

Two-Night Overnight Cookout Plan

All recipes are for 24 people, as is the shopping list. Remember that you can substitute many ingredients to fit the dietary needs of your troop. A vegetable and a fruit are recommended for each meal.

This menu is for beginner or moderate outdoor cooking skills. Plan extra time for your meals; eating takes the least amount of time. Make cookouts a program opportunity and make sure girls help clean up by giving each girl specific tasks.

Meal	Day One	Day Two	Day Three
Breakfast		Eggs in a Hole and Sausage	Oatmeal, Bagels, and Cereal
Lunch	Pita Pocket Sandwiches	Roll-Ups or Pinwheels	PB & J Sandwiches
Dinner	Pie Iron Pizza	Foil Dinners	
Dessert	Grilled Reeses	Banana Boats	
Snack	S'mores		

Day One

COLD Lunch on the road or at camp – Pita Pocket Sandwiches

Ingredients:

PB & J

36 Pita Pockets

Lunch Meat

Cheese

Condiments

VEGETABLE: Carrots and dressing

FRUIT: Apples or oranges

Utensils:

Butter Knives

Plates

Directions: Open up pita pockets and fill them with PB & J or sandwich stuffs. (If you accidentally bought pita bread, don't worry! Open face sandwiches are delicious too.) If your girls are ready, let them spread their own peanut butter or condiments, or take the opportunity to teach them how!

HOT Dinner - Pie Iron Pizza

Ingredients:

Sandwich Wheat Bread

Pizza Sauce

Shredded Cheese

Pepperoni

Optional – Veggies for pizza

Butter

VEGETABLE: Carrots

FRUIT: Raspberries and Blueberries

Utensils:

Pie Irons

Butter Knives

Plates

Matches and fire starters

Directions: Pie-Irons are magical cooking devices that are used in a fire. They are made out of cast iron, so please do not ever use soap on them. First, make a fire so that you can roast/toast your pizzas in the irons. Make your pizza sandwich like a grilled cheese – spread sauce on, add cheese and pepperoni, and put together into one sandwich. Put butter either on the outsides of the bread or on the insides of the pie iron. Close the pie iron around the sandwich and either hold the iron over the fire, or set it on a log or the ground in the fire. It is important to check the pie iron regularly so that the sandwich doesn't burn. Cooking could take 1-4 minutes.

Use caution when removing your sandwich, the pie iron get VERY hot. Take care that you do not set the hot pie iron on plastic or fabric surfaces, wooden surfaces are usually fine. You can typically "flip" the sandwich out of the pie iron and reuse for the next girl. This is a great time to teach girls fire safety!

HOT Dessert- Grilled Reeses

Ingredients:

Bread
Peanut Butter
Chocolate chips
Butter

Utensils:

Butter Knives
Pie Irons
Plates

Directions: Make your grilled Reeses like a sandwich, peanut butter first, then sprinkle on the chocolate chips. Put your sandwich in the pie iron – don't forget to butter the bread or the pie iron! – and roast it in the fire.

Be careful! The pie iron is hot, but the inside of your sandwich gets really hot when it melts too.

HOT Nighttime snack – S'mores!

Ingredients:

Graham Crackers (or Thanks-A-Lot
cookies)
Marshmallows
Chocolate Bars

Utensils:

Roasting Sticks
Napkins or Plates

Directions: A Girl Scout classic! Spear a marshmallow on the pointy end of the roasting stick and roast it over the fire. It's helpful to prepare your graham cracker with chocolate on top of one side so that it's ready when you're done roasting. Once you are satisfied with your marshmallow, put it on top of the graham and chocolate and slide it off the roasting stick. Smoosh the plain side of the graham cracker on top and enjoy!

Day Two

HOT Breakfast – Eggs in a Hole

Ingredients:

Bread
Butter
Eggs
Sausage
FRUIT: Mandarin Oranges

Utensils:

Griddle or Large Frying Pan/Skillet
Flipping Spatula
Tongs
Spoons and Forks
Plates

Directions: Make a nice fire under your fire grate, not roaring but hot enough to cook over. If one is available, you may alternatively want to use a camping stove. Scramble eggs in a bowl. Butter both sides of the bread OR one side of the bread and the cooking surface. Cut holes in the center of each piece of bread. Fill the bottom of the pan with bread and place over the fire. Once the bread is a bit cooked slowly pour egg into the hole until it is full. Wait for the egg and the bread to cook a bit, the butter on top should be melted and the egg should have a couple bubbles in it, flip 'em! Allow the other side to cook and the egg to cook all the way through. You can use another pan to cook the sausage or cook them before making eggs in a hole.

This is a great opportunity to teach girls to crack eggs and how to be safe when cooking around a fire!

COLD Lunch – Roll Ups or Pinwheels

Ingredients:

Flour Tortillas
Lunch Meat
Condiments
Tomatoes
Hummus
Red and green peppers

VEGETABLE: Celery with peanut butter and raisins
FRUIT: Apples or Oranges

Utensils:

Butter Knives
Cutting Knives
Plates

Directions: Start with a tortilla, add condiments or hummus first, then lunch meat and veggies. Roll the tortilla up and eat! For pinwheels, make sure you lay out lunch meat flat and add veggies evenly. Then, roll the tortilla tight and slice into thick discs. This is a great time to teach girls knife safety and help them practice chopping vegetables or cutting food!

HOT Dinner – Foil Dinners

Ingredients:

Pre-Cooked Hamburgers
Sliced Carrots
Sliced Potatoes
Corn
Green Beans
Peas
FRUIT: Peaches

Utensils:

Tin Foil
Long Grill Tongs
Plates
Forks and Spoons
Cutting Knives
Butter Knives
Serving Spoon

Directions: Make sure your hamburger is not frozen. Give each person a large square of tin foil, this is what you are going to cook your meal in! Give each person hamburger (or

beans/chickpeas for vegetarians) and put them on top of your tin foil. Add vegetables into the tin foil and seasonings such as salt and pepper, lemon pepper, or Lawry's season salt. Fold the tin foil over the food so that there are no holes or gaps. Double wrap any foil packets that rip. Either write names on the packets or strategically place them into the fire so that everyone know which packet is theirs. Let them cook for 5-15 minutes (dependent on how hot the fire is). You can always pull one or two out to check them.

Once they are cooked, pull them out of the fire with tongs and vent the top so that the contents can cool. Enjoy with a fork! This is another opportunity for girls to practice knife skills and fire safety. If your girls are ready, let them build the fire or teach them how!

HOT Dessert – Banana Boats

Ingredients:

Bananas
Chocolate chips
Mini Marshmallows
Peanut Butter

Utensils:

Tin foil
Butter Knives
Long Grill Tongs
Plates
Spoon or Fork

Directions: Give each person a whole or half banana. Slice into the banana – but NOT through – the long way to make a pocket. Fill the pocket with chocolate chips, marshmallows, and/or peanut butter. Cover the banana in tin foil and place it in the fire. Either write names on the packets or strategically place them into the fire so that everyone know which packet is theirs. Let them cook for 5-7 minutes (dependent on how hot the fire is). You can always pull one or two out to check them. Enjoy with a spoon or a fork!

HOT Nighttime snack

Ingredients:

Tube of biscuit dough
Cinnamon and sugar
Butter

Utensils:

Roasting dowel
Butter knives
Napkins

Directions: Give each girl one biscuit from the tube. Mold the biscuit around the end of the wooden roasting dowel and hold it over the fire until the biscuit is cooked. Pull the biscuit off the end carefully (it's hot!) and fill the cup with butter and cinnamon sugar – you can also use extra chocolate chips and mini marshmallows. Dump out the excess cinnamon sugar and enjoy!

Day Three

COLD/WARM Breakfast

Ingredients:

Bagels and cream cheese
Instant Oatmeal Packets
Water
Cereal
FRUIT: Clementines

Utensils:

Butter knives
Spoons
Bowls
Percolator Kettle
Grill Gloves or Oven Mitts

Directions: To warm up water for instant oatmeal, use a camping stove or build a small fire. Put water in a percolator or coffee kettle and put it over the fire until the water is very hot or boiling. Follow instant oatmeal directions and enjoy with bagels and/or cereal.

COLD Lunch – at camp or on the road – Sandwiches

Ingredients:

Peanut Butter
Jelly
Bread
FRUIT: Apples or Oranges
VEGETABLE: Extras from other meals

Utensils:

Butter knives
Plates

Directions: Give each girl two slices of bread and a butter knife. Spread peanut butter on one half and jelly on the other. Put them together for a delicious PB&J.

You know your troop, don't forget to take into account special dietary needs and food preferences. You can always replace a meal above with a different meal based on your troops' abilities and preferences.

Sometimes campfire meals don't seem as filling when you're so active all day. Bring some snacks! We suggest fruit snacks, crackers, summer sausage, and hard cheese like cheddar, fruit leather, or granola bars. Or try making your own trail mix!

Alternate Meals

HOT Lunch/Dinner – Enchilada Casserole

Ingredients:

Corn tortillas
Can of no-bean chili
Shredded Cheese

Utensils:

Parchment Paper
Dutch Oven
Charcoal
Grill Tongs
Spatula

Directions: Line the inside of the Dutch oven with parchment paper. Put down a layer of tortillas in the bottom of the Dutch oven. Next a layer of no-bean chili, then a layer of shredded cheese. Continue to layer the tortillas, no-bean chili, and shredded cheese up to 1.5-2 inches from the top of the Dutch oven. Place on top of fire coals or charcoal, place 10-12 pieces of charcoal on top of the Dutch oven. Let bake for at least 15-20 minutes. Check on the casserole regularly. It can take up to an hour to bake cake in a Dutch oven dependent on how hot the coals are.

HOT Dessert – Dump Cake

Ingredients:

1 Can Clear Soda
Cake mix
Optional: pie filling

Utensils:

Parchment Paper
Dutch Oven
Charcoal
Grill Tongs

Directions: Line the Dutch oven with parchment paper. Combine ingredients and mix carefully in the Dutch oven. Place on top of fire coals or charcoal, place 10-12 pieces of charcoal on top of the Dutch oven. Let bake for at least 10-15 minutes. Check on the cake regularly. It can take up to an hour to bake cake in a Dutch oven.

HOT Dessert – Brownies

Ingredients:

Brownie Mix
Ingredients on box

Parchment Paper
Dutch Oven
Charcoal
Grill Tongs

Utensils:

Directions: Line the Dutch oven with parchment paper. Combine ingredients and mix carefully in the Dutch oven. Place on top of fire coals or charcoal, place 10-12 pieces of charcoal on top of the Dutch oven. Let bake for at least 10-15 minutes. Check on the brownies regularly. It can take up to an hour to bake in a Dutch oven.

Shopping List

Bread	~216 slices
Pita Pockets	Enough for 36 servings
Flour tortillas	medium to large, 2-3 packages
Bagels or bagel flats	24
Instant Oatmeal	12-24 packets
Cereal	individual boxes or 1-2 bags
Peanut butter	medium jar
Jelly	medium jar
Lunch meat	2-4 pounds
Shredded Cheese	large bag or 4 regular bags
Shredded Mozzarella Cheese	2-3 bags
Tube of biscuits	Enough for 24
Butter	1 pound or 1 container
Eggs	24-36
Breakfast Sausage	Enough for 2 per person
Pre-cooked hamburger patties	24
Mayonnaise	small jar
Mustard	small bottle
Ranch dressing	small bottle
Pizza sauce	2-3 jars
Pepperoni	1-2 bags
Chocolate Chips	1 regular bag
Chocolate bars	4 bars
Graham Crackers	1 large box
Marshmallows	1 bag
Mini Marshmallows	1 bag
Mandarin Oranges	2-3 large cans
Peaches	3-4 cans
Corn	2-3 cans
Green Beans	2-3 cans
Peas	1 bag frozen
Hummus	1-2 (we recommend red pepper flavor!)
Baby carrots	large bag
Apples & Oranges	24-48 pieces
Blueberries & Raspberries	1-2 containers of each
Bananas	12-24 (enough for halves or wholes)
Tomatoes	2-3
Red & Green Peppers	1-2 of each
Celery	1-2 bunches
Carrots	4
Potatoes	3-4
Raisins	1 box or individual boxes

Dry Goods – we recommend mess kits or plates and silverware that can be washed after each meal.

Plates & Napkins	Matches	Grilling Tongs
Knives, Forks & Spoons	Flipping Spatula	Serving Spoon
Cutting knives	Tin Foil	Grill Gloves

Camp has available

Pie Irons	Dutch Ovens
Cast iron skillet or griddle	
Roasting forks	