

One Pot Meal – Serves 4 Scouts

Troop 154 Goldens Bridge

Base	Vegetable	Meat	Sauce	Spice	Topping
Spaghetti -1lb	<u>FRESH</u>	Ground Beef-1lb	Cheese-3cups	Oregano-1tsp	Nuts-1/4cup
Thin spaghett-1lb i	Carrots-3	Can beef-2cans	Sour Cream-1pint	Herbs-1tsp	Sunflower Seeds-2tbl
Fettuccini-1lb	Potatoes-4	Can chicken-2cans	Stroganoff	Sage-1tsp	Pumpkin Seeds-2tbl
Egg Noodles-1lb	Summer squash-2	Can turkey-2cans	Dry Soup Mix-1pkt	Basil-1tsp	Coconut-2tbl
Linguine-1lb	Onion-1/2	Stew Meat-2cans	Miso Powder-1pkt	Salt-1tsp	Sesame Seeds-2tbl
Elbow Macaroni-1lb		Hard Salami-1/2lb	Gravy Mix-2pkt	Pepper-1/2tsp	Margarine-1tbl
Rotini-1lb	<u>DRIED</u>	SPAM-2cans	Curry-1pkt	Poultry Seasoning-1tsp	Grated Cheese-1/4cup
Small Shells-1lb	Peas-2cup	Jerky-1/2lb	Sweet & Sour-3cups	Garlic Powder-1tsp	Catsup Packets-6pkts
Rigatoni-1lb	Green beans-1cup	Can Tuna-2cans	Au Jus-2pkts	Garlic Salt-1tsp	Bacon Bits-3tbl
Ziti-1lb	Corn-1/2cup	Can Salmon-2cans	Teriyaki-1cup	Chili Powder-1tsp	Croutons-1/4cup
Cous Cous-1cup	Mixed Veg Flakes-1cup	Can Shrimp-2cans	Tomato Juice-2cups	Butter Buds-1tsp	Dumplings
Ramen Noodles-6pkts	Soup blends-2pkts	Pepperoni-1/2lb	V8 Juice-2cups	Soy Sauce-2tbls	Wheat Germ-2tbl
Quick Rice-2cups	Onion Rings-1can	TVP-1/2cup	Pasta Sauce-3cups	<u>BOUILLON</u>	Dried Fruit Bits-3tbl
Rice-A-Roni-2boxes		<u>CAR CAMPING</u>	Dry Milk Powder-1cup	Chicken-2 cubes	Raisins-3tbl
Instant Potatoes-2cups		Chicken breasts-4	<u>THICKENERS</u>	Beef-2 cubes	
Quick Grits-1cup		Steak strips-2lbs	Cornstarch-2tbl	Vegetable-2 cubes	
		Pork Chops-4	Flour-3tbl		
		Stew Meat-2lbs	Cornmeal-2tbl	<u>MIXES</u>	
			<u>CAN SOUPS</u>	Chili-1pkt	
			Cream Mushroom-1	Taco-1pkt	
			Tomato-1	Sloppy Joe-1pkt	
			Cheddar Cheese-1	Onion Soup-1pkt	
Cooking Liquid	Olive oil Vegetable Oil	butter Pam	broth	water	