

A Taste of
CAMP AUGUSTA

Magical Recipes for the Entire Family!

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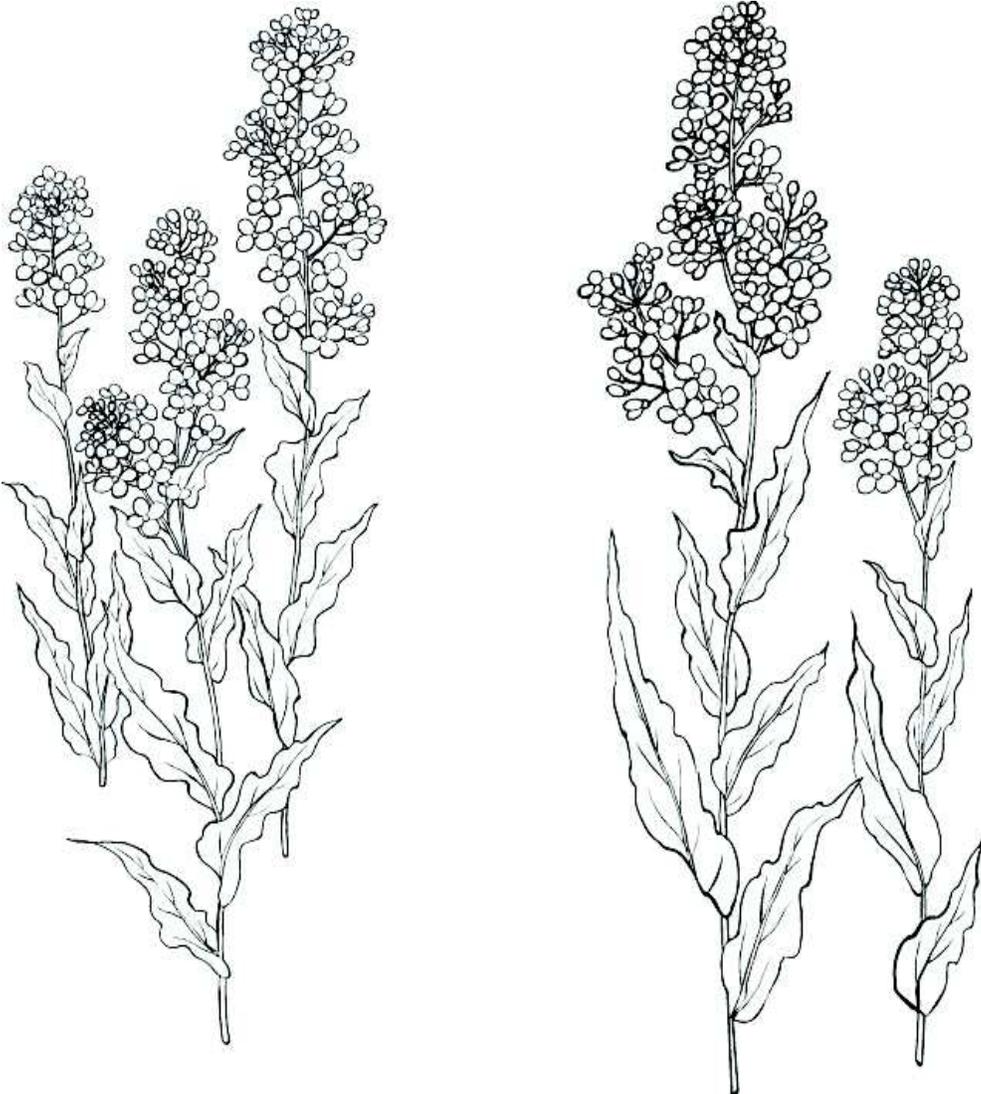
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Breakfast



Oatmeal Bake

SERVES 6

INGREDIENTS

4 tbsp	Butter, melted
3/4 cup	Brown Sugar
2	Eggs
1 tsp	Baking Powder
1/2 tsp	Salt
2 cups	Milk
2 cups	Oats
1 tsp	Vanilla
1 cup	Blueberries (optional)

- 1) Preheat the oven to 325 degrees. Grease an 8 or 9 inch baking dish with safflower oil.
- 2) In a medium bowl, combine the oats, brown sugar, baking powder, and the salt. Whisk well.
- 3) In another bowl, crack eggs and whisk; then whisk in the milk and vanilla until well combined.
- 4) Add the milk mixture to the oat mixture, along with the melted butter.
- 5) Pour the oatmeal mixture into the greased pan. Sprinkle the blueberries over the top if you are using them.
- 6) Bake for 40-45 minutes, until the top is golden and the oats are set.

Tofu Scramble

SERVES 6

INGREDIENTS

1/4 cup	Canola Oil
1/2 cup	Onion, finely chopped
1 clove	Garlic, minced
1 block	Firm Tofu
1/2 cup	Diced Tomato
2 cups	Spinach or Kale, sliced into 1/2 inch
1/2 tsp	Tumeric
1 tbsp	Tamari or Soy Sauce
2 tbsp	Nutritional Yeast

- 1) Saute onions until soft in the canola oil. Add garlic and saute for another 2 minutes
- 2) With your hands, crumble the tofu into the skillet.
- 3) Add tumeric, tamari, nutritional yeast and spinach.
- 4) Mix well and let cook 5 minutes.
- 5) Add the chopped fresh tomatoes.
- 6) Garnish with your favorite herbs and enjoy!

Entrées



Chicken Coconut Curry

SERVES 6

INGREDIENTS

1 and 1/4 pounds	Chicken Breast, boneless/skinless, cut into strips
to taste	Salt and Pepper
3 tbsp	Curry Powder
4 tbsp	Canola Oil
1 large	Sweet Potato, chopped
3 each	Carrots, chopped
1/2-1 head	Cauliflower, chopped
1 medium	Yellow Onion, chopped
4 cloves	Garlic, minced
1 tbsp	Grated Ginger
2 cups	Vegetable or Chicken Broth
1 can (13.5 oz)	Coconut Milk
1 cup	Frozen Peas (no need to thaw)
1/4 cup	Plain Yogurt
1/4 cup	Cilantro, minced

Preheat oven to 350

- 1) On one baking tray sprinkle salt, pepper, and ½ tsp of the curry powder over the sweet potato and carrots. On another tray, sprinkle salt, pepper, and ½ tsp of the curry powder on the cauliflower and roast these in the oven, al dente. The cauliflower will be ready before the sweets potatoes and carrots.
- 2) Sprinkle the chicken evenly with ¾ tsp salt, ¼ tsp pepper and 1 tbsp of the curry powder.
- 3) Heat 1 ½ tbsp of oil in a 12 inch skillet over high heat until just smoking. Add the chicken in a single layer and cook, stirring occasionally, until lightly browned and 145 degrees. Transfer the cooked chicken to a clean bowl and set aside.
- 4) Add the remaining 1 ½ tbsp oil to the skillet and set heat to medium. Add the onions and cook, stirring occasionally, until softened. Stir in the garlic, ginger, and remaining tablespoon of curry powder and cook until fragrant, about a minute more.
- 5) Whisk the broth, coconut milk, then add to the skillet 1/8 tsp salt. Bring to a boil then reduce the heat to medium and cook until the sauce is nicely thickened, about 5 minutes.
- 6) Add the sweet potato, carrots, cauliflower, and peas to the skillet, turn the heat down to low and simmer until all ingredients are cooked. Turn off the heat and stir in the yogurt and cilantro (or serve on the side), salt and pepper to taste. Serve with basmati rice, yummmmm

Bacon and Banana Pizza

SERVES 6

INGREDIENTS

DOUGH

2 pkg (1/2 oz)	Yeast
1 and 1/2 Cups	Warm water
2 tbsp	Sugar
1/4 cup	Oil
4 cups	Flour
2 tsp	Salt
1 tbsp	Italian Seasoning (optional)

SAUCE

2 tbsp	Olive Oil
1 clove	Garlic, minced
28 oz can	Crushed Tomato
6oz can	Tomato Paste
1/2 tbsp	Sugar
3/4 tsp	Salt
1 tsp	Basil
1/2 tsp	Oregano
to taste	Salt and Pepper

TOPPINGS

2 + cups	Cheese, Mozzarella, Parmesean, and Cheddar, shredded
About 6 slices	Bacon, cooked
2	Bananas, peeled, sliced

To make the sauce:

- 1) Saute olive oil and garlic for 1-2 minutes in a medium pot.
- 2) Add the rest of the sauce ingredients. Stir to combine.
- 3) Cover the pot and let simmer for 15 minutes.

Preheat Oven to 450 degrees.

- 1) Sprinkle yeast and sugar over water. Let sit in a warm spot until foamy.
- 2) Meanwhile, whisk the flour, salt, & herbs together.
- 3) Add the oil to the yeast mixture. Add flour mixture and stir until a sticky dough forms. (You can also use your mixer with the paddle attachment on low for 5 minutes)
- 4) Transfer dough to an oiled bowl, brush top with oil, cover with plastic wrap, and let sit in a warm spot for 1 hr.
- 5) After the dough has risen, turn dough out onto a lightly floured surface and knead a few times, roll into a ball.
- 6) Grease a large cookie sheet and roll out the dough to your desired thickness.
- 7) Spread sauce onto dough
- 8) Sprinkle cheese, top with bacon and banana slices
- 9) Bake in 450 degree oven for 10-15 minutes, until crust is golden brown.

Enchilada Pie

SERVES 6

Ingredients

2 lb.	Ground Turkey
½ cup	Diced Onion
2 cloves	Garlic, minced
1 cup	Diced Tomatoes
¼ cup	Chopped Green Chilies
2 tbsp	Chopped Fresh Cilantro
2 tbsp	Frontier Taco Seasoning
1 recipe	Enchilada Sauce (see below)
2 cups	Pepper Jack Cheese
2 cups	Cheddar Cheese
1/2 cup	Sour Cream
12-15	Corn Tortillas

Preheat oven to 400°

- 1) Cook and stir ground turkey and onions in a large skillet over medium high heat until meat is browned and crumbly. Add garlic and cook until fragrant, about 30 seconds. Stir in diced tomatoes, green chilies, and taco seasoning mix. Remove from heat.
- 2) Mix cheeses and sour cream together in a bowl.
- 3) Heat a cast iron skillet over medium high heat. Cook tortillas, one at a time, until soft

You will now begin assembling the pie. Think of this like making lasagna, layers upon layers. There will be 2-3 layers.

- 4) In an 8x8 or 9x9 inch pan spread a thin layer of sauce. Lay down 1/3 or 1/2 of the tortillas to cover the bottom. Sprinkle meat, cheese mixture, and repeat the sauce, tortillas, meat, and cheese process. Finish with the cheese and sauce on top.
- 5) Cover the pan and cook until the cheese is bubbly, about 30 minutes. Remove the cover and cook for another 5 minutes. Cool for 15 minutes, garnish with cilantro and enjoy.

Enchilada Sauce

2-3 tbsp	Safflower Oil
1-3 tsp	Chili Powder
1 cup	Tomato Sauce
1 can (13.5 oz)	Fire Roasted Tomatoes
2 tsp	Cumin
4 cloves	Garlic, minced
1 medium	Onion, minced
To Taste	Salt

- 1) Heat oil in a pot, add garlic, onions and chili powder, reduce heat to medium.
- 2) Gradually add the rest of the ingredients, and simmer for 10 minutes.

Dressings and Sauces



Green Goddess Dressing

INGREDIENTS

1/4 cup	Tahini
1 tbsp	Apple Cider Vinegar
1 tbsp	Tamari or Soy Sauce
1 small clove	Garlic
1 tbsp	Lemon Juice
1/2 tbsp	Maple Syrup
1 tsp	Sesame Seeds
1 stalk	Green Onions
pinch, to taste	Parsley
1/2 tbsp	Sesame Oil
1 tbsp	Olive Oil
	Water (add to desired consistency)
	Spinach (One handful, optional--makes it green!)

DIRECTIONS:

1. Using a Cuisinart with "S" blade, blend tahini, apple cider vinegar, tamari, garlic, lemon juice, maple syrup, green onions, parsley, and spinach (optional)
2. Slowly emulsify oils into dressing, you may need to add water here for consistency
3. Pulse 3-4x adding sesame seeds

Green Sauce

INGREDIENTS

5 cups	Spinach Leaves
1 cup	Fresh Basil
1 tbsp	Olive Oil
1 sprig	Fresh Oregano
1 clove	Minced Garlic
To taste	Salt
To taste	Pepper

1. Blend ingredients in a Cuisinart or Vitamix until consistency is blended. Enjoy with pasta, veggies, eggs, or pizza!



Augusta Troll House Bars

SERVES 6

INGREDIENTS

1 and 1/2 cups	Flour
1 tsp	Baking Soda
1/2 tsp	Salt
1 cup (2 sticks)	Butter
1/2 cup	Raw Cane Sugar
1/2 cup	Brown Sugar
2 tsp	Vanilla Extract
2 tbsp	Milk
2	Eggs
3/4 cup	Choco-chips
2 cups	Oats

1. Pre-heat oven to 375 degrees 13x9 (or so) pan with butter
2. Combine flour, baking soda, and salt in a small bowl.
3. Beat butter and sugars until creamy. Add eggs, milk, and vanilla, beat well.
4. Gradually mix in the flour mixture. mix well. Stir in oats and chocolate chips.
5. Press dough into ungreased 13x9 inch pan.
6. BAKE for 30 to 35 minutes or until golden brown. Cool in pan on a wire rack. Cut into bars.

S'mores

INGREDIENTS

Marshmallows (extra large ones for extra large fun)

Annie's Honey Graham Crackers

Chocolate Bars

1. Build a big campfire (make sure there is a hose near and practice good fire safety!)
2. Find some long sturdy sticks for roasting.
3. Put a marshmallow on the end of the stick.
4. Roast away.
5. Have a buddy help you smoosh the marshmallow with the graham cracker and chocolate.
6. Enjoy!

Story Telling Hot Cocoa

SERVES 6

INGREDIENTS

1/2-2/3 cup	Frontier Cocoa Powder
6 cups	Milk
To taste	White Sugar
To taste	Vanilla Extract
Pinch	Salt
1/2-1 cup	Half & Half
Lots!	Mini Marshmallows

- 1) Combine the cocoa, sugar and pinch of salt in a saucepan.
- 2) Blend in the milk (immersion blender is advised). Heat this mixture at a medium temperature while stirring. Simmer and stir for about 2 minutes or until warm. Add half & half and bring back to temp. Watch that it doesn't scorch.
- 3) Remove from heat and add vanilla.
- 4) Pour into cups. Sprinkle with marshmallows.

Who has the first story?