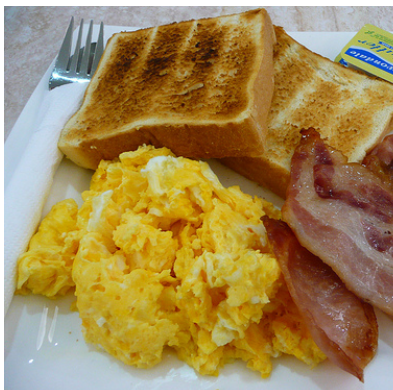


BREAKFAST

A1

Bacon & Eggs

Recipe for 6 people



- 12 Strips of bacon
- 12 Eggs
- 6 tablespoon butter
- 6 Slices Bread
- Salt and pepper

Prepare Bacon: Spray pan with cooking spray. Place strips of bacon in pan. Cook until crispy. Drain on paper towels

Prepare Toast: Add slices of bread to bacon grease. Flip bread over when they begin to toast. Remove toast from pan

Prepare Eggs: Scramble eggs in bowl. Add a few drops of water or milk and beat with a fork. Heat a skillet over low heat & add butter. When butter stops foaming add eggs. Move eggs around pan with spatula until cooked (no longer runny). Season with salt & pepper

BREAKFAST

A2

Pancakes and Sausage

Recipe for 6 people



- 12 Brown & Serve Sausage Links
- Pancake Mix (water & oil as required)
- 6 tablespoon butter
- Pancake Syrup

Prepare Pancakes: *As pancakes are prepared cook sausage*. Combine pancake mix & water to box instructions. Spray cooking spray on skillet. Heat on medium heat until hot. (It's ready when a drop of water boils off). Place pancake mixture 3 inch round on skillet. When bubbles form on top flip pancakes. Remove when browned. Top with butter & syrup

Prepare Sausage: Spray cooking spray on skillet. Brown sausage to package directions. Drain sausage on paper towels

BREAKFAST

A3

Egg Sandwiches

Recipe for 6 people



- 6 English Muffins
- 6 Large eggs (12 large eggs for scrambled)
- 6 slices Cheese
- 6 slices of Ham (optional)
- 6 tbsp butter

Prepare English Muffins: Spray cooking spray or butter on griddle. Open the English Muffin and set it face down on the griddle to toast. While toasting, prepare eggs.

Prepare Eggs: For eggs either prepare as scrambled or over easy (a little messy). Over easy eggs are cracked on to griddle then turned after the edges harden so it cooks the yolk a bit. Place slice of cheese on top of the egg to cook. After 2 minutes, put the egg on an English muffin with an optional slice of ham.

BREAKFAST

A4

French Toast

Recipe for 6 people



- 12 thick slices bread
- 4 eggs
- 1 1/3 cup milk
- ½ teaspoon ground cinnamon
- Sliced Banana, Strawberry or other fruit (optional)
- Powdered Sugar (optional)
- Pancake Syrup

Beat together egg, milk, and cinnamon. Heat a lightly oiled griddle or skillet over medium-high flame. Dunk each slice of bread in egg mixture, soaking both sides. Place in pan, and cook on both sides until golden.

Add sliced fruit to top and with powdered sugar. Add syrup.

BREAKFAST

A5

Breakfast Burrito**Recipe for 6 people**

- 1/3 stick butter or non-stick spray
- 12 Soft tortillas
- 12 pre-cooked sausages
- 3 potatoes, peeled
- 6 eggs
- 1 cup shredded cheese
- 1 bottle Salsa

Cut the sausage into small pieces. Slice and dice the potatoes. Melt the butter in skillet. Add sausage and potatoes. When the potatoes are brown, mix in the eggs.

If you have room, warm the tortillas while cooking the eggs. Put 1/12th of the eggs in a tortilla. Sprinkle with cheese and salsa as desired. Roll up, and serve.

BREAKFAST

A6

Skillet Breakfast**Recipe for 6 people**

- 8 slices bacon, fried & crumbled (save grease).
- 8 slices bread, buttered then diced.
- 6 mushrooms, sliced
- 8 eggs

Use a big pan, fry the bacon and remove from pan. Discard some of the grease. In the remaining hot grease, fry the buttered bread, allowing it to get golden on all sides. Remove the bread and slice up into cubes.

Add mushrooms, stirring, until they sweat. Break eggs into pan, stir all together with the crumbled bacon and sliced up bread. Cook, stirring often until done, maybe 3-4 minutes. Salt and pepper to taste.

BREAKFAST

A7

Eggs on Potato Chips**Recipe for 6 people**

- mixture of 1 tbsp. vegetable oil and 1 tbsp. butter
- 1 medium onion, finely chopped
- 2 garlic cloves, minced and then mashed into a paste
- 1/2 cup roughly chopped cilantro
- 6 large handfuls of plain potato chips from new bag
- 6 eggs

Decide if pan can hold 6 eggs (photo) otherwise do 2 batches

Heat butter & oil in a pan over medium heat. Add onion & stir, until softened and beginning to brown. Add garlic paste & cilantro, stir & crumble in chips, stirring to combine everything.

Make 6 nests in the potato-chip mixture & crack egg into each. Pour 1 tbsp water down the inside edge of the pan to generate some steam. Cover skillet & reduce heat to low. Let eggs steam to set whites (6 to 8 min; gently touch one with a spoon to see if it's done the way you'd like).

LUNCH

B1

Nachos & Cheese**Recipe for 6 people**

- 1 bag of tortilla chips
- 1 can of black beans (16 ounces)
- 1 bag of shredded cheese (8-10 ounces)
- 1 pound of ground beef
- 1 medium onion, chopped
- 3-4 green onion stalks, chopped
- Sour Cream (optional)
- 1 tablespoons of oil

In a skillet or pot, heat oil on medium-high heat. Add onions & ground beef. Cook for about 5 min. or until meat is browned & onions are translucent. Pour beans into skillet with meat.

Layer nachos with chips. Add 1/3 of the shredded cheese, green onions on top of chips. Once beans & meat are boiling, turn off your stove & scoop the mixture all over first layer of nachos. Repeat until you run out of ingredients.

LUNCH

B2

Grilled Cheese & Tomato Soup

Recipe for 6 people



- 12 slices classic white bread
- 12 slices American cheese
- 6 slices Swiss Cheese
- 13 tablespoons butter (room temperature)
- 1 sliced red onion, 2 large sliced tomatoes
- 6 slices ham (optional)
- 3 cans tomato soup

Heat cans of soup to can directions over medium heat until hot.

Heat pan over high heat. Add 1 tbsp butter; melt & add onion. Add a pinch salt & pepper; cook for 3 to 5 minutes. Remove.

Butter each bread slice. Heat pan over medium heat. Add 1/2 bread slices, butter-side down. Layer on bread: 1 American, Swiss, ham, onions & slice tomato. Add 2nd slice American. Top sandwiches with remaining bread, butter-side up. Sauté for 3 minutes: turn carefully, and grill until golden brown and melted.

LUNCH

B3

Mac & Cheese

Recipe for 6 people



- 1 box macaroni
- ½ cup milk
- 2 cups grated cheeses (mozzarella, cheddar, etc)
- ½ cup diced ham
- ½ cup of chopped up fresh broccoli
- ¼ cup Parmesan cheese
- ¼ up Italian bread crumbs

Cook macaroni in a pot of boiling salted water until tender.

Drain water and return macaroni to pot. Add grated cheeses, milk and ham and broccoli. Salt and pepper to taste. Stir for a few minutes over medium heat until cheese is melted and everything is heated. sprinkle in Parmesan and bread crumbs.

LUNCH

B6

Open Face Turkey, Gravy & Mashed Potatoes

Recipe for 6 people



- 6 slices whole grain bread
- 2 tbs butter
- 1 1/2 lb turkey breast
- 1 jar turkey gravy (premade gravy)
- 1 box Instant Mashed Potatoes
- Milk Butter & Salt (follow box directions)

Prepare Gravy: Put jar (gravy closed in jar) in pot of water to heat up, and boil the water (and jar) for before beginning (this takes longest).

Prepare Potatoes: Combine water, salt & butter. Heat to a boil, remove from heat add milk; stir in potatoes - to box directions.

Prepare Turkey: Spread butter on bread & toast. Remove toast to plates & layer 3-4 slices of turkey on each slice of bread. Top with heated gravy. Serve with mashed potatoes.

LUNCH

B7

Noodles with Spicy Peanut Sauce

Recipe for 6 people



- 1 box spaghetti
- 6 cloves garlic, chopped
- 2 ½ inch ginger, peeled and chopped
- 1 ½ teaspoon crushed red pepper
- 6 tablespoons toasted sesame oil
- 6 tablespoons soy sauce (6 Chinese food packets)
- 3 cups peanut butter, preferably chunky
- ¼ cup cilantro, chopped

Boil water and cook noodles until al dente, about 10 minutes.

In a skillet on medium heat, sauté garlic, ginger, & red pepper in sesame oil (about 1 min). Add soy sauce & peanut butter, and stir until smooth, (about 1 min). You may need up to 1 cup of cooking liquid if the sauce ends up too thick. Set mixture aside & drain noodles. Mix drained spaghetti with sauce. Stir in cilantro and make sure noodles are fully coated in sauce.

LUNCH

B8

Sweet Potato Corn Chowder**Recipe for 6 people**

- 1 tablespoon butter
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 1 large russet potato, peeled and diced
- 1 large sweet potato, peeled and diced
- 1 can corn
- 3 cups vegetable stock
- 1 tablespoon ground cumin
- 1 ½ tablespoon chili powder
- 1 cup sour cream
- Optional: tortilla chips, avocado, and green onions

In large pot sauté onion & garlic in butter until clear. Add diced All potatoes & cook for 5 min. Add corn & spices, cook for 1 min. Add stock & simmer until potatoes are tender (about 10 min). Add sour cream. Serve with chips, avocado, & green onion.

DINNER

C1

Tacos & Refried Beans**Recipe for 6 people**

- 2 Taco Kits (12 tacos per kit)
- 2 lbs ground beef
- Shredded lettuce
- 1 package Shredded Mild Cheddar Cheese
- 2 chopped tomatoes (or bottle of salsa)
- 1-2 Cans Refried Beans
- Few shakes of hot sauce

Prepare Tacos: Brown beef in pot & drain excess liquid. Stir in water and seasoning mix. Bring to a boil. Reduce heat to low; Cook, stirring occasionally, for 5 to 6 minutes or until mixture is thickened. Fill taco shells with beef mixture. Top with lettuce, tomatoes, cheese and taco sauce.

Prepare Beans: Heat Refried beans until hot, add hot sauce to taste. Serve as side dish

DINNER

C2

1 pot Chicken & Rice**Recipe for 6 people**

- 6 boneless, skinless chicken breasts
- 1 large onion, chopped
- 4 cloves garlic, minced
- Handful of mushrooms, chopped
- 2 cups rice
- 4 cups chicken broth
- 4 tbsp soy sauce (4 Chinese food soy packets)
- 4 tsp oil, salt, pepper, garlic powder, onion powder

Heat 2 tsp oil in a heavy skillet or Dutch oven. Cook chicken 4 min per side; transfer to a plate. Add onion & garlic to pan; sauté 2 min. Add mushrooms, sauté 2 min. Add rice, stir 1-2 min. Add broth, soy sauce, 2 tsp oil & bring to a boil.

Return chicken to the pan, nestling it into the rice. Lower heat to a simmer, cover and cook about 15 minutes or until the liquid has absorbed.

DINNER

C3

Spaghetti with Meat Sauce**Recipe for 6 people**

- 1 ½ pounds ground beef
- 2 medium onions (chopped)
- 2 (8oz) cans tomato sauce
- 1 can (28oz) of diced tomatoes
- 1 ½ teaspoons salt
- 1 ½ teaspoons Italian seasoning
- ¾ teaspoon pepper
- 1 box spaghetti

Start the water for the spaghetti before beginning. It takes the longest. When water boils cook spaghetti to box directions.

In a skillet, cook beef and chopped onion over medium heat until meat is no longer pink; drain. In same pot, add tomato sauce, diced tomatoes, salt, Italian seasoning & pepper. bring to a boil. Reduce heat; cover and simmer for 10+ minutes.

DINNER

C4

Chicken Teriyaki Rice Bowl**Recipe for 6 people**

- 3 bags of boil in bag rice
- 2 lbs skinless chicken breasts (cut in small pieces)
- 1/2 cup Teriyaki Marinade & Sauce (Kikkoman)
- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 2 tablespoons vegetable oil
- Can of mixed vegetables

Boil water for boil-in-bag rice. Follow box directions.

Combine teriyaki sauce & sugar in cup until sugar dissolves. Pour 3 tbsp. over chicken in large zip-lock bag. Turn bag over, coating chicken well. Marinate 15 min. Meanwhile, add 5 tbsp. water, blend in cornstarch. Heat oil in skillet over medium-high heat; add chicken & sauté 5 minutes. Add sauce mixture; and drained vegetables, cook stirring, about 1 minute, or until sauce boils & thickens slightly. Spoon over rice.

DINNER

C5

Chicken Noodle Dinner**Recipe for 6 people**

- 2 cups cubed chicken (about 4-5 breasts cut in cubes)
- 1 1/2 tablespoon canola oil
- 1 package (16 ounces) frozen broccoli
- 1 cup carrots (sliced thin)
- 2 cans condensed cream of mushroom soup
- 3/4 cup milk
- 1 package of egg noodles (make about 6 cups cooked)
- 3/4 cup grated Parmesan cheese

Before beginning boil water for noodles in big pot. Follow package directions for preparation.

In a large skillet, sauté chicken in oil for 4-5 minutes until cooked. Add broccoli and carrots; sauté for 4-5 minutes or until crisp-tender. Stir in the soup, milk, 1/2 tsp salt and 1/4 tsp pepper; heat through. Serve over noodles. Sprinkle cheese.

DINNER

C6

Beef Kabab**Recipe for 6 people**

- 2lb ground beef
- 15 Wooden skewers (soak in water for 15 minutes)
- 3 bags of boil-in-bag rice
- 1 tablespoon parsley
- ½ tsp thyme
- ¼ tsp ground cumin
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp paprika
- 1 tsp salt
- ¼ tsp pepper

Boil water for rice before beginning (this takes the longest).
When water is boiling follow box instructions.

Mix all ingredients well with your hands in a bowl. Shape like jumbo hotdogs - but about 3 inches long. Skewer them and grill each side until cooked; you can put 2 kebabs for each skewer then serve over rice or with middle eastern salad.

DINNER

C6

Cowboy Stew**Recipe for 6 people**

- 1 pound ground beef
- 1 can stewed tomatoes (28oz)
- 2 cans whole kernel corn
- 2 cans whole green beans
- 1 can canned red beans, drained
- 1 onion, chopped
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper

Brown the ground beef in a skillet over medium heat until no longer pink. Drain off any excess grease.

In a pot or Dutch oven, combine the ground beef, tomatoes, corn, green beans, red beans, and onion. Season with oregano, cayenne pepper, and salt & pepper to taste. Cover and simmer for at least 50 minutes over low heat. The longer it cooks, the better it gets!