

# DUTCH OVEN COOKING MENU

## Friday Afternoon

Mountain Man Breakfast

Breakfast Pizza

Caramel Apple Crisp

Pecan Praline French Toast Casserole

## Saturday Afternoon

Zesty Sloppy Joes

Hungarian Goulash

The Once And Future Beans

Pumpkin Dump Cake

Cherry Chocolate Cake

## MOUNTAIN MAN BREAKFAST

### INGREDIENTS:

8	Eggs	1 to 2 Peppers	(Bell, Poblano, any kind you want, depending on the "Heat"), chopped.
1	lb sausage	1	16 oz Mushrooms, sliced
1	Medium Onions Chopped fine	1	Bag Frozen Hash Browns
		1	Bag 8 oz. Grated Cheese.

### PREPARATION:

In a Dutch Oven, brown the sausage and drain the fat. Add the onion, peppers, and mushrooms and sauté until cooked. Add hash brown potatoes and brown a little. Mix eggs and a little milk until well blended and pour on top of the mixture in the Dutch Oven. Place lid and bake for 20 to 30 min, until the eggs are cooked. Sprinkle with Cheese and bake for 5 to 10 min more.

<http://troop385.net/cooking/Breakfast/Mountain%20Man%20Breakfast.pdf>

## BREAKFAST PIZZA

### INGREDIENTS:

1	can crescent rolls	1	cup shredded sharp cheddar
1	lb sausage; browned & drained	3	eggs; beaten
3	Tbs. diced red bell pepper	3	Tbs. milk
3	Tbs. diced yellow bell pepper	1/2	tsp. salt
1	cup thawed frozen hash browns	1	tsp. ground black pepper
1	green onion; sliced	3	Tbs. parmesan cheese

### PREPARATION:

Unroll the crescent rolls. Line the bottom of a 12" Dutch Oven with a layer of flattened crescent rolls. Sprinkle evenly with sausage, bell peppers, hash browns, green onion, and cheddar cheese. In a medium bowl whisk together eggs, milk, salt and pepper. Pour egg mixture evenly over top of pizza. Sprinkle with parmesan cheese. Cover and bake using 8-10 briquettes bottom and 12-14 briquettes top for 20-30 minutes until eggs are set.

<http://papadutch.home.comcast.net/~papadutch/dutch-oven-recipe-breakfastpizza.htm>

## CARMEL APPLE CRISP

### INGREDIENTS:

#### FILLING

8-10 large granny smith apples; peeled,  
cored and sliced  
2 Tbs. lemon juice  
2/3 cup sugar  
1/3 cup flour  
2 tsp. ground cinnamon  
3/4 tsp. ground nutmeg  
1/4 tsp. ground cloves  
3/4 tsp. salt  
1 (12 oz.) jar caramel sauce

#### TOPPING

2 cups brown sugar  
2 cups flour  
1 cup instant oatmeal  
1/2 cup chopped walnuts  
1 cup butter; melted

### PREPARATION:

In a buttered 10" Dutch Oven add apples and lemon juice; stir to coat apples. In a separate dish combine sugar, flour, cinnamon, nutmeg, cloves and salt; stir to mix. Pour dry ingredients over apples and stir until apples are well coated. Spread out apples and pour caramel sauce over the top. In a medium bowl combine brown sugar, flour, oatmeal, and walnuts; stir to mix. Using a fork mix in melted butter to form coarse crumbs. Spread topping evenly over apples. Cover Dutch Oven and bake using 10-12 briquettes bottom and 16-18 briquettes top for 60 minutes.

<http://papadutch.home.comcast.net/~papadutch/dutch-oven-recipe-carmelapplecrisp.htm>

## PECAN PRALINE FRENCH TOAST CASSEROLE

### INGREDIENTS:

#### FRENCH TOAST:

1 Loaf French Bread  
8 Eggs  
2 Cups Half-&-Half  
1 Cup Milk  
2 Tbs Sugar  
1 Tsp Vanilla Extract  
1/4 Tsp Cinnamon  
1/4 Tsp Nutmeg  
1 Dash Salt  
Maple Syrup

#### PRALINE TOPPING:

2 Sticks Butter softened  
1 Cup Packed Light Brown Sugar  
1 Cup Pecans Chopped  
2 Tbs Light Corn Syrup  
1/2 Tsp Cinnamon  
1/2 Tsp Nutmeg

### PREPARATION:

Slice French bread into 1" slices. (about 20). Arrange slices in a buttered 12" Dutch Oven. Slices will overlap. In a mixing bowl, mix the eggs, half & half, milk, sugar, vanilla, cinnamon, nutmeg and salt. Whisk until well mixed, but not too bubbly. Pour mixture over the bread slices, making sure that all the slices are covered with the egg mixture. Set aside to let bread soak up the egg. Clean the mixing bowl. Combine all the Praline ingredients in the mixing bowl and blend well. Spread/Sprinkle the Praline Topping over the bread in the Dutch Oven and bake for 40 min., until puffed and lightly browned. Serve with Maple Syrup.

<http://troop385.net/cooking/Breakfast/Pecan%20Praline%20French%20Toast%20Casserole.pdf>

## ZESTY SLOPPY JOES

### INGREDIENTS:

1	lb ground beef	2	Tbs ketchup
½	chopped onion	3	Tbs Worcestershire sauce
½	chopped green pepper	1 ½	tsp prepared mustard
1	(10 oz) can tomato soup, undiluted	1 ½	tsp ground mustard
1	(8 oz) can thick & zesty tomato sauce	½	tsp chili powder
½	(8 oz) can tomato sauce	½	tsp garlic salt
½	c packed brown sugar	1	can crescent rolls

### PREPARATION:

In a Dutch oven over a full spread of coals, brown the beef and onion. Add the green pepper. Cook and stir 5 minutes and then drain off any grease. Add the next 10 ingredients and bring to a boil. Once boiling, use approximately 9 coals on the bottom and 10-12 on top and allow to simmer. Unroll the crescent rolls. Line the top of the Dutch Oven with a layer of crescent rolls. Bake for 15-20 minutes until biscuits are browned.

<http://dutchovenmadness.blogspot.com/2010/11/day-308-zesty-sloppy-joes.html>

## HUNGARIAN GOULASH

### INGREDIENTS:

1	lb lean ground beef	2	cans tomato soup
1	large onion; diced	2 1/2	soup cans water
1	large green bell pepper; diced	2 1/2	tsp. paprika
1	cup fresh mushrooms; sliced	1/2	tsp. cayenne pepper
2	cloves garlic; minced	2	tsp. salt
1 1/2	cups frozen whole kernel corn	12	oz. bag pasta shells
1/2	cup olives; sliced	3	cups grated cheddar cheese

### PREPARATION:

Brown ground beef in a 12" Dutch Oven using a full spread of coals on the bottom. When beef has been browned add onion, bell pepper, mushrooms, and garlic. Sauté until vegetables are tender. Add corn, olives, tomato soup, hot water, paprika, cayenne pepper, and salt. Stir to mix well. Bring contents to a boil then stir in pasta shells. Place lid on Dutch Oven and bake using 10-12 briquettes bottom and 14-16 briquettes top heat for 30-40 minutes. Sprinkle cheese over top and bake for an additional 10 minutes until cheese is melted.

<http://papadutch.home.comcast.net/~papadutch/dutch-oven-recipe-goulash.htm>

## THE ONCE AND FUTURE BEANS

### INGREDIENTS:

3	cans Great Northern or Navy beans	¼	cup dark brown sugar
1	pound bacon, chopped	¼	cup molasses
1	onion, chopped		Vegetable broth
2	jalapenos, chopped (optional)	¼	teaspoon cayenne pepper
¼	cup tomato paste	1	teaspoon black pepper
		2	teaspoons kosher salt

### PREPARATION:

In a Dutch Oven over a full spread of coals, brown the beef, onion and jalapenos. Once cooked, stir in the tomato paste, dark brown sugar, and molasses. Drain the beans and reserve the soaking liquid. Add the drained beans to the Dutch oven. Place the soaking liquid in a measuring cup and add enough vegetable broth to equal 4 cups of liquid. Add the liquid to the Dutch oven and bring to a boil over high heat. Add in cayenne, black pepper and salt. Give them a stir and cover with the lid.

<http://www.foodnetwork.com/recipes/alton-brown/the-once-and-future-beans-recipe/index.html>

## PUMPKIN DUMP CAKE

### INGREDIENTS:

15	oz can pumpkin
1	teaspoon cloves
12	oz nonfat evaporated milk
2	teaspoon cinnamon
1	teaspoon ginger
½	teaspoon salt
4	eggs
1	package yellow cake mix
1	c white sugar
½	c melted butter or liquid margarine
1	teaspoon nutmeg
1	cup pecans, chopped

**PREPARATION:**

In a large bowl, stir together pumpkin, sugar, salt, nutmeg, ginger, cloves and cinnamon. Stir in the milk, then beat in the eggs one at a time. Pour pumpkin mixture into Dutch Oven. Sprinkle the yellow cake mix over the pumpkin mixture, then sprinkle on the pecans. Drizzle melted butter over all. Bake with 14 coals on the top and 7 coals on the bottom until the edges are lightly browned.

<http://www.isu.edu/outdoor/pdf/Dutch%20oven%20cookbook%20spring%202010.pdf>

**CHERRY CHOCOLATE CAKE****INGREDIENTS:**

1 box chocolate cake mix  
16 oz can cherry pie filling  
12 oz can Sprite

**PREPARATION:**

Combine all three ingredients in Dutch Oven, in order listed above, and mix until blended. Put lid on Dutch Oven.

<http://www.isu.edu/outdoor/pdf/Dutch%20oven%20cookbook%20spring%202010.pdf>