

Main Dish

Dutch Oven Beef Burgundy

Makes 4-6 Servings

Prep Time: 15 minutes cutting meat (campers can minimize this by performing at home)

Allergy Alert: Dairy (Remediated by removing the sour cream and turning the meal into seasoned beef and gravy). Parents may feel wine is not appropriate for children under the age of 18, even if it is cooked. Remediated by substituting water for the wine from the ingredient list.

Ingredients

2 pounds beef round roast
3 medium onions, sliced
2 cans beef gravy (or packages of instant)
1/2 cup burgundy wine or water
1 clove garlic
4 teaspoons oil
1 tsp salt
1/2 tsp pepper
1/4 teaspoon oregano
1/2 pint sour cream

Slow Cooker Instructions

Ready for testing and writing

Dutch Oven Instructions

Cooking Time: 35-45 minutes

Ideal Dutch Oven Size: 12"

Coals: 25-10 Bottom and 0 Top

1. Cut beef into 1-inch cubes. Place in one-gallon zip lock bag with salt, pepper, and oregano. Shake lightly.
2. In bottom of lidless Dutch Oven, sauté garlic and onions in oil slowly until onions are clear or slightly browned.
3. Remove onions and brown the meat slowly in the drippings.
4. When meat is thoroughly cooked, return onions to pot.
5. Add beef gravy and all other ingredients to pot.
6. Remove 10-15 coals from underneath pot, leaving 9-10 coals.
7. Simmer with lid on for 15-30 minutes, checking/stirring occasionally.

Suggestion: Serve over rice.

Note to Scouts: Scouts may wish to cube the meat prior to leaving home and transport in a cooler. This will make prep and cleanup much easier at the camp site.