



## Thornhill Summit District - Camp Recipes

### Kids Trail Mix

4 c Chex cereal  
1/2 c Dried fruit bits  
1/2 c Raisins  
1/2 c Yogurt covered peanuts  
1/2 c Reeces Pieces

Put into a large ziploc bag and shake to mix. Source: Chex box

### Corn on the Cob with Chili Butter

8 Ears corn  
1 Stick butter, cut into bits  
2 Scallions, chpd  
1 cl Garlic, crushed  
1 1/2 T Chili powder  
1 t Lemon juice  
Salt

Prep: 10 mins Marinate: 10 mins Cook: 10-15 mins Prepare a med fire. Gently peel back corn husks, leaving attached at base. Remove silk. In food processor, combine butter, scallions, garlic, chili powder, and lemon juice. Process until well blended. Rub 2t of this butter over each ear of corn. Fold husks back over; tie with string; soak corn in a lg bowl of cold water 10 mins to prevent burning. Squeeze out excess water. Place damp corn on an oiled grill set 4-6" from coals. Grill, turning and moving ears frequently, until outside leaves are lightly charred. Peel off husks and serve with additional chili butter.

Shared by Sherilyn Schamber

### Doughboys

1/2 c Flour  
1 ts Baking powder  
1 ts Shortening  
pn Salt  
1/4 c Water  
1 Hot dog

You can also use 3/4 cup of biscuit mix. Mix ingredient with shortening and then add water. Put hot dog on green stick and wrap dough around it. Cook holding 6 inches from coals so inside will cook and then brown nearer to the coals. Ensure the dough is not too sticky.

### Twisters

Biscuit mix  
Milk or water  
Honey

Follow the direction on the biscuit box using a little less liquid than called for. Twist the dough around the end of a green stick. Hold rotating slowly over hot coals of fire until cooked. Dip into honey and enjoy. Can also use butter and jam.

### Fiddlehead Ferns

Fiddleheads, as the name suggests, are tightly coiled baby ferns that resemble a fiddle. New Brunswick has laid claim to being the Canadian home of these delicacies. Fresh fiddleheads are harvested just as the ostrich fern begins to poke its head through the soft earth. Fiddleheads are completely organic, grown with no additives or artificial fertilizers.

It is only in the early spring that these fronds are found in abundance along the river banks. Thus the season is short and the demand great for this unique vegetable.

### HOW TO COOK FIDDLEHEADS:

1. Wash in cold water, using several water changes, briskly swishing the fiddleheads about. 2. Bring a pot of water to a vigorous boil. Use 3 cups of water for each pound. 3. Add the fiddleheads to the boiling water and simmer until just tender (about 15 minutes). 4. Drain and serve with butter, salt and pepper to taste. A few drops of vinegar may be desired.

PS: Don't be alarmed when you see your cooking water turning dark, with bits of frond in it. This is normal. In fact, if you strain this water, it may be added to home-made soups, supplying many nutrients and good flavour.

### HOW TO HOME-FREEZE FIDDLEHEADS:

Take advantage of fiddleheads availability now, and freeze for later use.

1. Wash the fiddleheads in several changes of cold water. Drain. 2. Fill a pot with enough water to cover. Bring to a hard boil. 3. Place the fiddleheads in the boiling water (using a wire basket is more convenient). Return water to boil for 3 to 4 minutes. 4. Drain and immediately plunge the fiddleheads into very cold water, to cool them. 5. Place fiddleheads in freezer bags, add ice cold water to cover. Squeeze gently to eliminate air bubbles. 6. Seal the freezer bags or containers and place them in the freezer. Try to keep at least one inch between the bags to facilitate quicker freezing.

7. To use, cook from frozen.

This information was published in an advertising flyer by Calgary Co-op Ltd. They advertised Fresh fiddlehead greens from New Brunswick at \$2.99 per pint basket.

From Fred Towner

### Dumplings

2 c Bisquick baking mix  
2/3 c Milk

Mix 2 cups Bisquick baking mix and 2/3 cup milk until soft dough forms. Drop by spoonfuls onto boiling stew. Cook uncovered over low heat 10 minutes; cover and cook 10 minutes. Makes 10 - 12.



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### Dandelion Salad

1/2 c Cream  
2 ea Egg  
1 tb Sugar  
1 ts Salt  
4 tb Vinegar  
1/4 c Butter  
1 x Paprika  
1 x Pepper  
4 ea Sl Bacon, thick  
1 x Dandelion

Carefully wash and prepare the dandelion as you would lettuce. Roll in cloth and pat dry. Then put into a salad bowl and place in warm place. Cut bacon in small pieces, fry quickly and drop over the dandelions. Put the butter and cream into a skillet and melt over a slow fire. Beat eggs, add salt, pepper, sugar and vinegar and mix with slightly warm cream mixture. Pour into skillet and under increased heat, stir until dressing becomes thick like custard. Take off and pour piping hot over dandelion. Stir thoroughly. Never use dandelion after it has begun to flower, for then it is apt to be bitter. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

### Frying Pan Cookies

2 Eggs, unbeaten  
1 c Sugar\*  
1 1/2 c Dates, chopped  
Salt

Servings: 36

Cook over a low heat for 10 minutes, stirring constantly. Remove from stove and add 2 cups of Rice Krispies.

Roll in balls and dip in coconut.

\*Would recommend from nil to 1/2 c sugar. Dates, coconut and Rice Krispies supply sufficient sweetener in my opinion.

Source: Dutch Oven Submitted by: Shirley Goos

### Campfire Coffee

Water  
Fresh ground coffee

Bring water to boil; add fresh ground coffee; immediately remove from fire; pour from top.

### Homemade Granola

4 c Rolled oats  
1/4 c Sesame Seeds  
2 tb Light Sesame oil  
1 ts Ground Cinnamon  
1/2 c Wheat Germ  
1/4 c Shelled Peanuts (or soybeans)  
1/4 c Honey  
1/2 ts Grated Nutmeg or Cardamon

Raisins, grated coconut, nuts, or dried fruit (optional).

Preheat the oven to 350 deg F. Toast the oats, wheat germ, seeds, and legumes lightly on a baking sheet for 5-10 minutes, until slightly browned. Remove and cool. Heat the honey and oil together in a small pan; drizzle it over the dry mixture. Sprinkle with cinnamon or cardamon. Return the mixture to the baking sheet and heat in the oven for 5 minutes. Stir or turn. Bake for a few minutes more, until crispy but not too browned. Remove and cool. Add raisins, nuts, or dried fruit if desired.

### No Bake Special K Candies

1/2 c Butter  
2 c Sugar  
1/2 c Water  
2 tb Cocoa  
1/2 c Peanut butter  
3 c Oatmeal or:  
1 c Coconut

Mix butter, sugar, water and cocoa together. Bring to a boil for 30 seconds. Remove from fire and add peanut butter, oatmeal or coconut. Drop on wax paper and let harden. a recipe from my childhood

### Hot Dog Surprise

10 x Hot dogs  
x American cheese (or boutique brand Wisconsin cheddar, if you have an expensive car), sliced into hot dog-length fingers  
10 sl Bacon

Distance: 40 miles

At home or on the road, cut a deep slit in each wiener, and stuff with fingers of cheese. Then wrap on the diagonal, like an old bias-ply tire, with the bacon. Seal individually in foil. These are great for stuffing into those odd places on the engine where you can't fit a turkey or a suckling pig. Cook about 45 minutes, or until cheese is melted and bacon is somewhat crisp.

Source: Manifold Destiny

### Rice Krispie Squares

4 tb Butter  
4 c Marshmallows or 10 oz  
5 c Rice krispie cereal

Fat grams per serving: Approx. Cook Time: :05

Melt butter in saucepan over low heat. Add marshmallows and stir till melted. Cook 3 minutes, stirring constantly. Remove from heat, add Rice Krispies and stir till all are coated. Using buttered spatula, press evenly into buttered 13x9x2" pan. Cool. Cut into 2" squares.

VARIATIONS: add 1 cup raisins add 1 cup peanuts add 1/4 cup peanut butter to marshmallows melt 2 squares chocolate with marshmallows for Christmas: add green food colouring (if desired), shape into "trees" or press into buttered ring or small Bundt mold. Decorate with red cinnamon candies (for tree) or spearmint leaves and jelly berries for ring mold (resembles a wreath)

### Campers Pizza Pie



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8 oz .  
1 lb Wheat bread  
1/4 lb Mozzarella cheese  
pizza or spaghetti sauce  
Pepperoni

Using the pie iron, take two slices of bread, put 1 1/2 tablespoons pizza sauce on one slice of bread. Top with Mozzarella cheese and sliced pepperoni. Place other side of bread on top and butter outer sides of bread. Put sandwich into pie iron and place in coals of fire. Cook until bread is toasted.

### Coffee Can Cookery

2 Strips bacon  
1 Med. potato, sliced  
1 Med. onion, sliced  
1 Med. tomato, sliced  
2 Stalks celery  
1/3 lb Ground beef  
1 Carrot  
Salt and pepper to taste  
Coffee can and lid

Cut carrot in half lengthwise. Cut celery and carrot into 2" lengths. Cut bacon in half. Mold 2 meat patties. Place 2 pieces of bacon on bottom of can. Place layers of all ingredients. Repeat. Place closed coffee can on top of glowing coals for 25 min. Open lid and check after 10 minutes, if browning too rapidly, pour 2 Tb. of water in can.

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### Gorp

1 c Corn syrup or molasses or Honey  
3/4 c Milk powder  
1 c Oatmeal  
1/2 c Peanut butter  
1/2 c Chocolate chips  
1/2 c Wheat Germ  
1/2 c Crushed peanuts  
1/2 c Raisins

Mix all the ingredient thoroughly. Roll into balls and each in a small piece of wax paper, twisting ends and chill.

### Sauerkraut

1 qt Sauerkraut  
1 ea Onion, chopped  
1 t Caraway seeds  
2 T Butter  
1 ea Potato, grated

Melt the butter and add the onion and cook until brown. Add the sauerkraut and cook for 8 minutes. Add the caraway seed and potato, cover with boiling water and cook for 30 minutes in an uncovered vessel over a slow fire. Cover the kettle and cook 30 minutes longer. Brown sugar or an apple may be added to give different flavor. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

### S'Mores

Marshmallows  
Hershey bars  
Graham crackers  
Green sticks or coat  
Hangers

Get prepared by getting 1 large graham cracker and breaking it in half. Cover 1/2 of the graham cracker with Hershey bar.

Put a marshmallow (or 2) on the stick and hold it over the fire until roasted. Some people like them lightly golden, others like to catch them on fire and then blow the fire out. If you do that, be careful. You have to put the fire out quickly or your marshmallow will fall on the ground. When the marshmallow's roasted, place on top of the Hershey bar, put the other graham cracker on top and bite down. Yum!

### Polish Sausage and Cabbage

2 lg Onions  
8 Potatoes  
1 md Head of cabbage  
3 lb Polish sausage  
salt and pepper to taste

Slice onions and arrange to cover bottom of dutch oven. Slice potatoes, layer them on top of onions and cover with water and salt and pepper to taste. Cover and place on coals until water starts to simmer. Cut cabbage into wedges. When water is simmering, add cabbage wedges and sausage and return to heat. simmer until potatoes are tender and the cabbage is tender.

### Corned Beef & Cabbage

2 lb Well trimmed corned beef boneless brisket or round  
1 sm Head green cabbage, cut into  
6 Wedges  
6 md Carrots cut into quarters  
1 sm Onion, quartered  
1 Clove garlic, crushed

Pour enough cold water on corned beef in dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce heat. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carrots, heat to boiling. Reduce heat and simmer uncovered 15 min. From: John Davis Date: 23 Mar 95

### Roast Corn

2 Ears or corn  
Salt and pepper  
Butter  
String

Peel ears leaving husks on at bottom and remove corn silk. Replace husks covering ears and tie around top. Dip corn in salt water. Place corn on screen over hot coals and turn often until all sides are done. When cooked remove husks and add salt and pepper and margarine.

### Onion Swiss Steak



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3 lb Round steak, 3/4" thick  
1 1/2 ts Salt  
1/4 ts Pepper  
2 pk Onion soup mix  
2 cn (10 oz) tomatoes

Cut steak into serving pieces, season with salt and pepper and place into dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meat is done and tender.

### Power Bars

2 c Whole wheat flour  
1/2 c Packed brown sugar  
1/4 c Skim milk powder  
1/4 c Wheat germ  
1 ts Baking powder  
1 1/2 c Raisins or chopped dried apricots  
1/2 c Unsalted sunflower seeds  
2 Eggs  
1/2 c Vegetable oil  
1/2 c Molasses  
1/3 c Peanut butter

In bowl, combine flour, sugar, skim milk powder, wheat germ and baking powder; stir in raisins and sunflower seeds. Combine eggs, oil, molasses and peanut butter. Add to dry ingredients, blending well. Spread in greased 9 inch square cake pan. Bake in 350F oven for 35 minutes or until browned and firm to the touch. Let cool completely. Cut into 24 bars. Bars can be stored in air tight container for up to 5 days.

Origin: Canadian Living, June 1992. Shared by: Sharon Stevens

### Meat Loaf

1 1/2 lb Ground beef  
3/4 c Quick oats  
1 Eggs  
1/4 ts Dry mustard  
1/4 c Bell pepper  
1 pk Onion soup mix  
3/4 ts Salt  
1/8 ts Marjoram

Mix all ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

### Great Outdoors Potatoes

6 Potatoes  
1/4 c Olive oil  
2 ts Lemon juice  
1 ts Dijon mustard  
1/2 ts Corriander  
1/2 ts Fresh ground peppper  
1 ts Minced onion  
1 Pureed garlic clove  
1 ts Paprika

Scrub potatoes and cut into quarters, keeping skins on. Boil until tender, and coat them with the dressing which you can

prepare in advance. Wrap the potato quarters in tin foil, and place on coal to brown. Delicious with meat or fish.

Origin: Ms. Reggie Levack, Brantford, Ontario. From Canadian Living magazine, Alcan Tin Foil Ad. Shared by: Sharon Stevens

### Beef-Vegetable Soup

2 Beef soup bones  
1 1/2 lb Stew beef, 1" cubes  
1 ts Pepper  
4 md Carrots, coarsely chopped  
2 (8oz) cans tomato sauce  
1 Hot red pepper chopped  
1 (17oz) can whole kernel corn  
1 (15oz) can English peas  
7 c Water  
1 1/2 ts Salt  
4 md Potatoes, cubed  
1/2 Smapp cabbage, coarsely

Drain corn and peas reserving liquid. Add liquid, water and bones in large dutch oven, bring to a boil. Cover, reduce heat and simmer 1 hour. Add beef cubes, salt and pepper, cover and simmer 1 hour more. Add all except corn and peas, cover and simmer 40 min. Add corn and peas and simmer uncovered 30 min. Makes 4-1/2 quarts

### Foiled Burgers

1 lb Ground beef  
4 Squares heavy duty foil (16x16 inches)  
4 Carrots; chopped  
1 cn New potatoes; sliced (16oz)  
2 sm Green peppers; chopped  
Dehydrated onion flakes  
Worcestershire sauce  
Salt & pepper to taste

Separate the meat into 4 portions. Place each portion in the center of a aluminum foil square. Top with equal portions of chopped carrots, potatoes and bell peppers. Season with dehydrated onion flakes, Worcestershire sauce, salt and/or pepper to suit your taste. Seal the foil, check for leaks. Place on the coals for 10 to 15 minutes per side.

Nutritional information: per serving: 389 calories; 22g fat; 548mg sodium; 95mg cholesterol

\*\* Dallas Morning News - Food section - 7 June 1995

### Saskatoon Pemmican

1 c Jerky; beef or venison  
1 c Dried Saskatoon berries or dried blueberries  
1 c Unroasted sunflower seeds or crushed nuts of any kind  
2 ts Honey  
1/4 c Peanut butter  
1/2 ts Cayenne [optional]

This version uses peanut butter rather than melted suet or lard as the binding agent, which is more palatable for today's health conscious diets.

Grind [or pound] the dried meat to a mealy powder. Add the dried berries and seeds or nuts. Heat the honey, peanut butter



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and cayenne until softened. Blend. When cooled, store in a plastic bag or sausage casing in a cool dry place. It will keep for months.

From: Edible Wild Fruits and Nuts of Canada, published by the National Museums of Canada, ISBN 0-660-00128-4

### Flank Steak Teriyaki

4 -6 flank steaks  
1 tb Salad oil  
1/4 c Sugar  
1 ts Ginger  
1/2 ts MSG  
4 -6 pineapple slices  
1/2 c Soy sauce  
2 tb Sherry (optional)  
1 Clove garlic, crushed

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1-1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Serve over rice.

### Egg in a Nest

1 Slice of bread  
1 Egg

Make a hole in the centre of the slice of bread and place in frying pan and break egg in the centre of the hole and leave to cook.

### Ground Beef Plus

1/3 lb Ground beef per person

Brown the ground beef thoroughly in the frying pan and drain off excess fat. Add whatever you want like onion, green pepper, celery, can of soup cheese, a small can of spaghetti or beans or macaroni or corn or tomatoes and seasoning.

### Apricot Glazed Cornish Hens

6 Cornish Game Hens mix (1-1-1/2 lb)  
-Salt  
-Wild rice and sausage dressing  
1 Jar (12 oz) Apricot preserves  
1/2 c Water

Rinse hens, remove giblets and pat dry. Sprinkle cavity with salt. Lightly stuff each hen with string. Place into dutch oven. In small sauc preserves and water and bring to a boil, stirring occasionally, set aside. Place hens on a rack in dutch oven. Do not place on bottom, they will burn. Bake hens at 350 for 1-1/2 to 2 hours or until tender. During last 1/2 hour of baking, baste hens frequently with preserves mixture. Remove strings before serving. If desired, split in half for smaller servings. Serve with remaining preserves.

### Basic Chowder Recipe

1 sl Bacon  
1/8 sm Onion  
1/2 md Potatoe  
1/4 cn Corn  
1/4 lb Fish  
1 c Water or milk

Cut bacon and onion small. Fry in pot until brown. Add corn, fish or meat with a little water. Cook slowly until cooked. Add potatoes about 1/2 hr before serving and cook until done. Season and if using milk add just before serving. Heat but do not boil.

### Venison Goulash

2 tb Oil  
1 1/2 lb Venison, from neck, flank, Shanks, cut into cubes 1 to 1 1/2 inches  
3 md Onions, very thinly sliced  
2 tb Paprika  
1 ts Salt  
1 md Green Bell pepper, thinly Sliced, seeds & pith removed  
1/2 c Water

In a Dutch Oven, heat oil and brown venison, stirring often. Add the onions, sprinkle with paprika and salt while stirring, saute over med heat until onions are soft. Put in the green pepper and water, cover the Dutch Oven but do not put coals on top. Cook 1 to 1 1/2 hours, until the venison is fork tender. Traditionally Goulash is served with broad noodles.

source: Complete Book of Outdoor Cooking

### Pork Chops & Garden Vegetables

6 (1" thick) pork chops  
3 Carrots, cut 1/2" slices  
3 sm Potatoes,peeled, 1/2" cubes  
1 ts Basil  
6 (1/4 oz) instant onion soup mix 2 c water  
3 tb Butter, melted  
1 1/2 c Fresh green beans,cut

Brown chops on both sides in butter in bottom of oven, drain. Place vegetables in bottom of oven and replace chops on top. Combine dry soup mix and water, mixing well. Pour over chops and bring to a boil. Cover and reduce heat, simmer 45 min or until chops are tender.

### Banana Boat

1 Banana  
Mini marshmallows  
Chocolate chips  
Raisins (optional)

Partially peel banana. Cut wedge-shaped section in banana. Remove wedge. Place in hollow: marshmallows, chocolate, and raisins. Cover mixture with banana peel and wrap in foil. Place in coals for about 5 minutes, until chocolate and marshmallows are melted.

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### Grilled Sausage & Sweet Mustard in Tortillas



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1 lb Hot or sweet Italian sausage or Spanish choriza\*  
1 c Hearty red wine (such as Italian Barolo or Spanish R10ia)  
9 8-inch flour or 6-inch corn tortillas  
Honey mustard\*\* or Dijon mustard

Place sausage in single layer in 9-inch skillet. Pour wine over sausage. Bring to boil. Reduce heat, cover partially and simmer until sausages are cooked through, turning frequently, about 12 minutes. Remove sausage from pan and cool slightly. Discard liquid. (Can be prepared 1 day ahead. Cover tightly and refrigerate. Bring to room temperature before continuing.)

Prepare barbecue (medium-high heat). Cut sausages into 1/2-inch slices. Thread slices on long metal skewers, using 3 to 4 skewers. Cut tortillas into quarters and wrap in foil. Place tortillas on side of grill to heat through. Grill sausage until heated through and charred on all sides, about 5 minutes.

Remove sausage from skewers and place in serving bowl. Serve sausage with tortillas and mustard.

\*A fresh pork link sausage flavored with garlic and spices, and milder than Mexican chorizo. Spanish chorizo is available at Spanish markets.

\*\*Available at specialty foods stores and also some supermarkets.

Bon Appetit/August/89

### Honey Mustard Grilled Chicken

2 lb Boneless chicken parts (may use bone in parts)  
2 tb Honey  
2 tb Dijon mustard  
2 tb Melted margarine  
1 ts Basil Leaves  
1/2 ts California Style Blend Garlic Powder

Preheat grill for direct-heat cooking. Place chicken on grill rack. Combine remaining ingredients. During last 3-4 minutes per side of grilling time, brush chicken with sauce.

Source: McCormick\*/Schilling\* recipe card Posted by: Marie Culver

### Sizzlin' Beef Kabobs

3 tb Veg. oil  
2 tb Soy sauce  
1 tb Red wine vinegar  
1 ts California Style Blend Garlic Powder  
3/4 ts Hot Shot! Glack & Red Pepper Blend  
1 lb Sirloin steak, cut into 1" cubes  
Assorted vegetables

Combine first 5 ingredients in large self closing plastic bag or shallow glass dish. Add steak; toss to coat. Refrigerate 3 or more hours. Spear with veggies on metal skewers. Grill or broil 12-15 minutes, turning frequently.

Source: McCormick\*/Schilling\* recipe card

### Pizza Baby

Biscuit mix  
Part of can of tomato soup  
Parmesan cheese  
Cold meats  
Chopped green pepper  
Oregano  
Seasoning

Mix pizza dough and shape into a shallow dish about 12 cm across. Spoon soup into dish and top with other ingredients. Place in a double wrap of heavy aluminum foil. Cook in hot coals or on rack over hot coals close to the heat.

### Foiled Chicken

1 sm Green pepper; chopped  
1/2 sm Red pepper; chopped  
10 Mushrooms; chopped  
4 lg Chicken breasts  
1 cn Pineapple slices (8oz)  
Non-stick cooking spray \*or\* 1 tsp butter  
Garlic powder, salt and/or pepper to taste  
4 Squares heavy duty foil (16x16 inches)

Divide the bell peppers and mushrooms into 4 equal parts. Coat a small area in the center of the foil with cooking spray or a small amount of butter. Place a portion of peppers and mushrooms on the greased area of the foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper to your taste.

Fold the foil securely and check for leaks. Place on the coals for 10 to 15 minutes per side.

Nutritional information: per serving: 186 calories; 3g fat; 330mg sodium; 72mg cholesterol

\*\* Dallas Morning News - Food section - 7 June 1995

### Pizza Hot Dish

2 pk Crescent rolls  
1 Jar Pizza Sauce  
1 1/2 lb Ground Beef  
8 oz Shredded Cheddar Cheese  
8 oz Shredded Mozzarella Cheese

Brown ground beef, drain. Line dutch oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second pkg of rolls to form a top crust. Bake 30 min. at 350.