

Simply The Best

CAST IRON DUTCH OVEN RECIPES

COMPILED BY SHERI ANN RICHERSON

© Sheri Ann Richerson https://experimentalhomesteader.com

Table Of Contents

Meat Recipes

My Easy One Pot Cast Iron Pot Recipe

Dutch Oven Round Roast Recipe

1.5 Quart Cast Iron Crock Pot Pork Roast Recipe

One Of The Best Dutch Oven Rib Recipe

Potato Recipes

Easy Dutch Oven Potatoes Recipe

Pasta Recipes

Best Lasagna Recipe For A Cast Iron Dutch Oven

Cast Iron Dutch Oven Garlicky Chicken Noodle Soup Recipe

Dessert Recipes

Apple Crisp Dutch Oven Recipe

© Sheri Ann Richerson https://experimentalhomesteader.com

My Easy One Pot Cast Iron Pot Roast Recipe

Learn how to cook a delicious beef pot roast in a Dutch Oven. My Easy One Pot Cast Iron Pot Roast Recipe is perfect for an oven, a wood stove or campfire.

- 2 t Butter
- 3 to 5 pounds Beef pot roast
- Meat rub
- C-Spice Seasoning Blend
- Garlic powder
- Pepper
- Salt
- Worcestershire sauce
- 6 to 8 large Potatoes
- 2 pounds Carrots
- Hot Water

1. Put the pan on the stove, turn the heat setting to medium high and add the butter. A wood fired stove that is just starting to heat up or a grill or campfire whose flames have died down will also work.
2. Allow the butter to melt, then add the pot roast. Season the top side of the pot roast with a teaspoon of meat rub, a teaspoon of garlic, c-spice seasoning blend and pepper. Sprinkle each spice over the top of the pot roast.
3. Once the bottom of the roast is brown, which will take about 10 minutes, turn it over so the other side can brown.
4. Sprinkle enough Worcestershire sauce over the top of the pot roast to cover it. This will add flavor and help tenderize the meat.
5. Add carrots and brown slightly.
6. Cut whole potatoes into thirds and add them. Once they are all added, stir the potatoes and carrots together, then carefully lift the meat up high enough so the meat lays on top of the potatoes and carrots.
7. If you desire, add salt and additional seasoning at this point.
8. Add enough hot water to almost cover the potatoes and carrots. Put the lid on the Dutch oven and sit in on the top rack of your oven if you are using a stove, otherwise, simply put the lid on and continue cooking.

© Sheri Ann Richerson https://experimentalhomesteader.com

9. Once the pan is inside the oven, close the oven door, turn the heat to 350 degrees F and cook for 3 hours or until the meat is tender.
10. That's all there is to it! Remember to remove the food from the cast iron pan as soon as it is finished cooking. Place the dirty pan in the sink, making sure to rinse it off well with hot water. It is not necessary to wash cast iron with soap and never use steel wool. If something sticks, use a wash cloth to scrub it off or a soft brush.
11. Once the pan is clean, place it back into the oven, or on top of a heat source so all the water can be removed. If this is not done, the pan will rust. Finally, spray the cast iron pan with grease or use a rag to rub it all over the pan if necessary. This is done to season it and prevent food from sticking.

© Sheri Ann Richerson https://experimentalhomesteader.com

Dutch Oven Round Roast Recipe

- 1 1/2 pound round roast
- 1/2 cup steak sauce
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1/2 teaspoon celery seed
- 1/2 teaspoon chipotle chili pepper
- 1/4 teaspoon mustard powder
- 1/2 cup beef broth

1. Combine the steak sauce with the spices and pour over the round roast.
2. Marinade in the refrigerator overnight.
3. The next day brown the round roast in some bacon grease in a cast iron skillet (or in your dutch oven if you wish).
4. Place the browned round roast in the dutch oven, add the beef broth to the dutch oven and put the lid on.
5. Place the dutch oven inside the oven and preheat it to 325 degrees Fahrenheit.
6. Cook the round roast for 2 1/2 hours.
7. Serve

© Sheri Ann Richerson https://experimentalhomesteader.com

1.5 Quart Cast Iron Crock Pot Pork Roast Recipe

- 1.66 pound boneless pork sirloin roast
- 1/4 cup chicken broth
- 1/8 cup honey
- 1 Tablespoon pineapple sage
- 1 Tablespoon oregano
- 1 teaspoon lemon juice
- 1 teaspoon garlic
- 1/2 teaspoon Black Sea salt
- 1/2 teaspoon black pepper
- 2 sprigs rosemary

1. Place the boneless pork sirloin roast in the cast iron crock pot. It is ok to put it in the pot frozen.
2. Pour the chicken broth over the top of the pork roast.
3. Drizzle the honey on top of the pork roast.
4. Add the lemon juice.
5. Sprinkle the spices on top of the pork roast making sure to place the rosemary directly on top of the piece of meat.
6. Put the lid on the crock pot and turn it to medium.
7. Cook for 7 hours.
8. Lower the heat to low and cook for 6 more hours.
9. Spoon the juice in the bottom of the pan over the pork roast after it is sliced.
10. Serve immediately.

© Sheri Ann Richerson https://experimentalhomesteader.com

One Of The Best Dutch Oven Rib Recipes

- 4 pork ribs
- 1 pint homemade BBQ sauce*
- 1 pint homemade taco sauce*
- 1/4 cup honey
- 1 Tablespoon Urban Accents Maple And Sage Seasoning
- 1 teaspoon black pepper
- 1 teaspoon smoked sea salt
- 1 teaspoon Mayan Man Seasoning
- 1 teaspoon Herbs de Providence

1. Preheat the oven to 225 degrees Fahrenheit.
2. Combine all the ingredients except the ribs in a cast iron dutch oven.
3. Place the dutch oven on the stove burner and turn the heat on low and bring the sauce to a simmer.
4. Add in the ribs and turn to coat.
5. Turn off the stovetop, remove the dutch oven from the heat source. put the lid on and place it in the oven on the middle rack.
6. Cook for 4 1/2 hours.
7. Turn the ribs once per hour and spoon the sauce over the top of them.
8. Serve immediately.

*You can substitute store bought if you don't have homemade BBQ sauce or homemade taco sauce.

© Sheri Ann Richerson https://experimentalhomesteader.com

Easy Dutch Oven Potatoes Recipe

- 8 New Red Potatoes
- 3 Tablespoons Olive Oil
- 1 Tablespoon Herbs de Providence
- 1 teaspoon oregano
- 1/2 teaspoon black pepper

1. Cut the potatoes in half.
2. Pour the olive oil over the potatoes and toss to coat.
3. Place the potatoes in the cast iron dutch oven with the cut side facing up.
4. Sprinkle the Herbs de Providence, oregano and black pepper on top of the potatoes.
5. Place the lid on the dutch oven.
6. Place it in the oven and then turn the oven on to 400 degrees Fahrenheit.*
7. Bake for 50 minutes. I did not turn mine or remove the lid during this time.
8. Remove from the oven and serve.

*It is best to not preheat the oven so the cast iron can heat up slowly. Putting cold cast iron in a hot oven can cause it to crack.

© Sheri Ann Richerson https://experimentalhomesteader.com

Best Lasagna Recipe For A Cast Iron Dutch Oven

- 1/4 pound hamburger
- 1 quart tomato sauce pre-seasoned with basil and Italian herbs
- 1 box lasagna noodles
- 16 ounces Mexican Cheese Blend
- 1 Tablespoon bacon grease or a handful of bacon bits
- 1 Tablespoon basil
- 1 Tablespoon rosemary
- 1 teaspoon black pepper
- 1 teaspoon chili powder
- 1 small red chili pepper
- 2 Tablespoons garlic scapes
- 2 cloves garlic
- fresh grated Parmesan cheese
- salt
- olive oil

1. Brown the hamburger in your skillet. I like using a cast iron skillet.
2. When the hamburger is brown with no more pink showing, it is time to drain it.
3. Dump the hamburger into a strainer positioned in the kitchen sink. Using hot water, wash the hamburger to remove the excess grease. Rinse the skillet out. Be sure you use hot water to do this.
4. Return the meat to the pan, remove the strainer from that side of the sink, squirt a bit of dishwasher detergent into the sink, then use hot water to rinse the sink again and wash the detergent down the drain. This will help stop the grease from causing a clog in your drain.
5. Put the pan filled with meat back on the stove. Add bacon bits or bacon grease. Do not add more than a tablespoon of bacon grease, less is better. If you are using crumbled bacon or bacon bits, add a generous handful.
6. Have the sauce you are using and the spices assembled on the stove.
7. Put the fresh garlic scapes into a food grinder and grind them up, then add them to the meat. I preserved my fresh garlic scapes in sea salt, so

© Sheri Ann Richerson https://experimentalhomesteader.com

there will not be a need to add additional salt to the sauce when I make it.

8. Add two whole garlic cloves, a tablespoon of basil, one small red chili pepper, a tablespoon of rosemary, a teaspoon of fresh ground black pepper and a teasopoon of chili powder. The homemade sauce I used was pre-seasoned with basil and Italian herbs.
9. Once all the seasonings have been added to the meat and stirred in, add the sauce. Mix well.
10. Lower the heat to a low or warm setting. Keep the sauce warm for about ten minutes and allow the flavors to mix.
11. Once the sauce is warm, add some fresh grated parmesan cheese to the sauce. Mix well. The amount of cheese you add will vary depending on how thin your sauce is. You want to add just enough to make the sauce thick. Generally I add about a cup of cheese.
12. Once the sauce is done, keep it warm while you boil the water for your lasagna.
13. Add a pinch of salt along with a drop of olive oil to the lasagna water. The olive oil will keep the pasta from sticking.
14. Once the water comes to a boil, lay the pasta in the bottom of the pan It will stick out of the pan at first. This is ok. Allow the pasta to sit like this for a minute or so, then gently push it down into the water.
15. Once the pasta is completely submerged in the water, cook it according to package directions. This generally takes somewhere between ten and twelve minutes, but can vary so do read the directions on your box of lasagna.
16. When the lasagna is fully cooked, drain it into a stainer positioned in the kitchen sink. If you have a sprayer, turn on the cold water and hose the pasta off, if not run cold water over it from the kitchen tap.
17. Dump the pasta back into the pan and fill with cold water. This will stop the pasta from continuing to cook.
18. Strain the pasta a second time but this time simply sit the strainer with the pasta back in the pan.
19. Take the pan back to the stove.
20. Place a layer of tomato sauce in the bottom of the cast iron dutch oven.
21. Put one layer of pasta on top of the tomato sauce. Bend the lasagna noodles over if necessary to make them fit in the bottom of the pan.
22. Completely cover the top of the first layer of pasta with sauce.
23. Add a thick layer of cheese on top of the pasta. Use a generous amount of cheese to make the lasagna extra cheesy.

© Sheri Ann Richerson https://experimentalhomesteader.com

24. Continue layering the lasagna, the sauce and the cheese.
25. Put some sauce on the top layer, a sprinkling of the Mexican blend cheese and top with freshly grated Parmesan Cheese.
26. Put the lid on the dutch oven.
27. Put the cast iron dutch oven on the bottom rack of the oven and cook it at 350 degrees Fahrenheit for 45 minutes.

Note: To cook lasagna in a cast iron dutch oven outdoors, follow all the instructions above to prepare the lasagna but do feel free to use uncooked noodles if you wish. Once the lasagna is ready to cook, place 7 coals under the cast iron dutch oven and 16 on top. Be sure to use a generous amount of sauce in the bottom of the pot and watch it closely so it does not burn.

© Sheri Ann Richerson https://experimentalhomesteader.com

Cast Iron Dutch Oven Garlicky Chicken Noodle Soup Recipe

- 32 ounces garlic scape flower chicken broth
- 12 ounce package Reames Homestyle Egg Noodles
- 20 ounces organic chicken breast

1. Put the chicken broth in the cast iron dutch oven and turn the stove top burner to medium.
2. Add in the chicken breast and bring to a boil.
3. Then add the contents of one 12 ounce bag of Reames Homestyle Egg Noodles to the boiling broth.
4. Reduce heat and simmer for 20 minutes making sure to stir the noodles frequently.
5. Serve immediately.

Note: It is not necessary to use the lid on the cast iron dutch oven when making this recipe. I find it easier to not use it because of the need to frequently stir the noodles to keep them from sticking.

If you want chicken noodle soup that has more broth in it, feel free to double the amount of broth but make sure to keep all the other ingredients the same.

© Sheri Ann Richerson https://experimentalhomesteader.com

Apple Crisp Dutch Oven Recipe

- 6 cups apples (cut into large cubes)
- 1 1/8 cup flour
- 1 1/4 cup brown sugar
- 1 1/4 cups Patriot Pantry Maple Grove Oats
- 3/8 cup sugar
- 3/8 cup butter
- 1/8 cup lemon juice
- 1/2 Tablespoon lemon zest
- 1/2 Tablespoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cardamon seed pod (broken open and crushed)

1. Place the apples in the bottom of the dutch oven. I cut my apples into six slices, then cut those slices in half.
2. Top the apples with all of the other ingredients making sure the butter is on the very top of the ingredient pile.
3. Put the lid on the dutch oven and place it inside your oven.
4. Preheat the oven to 350 degrees Fahrenheit.
5. Once the oven is preheated, set the timer for 30 minutes.
6. Every ten minutes, remove the lid on the dutch oven and give the apple crisp a stir to combine the ingredients.
7. When the timer goes off, check to make sure the apples are soft and serve immediately.
8. Top with ice cream or whipped cream if you desire.

Note: I chose to make my apple crisp in an oven, but by simply placing BBQ brickets under and on top of the lid of your dutch oven you can make this outdoors.

I recommend putting 16 coals on top of the lid and 8 underneath the dutch oven.

Over a fire, the recipe is done when the apples are soft and the toppings are brown - which should be 25 to 30 minutes depending on how hot the coals are when you start.

© Sheri Ann Richerson https://experimentalhomesteader.com

Are you looking for more cast iron recipes?

Then be sure to check out my blog post round-up Best Cast Iron Skillet Recipes.

© Sheri Ann Richerson https://experimentalhomesteader.com