

## Additional Photos - September 2022





# Troop 101 Newsletter - September 2022

## Recipe: S'mores French Toast Sandwiches

From The Outdoor Adventure Cookbook by Coleman

### Ingredients

- 1 French bread loaf
- 1/2 cup hazelnut-chocolate spread (Nutella)
- 8 regular-size marshmallows
- 4 graham crackers
- 6 large eggs
- 1/2 cup half-and-half
- 1/2 teaspoon ground cinnamon
- 2 tablespoons vegetable oil, divided
- 1 cup pure maple syrup, optional



### Directions

1. Heat a camping stove to medium-high (about 375° to 400°F), or fit a grilling grate over the direct heat of glowing embers. Cut the bread loaf diagonally into 8 (1/2- to 3/4-inch) slices. Spread one side of each bread slice with 1 tablespoon hazelnut-chocolate spread. Top each of four slices with 2 marshmallows and 1 graham cracker. Cover with the remaining bread slices, hazelnut-chocolate spread side down.
2. Whisk together the eggs, half-and-half, and cinnamon in a shallow dish.
3. Heat 1 tablespoon of the vegetable oil in a large nonstick skillet on the camping stove or grilling grate. Dip each sandwich in the egg mixture, coating both sides. Add 2 sandwiches to hot oil in skillet, and cook until the bread is golden brown and cooked through, 2 to 3 minutes per side. (Adjust the heat to prevent excessive browning, if necessary.) Repeat with the remaining 1 tablespoon oil and two sandwiches. Serve with maple syrup, if desired.

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## Recipe: Spicy Pork Stew with Sweet Potatoes

From Our Wabi Sabi Life

### Ingredients

- 2 T. extra virgin olive oil
- 1 medium red onion diced
- 2 stalks celery diced
- 2-3 garlic cloves minced
- Sea salt and black pepper to taste
- 1¼ lb. pork tenderloin cut into 1" cubes
- 2 medium sweet potatoes peeled and cut into 1" cubes
- 15 oz. black beans drained and rinsed
- 1 t. ground cumin
- ½ t. chili powder
- 2 t. Italian seasoning
- ½ t. crushed red pepper flakes
- 2 bay leaves
- 1 14 oz. can crushed tomatoes
- 2 c. low-sodium chicken stock
- ¼ c. fresh parsley chopped divided



### Directions

1. Heat olive oil in a large pot or Dutch oven over medium-high heat. Add red onion, celery, and garlic. Season with salt and black pepper, to taste, and stir to combine. Cook, stirring frequently, until the veggies soften and develop a bit of color, approximately 3-4 minutes.
2. Add pork tenderloin and sweet potatoes and cook, stirring occasionally, until the meat begins to brown, around 2-3 minutes.
3. Add black beans and spices and stir to combine. Cook for another 30 seconds, or just until the spices become fragrant.
4. Add crushed tomatoes and chicken stock and increase heat to high. Bring to boil, and then reduce heat to medium. Simmer, stirring occasionally, until pork is cooked through and the sweet potatoes are fork-tender, approximately 13-15 minutes.
5. Remove from heat and discard bay leaves. Stir in 3 tablespoons of fresh parsley. Taste and adjust seasonings, as desired.
6. Top with remaining fresh parsley for garnish and serve immediately.