

# TROOP 29 RECIPE

## Sandwiches

### ***Ingredients:***

*sliced meats*

*bread*

*cheese*

Approximate Prep Time: 5 to 15 minutes

By far our standard lunch is the simple and dependable sandwich. Low maintenance and low fuss, this gets the job done as the bridge between breakfast and dinner. But that doesn't mean it has to be ordinary.

*Bread:* It all starts here. While any loaf of bread will do, perhaps you want to change it up a little. Kaiser rolls work great for sandwiches. If you're backpacking a pita pocket or tortilla will stand up to far more punishment than a loaf of bread. There are also many of breads that made awesome submarine sandwich rolls. Take some time and look at what breads are available, don't just reach for that standard loaf.

*Meats:* Possibly the most important part of your sandwich. Don't just get any package of meat because its cheap. Plan out what type of sandwich you are having.

*Vegetables:* Just by adding sliced tomato and lettuce to your sandwich is often enough to dress up a dreary meal. There a many more vegetables to choose from, depending on what type of sandwich you want. Things like green bell pepper, onions (of all kinds), olives, and the old favorite pickles are just a few more items to make that sandwich really pop.

*Cheese:* Good ol' sliced American cheese is good. But cheddar, swiss, or another more flavorful cheese can really make a sandwich. Maybe even try two cheeses, or a blended cheese.

*Condiments:* Ketchup, mayo, and mustard are good. But if you making a sub sandwich try olive oil and vinegar, with a pinch of salt and pepper.

*Summary:* On a typical Troop 29 outing lunch is one of four

meals. That means it takes up about 1/4 of your food budget, and most patrols spend less than that so they can spend a little more on other meals. But even one change from this list can really improve the quality of your lunch. Don't break your budget but don't have the same old thing outing after outing.