



DUTCH OVEN COOKING

Great meals prepared in the Dutch Oven

**Troop One
Suffolk VA**

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Dutch Oven Care

Introduction

Dutch ovens can be used with a variety of cooking methods. They come in a different sizes and styles. We use the camp style with legs for most of our cooking within the troop.

A Dutch oven can be used to cook just about anything. Anything you can bake in an oven at home, you can cook in a Dutch oven while camping. A Dutch oven can also be used to broil, fry, boil, stew, and roast while camping. They can utilize a variety of heat sources; propane burner, charcoal, over an open fire, and campfire embers.

Cleaning

After cooking, clean utensil with a stiff nylon brush and hot water. Using soap is not recommended, and harsh detergents should never be used. (Avoid putting hot cast iron into cold water. Thermal shock can occur causing the metal to warp or crack).

TIP: If you are having trouble removing stuck-on food, boil some water in your pan for a few minutes to loosen residue, making it easier to remove. You try pouring some oil in the oven and allowing it to soak. This may also help break-up tough stains.

Towel dry immediately and apply a light coating of oil to the cookware while it is still warm.

TIP: Do not let your cast iron air dry, as this can promote rust.

Store the oven in a cool dry place. If you have a cover, or lid, for your oven, place a folded paper towel in between lid and base allowing air to circulate. This prevents moisture from collecting inside the oven, which can cause rust.

TIP: The oven is a great place to store your cast iron; just remember to remove it before turning on the oven.

NEVER WASH IN DISHWASHER.

If for some reason your cookware develops a metallic smell or taste, or perhaps rust spots (maybe a well-meaning person washed your cookware in the dishwasher or with soap thinking they were being helpful), never fear. Simply scour off the rust using a very fine grade of sandpaper or steel wool and Re-seasoning the cast iron cookware.

Re-Seasoning Cast Iron Cookware

Seasoning is the process of vegetable oil being absorbed into the pores of the iron, turning the gray iron black. Here are the steps to season cast iron cookware:

1. Using a kitchen oven or outdoor grill with lid, pre-heat to 350 °F.
2. Coat all of the interior and exterior surfaces with vegetable shortening or vegetable oil.
3. Place cookware upside down on middle oven rack and place aluminum foil on the lower rack to catch drippings. Bake for 1 hour. Turn oven or grill off leaving cookware in oven until cool. When finished the cast iron cookware will turn slightly brown, but it is ready to use. To turn the cookware darker you must repeat the process 2 – 3 or times.

Tips and Techniques

Regulating Oven Cooking Temperature

Briquettes

First and foremost, always use high quality briquettes. For recipes that take more than an hour to cook, after an hour remove the remaining briquettes and ash from the oven and replenish the m with new briquettes.

Note: Because the Dutch oven is already hot, you will not need as many briquettes as when you started cooking.

The general rule of thumb to produce about a 350° heat is to take the size of the Dutch oven in inches, double the number, and use that many total briquettes. So, for a 12" oven you would use 24 briquettes, for a 14" oven you would use 28 briquettes, etc..

Remember this is just a rule of thumb and does not work for all makes of ovens!

Placement of Briquettes

Heat placement around the Dutch oven is crucial to yield the best cooking results. Briquettes placed under the oven should be arranged in a circular pattern no less than 1/2" from the outside edge of the oven. Briquettes placed on the lid should be spread out in a checkerboard pattern. Try to avoid bunching the briquettes as this causes hot spots.

Simmering

For food you wish to simmer such as soups, stews, and chili's; place 1/3 of the total briquettes on the lid and 2/3 under the oven.

Baking

For food you wish to bake such as breads and rolls, biscuits, cakes, pies and cobblers (rising); place 2/3 of the total briquettes on the lid and 1/3 underneath the oven.

Roasting

For food you wish to roast such as meats, poultry, casseroles, quiche, vegetables, and cobblers (non-rising); use an even distribution of briquettes on the lid and underneath the oven.

The golden rule of Dutch oven cooking is "go easy with the heat". If the oven isn't hot enough you can always add more briquettes, but once food is burned, it's burned.

Baking Temperature Chart

Size		325 °F	350 °F	375 °F	400 °F	425 °F	450 °F
8"	Total Briquettes	15	16	17	18	19	20
	Top / Bottom	10/5	11/5	11/6	12/6	13/6	14/6
10"	Total Briquettes	19	21	23	25	27	29
	Top / Bottom	13/6	14/7	16/7	17/8	18/9	19/10
12"	Total Briquettes	23	25	27	29	31	33
	Top / Bottom	16/7	17/8	18/9	19/10	21/10	22/11
14"	Total Briquettes	30	32	34	36	38	40
	Top / Bottom	20/10	21/11	22/12	24/12	25/13	26/14
16"	Total Briquettes	37	39	41	43	45	47
	Top / Bottom	25/12	26/13	27/14	28/15	29/16	30/17

Note: If using a deep oven add 2 -4 more coals.

Cooking Tips

Many problems can be avoided by watching your ovens while you are cooking so don't be afraid to lift your oven lids to check on your food. If you see steam escaping from around your oven lids then your ovens are too hot. Dutch ovens act as a sort of pressure cooker steaming the food from the inside out making it tender. If you let the steam out of your Dutch oven, it doesn't help the food and more often than not the top or bottom will be burned.

To keep from generating hot spots which cause uneven browning and burned spots, rotate your Dutch ovens every 15 minutes by turning the oven 90° in one direction and the lid 90° in the opposite direction. The easiest way to manage this is to lift the lid, rotate the oven 90° clockwise, then put the lid back on so it is facing the same way it was when you lifted it. Look at the number cast on the lid when you do this. When rotating the oven properly the number on the lid should stay in the same place during the whole cooking process.

A Dutch oven lid can be placed over the fire or stove upside down and used as a skillet or griddle. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center, even if the lid is not level. This way you can make virtually error free pancakes and eggs.

Measurements

Abbreviations

oz - Ounce
tsp - Tea Spoon
pt - Pint
qt - Quart pkg

lb – Pound
Tbs - Table Spoon
c - Cup (8 oz)
gl - Gallon

Measurement Conversions

1 Tbs. = 3 tsp
1/4c = 4 Tbs.
1/2c = 8 Tbs.
1 qt = 4 c
1 lb bread loaf = About 17 slices
1 1/2 lb loaf = About 23 slices
2 c = 1 pt
1 Stick Butter = 1/4 lb or 1/2 c or 8 Tbs.

2 Tbs. = 1 oz
1/3c = 5 1/3 Tbs.
1 c = 8 oz
1 gal = 4 qt
1 1/4 lb loaf = About 20 slices
Bread loaf, 1-1/4 lb loaf and 1-1/2 lb

Metric Conversion

Temperature

Fahrenheit (F°) versus Celsius (C°)

Celsius = $5/9(F° - 32°)$

Water boils at 100° Celsius; 212° Fahrenheit.

Fahrenheit = $9/5(C°) + 32°$

Water freezes at 0° Celsius; 32° Fahrenheit.

Volume

1 gallon (gl) = 3.79l
1 pint (pt) = 0.47l
1 teaspoon = 5ml
1 pound = 453g

1 quart (qt) = 0.95l
1 cup = 250ml
1 tablespoon = 15ml
1 ounce = 30ml or 28g

Camper's measurements without utensils

1 Open Fistful = 1/2 cup
Four-Finger Pinch = 1 Teaspoon
One-Finger Gob of shortening = 1 Tablespoon

Five-Finger Pinch = 1 Tablespoon
One-Finger Pinch (with thumb) = 1/8 Teaspoon
Palm of hand (center) = 1 Tablespoon

Substitutions

1 c Milk = 1/2 c evaporated milk + 1/2 c water
= 1 c reconstituted dry milk + 2 tsp margarine or butter

1 c Buttermilk = 1 Tbs. vinegar + 1 c sweet milk
= 1/4c butter + 3/4c milk

1 1/2 tsp cornstarch = 1 Tbs. all purpose flour

1 c Honey = 1 1/4c sugar + 1/4c water or other liquid

Emergency should be the only excuse for substituting ingredients in most recipes.

Breakfast Meals

Mountain Man Breakfast

Ingredients

1/2 lb bacon (or pre-cooked sausage)
Med onion
2 lb. bag of hash brown potatoes
1/2 pound of grated cheddar
1 dz eggs
Small jar of salsa (optional)

The following recipe requires 6-9 bottom coals and 12 -15 top coals:

Pre-heat 12" Dutch Oven. Slice bacon and onion into small pieces and brown in the bottom of the DO until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes) Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set.(10 - 15 minutes)

Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted. Optional: cover cheese/egg mixture with a small jar (~ 1 cup) of SALSA. Cover and cook for an additional 3-5 minutes. Slice and server like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.) Cooking times will vary with the weather and your state of awake but it's almost impossible to screw up.

Serves 8

Breakfast Casserole

Ingredients

1 lbs ground Sausage
2 Cans Pillsbury Buttermilk Biscuits
6 eggs
4 tbsp milk
½ cup Shredded Swiss Cheese
Salt and Pepper to taste

Brown the ground sausage until the pink is gone. In a Dutch oven place the biscuits in the bottom. Press out if to cover the bottom completely. Pour the browned sausage over the biscuits.

In a bowl beat the eggs and milk together. Add salt and pepper. Pour mixture over the sausage. Add cheese on top.

Cook in at 350 °F for 30 to 40 minutes. Until done in the center.

Serves 6-8

Dutch Oven French Toast

Ingredients

1 loaf French bread, cut in 1" slices
2 cups half/half
2 cups milk
8 lg eggs
½ tsp nutmeg
½ tsp cinnamon
2 tsp vanilla

Topping:

¾ cup softened butter
1 1/3 cup brown sugar
3 Tbsp corn syrup, light
1 1/3 cup chopped nuts

Lightly oil a 12" Dutch oven and place bread layers till about 3" deep. In a bowl mix eggs, half/half, vanilla, nutmeg, and cinnamon. Pour over bread slices and let soak into bread well.

Make the topping by combining all ingredients. Spread topping over bread carefully and bake at 350° till done. It should take about 50 minutes

Serves 8-10

Easy Camp Doughnuts

Ingredients

2 cans or more of Pillsbury Buttermilk Biscuits (or similar brand)
Cooking Oil
Cinnamon sugar
Confectionary sugar

Put some oil in a sauce pan or Dutch Oven and heat until hot, around 350°F. (If no thermometer, drop a small piece of dough in it - it's hot enough when the piece sizzles.) Carefully drop biscuits into oil and cook for 2 or 3 minutes per side. Remove from oil and place on a paper towel to dry for a minute.

While it's still warm, put it in a paper bag with a cup of cinnamon sugar or confectionary sugar (or whatever other topping you can think of) and shake. Cover until ready to eat. Best when served warm.

Monkey Bread

Ingredients

2 rolls of Pillsbury biscuits
1/2 cup sugar
1/2 cup brown sugar
3 Tbsp cinnamon
1 stick butter

Mix sugar and cinnamon in plastic bag. Cut biscuits into quarters. Drop each quarter into bag and shake to coat well. Place in Dutch oven. Melt butter and pour over biscuits. Bake at 350°F for 35 minutes.

Serves 8 – 10

Breakfast Burrito

Ingredients

1 lb. Rolled Pork Sausage (mild)
1/2 C. Yellow Onion (diced)
1/4 C. Fresh Tomatoes (diced)
1 Tbsp. Green Chili's (diced those in a can)
10 - 12 CT Pkg. Flour Tortillas Shells (8"-9" diameter)
12 Eggs
10 - 12 Slices American Cheese
Taco Sauce or Picante Sauce.

Crumble and fry pork sausage, stir and separate meat so it will fry in small little pieces. Remove from heat drain extra oil from sausage. In fry pan add onion, green chili's and tomatoes, heat on medium temperature just until sausage and vegetables are heated through, stir frequently. Mix eggs in a bowl and add to sausage mixture. Scramble mixture until cooked then remove from heat.

In the middle of one flour tortilla shell place one slice of cheese in the middle. Spoon one - two tablespoons of the egg mixture and roll up the shell. Serve with your favorite taco or Picante sauce. To add something different use sour cream and little avocado in the roll.

Serves 10 – 12

Banana Bread

Ingredients

2 eggs
1 ½ cup mashed bananas
1 tsp baking soda
1 cup sugar
½ cup melted butter
2 cups flour
½ tsp salt

Mash bananas first; then add the rest of the ingredients in a 12 inch Dutch Oven. Cook at 350°F for 45 minutes to an hour.

Serves 6 – 8

Pasta Meals

Dutch Oven Lasagna

Ingredients

1-1/2 lb. lean ground beef
23 oz spaghetti sauce
9 oz shredded mozzarella cheese
3 eggs
2-1/4 c cottage or ricotta cheese
1/4 cup grated Parmesan cheese
13 lasagna noodles
1-1/2 tsp. oregano
3/4 c hot water

Preheat the Dutch oven. Brown the ground beef. When done, place the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.

Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by pre-cooking and draining the lasagna noodles.

Serves/Makes: 8 | Ready In: 30-60 minutes

Lazy Man Lasagna

Ingredients

12 oz lasagna noodles, uncooked
6 cups spaghetti sauce
2 cups cream-style cottage cheese or ricotta
12 oz Mozzarella cheese, sliced or grated
1/2 cup grated Parmesan cheese

In 12 inch Dutch Oven, make layers in the following order: half each noodles, cottage cheese, Mozzarella slices, spaghetti sauce, and sprinkled Parmesan cheese. Repeat. Make certain the dry noodles are completely covered by sauce. (To make this meal incredibly rich, add one 8-ounce package cream cheese. Pinch off nickel-sized portions of cream cheese and plop evenly over lasagna just before adding the second layer of uncooked pasta.)

Bake at 350F for about 45 minutes, or until edges are bubbly and center is hot. Let stand 10 minutes before serving.

Serves/Makes: 10 | Ready In: 30-60 minutes

Hungarian Goulash

Ingredients

2 tbsp. olive oil
2 cans tomato soup
1 lb. lean ground beef
2 ½ Soup cans water
1 large yellow onion; diced
2 ½ tsp. paprika
½ tsp. cayenne pepper
2 cloves garlic; minced
2 tsp. salt
1 ½ cups whole kernel corn
12oz. bag pasta shells
3 cups grated cheddar cheese
½ cup olives; sliced

Brown ground beef using 2 Tbsp. olive oil in a 12" Dutch oven using 20-22 briquettes bottom heat. When beef has been browned add onion, bell pepper, mushrooms, and garlic. Saute 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.

Serves/Makes: 10 | Ready In: 40-60 minutes

Beefy Chilly Mac

Ingredients

1 Tbsp. vegetable oil
1 lb. beef cube steaks cut lengthwise into 1 in. strips and then crosswise into 1 in. pieces (You may use ground beef as a substitute)
1 medium onion, coarsely chopped
1 ¾ lbs. canned Mexican style diced tomatoes, un-drained
1 ½ cups rigatoni or other spiral pasta, uncooked
½ cup water
½ cup shredded cheddar cheese

In a Dutch oven, heat oil over medium high heat. Cook beef and onion 3-4 minutes, stirring frequently until beef is browned. Stir in tomatoes, pasta and water. Bring to a boil. Reduce heat to low. Cover tightly and simmer 15-20 minutes or until pasta is tender. Sprinkle with cheese before serving.

Serves/Makes: 8 | Ready In: 30-60 minutes

All-In-One Spaghetti

Ingredients

2 Tbsp cooking oil
2 lg Onion -- Chopped
1 lbs Ground Beef or Italian Sausage
1 Tbsp dried oregano
1 Tbsp Coriander
Salt and Pepper -- To Taste
4 cans Tomato Sauce -- (15 Oz Ea)
3 cups Water
½ lbs uncooked spaghetti
Grated Cheese

In a saucepan or skillet, heat oil. Add onion and cook until soft. Crumble in the beef. Stir and fry until meat is no longer pink in color. Sprinkle with salt and pepper. Add tomato sauce and water; bring to boil. Break spaghetti; sprinkle in a little at a time, stirring into sauce. Cover tightly. Simmer 20 to 30 minutes. Stir occasionally. Serve with cheese.

Serves/Makes: 8 | Ready In: 30-60 minutes

Taco Skillet Spaghetti

Ingredients

2/3 tsp olive oil
1 1/3 lbs ground turkey
2/3 cup onions, chopped
20 oz tomato sauce
5 1/3 cups water
1 1/3 package taco seasoning mix
10 2/3 oz thin spaghetti, uncooked
2/3 cup fat-free cheddar cheese, shredded

In a 12" skillet over medium heat, heat oil. Add turkey, onions, and bell peppers. Cook until turkey is no longer pink and vegetables are tender. Stir in water, tomato sauce and taco seasoning mix. Bring to a boil. Add the uncooked spaghetti. Reduce heat, cover, and simmer until spaghetti is tender, about 25 minutes. Sprinkle with cheese.

Serves/Makes: 8 | Ready In: 30-60 minutes

Soups/Stew/Chili

Scott's Chili

Ingredients

2 ½ lbs Ground Beef
1 ½ cup chopped Onion
3 cloves garlic, minced
1 can (52 oz.) Hanover Light Red Kidney Beans
2 cans black bean
3 cans (15 oz. Each) Tomato Sauce
1 can tomato paste
1 can diced tomato
½ tsp black pepper
Creole season
Bay Leaf
1 1/2 tbsp of chili powder

Brown ground beef in a Dutch oven with onions and garlic. Cook until tender. Add remaining ingredients and simmer for 30 minutes; stir occasionally. Serves 8-10

Serves 10 – 12

Chuck Wagon Beef Stew

Ingredients

4 lbs Lean Beef, cubed
4 Tbsp Oil
2 cloves Garlic, chopped
4 cups Hot Water
2 large cans Tomatoes
2 thin slices Lemon
4 med Onions, sliced
2 Tbsp. Salt
1/2 tsp. Pepper
6 Tbsp. Sugar
12 med Carrots, peeled and cut into 1" pieces
9 - 10 Med Potatoes, quartered
Dash Cloves
1/2 Tsp. dried Basil Leaves
2 cans English Peas

In a skillet, brown beef well in oil. When cooked, transfer to a large Dutch Oven and mix in garlic well. Add water, tomatoes, lemon, onions, salt, pepper and sugar. Mix well and simmer 2 hours, stirring occasionally. Add carrots, potatoes, cloves and crushed basil leaves. Cover and cook until vegetables are tender. Add canned peas and heat. If it is necessary to thicken gravy, thicken with flour, dissolved in water. Serve hot.

Serves/Makes: 16 | Ready In: 3 hours

Cowboy Soup

Ingredients

4 Potatoes cut into chunks
1 can peas
1 lbs ground beef
1 can green beans
1 medium onion
1 can baked beans
2 Tbsp Chili powder
1 can tomato soup
1 can corn
1 can tomatoes
Worcestershire sauce
2 Bay leafs
Nutmeg, salt, pepper to taste

Brown ground beef, onion, and a touch of Worcestershire sauce together. Add all ingredients except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and cook 30 min.

Chicken Corn Chowder

Ingredients

1 lb chicken, cooked and chopped
1 lg onion
1 Tbsp Garlic, diced
6 slices bacon
2 cups russet potatoes, diced
½ cup carrots, sliced
½ cup celery, sliced
2 cans sweet corn
2 cans sweet creamed corn
3 cups chicken broth
1 tsp tarragon
1 tsp marjoram
1 tbsps thyme
1 tsp rosemary
2 cups half/half
Cornstarch

In a Dutch oven cook bacon and remove once done. Use same Dutch oven and cook onions and garlic until onions are transparent. Add carrots, celery, potatoes and chicken broth and simmer until potatoes are soft. Add chicken, bacon, corn, and spices and cook for about 10 minutes. Add half/half and cornstarch and simmer until chowder thickens.

Serves 10 - 12

Ham Chowder

Ingredients

½ Stick of butter or ¼ cup
1 medium onion chopped
2 cups diced potatoes
¼ cup flour
3 cups milk
¼ cup water
1-½ cups diced ham

Melt butter in a large pot or Dutch oven and cook onions until clear. Add potatoes and water and bring to a boil. Reduce heat and simmer until potatoes are tender. Mix flour and 1 cup of milk, to reduce lumps, and add to pot. Add remaining milk and ham and cook until thickened. If the chowder does not thicken enough crush some of the potatoes against the side of the pot. This will release some starch and help thicken the chowder.

Serves 6 - 8

Chicken and Dumplings

Ingredients

3 envelopes chicken noodle soup mix (NOT single serving size)
3 6-1/2 oz can boned chicken
Buttermilk biscuit mix
1 can mixed vegetables (optional to extend portions)

Mix soup mix with about half the normal water, add boned chicken and bring to a boil. Mix biscuit mix and drop by spoonfuls on the chicken mix. Add can of mixed vegetables. Cover tightly and SIMMER (not too hot) until dumplings are done (usually takes 12-20 minutes).

Serves 6 - 8

Main Dishes

Pork Tenderloin

Ingredients

1 - Pork Tenderloin
15 new potatoes golf ball sized, halved
1 lg onion, chopped
1 tbsp minced garlic
3 apples, cored and sliced
2 cups sliced celery
2 cups baby carrots
Olive oil
1 cup apple juice
Creole seasoning

In a 12" Dutch oven add 2 tbsp olive oil, potatoes, onion, garlic, carrots, celery, and apple juice. Rub the pork loin with Creole seasoning and place across the ingredients in the Dutch oven. Cover pork loin with sliced apples. Bake in Dutch oven at 350°F for 45 minutes, or until the pork is cooked thoroughly.

Serves 6 – 8

Hawaiian Hot Dogs

Ingredients

1 bell pepper
½ cup chopped onion
½ cup sliced celery
¼ cup butter
2 Tbs. cornstarch
Dash ground ginger
½ tsp dry mustard
¼ cup water
1 Tbs. vinegar
1 Tbs. lemon juice
1 Tbs. brown sugar
1 can (1 lb. 4 oz.) pineapple chunks & syrup
1 lb. hot dogs, cut into diagonal slices
1 can mandarin oranges 11 oz, drained
Cooked Rice

Cut pepper into long, thin strips. Sauté pepper, celery and onions in butter. Blend cornstarch with water, lemon juice, mustard, ginger, brown sugar and vinegar. Add pineapple and syrup, meat and cornstarch mixture to vegetables in Dutch Oven. Add the optional mandarins at this time. Cook over low heat, stirring frequently, for 10 minutes. Serve over a bed of rice.

Serves 6

Red Beans and Rice with Sausage

Ingredients

2 Package Mahatma Red Beans and Rice
2 lbs Smoke Sausage cut into ½ inch slices
2 tbsp margarine

Slice sausage into ½ inch sections and brown in Dutch oven. After browning, Bring 3-1/4 cups of water and 1 tablespoon margarine (optional) to a boil in a medium saucepan. Stir in rice mix. Cover, reduce heat and simmer for 20 minutes. Remove from heat and let stand about 5 minutes. Stir before serving.

Serves 8

Sausage Creole

Ingredients

2 lb smoked sausage links, sliced in 1/2in pieces
1/2 cups chopped onion
2/3 cups chopped celery
1 1/2 cups water
2 can stewed tomatoes with pepper peppers
4 tbs olive oil
1 red bell pepper, diced
1/2 cups sliced green olives
2 pkg. Spanish rice Mix
1/4 tsp cayenne pepper

In Dutch oven, sauté onion, pepper, and celery in olive oil. Combine all ingredients in oven and bring to boil. Cover, reduce heat, and 'simmer until liquid is absorbed. Serve.

Serves 6 – 8

Campfire Corn Dogs

Ingredients

1 pkg hot dogs
1-1/2 cup milk
2 cup biscuit mix
1 tsp salt
1/2 cup corn meal

Combine dry ingredients. Add milk and mix well. Dip each hot dog in batter. Cook over coals on a stick or fry in hot oil until golden brown. Turn to brown evenly.

Note: the batter will thicken on standing. If it gets too thick, add a bit more milk.

Serves 6 - 8

Pizza on a Pita

Ingredients

3 whole wheat pitas
4 ounces of mozzarella cheese
1 teaspoon of vegetable oil
1 small jar or can of pizza sauce
Pepperoni or other toppings

Cut pitas in half by separating at the edges to make two pizza crusts out of each pita. Top pita halves with pizza sauce, cheese and toppings. Fry in oil until crust is lightly browned.

Serves 6

Dutch Oven Chicken

Ingredients

12 boneless chicken breasts cut to desired sizes
1 bottle barbeque sauce
2 cans cream of chicken
1 cans cream of celery
6 strips bacon
1 teaspoon salt
1 teaspoon pepper

Place the bacon strips in a 12 inch Dutch oven and fry. Place all other ingredients on top of bacon strips and sprinkle the top with the salt and pepper. Cover and place on the heat at 350°F for 45 minutes.

Serves 12

Sesame Seed Chicken

Ingredients

3 lbs Chicken
1 cup honey
½ cup butter, melted
½ cup margarine, melted
4 Tbs. soy sauce
3 Tbs. sesame seeds
Flour
Salt and Pepper
Oil

Wash and pat dry chicken. Mix flour, salt and pepper. Coat chicken with flour mixture and fry in Dutch Oven until slightly brown. When done cooking chicken, drain oil from Dutch Oven. Mix honey, butter, margarine, sesame seeds and honey. Place chicken in Dutch Oven and pour mixture over. Bake at 350°F for about an hour. Stir occasionally to evenly coat chicken.

Serves 6 – 8

Pizza Hot Dish

Ingredients

2 pkg Crescent rolls

8 oz Shredded Cheddar Cheese

1 jar Pizza Sauce

8 oz Shredded Mozzarella Cheese

1-1/2 lb Ground Beef or Turkey

Brown ground beef, drain. Line 12" oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second pkg of rolls to form a top crust. Bake 30 min. at 350° F.

Serves 6 - 8

Casserole Dishes

Easy Chicken Casserole

Ingredients

2 lbs Chicken thighs cooked, boned, and chopped.
1 can Cream of chicken soup
1 can Cream of celery soup
1 cup Mayonnaise
1 box "Stove Top" stuffing, Sage flavor

Combine soup and mayonnaise in a large bowl. Add seasoning package from stuffing mix and 3/4c stuffing crumbs. Add chicken and mix well. Place in Dutch oven and top with remaining crumbs. Bake at 350 for 30 min or until bubbly and crumbs are brown.

Variation: Substitute 1 can Golden mushroom soup for Cream of celery soup. Add shredded cheddar cheese in soup mixture or sprinkle on top.

Arro Con Pollo

Ingredients

3-4 lbs chicken, cut up
2 bouillon cubes
1 cup chopped onion
1 cup diced ham
1 cup green pepper, chopped
1 can (14 oz) tomatoes
1 jar (2 oz) pimento, diced
1 pkg (10 oz) frozen peas, thawed
3/4 tsp chili powder
1 tsp salt
1 jar (3-1/2 oz) stuffed green olives, drained
1/2 tsp white pepper
1 tsp paprika
2 cloves garlic, minced
1 cup raw rice (long grain)

Mix salt, pepper, and paprika together and season chicken with this mixture. Put all ingredients except rice and peas in Dutch oven. Cover and cook at 300 for about 2 to 3 hours. Add rice and peas and cook at 375 for 1 hour. Water may be needed near end of cooking.

Taco Pie

Ingredients

1 1/2 lbs ground beef
1 med jar Taco sauce
4 lg Corn tortillas
1 pkg Shredded cheddar cheese (8 oz)
1 can Tomato puree(8 oz)

Brown ground beef, drain. Combine taco sauce and tomato puree. Line Dutch oven with aluminum foil. Place 2 tortilla shells in Dutch oven. Place 1/2 of ground beef on top, pour 1/2 taco sauce over top. Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top. Sprinkle with cheese. Cover and bake until cheese is melted. Variations: Add chopped onions, mushrooms or tomatoes to meat.

Beef & Bean Taco Casserole

Ingredients

Tastes like a taco salad!

1 lb. lean ground beef
1 (16 oz) can refried beans
1 (16 oz) jar thick & chunky salsa
1 (1.25 oz) pkg taco seasoning
2 1/2 cups coarsely broken tortilla chips, divided
4 green onions, sliced (1/4 cup)
2 medium tomatoes, chopped (1 1/2 cups), divided
1 cup shredded cheddar cheese
1/4 cup sliced black olives
1 cup shredded lettuce

In a Dutch oven, cook ground beef until browned; drain. Stir in refried beans, salsa and taco seasoning. Cook until heated throughout. Remove from oven.

In a Dutch oven place 2 cups of the broken tortilla chips. Top evenly with beef mixture. Sprinkle with onions, 1 cup of the tomato, and all of the cheese and olives.

Bake at 350 degrees for 20-30 minutes or until hot and bubbly and cheese is melted. Top with lettuce, remaining 1/2 cup chopped tomato, and remaining 1/2 cup tortilla chips. Enjoy!

Serves 8 – 10

Easy Sheppard's Pie

Ingredients

1 1/2 lbs lean ground Beef
1 can green beans
1 can pea & carrots
2 packages brown gravy mix
1 onion
3 cloves crushed garlic
3 to 4 packages instant mash potatoes
1 package mild cheddar cheese, shredded (8oz)
Vegetable Oil
Water

Add 3 tbsp of oil to Dutch oven over a medium heat. Dice onion into small squares. Add onions and garlic to Dutch oven and cook until very soft/transparent. Add ground beef to onions, until very lightly browned and crumbled, cook on medium-high and stir to keep meat small and crumbly, until done.

Add gravy mix to Dutch oven and 1 cup of hot water. Stir in and simmer. Drain green beans and peas/carrots and add to Dutch oven. Simmer for 5 minutes.

Prepare instant mashed potatoes. To change the flavor you may use different flavored potatoes. I prefer the butter flavored with one package of loaded potatoes. Add potatoes to the top of the beef mix. Cook in Dutch oven for 25 minutes at 350 °F. Add Cheese to the top of the potatoes. Cook meal for 10 additional minutes, or until the cheese has melted.

Serves 8 – 10

Basic Hamburger, Beans & Biscuits

Ingredients

2 lb lean Hamburger or Turkey Hamburger
2 2 lb cans of Pork & Beans
1 jar Hickory Smoked BBQ sauce
1 jar Mesquite BBQ sauce
1 jar Regular BBQ sauce
1 cup shredded Cheese
Ketchup
Mustard
Onions
2 cans or more of Pillsbury Buttermilk Biscuits (or similar brand)

Brown and drain the Hamburger. Add both cans of Pork & Beans. Mix well. Add as much or as little of the three BBQ sauces to Dutch Oven and mix well. Add Ketchup and Mustard to taste. Once all is mixed, add a handful of chopped onions (the finer the better). Let simmer on low heat for 15 minutes. Stir the Beans & Hamburger.

Cut biscuits in half. Arrange biscuit halves on top of simmering beans. Stand biscuit halves on end so that round halves are up. Cover the complete top of the beans and hamburger mix with biscuit halves. Add all shredded cheese on top of biscuits. Bake for 30 minutes at 400 degrees. It's done when the biscuits are done.

Serves 8 – 10

Chili Cheese Dog Casserole

Ingredients

2 cans (15 oz each) chili with beans
1 pkg (16 oz) smoked cocktail sausage links
1 tsp chili powder
2 cups shredded cheddar cheese
1 pkg (8.5 oz) corn muffin mix

In a Dutch Oven combine chili, sausage links and chili powder, mix well. Cook over medium heat until mixture is hot and bubbly, 3-4 minutes. Stir cheese into chili mixture.

Prepare corn muffin mix batter according to package directions. Spoon corn mix onto chili divided into 6 equal mounds.

Bake at 400°F until corn muffin topping is golden, 20-30 minutes. Garnish with additional chili powder, if desired.

Serves 6

Hot Dog Casserole

Ingredients

1 can cream of potato soup
1/2 C. milk
2 cans green beans, drained
8 frankfurters
4 slices American cheese, cut in strips
4 slices partially cooked bacon cut in half

In a 12" Dutch Oven stir soup until smooth, gradually blend in milk. Stir in beans. Slit frankfurters lengthwise to about 1/2 inch from each end; stuff with cheese. Arrange frankfurters on beans, top with bacon. Bake at 350°F for 25 minutes or until hot.

Serves 8

Tater Tot Casserole

Ingredients

1 lb. ground beef
1 small onion diced
1/2 pkg Taco Seasoning
1 8oz bag of nacho/taco cheese, finely grated
1 can cream of mushroom (may substitute with cream of celery or potato or chicken)
1 can cream of chicken
1 can green beans (drained)
1 large bag of Tater tots

In a Dutch Oven brown meat with onions and Taco Seasoning, when done, then drain meat. While this is browning, in a large bowl, mix the cream of mushroom, cream of chicken, green beans and cheese together. When the meat is drained, stir it in with the mixture. Layer the top with Tater tots. Bake at 350°F until Tater tots are golden brown.

Serves 8

Potato Hot Dog Casserole

Ingredients

1 pkg Hot Dogs (sliced into 1" bites)
1 can green beans (drained)
1 can carrots (drained) or baby carrots
1 can cream of potato soup
1 can cream of chicken soup
1 Tbs. minced onion
1/2 tsp garlic powder
1 tsp dried mustard
1 bag of Tater Tots
1 bag 8 oz Mexican cheese blend

In a Dutch oven mix all ingredients except tater tots and cheese, add salt and pepper to taste. Layer top with tater tots and bake at 350°F until tater tots are golden brown. Top with cheese and bake an additional 10 minutes.

Serves 8

Beef Enchiladas

Ingredients

1 ½ lbs hamburger
2 cans tomato sauce 8 oz
1 cup chopped onions
1 pkg taco seasoning
Corn Tortillas
1 pkg Mexican Cheese Blend

In a 10" Dutch Oven brown hamburger and onions. Add tomato sauce and taco seasoning and simmer for 10 minutes. Scoop out enough to leave a layer in bottom of Dutch oven. Arrange 3 tortillas over layer, cover with sauce, then cheese. Build up layers, at least three, end with cheese on top. Bake at 350°F for about 30 minutes.

Serves 6 – 8

Chicken Cordon Blue Casserole

Ingredients

6 boneless skinless chicken breasts halves
6 slices ham, medium thickness
6 slices Swiss cheese, medium thickness
1 can cream of chicken soup
1/4 c. water
1 box Stove Top Stuffing (sage)

In a 12" Dutch Oven layer the chicken, ham and cheese. Mix soup and water, pour over the layers. Sprinkle stuffing over the top of the casserole. Bake at 350°F for 1 hour.

Serves 6

Dessert

Rock and Roll Ice Cream

Ingredients

1 - 3 lbs coffee can, empty and plastic lid, cleaned
1 - 1 lbs coffee can, empty and plastic lid, cleaned
1 pint Half-and-half (2 cups)
½ cup Sugar
1 tsp. Vanilla
1 Tbsp. Chocolate syrup or a few pieces of frozen fruit
Ice and rock salt

In the smaller can, mix the half-and-half with the sugar. Add vanilla and chocolate syrup or frozen fruit. Cover the small can with its lid. Put the small can inside the larger can. Add ice to cover the small can. Sprinkle about 2 tablespoons rock salt over the ice. Secure the lid on the larger can.

On a flat surface, roll the can back and forth with your hands and/or feet; check in about 10 minutes to see if the ice cream is hard enough. If not, replace the lids and continue to roll a while longer.

Mississippi Mud Cake

Ingredients

1 yellow cake mix; prepared as directed

Mud

1/2 cup cocoa powder
2 cups brown sugar
1 cup hot water
2 tsp. vanilla
1 tsp. cinnamon

Topping

10 oz. bag semi-sweet chocolate chips
3/4 cup chopped pecans
powdered sugar

In a 12" Dutch oven add prepared cake mix.

Prepare The Mud: In a separate bowl combine all "Mud" ingredients and stir until well mixed. Pour mud mixture over the cake batter.

Bake: Cover Dutch oven and bake at 350°F for 60-90 minutes. Sprinkle chocolate chips and pecans over top of cake about 5 minutes before cake is done.

Dust top of cake with powdered sugar just before service.

Serves: 10-12

Dump Cobbler

Ingredients

1 box Yellow Cake Mix
¼ cup butter
2 cans pie filling

Pour 2 cans of pie filling into a 10" Dutch oven. Dump the contents of the cake mix over the top of the pie filling and spread evenly. Cut butter into thin squares and place around the top of cake mix. Cook at 350°F until top is golden brown. You can mix pie fillings. One favorite is strawberry and apple pie fillings.

Banana Crumble

Ingredients

10 ripe bananas; peeled
1 ½ cup brown sugar
1 ½ cups orange juice
1 tsp. nutmeg
2 tsp. vanilla
1 tsp. salt
1 cup flour
1 ½ sticks butter; cut into pieces
1 cup instant oats

Slice bananas into 1/4" slices and place in a lightly buttered 12" Dutch oven. Combine orange juice and vanilla and pour over bananas.

In separate bowl combine flour, oats, brown sugar, nutmeg and salt; stir to mix. Cut in the butter until mixture is about the size of small peas. Spoon crumbles mixture over fruit.

Cover and bake for 30 to 45 minutes at 350°F

Serve with vanilla ice cream.

Serves: 8-10

Dutch Apple Crisp

Ingredients

Filling

10 cups granny smith apple slices
2 Tbs. lemon juice
3/4 cup sugar
1/2 cup brown sugar
1/3 cup flour
2 tsp. ground cinnamon
3/4 tsp. grated nutmeg
1/4 tsp. ground cloves
3/4 tsp. salt

Topping

2 cups brown sugar
2 cups flour
1 cup oatmeal
1 cup melted butter

Prepare Filling: In a 12" Dutch oven add apples and lemon juice; stir to coat apples. In a separate dish combine remaining filling ingredients and mix. Pour dry ingredients over apples and mix until apples are completely covered.

Prepare Topping: In a separate bowl combine brown sugar, flour, oatmeal, and walnuts; stir to mix. Mix in butter using a fork. Spread topping evenly over apples.

Bake: Cover Dutch oven and bake at 375°F for 60 minutes.

Serves: 12-14

Pineapple Upside Down Cake

Ingredients

Pineapple or Yellow cake mix (Jiffy cake mix doesn't require eggs)
Pineapple slices
Brown sugar
Maraschino cherries
Butter or margarine

Use a metal or foil pan that will fit into the Dutch oven. Put dots of butter in pan. Sprinkle brown sugar over bottom. Place pineapple slices in a single layer on the bottom. Place maraschino cherries in the holes in the pineapple slices. Pour cake batter over the Dutch oven. Cook at 350° until cake is done.

Serve 8 – 10

Apple Enchiladas

Ingredients

1 21oz can Apple Pie Filling
1 package Flour Tortillas (large size)
1 stick butter melted
½ cup brown sugar
½ cup sugar
½ cup water
1 tablespoon cinnamon

Spoon about 2 tablespoons of pie filling into the center of each tortilla and roll it up. Place the rolled tortilla seam side down in a 12" Dutch oven. In a separate mixing bowl mix the melted butter, water, sugar, brown sugar, and cinnamon together. Pour this mixture over the tortillas and bake at 350° for 20 minutes.

Serves 6

Elephant Ears

Ingredients

1 tube refrigerated crescent rolls
Oil
Sugar (Powdered or Cinnamon)

Open a roll of crescent rolls and separate dough into triangles. Fry triangles in HOT oil until golden brown on both sides. Drain on paper towels and coat with powdered sugar or cinnamon sugar while still hot.

Serves 6

Coke Cake

Ingredients

1 can cherry pie filling (strawberry pie filling is a great substitute)
1 box chocolate cake mix
1 can coke

Spread pie filling over bottom of a well oiled 10" Dutch Oven. Sprinkle cake mix over pie filling and pour coke over all. Cook at 350°F for around 30 to 40 minutes.

Serves 6 – 8

Easy Turnovers

Ingredients

Rolls

2 cans (8 oz each) Pillsbury® refrigerated crescent dinner rolls or 2 cans (8 oz each) Pillsbury® Crescent Recipe Creations™ refrigerated flaky dough sheet
1 can favorite pie filling

Glaze

1/2 cup powdered sugar
1 teaspoon vanilla
2 to 3 teaspoons milk

If using crescent dough, separate dough into 8 rectangles; firmly press perforations to seal. If using dough sheet, cut dough into 8 rectangles. Spread each rectangle with about 2 tablespoons of pie filling. Roll up each, starting at longest side; firmly pinch edges and ends to seal. Gently stretch each roll to about 10 inches.

In a 12” Dutch Oven, coil each roll into a spiral with seam on the inside, tucking end under. Make deep indentation in center of each roll; fill with 1/2 teaspoon preserves. Bake 20 to 25 minutes or until deep golden brown at 350°F.

In small bowl, mix glaze ingredients, adding enough milk for desired drizzling consistency. Drizzle over warm rolls.

Serves 8

Churros

Ingredients

2 tablespoons sugar
1 teaspoon ground cinnamon
1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls or 1 can (8 oz) Pillsbury® Crescent Recipe Creations™ refrigerated flaky dough sheet
2 tablespoons butter or margarine, melted

In small bowl, mix sugar and cinnamon; set aside.

If using crescent rolls: Unroll dough; separate into 4 rectangles. Press each to 6x4-inch rectangle, pressing perforations to seal. If using dough sheet: Unroll dough; cut into 4 rectangles. Press each to 6x4-inch rectangle. Brush tops of 2 rectangles with melted butter; sprinkle with about half of the sugar mixture. Top each with remaining rectangle; press edges lightly. Brush tops with melted butter.

With sharp knife or pizza cutter, cut each rectangle stack lengthwise into 6 strips. Twist each strip 3 times; place into a 12” Dutch Oven. Bake 9 to 11 minutes or until golden brown and crisp at 350°F. Brush tops with any remaining melted butter; sprinkle with remaining sugar mixture.

Serves 6 – 8

SPAM

Cantonese Sweet and Sour

Ingredients

2 tbsp cooking oil
3 tbsp sugar
1 lg. carrot, sliced diagonally
3 tbsp catsup
6 green onions, sliced 1/4"
3 tbsp vinegar
1 clove garlic, minced
1 tsp ginger
1 small cucumber, cut in chunks
1 tsp soy sauce
2/3 cups water
12-oz can SPAM, cubed 1/2"
1 tbsp cornstarch
8-oz can bamboo shoots, drained

In wok or large skillet, cook oil over medium heat. Add carrot, green onion, garlic and cucumber; cook over medium heat, stirring occasionally, until crisply tender (4 to 5 minutes). Add remaining ingredients except SPAM and bamboo shoots. Continue cooking, stirring constantly, until suce is thickened (5 to 6 minutes). Add SPAM and bamboo shoots. Cook over medijm heat until heated through (4 to 5 minutes). If desired, serve over rice. Yield: 4 servings

Spaghetti Carbonara

Ingredients

1 1/2 lbs spaghetti
4 eggs, slightly beaten
12-oz can SPAM, cubed 1/4"
1/2 cups grated parmesan cheese
1/2 cup chopped onion
1/4 cup chopped fresh parsley
3 tbsp olive oil
Ground pepper
3 tbsp butter

Cook spaghetti according to package directions. Meanwhile, in skillet cook SPAM and onion in oil and butter over medium heat until lightly browned. Set aside. When spaghetti is cooked, drain; return to pot. Add eggs; toss to combine. Add SPAM mixture, cheese and parsley; toss to combine. Season to taste with pepper. Serve immediately. Yield: 6 servings.

Campfire Spam Fried Rice

Ingredients

1 (7-ounce) package precooked rice
2 cups boiling water
1 (7-ounce) can SPAM® Classic, diced
1 (1-ounce) envelope fried rice seasoning mix

Place rice in small bowl; pour boiling water over. Cover and let stand 5 minutes. Fluff with a fork. Mix in SPAM and seasoning mix. Transfer mixture to medium skillet. Cook over medium heat 5 minutes, stirring often.

French Fried Spam Casserole

Ingredients

1 (20-ounce) bag frozen french fry potatoes, thawed
2 cups (8 ounces) shredded Cheddar cheese
2 cups sour cream
1 (10 3/4-ounce) can cream of chicken soup
1 (12-ounce) can SPAM® Classic, cubed
1/2 cup chopped red bell pepper
1/2 cup chopped green onions
1/2 cup finely crushed cornflakes

In large 12” Dutch Oven combine potatoes, cheese, sour cream and soup. Stir in SPAM, bell pepper and green onions. Sprinkle with cornflakes. Cook at 350°F for 30 to 40 minutes or until thoroughly heated.

Serves 6 – 8

Dutch Oven Barbecued Spam

Ingredients

2 can Spam
4 tbsp. water
2 tbsp. finely chopped onion
2 can Hunt's tomato sauce
4 tbsp. brown sugar
½ tsp. Worcestershire sauce

Cut Spam lengthwise not quite through in 8 slices. Place in greased 10” Dutch Oven. Combine Hunt's tomato sauce, water, brown sugar, onion and Worcestershire sauce. Pour over meat. Cook at 375°F for 25 to 30 minutes, basting occasionally with sauce.

Serves 8

New-Fashioned Spam Scalloped Potatoes

Ingredients

1 can (10-3/4-ounce) 99% fat-free condensed cream of mushroom soup
½ cup skim milk
1 jar (2-ounce) diced pimientos, drained
¼ teaspoon pepper
1 can (12-ounce) SPAM® Lite, cubed
1 cup chopped onion
½ cup frozen peas
4 ½ cups potatoes, peeled and thinly sliced
1 tablespoon dry bread crumbs
1 tablespoon chopped fresh parsley

In medium bowl, combine soup, milk, pimiento, and pepper. In 12” Dutch Oven, layer half of the SPAM, onion, peas, potatoes, and sauce. Repeat layers. Cover. Cook at 350°F for 60 minutes or until potatoes are nearly tender. Combine bread crumbs and parsley; sprinkle over casserole. Bake, 15 minutes longer or until potatoes are tender. Let stand 10 minutes before serving.

Serves 6