

## Outdoor Cooking Progression

When you are planning for a cookout, remember the age level and experience of most girls in your troop.

With first time campers, start with easier forms of cooking and progress through the various steps. If campers are more experienced, start “where they are”. Many of the methods below should be introduced with heat and eat foods to reduce time spent over the fire.

### Ready to Eat

Prepare a meal or snack that requires no cooking.

Cereal  
Bag Lunch  
Sandwiches  
Trail Mix  
Ants on a Log

### Propane

Prepare a meal just like at home using a propane stove, griddle or grill.

Pancakes  
Eggs  
Hot dogs  
Hamburgers  
Kabobs  
Grilled veggies  
Walking tacos  
Grilled cheese  
One pot meals (stew, chili, soup, mac and cheese, oatmeal)

### Foil Packets

Prepare a meal over a bed of coals in foil packets. Use of a rack is optional.

Roasted apples  
Meatballs  
Steamed veggies  
Fajitas  
Pigs in a blanket\*  
Potatoes

*\*Always check that dough is cooked.*

Start with “heat & eat” recipes before moving to foods with temperature requirements.

### Sticks & Skewers

Prepare a meal over a campfire using a stick, skewer or dowel.

S'mores  
Hot dogs  
Pigs in a blanket\*  
Brown bears  
Kabobs  
Pie irons (grilled cheese, melts, dessert pies)

*\*Always check that dough is cooked.*

Start with “heat & eat” recipes before moving to foods with temperature requirements.

### One Pot

Prepare a meal all in one pot over charcoal or wood.

Stew  
Chili  
Soup  
Oatmeal  
Casserole  
Mac and Cheese

This method can increase time over the fire stirring, adding ingredients in sequence, or doing more prep outdoors.

Start with “heat & eat” recipes before moving to foods with temperature requirements.

### Baking

Prepare a meal in a Dutch, box or solar oven.

Cakes  
Casseroles  
Meatloaf  
Turkey  
Pizza  
Pies

These methods can be time consuming; be sure to plan accordingly, have a backup plan, and consider bringing extra materials.

### Primitive

Prepare a meal with basic resources like a #10 can, a bucket, or a food's own container.\*

Vagabond stove  
Can  
Bucket  
Crane  
Tripod

*\*These methods get extremely hot - use protective equipment such as tongs, gloves, hot pads, etc.*

