

Fieldcraft Skills

Field Cooking



Sausage, Pepper, and Egg Base Camp Breakfast

This is a camp recipe that can be made with a minimum of cooking gear. The only required equipment is a 4 or 5 quart Dutch oven and utensils. This hearty breakfast recipe is another base camp favorite.

Pre-camp preparation:

Combine the following ingredients in a 1 gallon freezer bag:

- 10 large or extra large eggs
- 1 cup milk
- 1 cup of shredded cheese (cheddar, Swiss, Monterrey Jack, cheese variety of your choice)

** place this bag in freezer the night before leaving for camp*

Combine the following ingredients in a 1 gallon freezer bag:

- 1 onion - chopped
- 1 green bell pepper - chopped
- 1 red bell pepper - chopped
- 1 small jalapeno pepper - chopped (optional)

** these ingredients also needs to remain cold prior to camp*

The following ingredients are also required:

- 1 pound of ground sausage
- 1/2 loaf of bread - cubed
- salt, pepper, adobe seasoning
- 1/2 teaspoon baking powder
- 1/2 teaspoon powdered mustard (optional)

In camp preparation:

- Preheat a 12 inch diameter Dutch oven on a bed of coals
- brown sausage in bottom of the Dutch oven
- once it begins to brown add the onion and peppers
- Stir to prevent sticking to the bottom of the Dutch oven and to prevent burning
- once the sausage, onion, and pepper mix is browned, place the bread cubes in with the sausage mix and stir to evenly distribute ingredients

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- pour the spice mix into the bag with the egg mix and knead/shake the bag to ensure even mixing and to break up any remaining frozen ingredients
- pour egg mixture over other ingredients
- place lid on Dutch oven and cook for 35 - 45 minutes at 350 degrees
- rotate Dutch oven every 15 minutes, and check the cooking progress at 30 minutes
- when the top is firm, remove from coals and allow to cool before serving

Makes 10 servings

Variations:

- crumbled bacon can be added to the egg mix for an extra hearty meal
- top with choice of hot sauce; Smoked Tabasco is best

Tips for success in preparing this in the field:

- pre-heat Dutch oven over bed of coals for at least 15 minutes prior to starting to cook the sausage
- use commercial charcoal to manage baking temperature - especially if preparing this or any dish for the first time