Camp 09

Patsy Verhoeven
Colorado River Trip
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E--LUNCH--Deli Lunch-2

-----CAMP COOLER

3/4 pound cheese
1 7/8 pounds deli meats

-----CAMP BOX

14 each mayonnaise packets
14 each mustard packets, yellow and dijon

-----BREAD BOX

1 1/2 loaves bread

-----PRODUCE COOLER AND CRATES

1/2 head lettuce, iceberg
3/4 each onion, red
2 each tomatoes
lunch fruit

1. Wash vegetables.
2. Slice the cheeses and vegetables.
3. Spread all of the ingredients out deli style.

Servings: 12

Camp 10

A--APPETIZER--Cream Cheese and Shrimp Medley

-----CAMP COOLER

12 ounces cream cheese

-----CAMP BOX

12 fluid ounces cocktail sauce

14 ounces shrimp, canned

1 box triscuits, original

Mix cocktail sauce with cream cheese and shrimp. Serve with triscuits. Enjoy!

Servings: 12

B--DINNER--Chicken and Vegetable Curry and Rice with Raisins, Cashews and Coconut Flakes

-----CAMP COOLER
4 1/2 pounds chicken strips for stir-fry

-----CAMP BOX

5 1/2 cups basmati rice
1/3 jar curry paste (USE TO TASTE - IT IS VERY HOT)
1 1/2 cans coconut milk
1 jar chutney
1 cup cashews
4 ounces coconut flakes
1 cup raisins

-----PRODUCE COOLER AND CRATES

2 each bell peppers
4 each carrots
4 each celery
1 each squash, zucchini
2 each onion, yellow
5 each potatoes

-----STAPLES BOX AND SPICE BOX

5 cloves garlic
2/3 cup vegetable oil

1. Cook the rice in boiling water according to package directions.
2. Wash and chop and slice all vegetables.
3. Saute the chicken with garlic in vegetable oil. Add the vegetables.
4. Add curry paste to desired taste. (It is spicy and hot!) Stir constantly.
5. Mix the vegetables and chicken with curry sauce. Add coconut milk.
6. Serve over rice with optional sides of cashews, chutney, coconut and raisins.

Servings: 11

Camp 10

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D--BREAKFAST--Bagel Breakfast with Cream Cheese and Yogurt-2(PB&J)

-----CAMP COOLER

1/2 cup butter
32 ounces yogurt
8 ounces cream cheese
8 ounces cream cheese, flavored
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

1 Jar jelly
1 Jar peanut butter
1/2 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----BREAD BOX

14 each bagels

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

**** This can be a quick breakfast to make and clean up. The griddles can be cleaned with paper towels, leaving just a few utensils to wash. *****

1. Toast bagels on griddle if desired.
2. Layout everything buffet style.

Servings: 11

E--LUNCH--Roast Beef and Cheese Sandwiches

-----CAMP COOLER

3/4 pound cheese(s)
1 7/8 pounds roast beef

-----CAMP BOX

1 jar pickles
14 each mayonnaise packets
3 ounces horseradish mustard
2 packages Pringles
1 package Pecan Sandies or Oreos, or Chips Ahoy or Fig Newtons or Nutter Butters

-----BREAD BOX

1 1/2 loaves bread

-----PRODUCE COOLER AND CRATES

3/8 head lettuce, iceberg
2 each tomatoes
3/4 each onion, red
lunch fruit

1. Wash and slice tomatoes and lettuce.
2. Slice cheese. Open the meat.
3. Arrange items buffet style.

Servings: 12

Camp 11

Camp 11

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A--APPETIZER--Summer Sausage with Cheese and crackers

-----CAMP COOLER

16 ounces Block cheese - swiss, cheddar, jack, muenster, etc
1 pound Summer sausage

-----CAMP BOX

2 sleeves crackers

Slice cheese and summer sausage. Serve with crackers.

Servings: 12

Camp 11

Patsy Verhoeven
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A--SALAD--Tomato Creole

-----CAMP BOX

30 ounces corn, canned

45 ounces tomatoes, stewed canned

-----PRODUCE COOLER AND CRATES

1 1/2 each bell pepper

3/4 each onion, yellow

1. Wash and chop onion and peppers. Saute in oil until soft.
2. Add tomatoes and drained corn. Simmer 15 minutes or until corn is tender.
3. Season with salt and pepper to taste.

Servings: 12

Camp 11

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B--DINNER--Jambalaya and Sourdough Bread

-----CAMP COOLER

3 pounds smoked sausage
3/8 cup butter
3/8 cup butter (for bread)

-----CAMP BOX

6 cups minute rice
18 ounces white chunk chicken
9 ounces shrimp, canned
20 fluid ounces tomato sauce
30 ounces tomatoes, diced canned

-----BREAD BOX

3/4 loaves sourdough bread

-----PRODUCE COOLER AND CRATES

2 each bell peppers
2 each onion, yellow

-----STAPLES BOX AND SPICE BOX

5 tablespoons worcestershire sauce
1 teaspoon cayenne
1 teaspoon garlic powder
2 tablespoons parsley flakes
1 teaspoon thyme

water

1. Dice sausage and saute in large pot or Dutch Oven with 1/2 cup butter.
2. Wash and dice yellow onion and bell pepper and add to pot.
3. Add water, spices and worcestershire sauce. Bring mixture to a boil.
4. Add rice. Stir well, cover and let sit for 5 minutes.
5. Add tomato sauce, diced tomatoes, chicken and shrimp and heat thoroughly, stirring occasionally to avoid sticking. Serve with bread and butter.

*Can be made non-perishable by substituting spicy sausage for canned ham.

Servings: 12

Camp 11

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D--BREAKFAST--Scrambled Eggs and Canadian Bacon

- CAMP COOLER
- 1 1/2 pounds Canadian bacon
 - 3/4 cup butter
 - 1 pint half and half (camps 1, 4, 7, 10, 13, 16)
- CAMP BOX
- 3/8 pound coffee (PROVIDED BY PATSY)
 - 10 assorted teas (odd camps)
- BREAD BOX
- 12 each English muffins
- EGG BOX AND COOLER
- 28 each eggs
- STAPLES BOX AND SPICE BOX
- powdered creamer
 - sugar
- PRODUCE COOLER AND CRATES
- fresh fruit
 - 1 each onion, yellow

1. Fry bacon on griddles. Drain on paper towels.
2. Whisk eggs with salt and pepper to taste.
3. Chop onion (optional) and saute in butter until tender.
4. Pour in eggs and cook until done.
5. If you have leftover lunch cheese, you might want to add it to the scrambled eggs.
6. Heat muffins on griddle and serve with condiments.

Servings: 11

E--LUNCH--Veggie Cream Cheese Spread on Bagels

- CAMP COOLER
- 24 ounces cream cheese
- CAMP BOX
- 2 cans olives, black
- BREAD BOX
- 14 each bagels
- PRODUCE COOLER AND CRATES
- 3/8 head lettuce, iceberg
- 5 each carrots
- 5 each celery
- 2 each tomatoes
- 3/4 each onion, red
- STAPLES BOX AND SPICE BOX
- 2 teaspoons chives
- 3 tablespoons garlic, crushed

***** You will need a large bowl and spoon to make the veggie cream cheese spread.

1. Wash veggies.
2. Chop onion, olives, celery. Grate the carrots.
3. Combine the veggies with the cream cheese, chives and garlic. Season to taste with salt and pepper, or any spice from the spice box.
4. Slice tomatoes and lettuce.
5. Serve everything buffet style.

Servings: 12

Camp 12

Camp 12

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A--APPETIZER--Onion Dip with Chips-2

-----CAMP COOLER

32 ounces Sour cream

-----CAMP BOX

2 packages onion soup mix

3 cans Pringles

Mix the sour cream and the onion soup mix until well blended.

Serve the dip with the Pringles.

Servings: 16

Camp 12

Patsy Verhoeven
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A--SALAD--Waldorf Salad

-----CAMP BOX

1 1/4 cups pecans
12 fluid ounces mayonnaise

-----PRODUCE COOLER AND CRATES

11 each apples
6 stalks celery

-----STAPLES BOX AND SPICE BOX

paprika

1. Wash the apples and celery. Chop apples, celery and pecans. Mix with mayonnaise. Season to taste as you desire, perhaps with paprika.

Servings: 12

B--DINNER--Beef Stroganoff and Noodles with Garlic Bread

-----CAMP COOLER

4 1/4 pounds beef strips
16 fluid ounces sour cream
1/3 cup butter (for bread)
1/3 cup butter (for saute)

-----CAMP BOX

2 3/8 pounds egg noodles
28 ounces mushroom stems and pieces
3 packages stroganoff sauce mix

-----BREAD BOX

1 1/2 loaves french bread

-----PRODUCE COOLER AND CRATES

1 each onion, yellow

-----STAPLES BOX AND SPICE BOX

6 teaspoons garlic, crushed
5 cloves garlic
3 tablespoons worcestershire sauce
splash vegetable oil

aluminum foil

1. In a large pot, boil water with a dash of salt and a splash of oil. Usually you need about 4 quarts of water for every pound of noodles. Add noodles and cook al dente. Drain.
2. Meanwhile, season beef with worcestershire sauce, salt and pepper. Saute in a medium frying pan. Cover to keep warm while preparing noodles and sauce.
3. Chop onion and garlic cloves. Saute them in a large skillet with mushrooms in 1/2 cup butter.
4. Combine 4 packages of Stroganoff sauce mix with 4 cups of water. Add to onion, garlic, mushroom saute.
5. Stir in sour cream and simmer until heated through.
6. Mix noodles with beef and sauce. Heat through.
7. Slice french bread in half lengthwise. Butter and spread with crushed garlic. Wrap in aluminim foil and toast face down on griddle.

Servings: 11

Camp 12

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D--BREAKFAST--Cereal and Bagels

-----CAMP COOLER

3/8 cup butter
8 ounces cream cheese
8 ounces cream cheese, flavored
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

14 servings cereal (at least 2 kinds) - not fruit loops or anything with a lot of sugar
8 cups milk, non-perishable
3/4 cup raisins
3/4 cup craisins
3/4 cup prunes
3/8 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----BREAD BOX

12 each bagels

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Serve cereal with milk and dried fruit.
2. Toast bagels on griddle. Serve with cream cheese, and/or leftover peanut butter and jelly.

Servings: 11

Camp 12

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E--LUNCH--Ham or Pastrami Sandwiches

-----CAMP COOLER

3/4 pound cheese
1 7/8 pounds ham or pastrami

-----CAMP BOX

14 each mustard packets, yellow and dijon
14 each mayonnaise packets
1 package Pecan Sandies or Oreos, or Chips Ahoy or Fig Newtons or Nutter Butters

-----BREAD BOX

1 1/2 loaves bread

-----PRODUCE COOLER AND CRATES

3/8 head lettuce, iceberg
3/4 each onion, red
2 each tomatoes
lunch fruit

1. Open meat, slice cheeses and veggies. Set out ingredients to make your own sandwiches.

Servings: 12

Camp 13

Camp 13

Patsy Verhoeven
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A--APPETIZER--Chips and Salsa

-----CAMP BOX

24 ounces Tortilla chips

16 ounces Salsa

1 jar Black bean dip

Open all.

Dig in!

Servings: 11

Camp 13

Patsy Verhoeven
Colorado River Trip
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A-SIDE-Burrito Bar Toppings - Lettuce, Onion, Tomato, Olives, Green Chiles

-----CAMP BOX

12 ounces olives, black

16 ounces green chilies, diced

-----PRODUCE COOLER AND CRATES

1 head lettuce, iceberg

1 each onion, yellow

3 each tomatoes

1. Wash veggies.

2. Chop onions, lettuce and tomatoes.

3. Serve toppings buffet style.

Servings: 12

B--DINNER--Burrito Bar Dinner with Beans, Mexican Rice and Tortillas

-----CAMP COOLER

32 ounces cheddar and/or jack cheese
16 fluid ounces sour cream

-----CAMP BOX

12 servings Mexican rice
60 ounces refried beans
9 ounces olives, black
12 ounces green chilies, diced
18 fluid ounces salsa
18 ounces tortilla chips

-----BREAD BOX

18 each tortillas

-----PRODUCE COOLER AND CRATES

1 head lettuce, iceberg
1 each onion, yellow
3 each tomatoes

-----STAPLES BOX AND SPICE BOX

1 bottle hot sauce

1. Prepare rice according to directions.
2. Chop onions, lettuce and tomatoes. Grate both cheeses.
3. Heat beans and tortillas.
4. Serve all ingredients buffet style and let everyone create their own.

Servings: 12

C--DESSERT (DO)--Pineapple Upside Down Cake

-----CAMP COOLER

1/2 cup butter

-----CAMP BOX

1 package birthday candles

2 packages yellow cake mix

1/2 cup coconut flakes

1 1/2 cups brown sugar

32 ounces pineapple, sliced canned

17 ounces water or pineapple juice

-----EGG BOX OR COOLER

6 each eggs

-----STAPLES BOX AND SPICE BOX

3 cups vegetable oil

charcoal

1. Start the charcoal in the firepan. You will need about 30 coals.

2. Preheat and oil Dutch oven and lid.

3. Refer to the directions included with the cake mix and use the amount of eggs, water, and oil specified in those directions. (If you want, you can substitute the juice from the canned pineapple slices instead of water.)

4. Mix cake according to directions.

5. Melt butter on the bottom of the Dutch oven. Add brown sugar and spread it around evenly. Place pineapple rings on the brown sugar.

6. Pour cake batter on top of the pineapple rings.

7. Place the Dutch oven on a ring of about 6 coals, and arrange about 25 coals in a checkerboard pattern on the Dutch oven lid.

8. Bake 25-30 minutes. Check cake and adjust coals if necessary to evenly cook. Watch carefully when it begins to smell done.

9. Top with coconut if desired.

Servings: 16

Camp 13

Patsy Verhoeven
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D--BREAKFAST--Granola, Granola without Walnuts, Dried Fruit, Yogurt and Milk-3

-----CAMP COOLER

48 ounces yogurt
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

6 cups milk, non-perishable
1 cup granola without walnuts
48 ounces granola (2 kinds)
1 cup raisins
1 cup raisins
1/2 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Serve granola with fruit and yogurt. There will be milk in early camps.

Servings: 12

E--LUNCH--Chicken Craisin Salad Wraps

-----CAMP COOLER
11 each string cheese

-----CAMP BOX
18 fluid ounces mayonnaise
48 ounces white chunk chicken
1 1/3 cups raisins
1 jar pickles

-----BREAD BOX
14 each tortillas

-----PRODUCE COOLER AND CRATES
5 each celery
1/2 head lettuce, iceberg
3/4 each onion, yellow
lunch fruit

-----STAPLES BOX AND SPICE BOX
1 1/2 tablespoons cider vinegar

***** You will need a large bowl and spoon to make chicken salad. *****

1. Wash veggies.
2. Shred the lettuce. Chop celery and onion.
3. Open and drain cans of chicken.
4. Add all the ingredients together in a big bowl and stir well.
5. Salt and pepper to taste.
6. Slice the cheese.
7. Serve everything buffet style.

Servings: 11

Camp 14

Camp 14

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

A--APPETIZER--Salami and Cheese-2

-----CAMP COOLER
16 ounces Block cheese - swiss, cheddar, jack, muenster, etc
16 ounces salami

-----CAMP BOX
2 sleeves crackers

Slice cheese(s) and set out with sliced salami and crackers.

Servings: 12

A--SALAD--Lemon Herb Sweet Peas

-----CAMP COOLER

3/8 cup butter

-----CAMP BOX

45 ounces sweet peas, canned

-----PRODUCE COOLER AND CRATES

1 each lemon

1 1/2 each onion, yellow

5 each carrots, whole

-----STAPLES BOX AND SPICE BOX

3 cloves garlic

3/4 teaspoon thyme

1. Wash, peel and slice carrots. Chop onion and garlic. Grate lemon peel.
2. Melt butter in a saucepan over medium heat. Stir in onion and cook until tender.
3. Add in carrots and garlic. Cook, stirring occasionally, until the carrots are crisp-tender, about 3 to 5 minutes.
4. Add lemon peel, thyme, and drained peas. Cook until the peas are heated through.

Servings: 12

B--DINNER--Creamy Chicken and Dumplings with Garlic Bread

-----CAMP COOLER

3/8 cup butter

-----CAMP BOX

9 cups milk, non-perishable

12 fluid ounces chicken broth

46 ounces white chunk chicken

45 ounces peas and carrots, canned

56 fluid ounces cream of chicken mushroom soup

3 cups Bisquick® baking mix

-----BREAD BOX

1 1/2 loaves french bread

-----STAPLES BOX AND SPICE BOX

9 teaspoons garlic, crushed

1 1/8 teaspoon Italian Seasoning

1. Slice bread in half lengthwise. Spread each half with butter and garlic. Sprinkle with Italian Herbs if desired. Wrap in aluminum foil and warm on griddles.
2. Heat 7 cups milk, the peas and carrots, chicken and soup to boiling in a large pot. If it is too thick to be able to cook the dumplings, add some broth.
3. Stir Bisquick mix and 2 cups milk until soft dough forms. Drop dough by tablespoonfuls onto chicken mixture.
4. Cook uncovered over low heat 10 minutes. Cover and cook 10 minutes longer.

Servings: 12

Camp 14

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
August 22, 2013

D--BREAKFAST--Ham, Eggs, and English Muffins

- CAMP COOLER
- 3 each ham steaks
 - 3/4 cup butter
 - 1 pint half and half (camps 1, 4, 7, 10, 13, 16)
- CAMP BOX
- 9 ounces mushroom stems and pieces
 - 3/8 pound coffee (PROVIDED BY PATSY)
 - 10 assorted teas (odd camps)
- BREAD BOX
- 12 each English muffins
- EGG BOX OR COOLER
- 28 each eggs
- PRODUCE COOLER AND CRATES
- fresh fruit
- STAPLES BOX AND SPICE BOX
- powdered creamer
 - sugar
1. Toast English muffins on a griddle. Keep warm in a pre-heated Dutch oven.
 2. Cook ham in a skillet or on a griddle.
 3. Scramble eggs. Add in drained mushrooms. Fry in a little butter.
 4. If you have leftover cheese, you might want to add it to the eggs.
 5. Serve everything buffet style.
- Servings: 11**

Camp 14

Patsy Verhoeven
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E--LUNCH--Trail Lunch with Summer Sausage

-----CAMP COOLER

3/4 pound cheese
1 tube summer sausage

-----CAMP BOX

2 cans olives, black
3 sleeves crackers
1 package Pecan Sandies or Oreos, or Chips Ahoy or Fig Newtons or Nutter Butters
15 each mayonnaise packets
15 each mustard packets, yellow and dijon
24 ounces trail mix, without walnuts

-----PRODUCE COOLER AND CRATES

3/4 each onion, red
lunch fruit

1. Slice cheeses, summer sausage and onion.
2. Arrange all ingredients buffet style.

Servings: 12

Camp 15

Camp 15

Patsy Verhoeven
Colorado River Trip
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August 22, 2013

A--APPETIZER--Mixed Nuts

-----CAMP BOX

2 pounds Planter's Mixed Nuts

Open and serve.

Servings: 11

A--SALAD--Coleslaw with Pineapple

-----CAMP BOX

12 fluid ounces mayonnaise

22 ounces pineapple, crushed canned

-----PRODUCE COOLER AND CRATES

2 small heads cabbage, green

-----STAPLES BOX AND SPICE BOX

1 1/2 tablespoons cider vinegar

1. Wash and chop cabbage.
2. Combine with drained pineapple, vinegar and mayonnaise.
3. Add salt and pepper to taste.

Servings: 12

B--DINNER--Seafood Pasta with Sourdough Bread (Non-Perishable)

-----CAMP COOLER

3/8 cup butter
9 ounces parmesan cheese

-----CAMP BOX

2 1/2 pounds linguine noodles
12 servings alfredo sauce
18 ounces crab meat, canned
18 ounces shrimp, canned
1 1/2 cups milk, non-perishable

-----BREAD BOX

3/4 loaf sourdough bread

1. Cook noodles in boiling salted water until al dente. Add a splash of oil to prevent noodles from sticking.
2. Heat alfredo sauce on stove. If it is too thick or rich, stir in some milk.
3. Add crab and shrimp to alfredo mix and heat through.
4. Mix noodles and alfredo sauce.
5. Serve with parmesan, bread, and butter.

Servings: 12

Camp 15

Patsy Verhoeven
Colorado River Trip
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D--BREAKFAST--Oatmeal, Raisins and Pecans-2

-----CAMP COOLER

3/8 cup butter
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

3 cups Nido powdered milk (1 part Nido to 4 parts water)
7 cups Oatmeal
1 cup raisins
1 cup brown sugar
1 1/2 cups pecans
1/2 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Bring water and salt to a rolling boil. You will need about 1 3/4 cups water to 1 cup oats.
2. Stir in oats. Stir in powdered milk to make creamy oatmeal. Reduce to minimum heat and cook for 1 minute, stirring occasionally. Cover, remove from heat and let sit 2-3 minutes.
3. Serve with milk, raisins, pecans, brown sugar and fruit.

Servings: 12

Camp 15

Patsy Verhoeven
Colorado River Trip
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E--LUNCH--Tuna Salad

-----CAMP COOLER

3/4 pound cheese

-----CAMP BOX

12 fluid ounces mayonnaise

8 fluid ounces pickle relish

36 ounces tuna, canned

-----BREAD BOX

1 1/2 loaves bread

-----PRODUCE COOLER AND CRATES

3/4 each onion, red

1. Drain the cans of tuna. Toss the tuna with mayonnaise and pickle relish. Add salt and pepper to taste.
2. Serve with bread, crackers, cheese, and onion on the side.

Servings: 12

Camp 16

Camp 16

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Colorado River Trip
The Grand Canyon
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A--APPETIZER--Chips and Salsa-2

-----CAMP BOX

24 ounces Tortilla chips

16 ounces Salsa

1 jar Black bean dip

Open all.

Dig in!

Servings: 11

Camp 16

Patsy Verhoeven
Colorado River Trip
The Grand Canyon
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A--SALAD--Mixed Vegetables, non-perishable

-----CAMP BOX

60 ounces mixed vegetables

1. Open cans, heat and serve!

Servings: 12

B--DINNER (DO, DO)--Tamale Pot Pie & Cornbread

-----CAMP COOLER

24 ounces cheddar and/or jack cheese
15 each corn tortillas

-----CAMP BOX

60 ounces refried beans
30 ounces black beans, canned
12 ounces olives, black
3/4 can Rotelle spicy tomatoes (with note for optional use)
30 ounces tomatoes, diced canned
22 ounces green chilies, diced
18 fluid ounces salsa
4 1/2 cups cornbread mix
12 each honey packets

-----PRODUCE COOLER AND CRATES

2 each onion, yellow

-----STAPLES BOX AND SPICE BOX

3/4 teaspoon cumin

charcoal

1. Start charcoal in firepan. You will need about 72 coals.
2. Chop the onion. Grate both cheeses. Heat refried beans with a dash of cumin.
3. Pre-heat and oil Dutch oven, including the lid.
4. Layer the pie in the following order: salsa, tortillas, beans, veggies (chilies, onion, tomato, olives) & cheeses. Rotelle tomatoes are optional. Finish with a layer of salsa and cheese.
5. Place 6 - 10 coals in bottom of firepan. Place DO on top of these coals, then place 20 - 30 coals on top. Cook until you can smell the pot pie. Resist the temptation to lift the lid and check before that.
6. For Cornbread : Mix according to directions in package.
7. Bake in other DO (oiled) with a ring of 6 coals on the bottom, and about 30 coals on the top in a checkerboard pattern. Bake for about 20 minutes or until you smell it.

Servings: 12

Camp 16

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D--BREAKFAST--Huevos Rancheros(late camps)

-----CAMP COOLER

3/8 cup butter
16 ounces cheddar and/or jack cheese
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

45 ounces refried beans
3/4 can Rotelle spicy tomatoes
3/8 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----BREAD BOX

14 each tortillas

-----EGG BOX OR COOLER

28 each eggs

-----PRODUCE COOLER AND CRATES

1 each onion, yellow
fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

1. Grate the cheeses.
2. Drain tomatoes, saving juice for those who like it extra HOT!
3. Scramble or fry the eggs on griddle with butter as needed.
4. Warm the tortillas and beans.
5. Serve all ingredients buffet style for a fix-your-own breakfast.

Servings: 12

Camp 16

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E--LUNCH--Salami and Cheese-2

-----CAMP COOLER

1 pound cheese
1 1/2 pounds salami

-----CAMP BOX

3 sleeves crackers
15 each mustard packets, yellow and dijon
1 package Pecan Sandies or Oreos, or Chips Ahoy or Fig Newtons or Nutter Butters

-----PRODUCE COOLER AND CRATES

lunch fruit

1. Slice salami, cheeses and fruit.
2. Serve buffet style.

Servings: 12

Camp 17

Camp 17

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A--APPETIZER--Easy Antipasto-2

-----CAMP BOX

1 jar Roasted red peppers or spread

1 jar Kalamata olive spread

2 sleeves crackers

!. Open all and enjoy!

Servings: 11

A--SALAD--Apricot Honey Glazed Carrots

-----CAMP COOLER

3/8 cup butter

-----CAMP BOX

15 fluid ounces apricot nectar

60 fluid ounces carrots, canned

4 each honey packets

4 1/2 teaspoons cornstarch

-----STAPLES BOX AND SPICE BOX

3/4 teaspoon salt

1. Combine nectar and cornstarch in a small bowl. Mix until smooth.
2. Drain carrots and put into pot. Add honey, butter and salt. Heat thoroughly.
3. Add nectar mixture and cook at low heat until apricot glaze is thickened.

Servings: 12

Camp 17

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B--DINNER--Bean and Rice Stew

-----CAMP COOLER

12 ounces parmesan cheese

-----CAMP BOX

6 cups minute rice

30 ounces black beans, canned

30 ounces red beans, canned

30 ounces garbanzo beans, canned

30 ounces kidney beans, canned

30 ounces tomato sauce

30 ounces tomatoes, diced canned

6 each beef bouillon cubes

1. Empty beans and tomatoes into a large pot, including liquid from cans. Add 2 quarts of water and bouillon cubes. Bring to boil.

2. Add rice, cover and remove from heat. Let stand for 5 minutes.

3. Ladle stew into bowls. Top with Parmesan cheese, if desired.

Servings: 12

Camp 17

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B--SIDE (DO)--Biscuits

-----CAMP COOLER

1/2 cup butter

-----CAMP BOX

3 cups bisquick® baking mix

10 1/2 fluid ounces evaporated milk

charcoal

1. Start charcoal in firepan.
2. Combine bisquick and milk to form soft dough.
3. Drop biscuits into pre-heated, oiled Dutch oven. Cook in DO with a ring of 6 coals on the bottom, and about 30 coals on the top in a checkerboard pattern. Use the DO "cook and look" procedure - only check the biscuits when you smell them wafting through camp. About 15 minutes.

Servings: 12

D--BREAKFAST--Bagel Breakfast with Cream Cheese and Yogurt-3

-----CAMP COOLER

1/2 cup butter
32 ounces yogurt
8 ounces cream cheese
8 ounces cream cheese, flavored
1 pint half and half (camps 1, 4, 7, 10, 13, 16)

-----CAMP BOX

1 Jar jelly
1/2 pound coffee (PROVIDED BY PATSY)
10 assorted teas (odd camps)

-----BREAD BOX

14 each bagels

-----PRODUCE COOLER AND CRATES

fresh fruit

-----STAPLES BOX AND SPICE BOX

powdered creamer
sugar

**** This can be a quick breakfast to make and clean up. The griddles can be cleaned with paper towels, leaving just a few utensils to wash. *****

1. Toast bagels on griddle if desired.
2. Layout everything buffet style.

Servings: 11

Camp 17

Patsy Verhoeven
Colorado River Trip
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Take-Out Lunch - Cold Fried Chicken with Salads

Servings: 11