

Easy Dutch Oven Recipes

Monkey Bread

Serves: 6-8

Preparation time: 10 minutes

Cooking time: 35 minutes

Ingredients

- ½ cup sugar
- ½ cup brown sugar
- 3 tablespoons cinnamon
- 2 rolls of refrigerated biscuit dough, biscuits cut in quarters
- 1 stick butter, melted

Directions

1. Line a 14-inch Dutch oven with aluminum foil (for easy clean-up).
2. Preheat the oven to 350°F. (For outdoor cooking, prepare the oven with 21 briquettes on the lid, and 11 beneath.)
3. Combine the sugar and cinnamon in a resealable or paper bag.
4. Drop the torn biscuits into the bag and shake to coat with the cinnamon mixture.
5. Place the coated biscuits in the Dutch oven and drizzle the melted butter over them.
6. Bake for 35 minutes.

Nutrition (per serving)

Calories 354, Carbs 51 g, fat 17 g,

Protein 4 g, sodium 675 mg

Orzo and Spinach Soup

Serves: 4-6

Preparation time: 5 minutes

Cooking time: 30 minutes

Ingredients

- 2 tablespoons olive oil
- 1 small white onion, peeled and diced
- 1 cup carrots, diced
- 1 cup celery, diced
- 3 cloves garlic, peeled and minced
- 6 cups vegetable stock
- 1 14-ounce can fire-roasted diced tomatoes
- 1 ½ cups whole wheat orzo pasta
- ½ teaspoon dried thyme
- ¼ teaspoon dried oregano
- ¼ teaspoon dried rosemary
- 4 cups loosely packed spinach
- Salt and pepper

Directions:

1. Heat the oil in a Dutch oven over medium heat, and sauté the onion until tender.
2. Add the carrots, celery, and garlic. Sauté 3 minutes more.
3. Add the vegetable stock, tomatoes, pasta, thyme, oregano and rosemary. Stir, and bring to a simmer. Stir occasionally until the pasta is al dente (about 10 minutes).
4. Add the spinach and cook until wilted.
5. Season with salt and pepper.
6. Serve warm.

Nutrition (per serving)

Calories 315, Carbs 54 g, Fat 6 g

Protein 12 g, sodium 816 mg

Barbecued Beef and Sweet Pepper

Serves: 8

Preparation time: 10 minutes

Cooking time: 3 hours

Ingredients:

- 2 pounds stew beef
- ½ cup brown sugar
- ¼ cup chili powder
- 3 green peppers, chopped
- ¼ cup cider vinegar
- 2 onions, chopped
- 2 teaspoons salt
- 1 6-ounce can tomato paste
- 1 teaspoon dry mustard
- 1 cup water
- 2 teaspoons Worcestershire sauce

Directions:

1. Combine all the ingredients in a Dutch oven. Bring to a boil.
2. Reduce the heat and simmer, covered, for approximately 3 hours, stirring often, until the meat is tender.
3. Simmer the sauce to thicken.

Nutrition (per serving)

Calories 311, carbs 13 g, fat 16 g

Protein 30 g, sodium 673 mg

20-Clove Garlic Chicken

Serves: 4

Preparation time: 20 minutes

Cooking time: 1 hour 35 minutes

Ingredients:

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 whole chicken
- 20 cloves garlic, halved
- ¼ cup water
- 2 tablespoons lemon juice
- 1 teaspoon salt
- ½ teaspoon dried thyme
- ¼ teaspoon ground black pepper

Directions:

1. Preheat the oven to 350°F.
2. Heat a Dutch oven over medium heat, and melt the butter. Add the olive oil and the chicken. Brown the chicken evenly on all sides, and then transfer to a cutting board.
3. Retain 2 tablespoons of the fat in the Dutch oven and drain off the rest. Put the chicken back in the Dutch oven and add the garlic, water, lemon juice, salt, thyme, and black pepper.
4. Cover the pot and bake for about 1 ½ hours, or until juices from the chicken run clear. The internal temperature should be 180°F.
5. Remove the chicken from Dutch oven. Wrap it in two layers of aluminum foil and let it rest for 10 minutes before serving.

Nutrition (per serving)

Calories 559, carbs 11 g, fat 38 g,

Protein 41 g, sodium 838 mg

Beer Batter Shrimp

Serves: 20

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

- 1 pound unpeeled, fresh shrimp
- ¼ cup all-purpose flour
- ¼ cup cornstarch
- 1/8 teaspoon salt
- ¼ cup beer
- 2 tablespoons butter, melted
- 1 egg yolk
- Vegetable oil

Directions:

1. Peel the shrimp, leaving the tails on.
2. Combine the flour, cornstarch, and salt. Add the beer, butter, and egg yolk. Stir until smooth.
3. Heat 2 inches of oil in a Dutch oven over medium-high, to 350°F.
4. Dip the shrimp in the batter and fry until golden brown.

Nutrition (per serving)

Calories 48, carbs 5 g, fat 2 g,

Protein 1 g, sodium 134 mg

Apple Crisp

Serves: 6-8

Preparation time: 20 minutes

Cooking time: 45 minutes

Ingredients

Apple Mixture

- 10 cups apples, cored and cut into bite-size pieces
- ¼ cup lemon juice
- 1 tablespoon lemon zest
- ¾ cup sugar
- ½ cup golden raisins

Topping Mixture

- 1 ¼ cups all-purpose flour
- 1 ½ cups light brown sugar
- 1 ½ cups oats
- 2 tablespoons lemon zest
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 ½ sticks butter
- Vegetable oil

Directions

1. Preheat the oven to 350°F, and coat a Dutch oven with vegetable oil.
2. In a large bowl, mix the apples, lemon juice, lemon zest, white sugar, and raisins.
3. In a second bowl, mix together the flour, brown sugar, oats, lemon zest, cinnamon, and nutmeg. Cut in the butter until you reach a meal-like consistency.
4. Spoon the apple mixture into the Dutch oven and spread the topping mixture over it.
5. Bake for about 50-60 minutes, or until the filling bubbles and the topping is golden brown.
6. Best served warm topped with ice cream or whipped cream.

Nutrition (per serving)

Calories 384, carbs 76 g, fat 8 g,

Protein 4 g, sodium 501 mg

***These recipes and more are found in Louise Davidson's *Dutch Oven Cooking: Easy One-Pot Meal Recipes*. To get your copy, click on the cover below or click [here](#).

