

# Girl Scout Cooking Recipes

Girl Scout cooking recipes are renowned for their simplicity and convenience, often featuring one-pot meals, no-cook options, and foil dinners. These recipes prioritize ease of preparation and minimal cleanup, making them perfect for outdoor cooking adventures or busy schedules. With these facets in mind, these recipes will assist you in creating delicious and hassle-free meals that capture the essence of Girl Scout cooking.

In addition to the convenience and simplicity of Girl Scout cooking recipes, they also emphasize cooking progression. These recipes are designed to help Girl Scouts develop their culinary skills gradually, starting with basic techniques and gradually introducing more advanced cooking methods. This progression allows young chefs to build confidence in the kitchen while exploring new flavors and ingredients. Whether it's learning to chop vegetables or mastering the art of grilling, Girl Scout cooking recipes provide a platform for culinary growth and exploration. Let's get cooking!



# No Cook Recipes

The following is a collection of no-cook recipes, some are “make your own” creations while others could be made by a few for the whole troop. There are endless books, magazines, and websites with fresh ideas to try. Have fun finding them!

## Ants on a Log/ Bumps on a Log

Spread celery with peanut butter, cheez-whiz or cream cheese. Add raisins.



## Pear Mice

Place a pear half face down. Add raisins at the tip for eyes and a curl of carrot for a tail.

## Tortilla Roll-up

Spread canned refried beans on a tortilla. Top with salsa and shredded cheddar cheese, then roll the tortilla up.

## Trail Mix/GORP (Good Ol' Raisins & Peanuts)

- Chex cereal
- M & M's
- Pretzel sticks
- Teddy Grahams
- Goldfish crackers
- Cheerios
- Raisins
- Granola

Let each Girl Scout make up their own trail mix, put it in a zip lock bag.



## Walking Salad

- 12 apples
- 1/2 cup nuts
- 2 cups cottage cheese
- 1/2 raisins
- 2 tbs. mayonnaise
- granola cereal (optional)

Cut the tops off the apples and core them, leaving the bottom skin over the hole. Scoop out the pulp of the apples and chop with the cottage cheese, raisins, and nuts. Mix with the mayonnaise, add granola cereal, if desired. Stuff the mixture into the apple shells and put the tops on.

## Peanut Butter Fruit Dip

- 2 cups skim milk
- 1/2 cup light sour cream
- 1 cup peanut butter
- 1/3 cup sugar
- 1 (3.4 oz.) package instant vanilla pudding and pie filling mix

Combine milk, sour cream, and pudding mix in a medium bowl. Whisk until smooth. Stir peanut butter until evenly mixed throughout. Measure after stirring. Stir peanut butter and sugar into pudding mixture. Mix until well blended. Serve with sliced apples or banana chunks. Store in refrigerator. If dip becomes too thick, stir in additional milk.





# One Pot Meals

## Girl Scout Stew

- 3 lbs. ground meat (turkey, beef or chicken)
- 1 large onion peeled and finely chopped
- 1 tbsp. oil
- 3-10 1/2oz. Cans concentrated vegetable soup

Mix ground meat, onion and seasonings. Make little balls of meat mixture. Fry in oil in the bottom of a large pot until meatballs are browned all over. Drain any excess grease. Add vegetable soup concentrate and enough water (2-3 cans) to prevent sticking. Cover and cook slowly until meatballs are cooked through. Serve hot. For thicker gravy, add a package of beef gravy mix.



## Quick Camper's Chili

- 4 lbs. ground meat
- 4 cans red kidney beans
- 2 tbsp. chili powder
- 4 cans tomato soup
- 4 soup size cans ranch style beans
- 4 soup cans water

Brown meat in oiled deep pot. Drain off ALL grease. Add contents of all the cans and chili powder. Stir well and let cook slowly one hour. Serves 20.

## Camp Soup

- 1–16 oz. can tomato sauce
- 6 sauce cans water
- 1 tsp. oregano
- 2 pkg. onion soup mix
- 2 tbsp. soy sauce
- 2 cups sliced carrots
- 2 cups sliced celery
- Cover and cook 30 minutes



# Foil Dinners

## Chicken Teriyaki and Veggies Foil Dinner

- Chicken breasts, but into bite size pieces
- Teriyaki sauce
- Frozen mixed vegetables, small size
- Instant rice
- Onion, diced
- Salt, pepper
- Italian seasoning
- Water
- Non-stick cooking spray



Cut pieces of foil and parchment paper into 12" squares. Place parchment on top of the foil. Mold into rounded shape. Spray each mold with non-stick cooking spray. Place chicken, veggies and rice (1/2 cup of each) and 5 tablespoons of teriyaki sauce into foil. Add 1/4 cup water and seal foil. Cook for 25-30 minutes.