

AUBURN OUTDOORS

# FIELD GUIDE

# COOKBOOK





AUBURN OUTDOORS  
**FIELD GUIDE**  
COOKBOOK

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Auburn Outdoors



CAMPUS RECREATION

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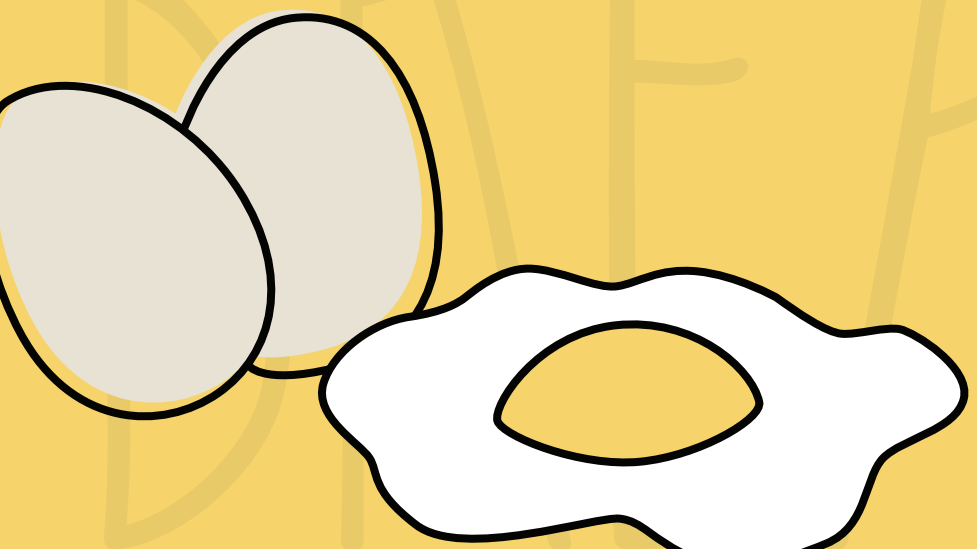
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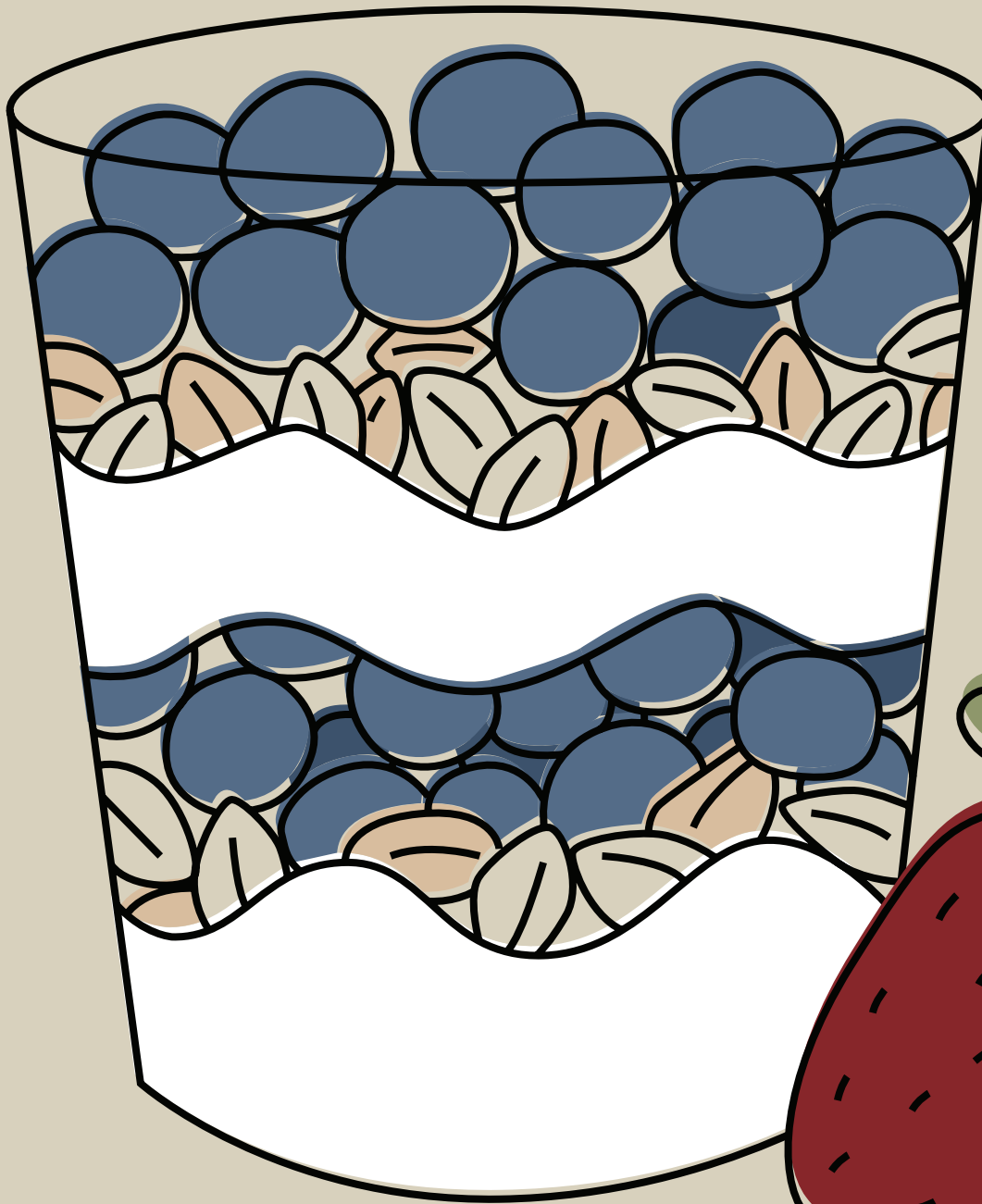
## **DESSERT**

eskimo cookies  
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BREAKFAST

BREAKFAST



# YOGURT PARFAIT

**SERVES:** 8

**DIFFICULTY:** ★☆☆

## **INGREDIENTS:**

2 (32 oz) containers vanilla yogurt

1 lb granola

2 bags frozen fruit or 2 types of fresh fruit

## **PREPARATION:**

1. Self-serve



# MOUNTAIN MAN

**SERVES:** 8

**DIFFICULTY:** ★★☆☆

## INGREDIENTS:

4–5 sweet or regular potatoes; chopped

1 (24 oz) package of precooked bacon

2 green bell peppers; chopped

1 yellow onion; chopped

3 cloves garlic; minced

butter or oil to sauté

1–2 (8 oz) package(s) mushrooms; sliced

12 eggs; beaten

3 cups cheddar cheese; shredded

picante/hot sauce

## PREPARATION:

1. Boil potatoes until tender
2. Cut bacon and set aside
3. Sauté peppers, onion, and garlic with butter or oil until translucent
4. Add mushrooms to onions and bell pepper, sauté until cooked
5. Beat and scramble eggs
6. Season with salt and pepper
7. Add potatoes and veggie mix to eggs, once scrambled
8. Serve topped with cheese, picante/hot sauce



# BREAKFAST COUSCOUS

**SERVES:** 8

**DIFFICULTY:** ★☆☆

## INGREDIENTS:

8 cups water

4 cups couscous

dried cranberries

2 cups pecans

¼ cup brown sugar or honey

## PREPARATION:

1. Boil water (2 cups water for 1 cup couscous)
2. Stir in couscous
3. Cover, wait 10 minutes or until all water is absorbed
4. Stir in ingredients





# BREAKFAST CASSEROLE

**SERVES:** 14

**DIFFICULTY:** ★★☆☆

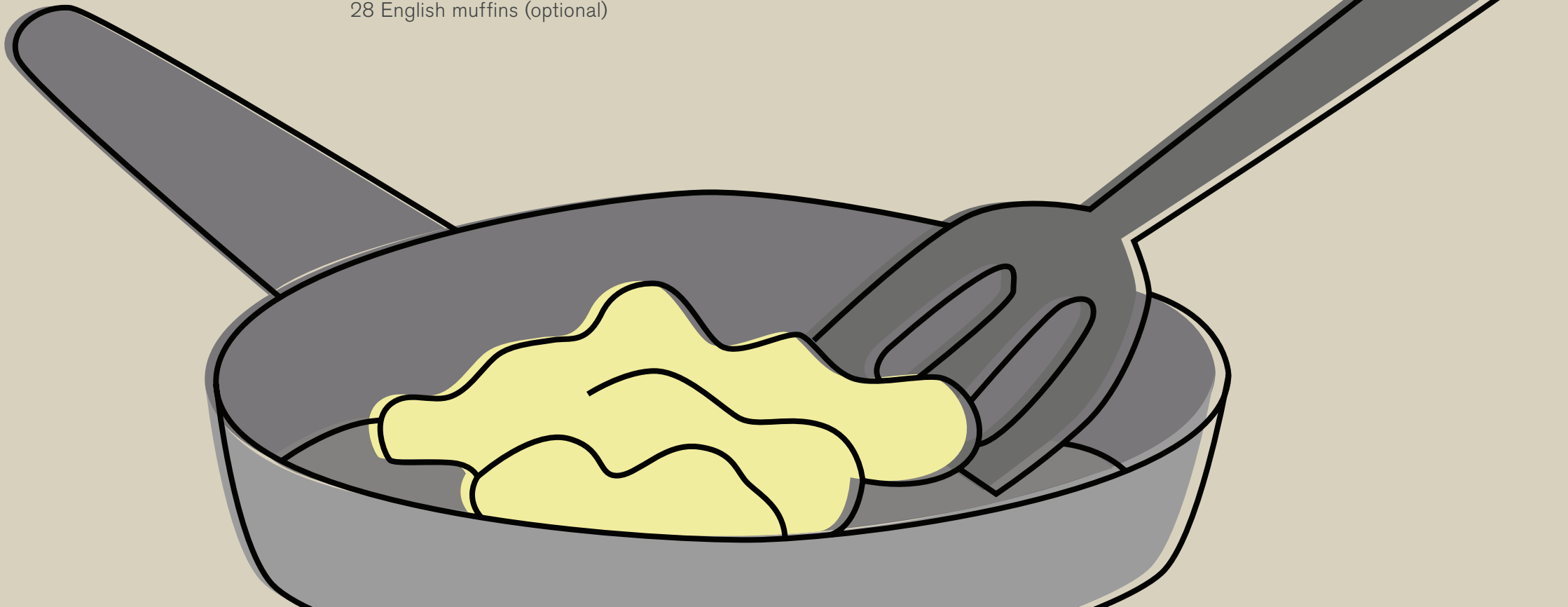
*\*Dutch oven required!*

## INGREDIENTS:

3 lbs sausage  
1 (32 oz) package frozen hash browns  
24 eggs  
1 large container sour cream  
2 (12 oz) cans cream of potato  
1 package sharp cheddar cheese  
1 package Parmesan cheese  
28 English muffins (optional)

## PREPARATION:

1. Cook sausage **\*MUST BE DONE BEFORE TRIP\***
2. Brown hash browns as instructed on package
3. Scramble eggs until cooked
4. Add sour cream, cream of potato, and sausage
5. In Dutch oven, layer hash browns first, followed by sausage and eggs
6. Top off with both packages of cheese
7. Bake in Dutch oven until cheese is melted



# NO-CLEAN-UP GRITS, EGGS, AND BACON

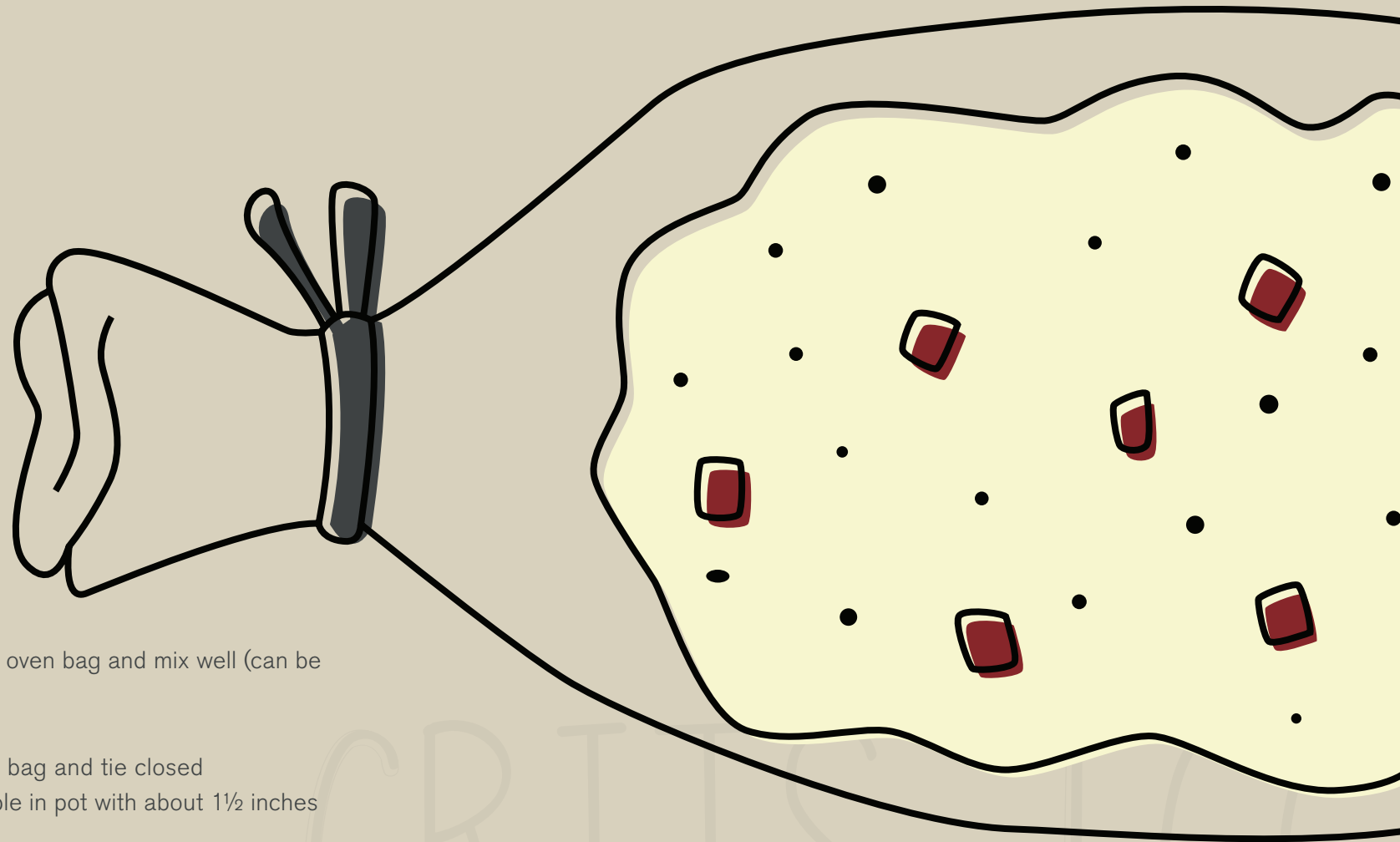
**SERVES:** individual servings  
**DIFFICULTY:** ★☆☆

## INGREDIENTS:

¾ cup grits  
3 tbsp powdered eggs  
2 tbsp bacon morsels  
1 tbsp powdered milk  
pinch of paprika  
1 cup water

## PREPARATION:

1. Combine dry ingredients in a small oven bag and mix well (can be done at home)
2. Mix in 1 cup of water
3. Leave a small amount of air in the bag and tie closed
4. Place bag as horizontally as possible in pot with about 1½ inches boiling water
5. Cover pot and turn down stove so water simmers
6. Cook 10 minutes
7. Add salt and pepper to taste



# HASH BROWNS WITH CHEESE

**SERVES:** 2

**DIFFICULTY:** ★★★

## INGREDIENTS:

1½ cups hash browns

hot water

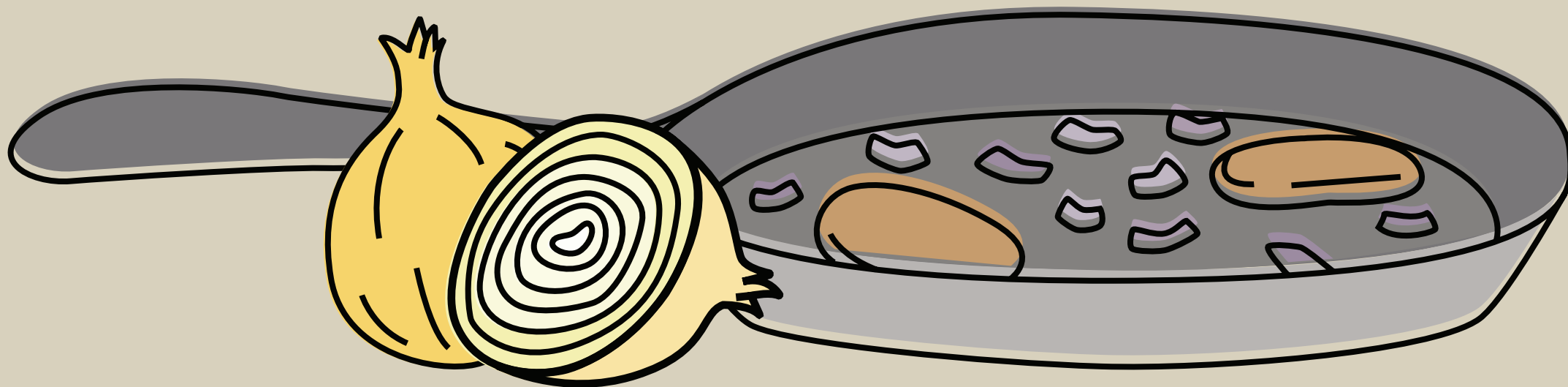
4–5 tbsp butter

1 tbsp onion; finely chopped

½ cup cheese cubes or grated cheese

## PREPARATION:

1. Put hash browns into a saucepan with 1 inch of hot water
2. Rehydrate for 15 minutes
3. Drain excess water
4. Melt butter in hot fry pan
5. Add hash browns and onions
6. Cook, flipping occasionally until crisp and browned.
7. Stir in or cover with cheese and remove from heat
8. Cover and allow to sit until cheese is melted
9. Add salt and pepper to taste



# HOT SWEET RICE

**SERVES:** individual servings

**DIFFICULTY:** ★☆☆

## INGREDIENTS:

½ cup water

2 tbsp powdered milk

½ tbsp margarine

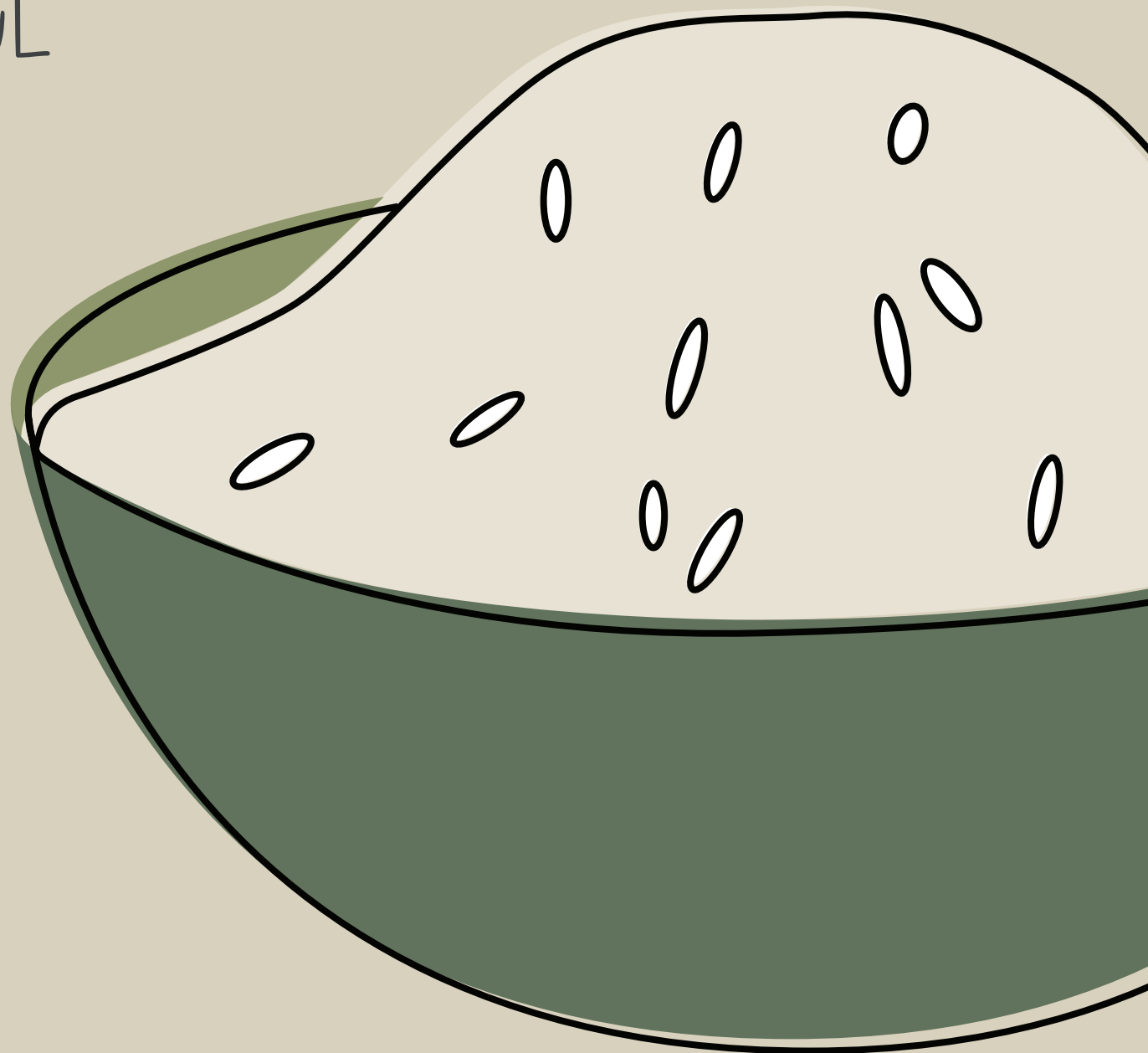
½ tbsp brown sugar or honey

dash of cinnamon

1 cup cooked rice

## PREPARATION:

1. Heat water, add powdered milk
2. Add margarine, brown sugar, and cinnamon to hot milk
3. In separate bowl, mix fruit/nuts into rice
4. Pour hot milk mixture over the top
5. Stir and enjoy



# BAGELS

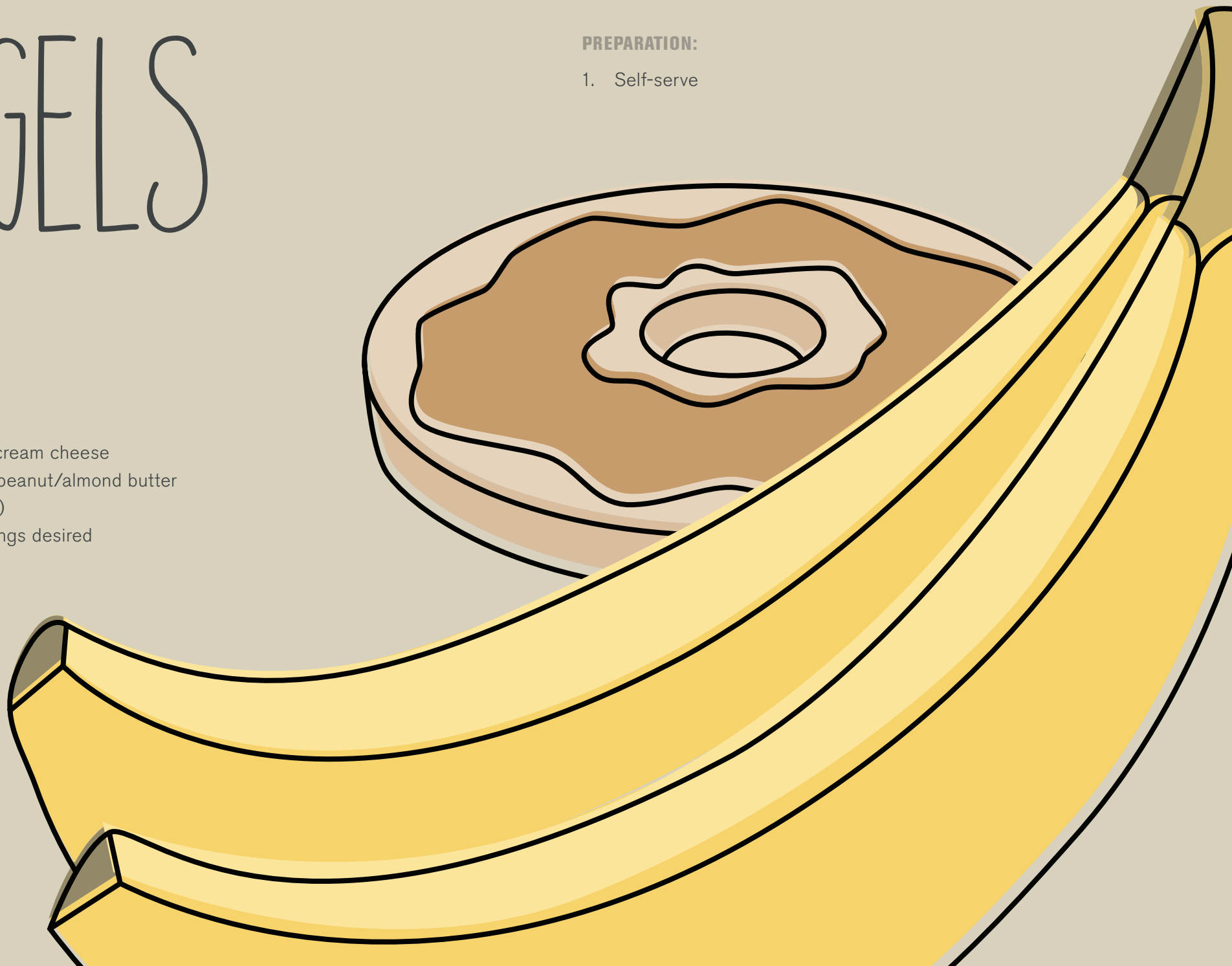
**SERVES:** 12  
**DIFFICULTY:** ★☆☆

## INGREDIENTS:

12 bagels  
1 (16 oz) container cream cheese  
1 (20 oz) container peanut/almond butter  
6 bananas (optional)  
any additional toppings desired

## PREPARATION:

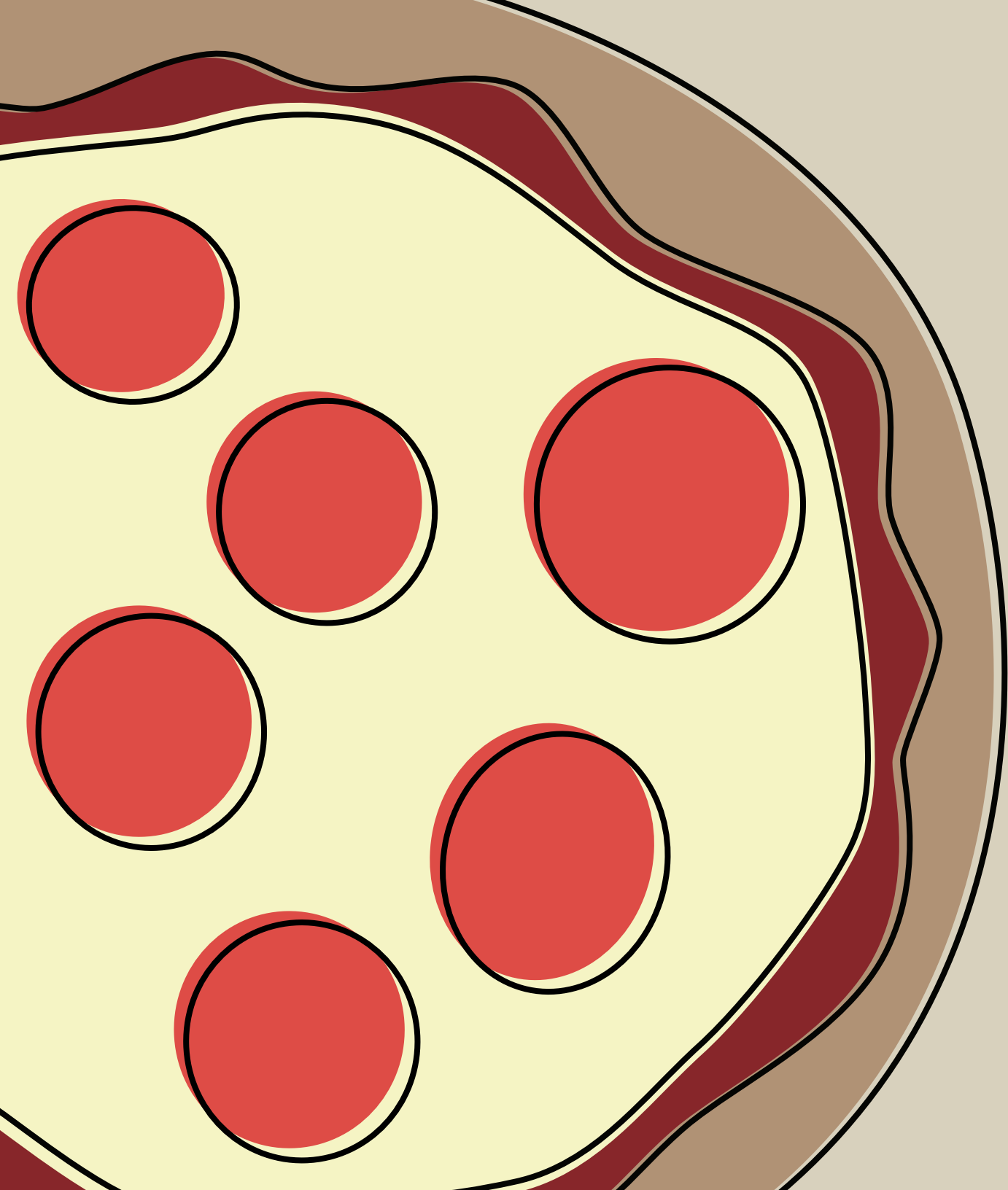
1. Self-serve





LUNCH

LUNCH



# PITA PIZZAS

**SERVES:** 8

**DIFFICULTY:** ★☆☆

## **INGREDIENTS:**

- 2 packages of turkey pepperoni
- 2–4 packages of pitas
- 1 (15 oz) plastic container or bag of pizza sauce
- 4 cups shredded mozzarella cheese

## **PREPARATION:**

1. Self-serve

# BAGEL SANDWICHES

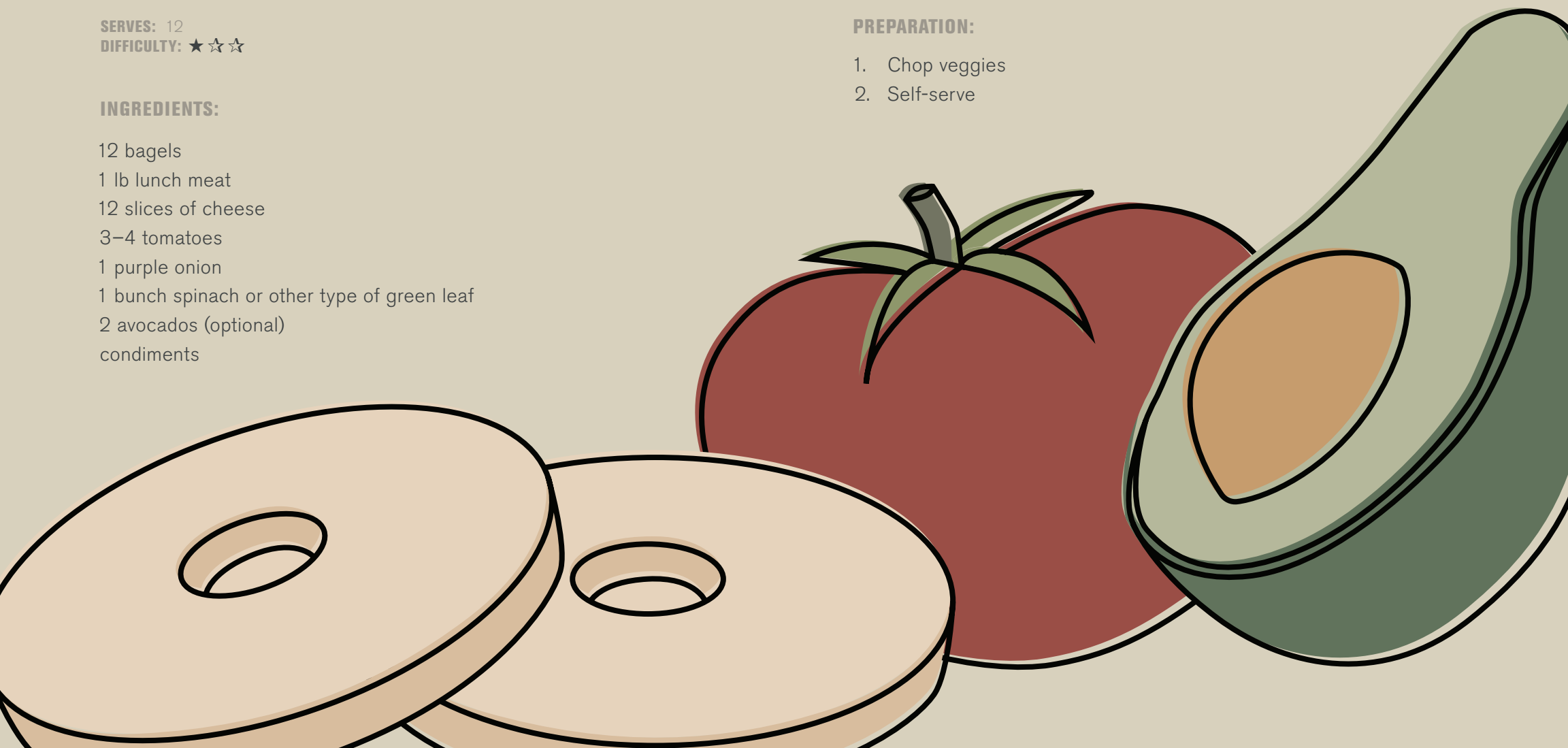
**SERVES:** 12  
**DIFFICULTY:** ★☆☆

## **INGREDIENTS:**

12 bagels  
1 lb lunch meat  
12 slices of cheese  
3–4 tomatoes  
1 purple onion  
1 bunch spinach or other type of green leaf  
2 avocados (optional)  
condiments

## **PREPARATION:**

1. Chop veggies
2. Self-serve





# CONECUH HEAVEN WRAPS

**SERVES:** 8 (2 wraps per person)

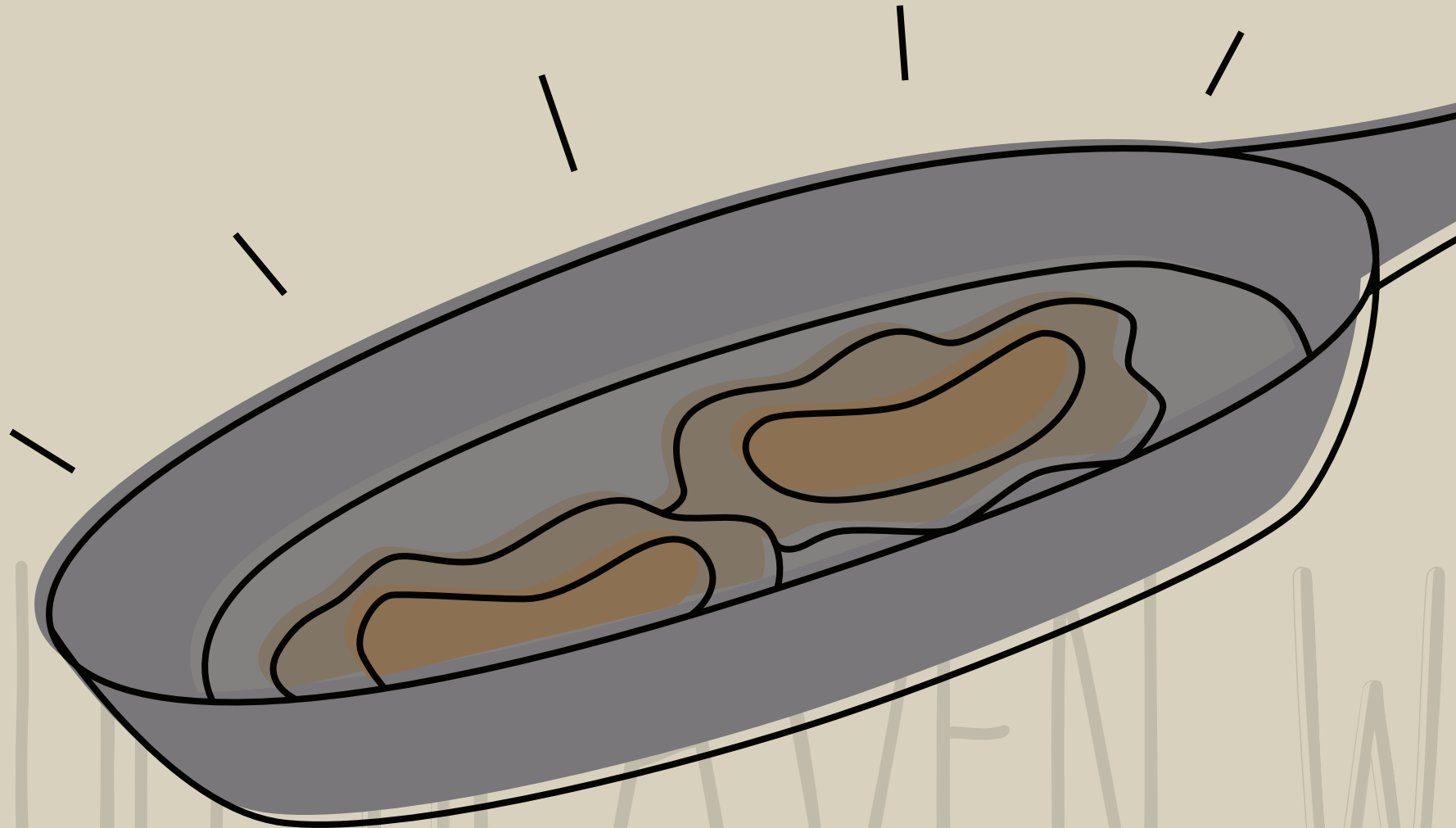
**DIFFICULTY:** ★★☆☆

## INGREDIENTS:

16 sausage links  
2 (12 oz) cans sauerkraut  
2 onions; sliced  
16 flour tortillas  
spicy brown mustard

## PREPARATION:

1. Heat sausage links
2. Sauté sauerkraut and onion
3. Heat tortillas (optional)
4. Self-serve



# TUNA WRAPS

**SERVES:** 8

**DIFFICULTY:** ★☆☆

## **INGREDIENTS:**

- 1 package of tortillas
- 2 (11oz) family tuna packages (not the canned kind)
- 8 oz package of white sharp cheddar cheese
- 1 jar of pesto

## **PREPARATION:**

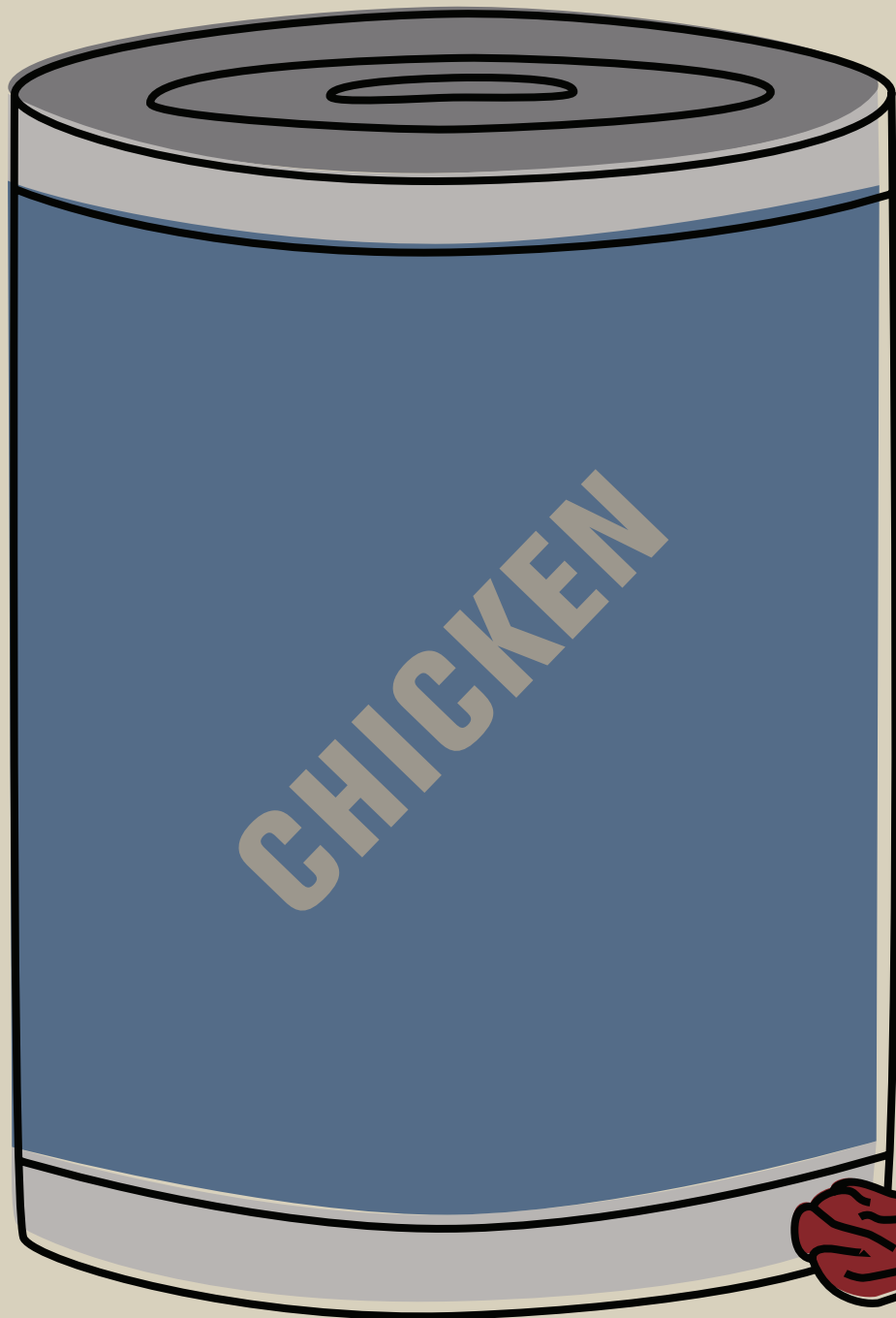
1. Self-serve (if in the front-country, you can add veggies)





DINNER

DINNER



# BACKCOUNTRY THANKSGIVING

**SERVES:** 2-3

**DIFFICULTY:** ★☆☆

## **INGREDIENTS:**

1½ cup water

1 box of stove-top stuffing

1 (12 oz) can chicken

1 cup dried cranberries

## **PREPARATION:**

1. Boil water
2. Add stuffing mix, let rise
3. Mix in chicken and dried cranberries
4. Serve

# KING RANCH CHICKEN

**SERVES:** 8

**DIFFICULTY:** ★★★

*\*Dutch oven required!*

## INGREDIENTS:

1 onion  
oil or butter  
1 (12 oz) can cream of mushroom soup  
1 (12 oz) can cream of chicken soup  
1 (12 oz) can RO\*TEL diced tomatoes  
1 tbsp chili powder  
1 tsp cumin  
1 tsp oregano  
1 (8 oz) package shredded cheese  
8 chicken breasts; shredded  
8 flour tortillas

## PREPARATION:

1. Sauté onion with butter or oil in large skillet
2. Add everything but chicken and tortillas
3. Simmer for 20 minutes
4. Add shredded chicken and stir well
5. Oil Dutch oven and line with uncooked shredded flour tortillas
6. Layer on sauce (should have gravy-like consistency)
7. Top with cheese
8. Cook for 1 hour at 250° F
9. Add salt and pepper to taste



# SPICY BASIL CHICKEN

**SERVES:** 6-8

**DIFFICULTY:** ★★★

## INGREDIENTS:

- 1 cups fresh basil (do not chop)
- 2-3 shallots thinly sliced (or substitute with 1/2 cup sliced onion)
- 12-20 Thai chilies (or substitute with 4-6 jalapeños)
- 1 lb chicken breast; cut into small pieces
- 2-3 tbsp peanut oil (for stir-frying)
- 10-12 cloves garlic; finely chopped
- 2-3 tsp black soy-sauce
- 2 tbsp fish sauce
- 2 key limes (or substitute with 1 lime); for juice only
- 2 cups instant white rice (steamed)

## PREPARATION:

1. Soak fresh basil 10 minutes
2. While waiting, finely chop shallots, slice chilies/jalapeños, and cut chicken into bite-size pieces
3. Heat wok until surface is hot, then coat by swirling in peanut oil
4. Let oil heat for a few seconds, then stir in garlic and shallots.
5. Wait 15-20 seconds, then add in chicken
6. Cook until browning occurs
7. Mix soy sauce and fish sauce (you may need to double or triple amount of sauce and spices)
8. Add mixture to chicken
9. Add chilies/jalapeños, lime juice, and basil (basil will cook down, so don't be afraid to add a little extra)
10. Add pepper and other spices to taste
11. While chicken is cooking, start another pot with water to cook rice (or follow instructions on box)
12. Serve chicken over white rice



# VEGGIE LASAGNA

**SERVES:** 8-10

**DIFFICULTY:** ★★☆☆

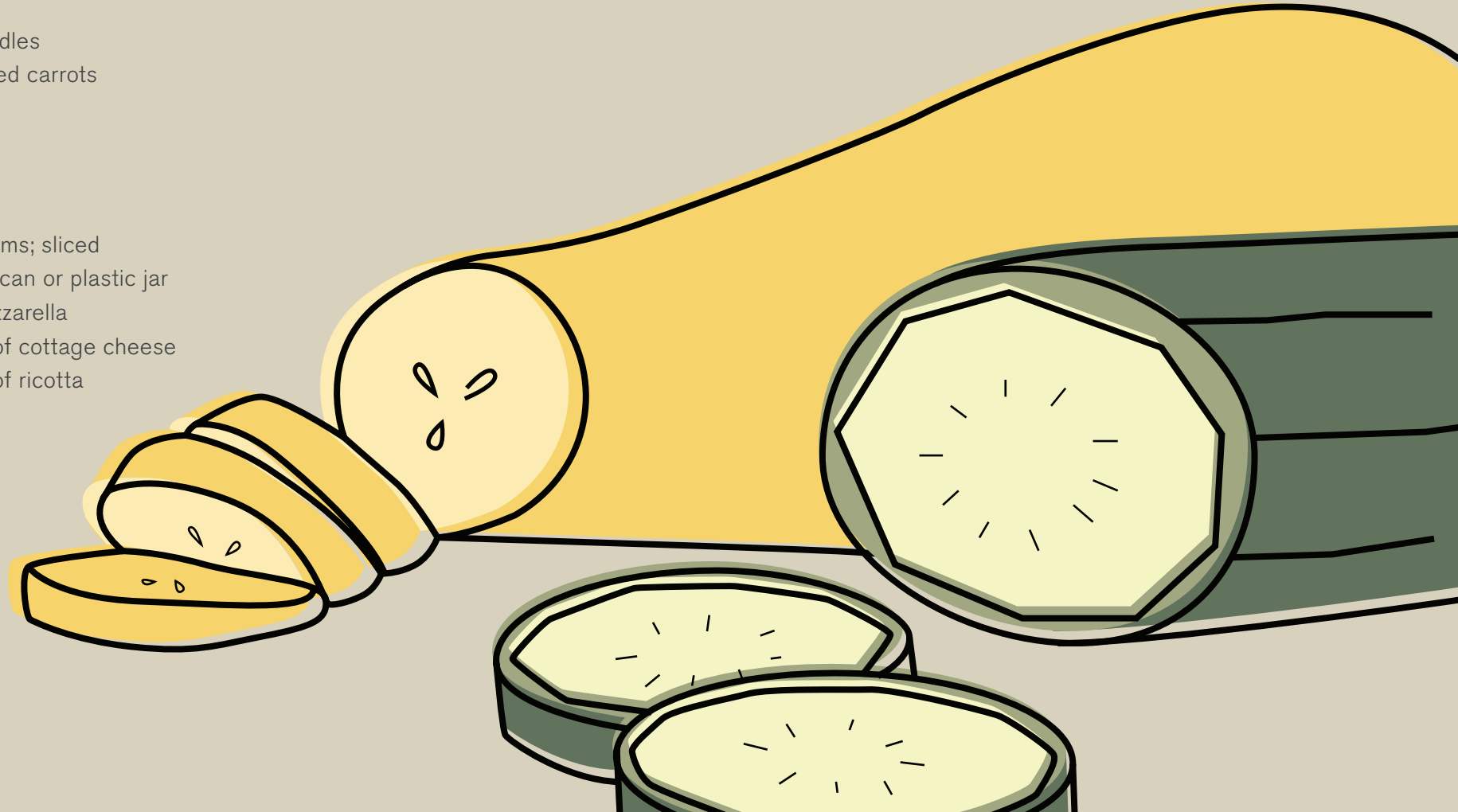
*\*Dutch oven required!*

## INGREDIENTS:

4 tbsp of oil  
1 (16 oz) box lasagna noodles  
1 (10 oz) package shredded carrots  
1 diced onion  
1 diced green pepper  
1 squash; sliced  
1 zucchini; sliced  
1 (1 oz) package mushrooms; sliced  
1 (48 oz) large red sauce can or plastic jar  
1 (16 oz) large bag of mozzarella  
1 (16 oz) large container of cottage cheese  
1 (16 oz) large container of ricotta  
fresh herbs/spice kit

## PREPARATION:

1. Put oil in bottom of Dutch oven
2. Layer ingredients (do not precook lasagna noodles)
3. Last layer must be sauce and cheese, not noodles
4. Cook until noodles are tender



# CHICKEN CURRY COUSCOUS

**SERVES:** 8

**DIFFICULTY:** ★★☆☆

## **INGREDIENTS:**

- 1 onion; diced
- 1 pepper; diced
- 1 (13.5 oz) can of coconut milk
- 1 cube of curry
- 2 cups of couscous
- 1 (12.5 oz) family size can of chicken (or go veggie and ditch the chicken)
- 1 (5 oz) package of cashews

## **PREPARATION:**

1. Pan fry diced veggies
2. Add coconut milk and curry, and mix well
3. Add couscous and chicken (will need to add water as well)
4. Sprinkle cashews on top and serve





# CREAMY PESTO PASTA

**SERVES:** 8

**DIFFICULTY:** ★☆☆

## **INGREDIENTS:**

- 2 (40 oz) packages of family size tortellini
- 1 (8 oz) jar of pesto (can also make your own!)
- 1 (10 oz) container heavy whipping cream
- Parmesan cheese

## **PREPARATION:**

1. Cook pasta
2. Add pesto, stir
3. Add whipping cream, stir
4. Sprinkle Parmesan cheese on top and serve



# ONE-POT PASTA

**SERVES:** 4

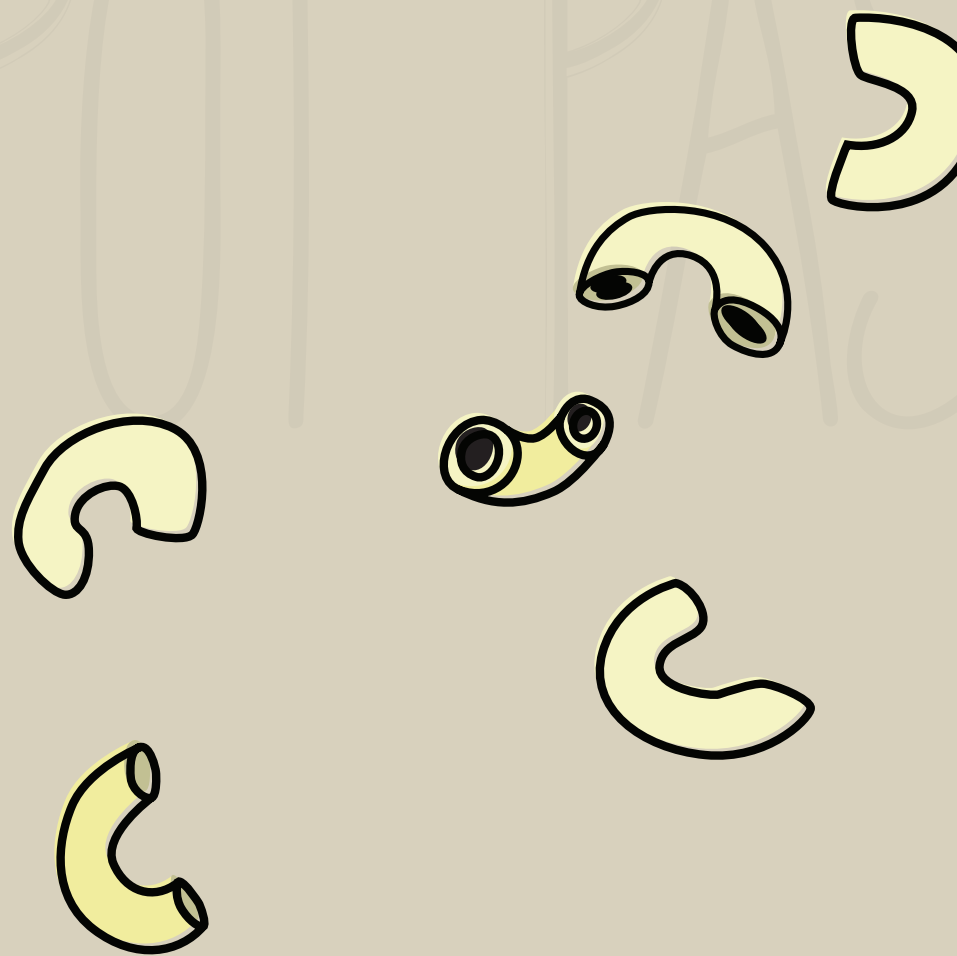
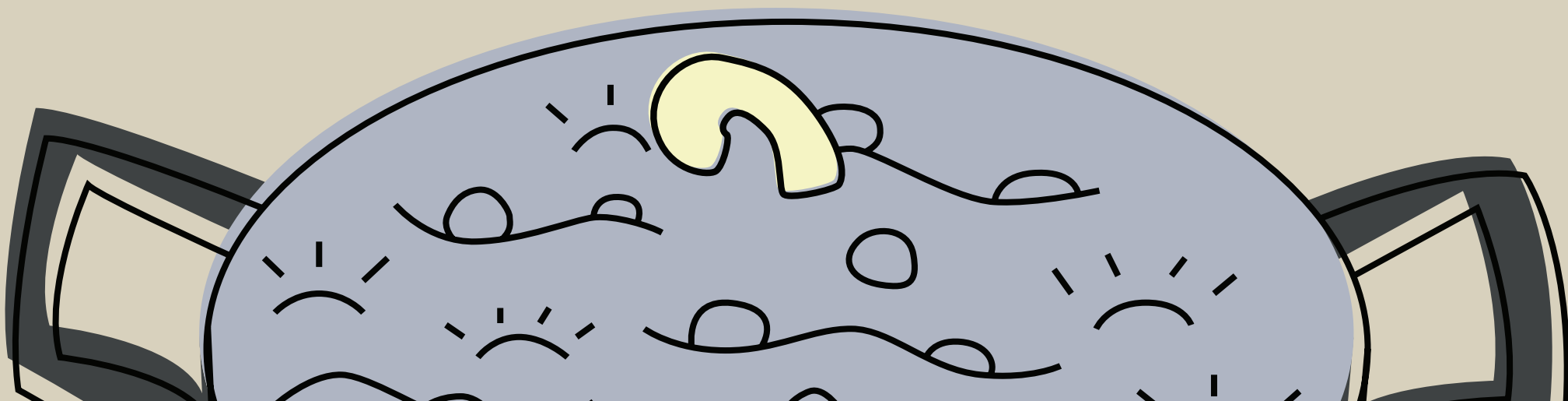
**DIFFICULTY:** ★☆☆

## INGREDIENTS:

1 tsp olive oil  
½ cup onion; sliced  
1 cup mushrooms; sliced  
1 (14.5 oz) can tomatoes; diced  
1 (15 oz) can tomato sauce  
1 cup water  
1 tsp white sugar  
2 tsp dried basil  
1 tsp dried oregano  
¼ tsp garlic powder  
¼ tsp pepper  
1 cup macaroni

## PREPARATION:

1. Sauté onions and mushrooms with olive oil
2. Add tomatoes, tomato sauce, water, sugar, and spices
3. When mixture begins to boil, stir in pasta
4. Cover, reduce heat to simmer
5. Cook 20 minutes, stirring occasionally



# BUILD YOUR OWN BURRITO

**SERVES:** 8

**DIFFICULTY:** ★☆☆

## **INGREDIENTS:**

- 2 cups of dried refried beans
- 1 cup dehydrated green pepper
- 1 cup dehydrated onion
- 2 (16 oz) packages instant Mexican rice
- 3 cups of Mexican cheese
- 1 (16 oz) jar salsa

## **PREPARATION:**

1. Add water to beans
2. In separate pot, add water to pepper and onions
3. Sauté pepper and onions
4. Cook rice as instructed
5. Self-serve



# LENTIL CHILI

**SERVES:** 3

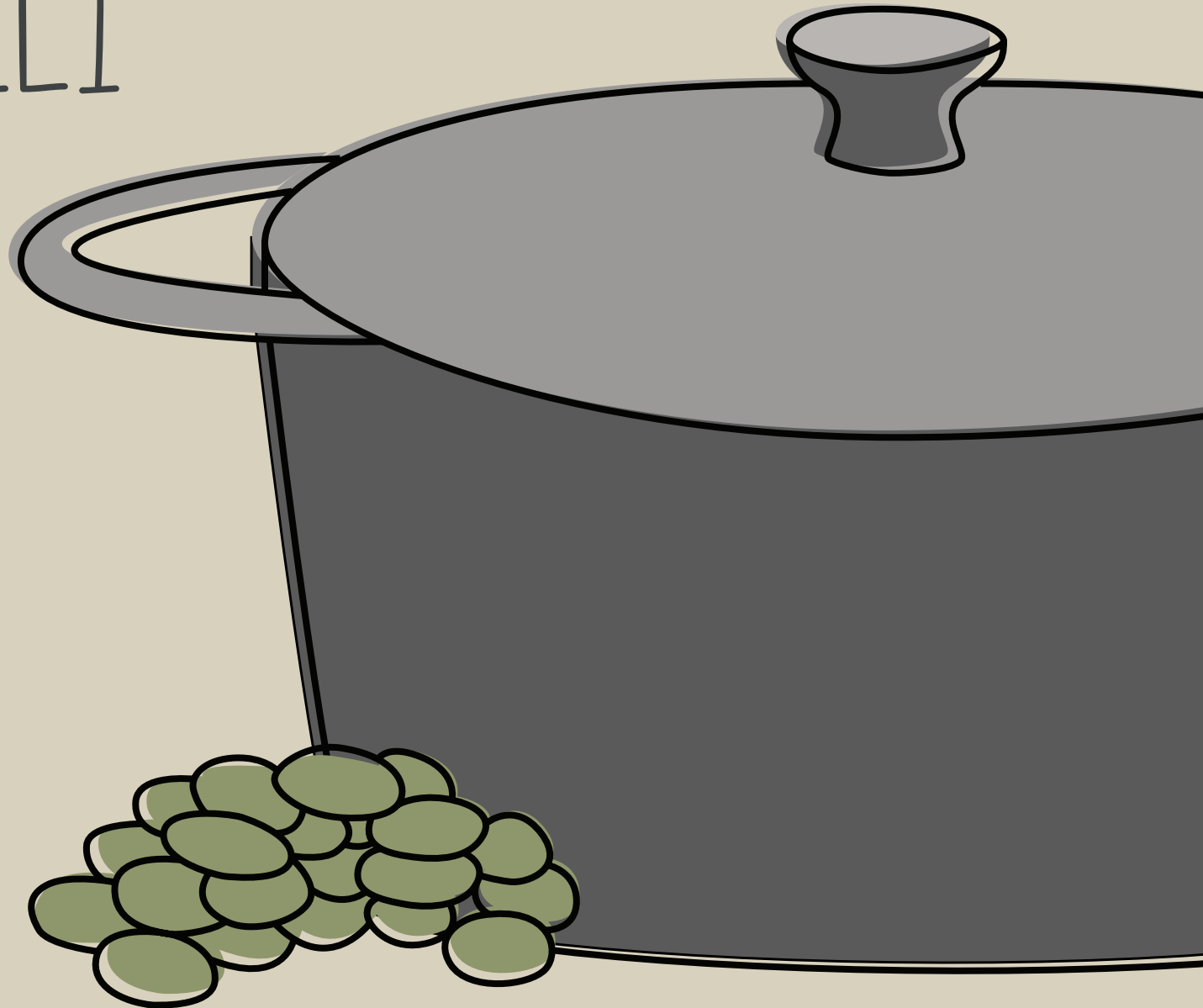
**DIFFICULTY:** ★☆☆

## **INGREDIENTS:**

- 1 cup lentils presoaked, or instant lentils
- 3 tbsp tomato base
- 2 tbsp cornmeal (optional)
- 1 tbsp chili powder
- 1 tbsp dried onion
- 1 tsp oregano
- 1 tsp garlic powder
- 4 cups water
- 1½ cups cheese cubes

## **PREPARATION:**

1. Combine all ingredients except cheese
2. Bring to a boil, cover and reduce heat to minimum
3. Simmer for about 30 minutes until lentils are soft
4. Fill individual bowls, top with cheese



# GADO-GADO SPAGHETTI

**SERVES:** 2-3

**DIFFICULTY:** ★★☆☆

*\*This recipe is best cold. It can be fairly salty, and it loses some saltiness as it sits. Mix sauce and spaghetti, cool quickly, and serve chilled. Cut back or eliminate broth if concerned about saltiness*

## INGREDIENTS:

½ lb spaghetti or 2 packages ramen  
4 cups water  
3 tbsp + 1 tsp oil  
2 tbsp sunflower seeds  
1 tbsp dried onion; rehydrated  
½ tbsp or 1 packet broth  
3 tbsp brown sugar  
1 tsp garlic  
½ black pepper  
¾ cup water (more as needed)  
3 tbsp vinegar  
3 tbsp soy sauce  
3 tbsp peanut butter (or substitute with almond butter)  
green onions; sliced

## PREPARATION:

1. Put pasta into boiling water with 1 teaspoon oil
2. Cook until done, drain immediately
3. In fry pan, heat 3 tablespoons oil
4. Add sunflower seeds and rehydrated onions
5. Cook and stir over medium heat for 2 minutes
6. Add broth with brown sugar, garlic, and other spices if desired
7. Add ¾ cup water
8. Add vinegar and soy sauce
9. Add peanut butter and stir (do not burn)
10. To eat hot, heat sauce thoroughly and pour over hot spaghetti
11. Add sliced green onions as garnish



# SPICY VEGAN QUINOA WITH EDAMAME

**SERVES:** 5–6

**DIFFICULTY:** ★★☆☆

## INGREDIENTS:

2 cups quinoa  
4 cups of water  
4 tsp vegetable bouillon  
2 ½ cups frozen shelled edamame  
1 tbsp olive oil  
2 sweet onions; chopped  
2 bell peppers; chopped  
2 tbsp minced ginger  
6 cloves garlic; minced  
¼ cup soy sauce  
2 tbsp chopped cilantro  
hot chili paste to taste

## PREPARATION:

1. Boil quinoa and vegetable bouillon in water
2. Stir in edamame
3. Cover, simmer until quinoa is tender (15–20 minutes)
4. In a skillet, sauté onions and bell peppers in olive oil about 5 minutes
5. Add ginger and garlic, cook about 2 minutes
6. Remove from heat, stir in soy sauce, cilantro, and chili paste
7. Stir onion mixture into quinoa mixture
8. Simmer until excess broth has been absorbed; about 5 minutes



# BASIC BROTH SOUP

**SERVES:** 4

**DIFFICULTY:** ★☆☆

## INGREDIENTS:

6–8 cups water

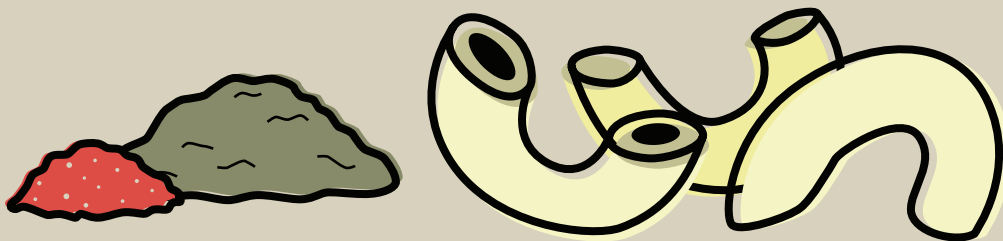
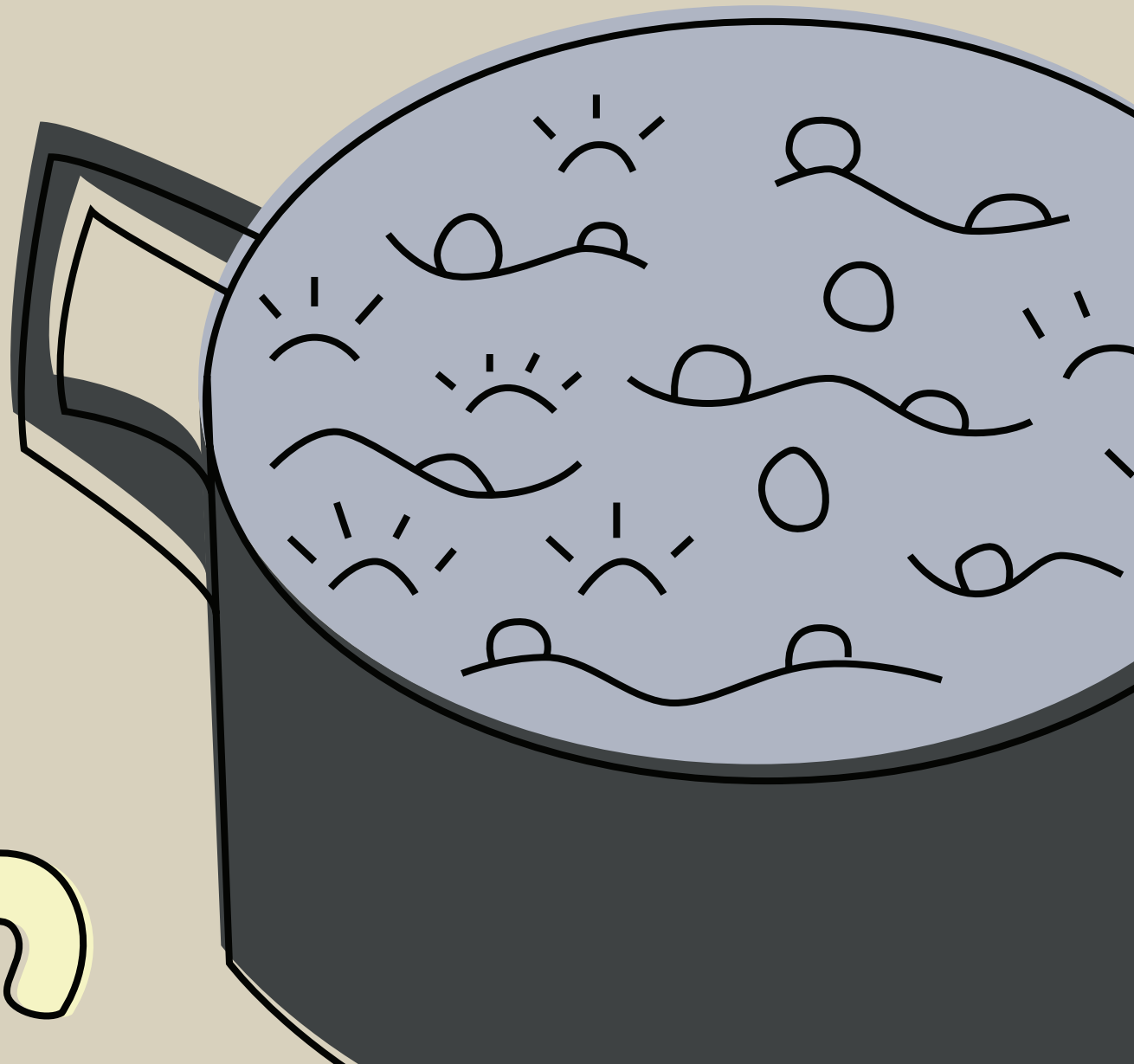
1–3 tbsp broth of choice; or use packets/bouillon cubes

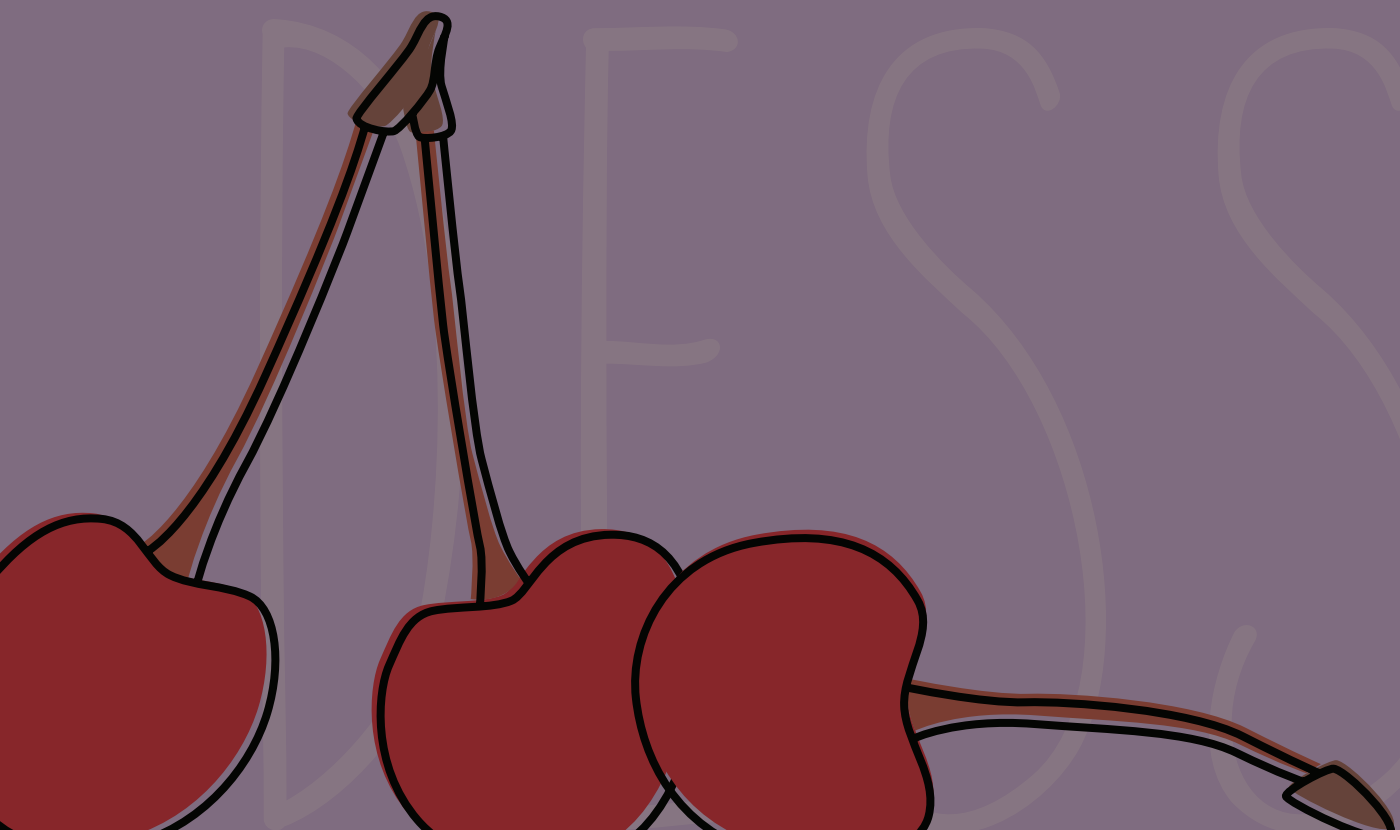
1–1½ cups solid ingredients (pasta, grains, rice, vegetables)

3–4 tbsp butter

## PREPARATION:

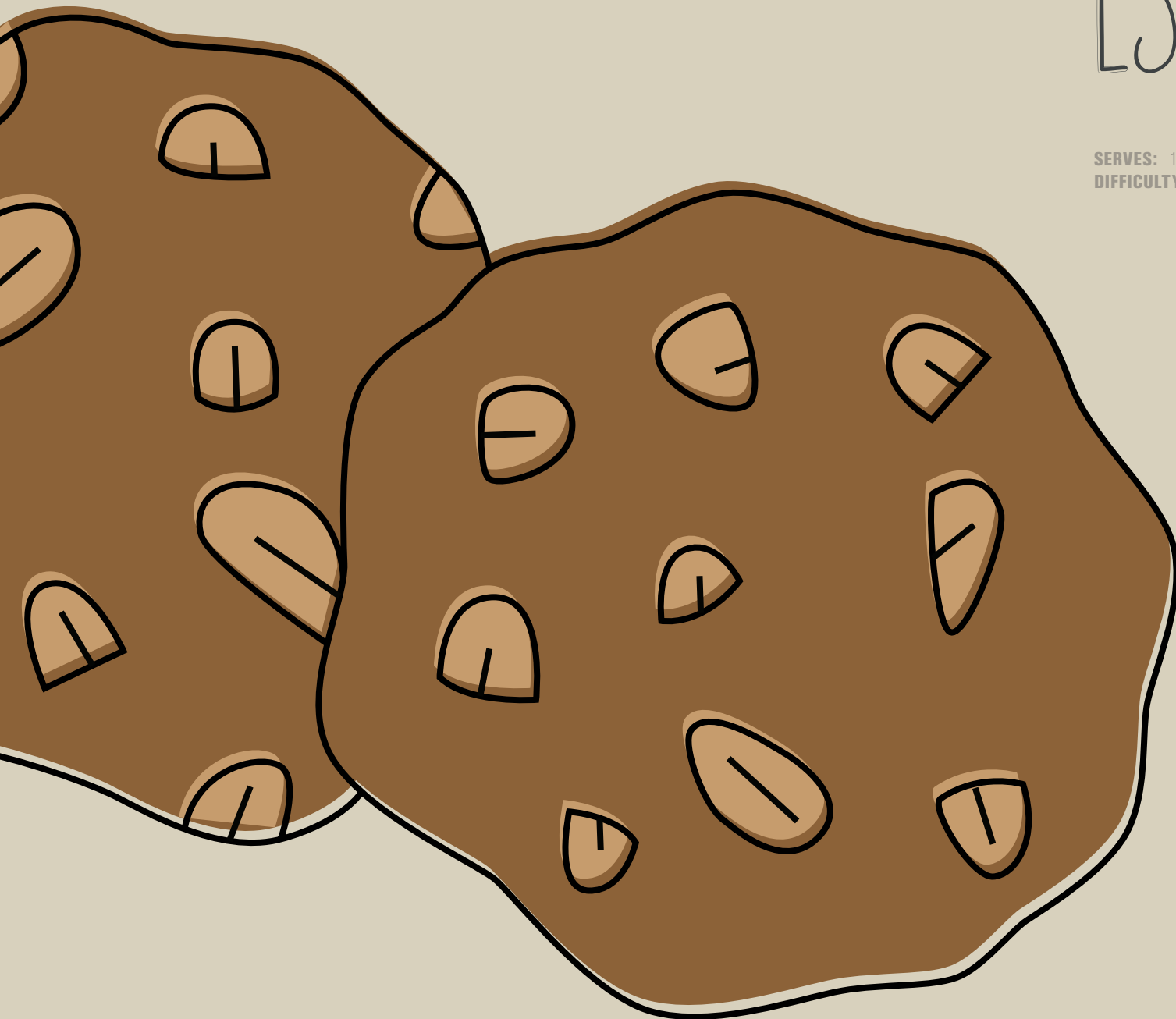
1. Boil water, add broths to taste
2. Add vegetables and rice
3. After 10–15 minutes, add noodles
4. Add spices to taste while solids are cooking
5. When solids are done (10–20 minutes after adding noodles), stir in butter and salt as needed





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# ESKIMO COOKIES

**SERVES:** 16 cookies  
**DIFFICULTY:** ★☆☆

## INGREDIENTS:

- 1 cup oatmeal (instant or regular)
- 6 tbsp margarine
- 6 tbsp brown sugar
- 3 tbsp cocoa mix
- ½ tsp vanilla
- ½ tbsp water

## PREPARATION:

1. Mix all ingredients together
  2. Form into walnut-sized balls
  3. Eat immediately
- Variation – Roll in coconut or a combination of 1 tbsp powdered milk and 1 tbsp brown sugar

# PINEAPPLE UPSIDE-DOWN CAKE

**SERVES:** 12

**DIFFICULTY:** ★★★

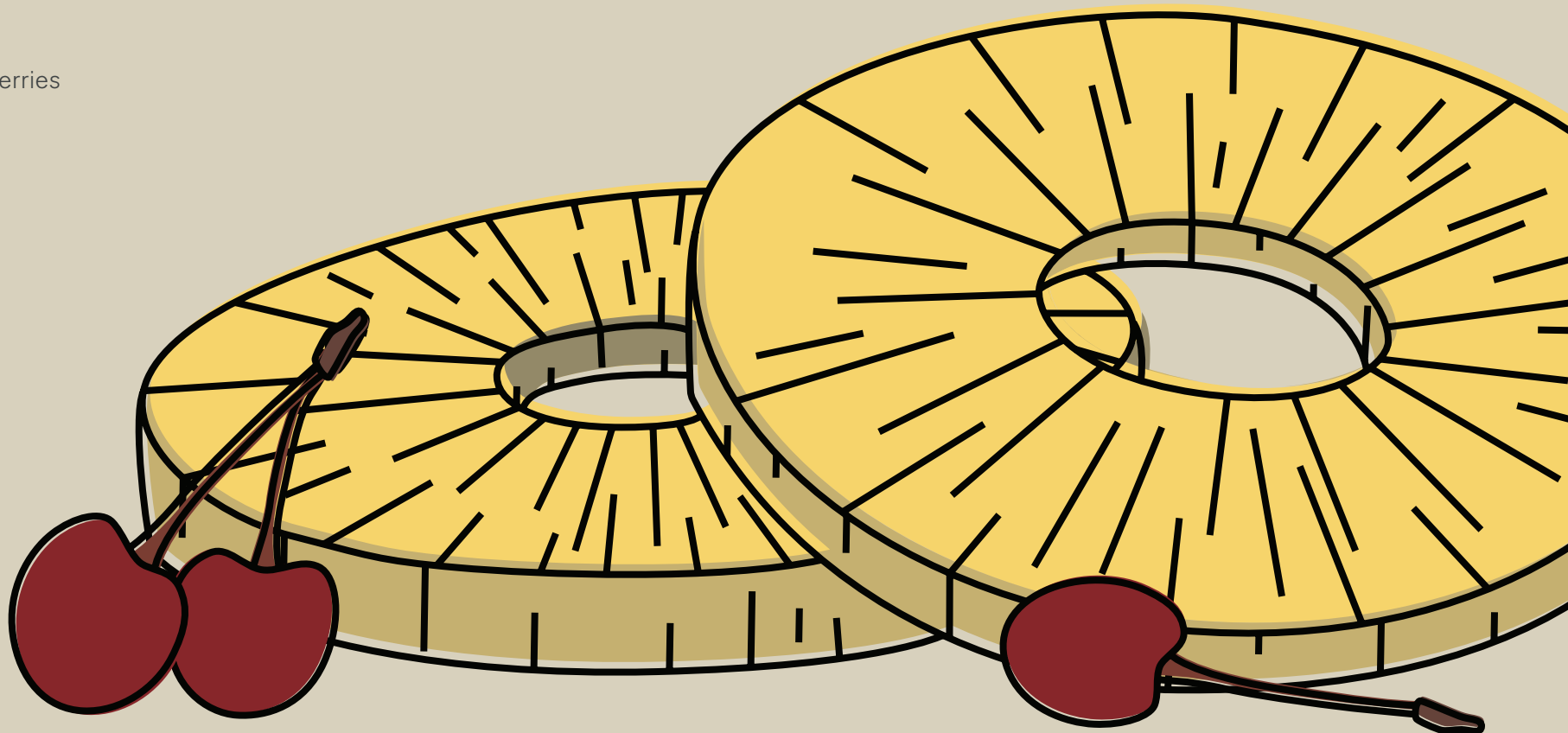
*\*Dutch oven required!*

## INGREDIENTS:

- 1 box pineapple cake mix
- 3 eggs
- 1/3 cup vegetable oil
- 1 (20 oz) can pineapple rings with juice
- 1 stick butter
- 1/2 cup brown sugar
- 1 (10 oz) jar maraschino cherries

## PREPARATION:

1. Mix together cake mix, eggs, oil, and pineapple juice until blended
2. Melt stick of butter and brown sugar on stove top until dissolved, then pour into bottom of Dutch oven
3. Place pineapple rings evenly in Dutch oven
4. Place cherries inside of pineapple rings
5. Pour cake batter evenly over rings and cherries
6. Bake for 35 minutes or until done
7. For bonus points, flip cake upside onto the Dutch oven lid, so the caramelized pineapple is on top of the cake



# EUPHORIA CAKE

**SERVES:** 12

**DIFFICULTY:** ★★☆☆

*\*Dutch oven required!*

## INGREDIENTS:

vegetable oil

1 box devil's food or chocolate cake mix

3 eggs

1 (14 oz) can condensed milk

1 (12 oz) jar of caramel topping

1 (8 oz) bag of toffee bits

## PREPARATION:

1. Put oil in bottom of Dutch oven
2. Cook cake according to box in Dutch oven
3. Once cooked, make slits and holes all over cake, making sure not to poke all the way to the bottom of cake
4. In a saucepan combine caramel and condensed milk, heat until well mixed
5. Slowly pour mixture over cake and let mixture soak through
6. Top with toffee bits and serve



# BANANA BOATS

## INGREDIENTS:

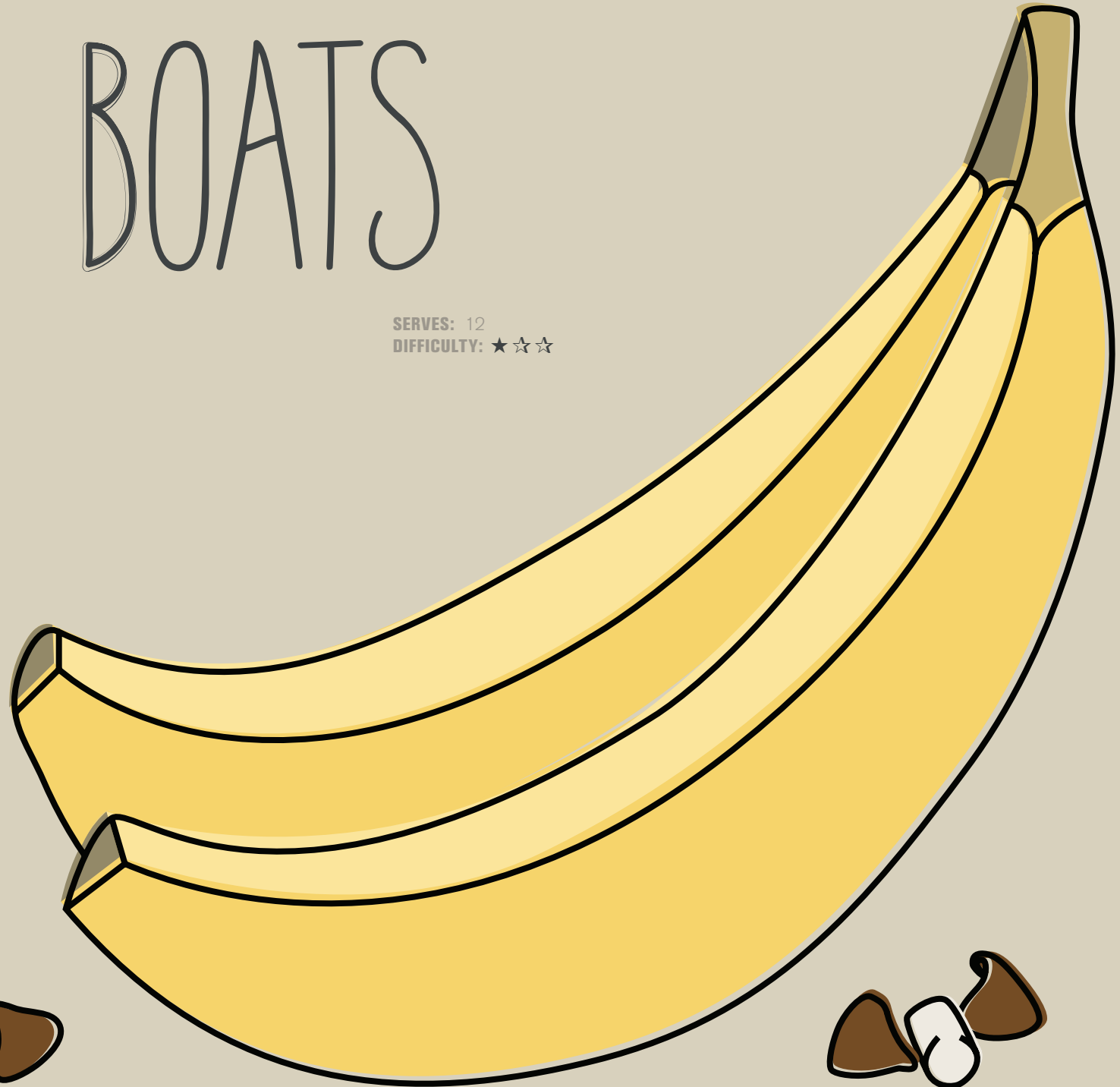
12 bananas  
1 (16 oz) bag mini marshmallows  
1 (12 oz) bag chocolate chips  
10 oz peanut butter or 1 bag peanut butter chips  
aluminum foil

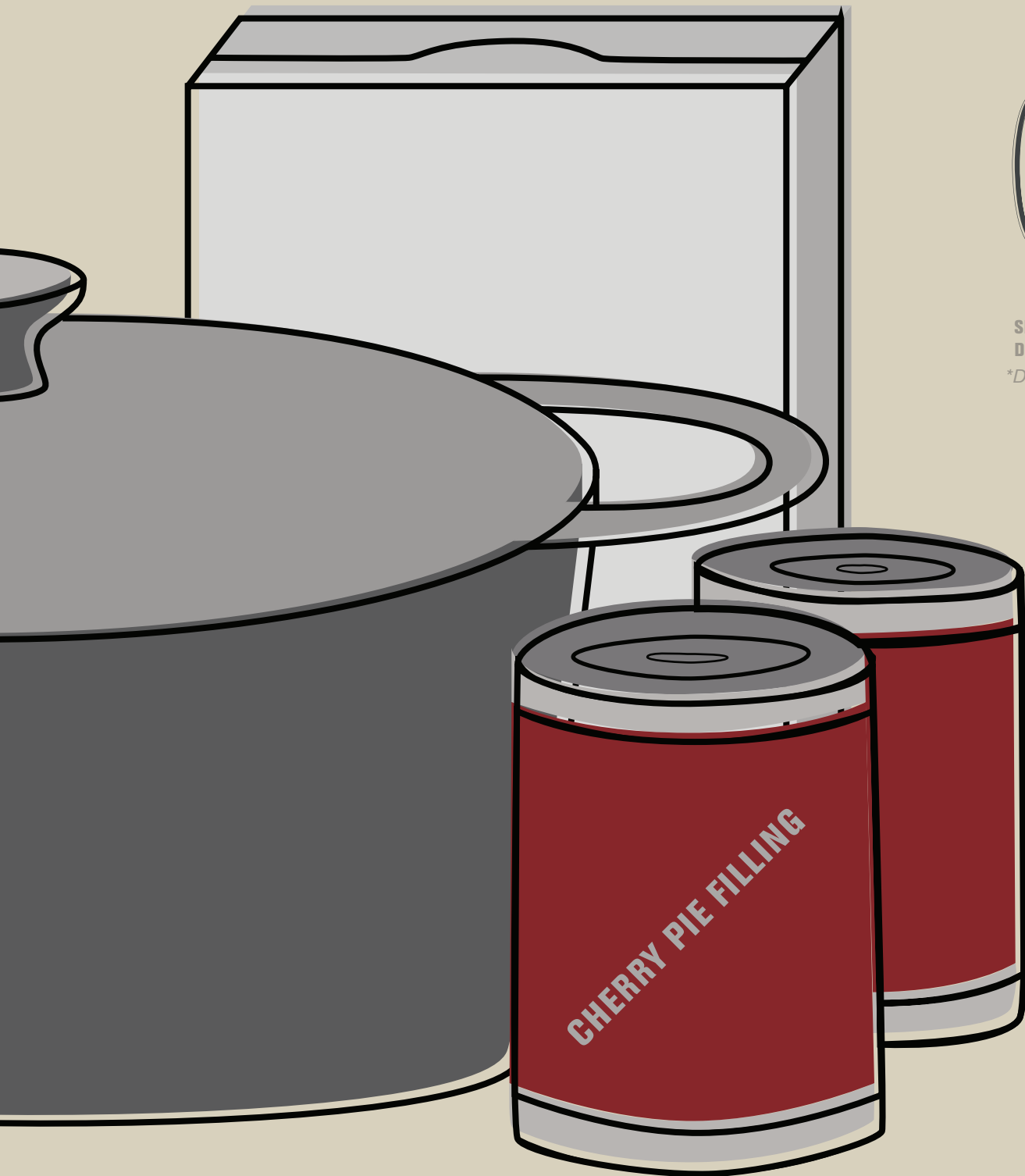
SERVES: 12

DIFFICULTY: ★☆☆

## PREPARATION:

1. Peel one side of banana, then take a spoon and dig out some of the banana
2. Fill the banana with marshmallows, chocolate, and peanut butter
3. Roll the banana up in the foil and sit in the fire
4. For the best results, wait until all items melt and banana is cooked all the way through





# CHERRY CRUNCH

**SERVES:** 4-6

**DIFFICULTY:** ★★☆☆

*\*Dutch oven required!*

## **INGREDIENTS:**

2 cans (14-16 oz) of cherry pie filling

½ box white cake mix

1 stick butter

## **PREPARATION:**

1. Add pie filling to bottom of Dutch oven
2. Layer cake mix over top of pie filling
3. Slice butter and evenly distribute on top of cake mix
4. Bake for 20-25 minutes, or until fully cooked (butter should be completely melted and cake mix should be evenly light brown in color)







CAMPUS RECREATION

web: [campusrec.auburn.edu/outdoors](http://campusrec.auburn.edu/outdoors)

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