

Dinner #7 - Goulash

Dutch oven or Pot - Stovetop or Fire

Date: 11-19-98

MENU: Goulash, biscuits

Note: this menu is from the 1950 National Jamboree in Valley Forge, PA

SHOPPING LIST:

ITEM	PER PERSON	TOTAL	ITEM	PER PERSON	TOTAL
Ground beef	1/4 LB		Potatoes	1-1/2	
Green and/or	1/4		Crushed tomato	12 oz	
Red pepper			(canned)		
Onion	1/4 cup diced		Salt&pepper		
Bisquick	3 biscuits				
	See instructions				
	on box				

PLAN:

At Home: Wash potatoes. Cook ground beef (optional. May be done in camp) Pack in ziplock bag. Dice onion. If cooking ground beef in camp:

90 MINUTES BEFORE MEAL:

Brown ground beef. Drain. Meanwhile, assistant cook peels and cuts potatoes into 3/16" slabs.

If NOT cooking ground beef at home:

90 MINUTES BEFORE MEAL:

Peel and cut potatoes into 3/16" slabs. Mix all ingredients in pot. Tomatoes should cover other ingredients. Cook over moderate heat for

45 minutes to 1 hour before meal: When potatoes are soft, it's done!

When to start biscuits depends on how many you're making. In a Dutch oven, plan on 20 minutes per batch. In a reflector oven, better allow 30 minutes. Cooked biscuits can be kept warm in a pot or foil on slow coals.