

October 2016 OWL Menus and Recipes

Lunchtime Demos

1. Box oven cookies or brownies

- We used pre-formed cookies
- A typical brownie mix will work

2. Dutch oven blueberry cobbler

- Premade bottom crust
- Can of blueberry pie filling
- For the top, we used crescent roll dough for one pie and a mix of oatmeal, flour, and sugar for the other

3. Walking tacos

- Small bags of Doritos
- Taco meat
- Shredded lettuce
- Tomatoes
- Salsa
- Sour cream

Lunch Dish #1: Chili with Cornbread

Gluten-free if you use gluten-free chili and gluten-free cornbread mix

Use a dutch oven

Ingredients:

- Pre-cooked chili
- 1 pk corn bread mix
- All ingredients called for in the cornbread mix.

Recipe:

- Mix ingredients for cornbread.
- Pour chili into dutch oven.
- Put cornbread on top.
- Bake until bread is baked through.

Lunch Dish #2: Easy Chicken Pot Pie

Use a stove and dutch oven

Ingredients:

- 4 COOKED chicken breasts (or Perdue pre-cooked chicken strips)
- 1 bag frozen peas & carrots
- 3 russet potatoes
- 1 large can flake style, pop open type, biscuits
- 1/2 stick butter
- 1/3 cup flour
- 1 pint chicken broth
- 1 can cream of chicken soup
- 1 cup milk

Recipe:

- Melt butter and stir in flour. Whisk in chicken broth. Cook until thickened.
- Stir in soup and then milk.
- Boil chicken.
- Mix chicken and vegetables with sauce mixture.
- Pour into dutch oven and top with biscuits.
- Bake at medium heat for 20 minutes, then remove from fire and add top coals.
- Continue baking until top of biscuits is golden-brown.

Lunch Dish #3: Franks and Beans

Gluten-free if you use gluten-free baked beans (e.g., Bush's)

Cook in a dutch oven

Ingredients:

- 4 Lg cans baked beans (we'll buy a gluten-free brand)
- 1 Lg can crushed pineapple
- 1 onion
- 12 beef hot dogs
- Brown sugar (a few spoonfuls)

Recipe:

- Chop the hot dogs into small pieces.
- Fry the hot dogs in the dutch oven.
- Mix the rest of the ingredients in the dutch oven with the hot dogs.
- Cook until it seems done. It's pretty hard to screw this one up...

Lunch Dish #4: Bacon Cheese Dogs

Gluten-free if eaten without the bun

Cook on sticks over coals

Ingredients:

- String cheese sticks (only need 1/4 stick per dog)
- A dozen hot dogs
- 1 pkg bacon
- Buns
- Sticks for cooking – preferably green (recently live) sticks that won't catch on fire
- Toothpicks

Recipe:

- Slice each stick of cheese lengthwise into four strips.
- Cut a slit in each hot dog and add the piece of cheese.
- Wrap each hot dog with a piece of bacon; secure it with toothpicks.
- Place each dog on a roasting stick.
- Hold over the fire until the bacon is cooked through, rotating occasionally. Watch out for bacon grease.
- Put some of the dogs in buns. Leave others out.
- Cut each dog into thirds for serving.

Lunch Dish #5: Quick Quesadillas

Gluten-free if you use gluten-free quesadillas (e.g., 100% corn)

Cook in foil on coals

Ingredients:

- 1 onion
- Fresh mushrooms
- Red pepper
- Flour or corn tortillas
- Shredded cheese

Recipe:

- Finely chop onion, mushrooms, and pepper.
- Cover half a tortilla with cheese and veggies.
- Fold the uncovered half over the filling.
- Wrap in heavy-duty foil and double-fold the edges to make a seal.
- Lay the foil packets on hot coals for 5 to 10 minutes, until cheese melts.
- Remove with tongs and cut into smaller pieces for serving.

Lunch Dish #6: Salad

Toss in a large pot or a trash bag

Ingredients:

- Lettuce
- Tomatoes
- Cucumbers
- Dressing

Recipe:

- Cut vegetables.
- Toss.
- You could add dressing and mix it with the salad, but because of dietary restrictions and preferences, it's better to let people decide if they want to add dressing to their own salad.

Foil Packet Dinner

Cook on coals

Ingredients:

- Hamburger and chicken/turkey patties (figure about 1+1/3 patties pp)
- Red or white potatoes (a little on the large side. 1+1/3 pp.)
- Carrots (big ones, approx 2 pp)
- Onions, diced
- Zucchini
- Green peppers (1 per every 2 or 3 people)
- Seasoning
- Sauces
- Water (to add moisture if needed)

Dessert for Dinner: Baked Apples and Banana Boats

Wrap in foil and bake on coals

Ingredients for baked apples:

- Apples
- Brown sugar
- Raisins

Ingredients for banana boats:

- Bananas
- Chocolate chips
- Marshmallows