

PROPANE STOVE
STEAMING
CINNAMON ROLLS

SERVES 4

DAIRY FREE OPTIONS

Ingredients:

1 Can prepared biscuit or crescent roll
dough
¾ C Sugar (white or brown)
2 T Cinnamon
2 T butter softened (Use margarine for dairy
free)

Equipment:

propane stove
pot with lid
matches
Silicone cupcake liners
Clean rocks
measuring cups and spoons
pot holders
butter knife

1. On a cutting board, take out and unroll prepared dough
2. Spread butter onto dough or distribute evenly if not spreadable
3. Mix sugar and cinnamon in a small mixing bowl
4. Sprinkle sugar mixture over butter then roll up the dough
5. Place individual rolls into cupcake liners
6. Fill pot with small clean rocks or wire riser and 1 inch of water.
7. Place cupcake liners with rolls on top of rocks in water.
8. Light propane stove and place pot on stove. Cover with lid
9. Bring water to boil and steam for about 10 minutes.
10. Refill water as needed. DO NOT LET WATER RUN DRY! But do not fill with too much water or it will make rolls soggy.
11. Remove pot from stove using pot holders and let cool.

PROPANE STOVE

STEAMING

CAKE

GLUTEN FREE AND DAIRY FREE OPTIONS

12+ SERVINGS

Ingredients:

1 box cake mix (GF for gluten free) – choose flavor

All ingredients needed to make cake based on box directions

Equipment:

Propane stove

Large pot with lid

mixing bowl that will fit inside pot

mixing spatula

matches

Clean rocks

measuring cups and spoons

pot holders

1. Mix cake according to box directions in mixing bowl
2. Fill pot with 2-3 inches of water.
3. Place mixing bowl with cake batter on top of rocks in water.
4. Light propane stove and place pot on stove. Cover with lid
5. Bring water to boil and steam for about 20 -30 minutes.
6. Refill water as needed. DO NOT LET WATER RUN DRY! But do not fill with too much water or it will make muffins/cupcakes soggy.
7. Remove pot from stove using pot holders and let cool

PROPANE STOVE

BROWNING AND BOILING, CHOPPING AND GRATING

SPAGHETTI

GLUTEN FREE AND DAIRY FREE OPTIONS

12 SERVINGS

Ingredients:

2 x 16oz boxes of Spaghetti (GF if needed)
1 large onion
1 large can of Tomato Sauce
1 x 14.5oz can Chopped Tomatoes
1 t salt
1 T oil
1 T dried oregano
1 T Dried thyme
1 T dried basil
2 C shredded cheese (omit for dairy free)

Equipment:

Propane stove
Large pot with lid
Pan for sauce
Sharp knife
Cutting board
Box grater for cheese
Can opener
matches
measuring cups and spoons
pot holders
colander

1. Fill pot with water and bring to boil over propane burner.
2. Chop onion then Brown onion in pan with oil
3. Add tomato sauce, chopped tomatoes, salt, oregano, basil and thyme to onions.
4. Add dry spaghetti to boiling water. Follow package directions for boiling time
5. Use grater to shred cheese
6. Drain spaghetti in colander.
7. Serve spaghetti with red sauce and top with shredded cheese.

PROPANE STOVE

BROWNING, CHOPPING, GRATING

TACOS IN A BAG

GLUTEN FREE AND DAIRY FREE OPTIONS

12 SERVINGS

Ingredients:

2 lbs precooked hamburger meat
2x 15oz cans Pinto Beans
2x 15oz cans Black Beans
1 package taco seasoning (GF if needed)
½ head lettuce
1 lb cheese (omit for dairy free)
3 tomatoes
2 C salsa
1 pint sour cream (omit for dairy free)
12 small bags Doritos (Fritos for dairy Free)

Equipment:

Propane stove
Pan for sauce
Sharp knife
Cutting board
Box grater for cheese
Can opener
Serving spoons
matches
measuring cups and spoons
pot holders
plastic knives

1. Warm meat in pan on propane stove
2. Open cans of beans, add to warm meat along with taco seasoning. Continue to warm.
3. With plastic knives, shred lettuce and chop tomatoes
4. Open bags of Doritos (or Fritos). Add beans, meat and other toppings as desired to bag.

PROPANE STOVE
BOILING AND GRATING
EGGS IN A BAG

GLUTEN FREE AND DAIRY FREE OPTIONS

12 SERVINGS

Ingredients:

12 Eggs
1 lb cheese (omit for dairy free)
Precooked ham chunks
Precooked Bacon bits
Milk (non-dairy milk for dairy free)
Salt and pepper

Equipment:

Propane stove
Large pot with lid
Cutting board
Box grater for cheese
matches
pot holders
Ziploc quart size freezer bags
Tongs

1. Bring large pot of water to boil
2. Each person take a Ziploc bag
3. Break open an egg into the Ziploc bag
4. Use grater to shred cheese
5. Add cheese, ham, bacon, milk, salt and pepper as desired to egg in bag.
6. Seal bag and mush ingredients up in bag.
7. Place bag in boiling water with tongs
8. Cook until no longer runny.
9. Remove bag from water with tongs.