

# Beef-Macaroni Cheesit

## (serves 6-7)

### INGREDIENTS:

- 1 lb. ground beef (a little extra is OK if you like it more meaty)
- 2 tablespoons onions, diced
- 2 tablespoons margarine
- Cooking Oil
- 1 teaspoon salt
- .25 teaspoon pepper
- 8 oz. elbow macaroni
- 1 can (10.75 oz.) cream of mushroom soup
- .25 lb. sharp cheese (can put as much as .5 lb if you like it extra cheesy)
- .5 cup milk
- Charcoal Briquettes

### EQUIPMENT: (Dutch Oven)

- Dutch Oven, Dutch Oven Tools, Oven Mitts, Charcoal Briquettes, Tongs for Charcoal
- Camp Stove & Fuel (*preferred option for noodles*)
- Large Pot with Lid & Colander (*preferred option for noodles*)
- Cutting Board
- Paring Knife
- Optional Bowl to Stage Diced Onion
- Spatula
- Metal Serving/Cooking Spoon
- Can Opener (if not pull tab soup can)

### PREPARATION: (*Charcoal: 16/Under & 7/Top*)

- Pre-Heat Dutch Oven
- Brown beef and diced onions with margarine in Dutch oven.
- Empty Dutch Oven - or - (*preferred method*) Use Separate Pot to Boil Elbow Macaroni while meat cooking in Dutch Oven – add a teaspoon of oil to water to prevent noodles from sticking, stir constantly so noodles don't stick to bottom of pot and don't over cook/boil, drain when still slightly chewy and add to meat mix in Dutch Oven.
- If cooking noodles in Dutch oven instead of separate pot, cook and remove meat mix and use 2 1/2 cups water for @ 8 oz. macaroni & add salt & pepper, and stir frequently until very little water left in bottom of oven.
- Stir macaroni & beef mixture together, add cream of mushroom soup, diced cheese, & milk, and let bake at 300 degrees about 10 minutes or until cheese melted and mix consistent.

### TIPS:

- Pre-heating Dutch Oven first and then using Dutch Oven off the fire as a stir fry pan works until Dutch Oven cools off and makes it easier (away from heat & smoke) to cook & stir – don't let cool off though.
- Lifting oven off fire using two people and a stove or stick under handle AND lift evenly & at the same time is easier, and safer, than one person lifting off oven fire.
- As dish bakes, do not add too much charcoal to avoid curdling of milk – coals on top of Dutch Oven, once bottom heated is sufficient to cook/heat without over cooking or burning bottom.
- Have a Plan for clean level spot to place lid when taking off during cooking – AND – Have a plan for Burn Resistant surface to place Dutch Oven on to Serve Meal and avoids those being served getting burned as well!