

Serves a family of 4

## BREAKFAST

### Waffles

2 eggs, 2 cups flour, 2 cups milk, ½ cup vegetable oil, 1 T sugar, 1 tsp baking powder, ¼ tsp salt.  
Beat the eggs and then add rest of the ingredients. Cook in waffle iron. Serve with syrup, jam, peanut butter.

### Pancakes

2 cups flour, 1 T sugar, 1 T baking powder, ½ tsp salt, 2 eggs, 2 cups milk, ¼ cup vegetable oil.  
Mix dry ingredients and then add the wet ingredients. Cook on a griddle. Serve with butter and syrup or jam.

### French toast

4 large eggs, 2 cups milk, 12 slices of bread, cinnamon and sugar mixture  
Whisk eggs and milk in bowl. Dip bread into egg mixture. Fry on skillet. Sprinkle with cinnamon sugar

### Crepes

1 cup flour, 2 large eggs, 1 cup milk, ¼ tsp salt.  
Mix all until smooth. Heat oiled frying pan and pour ¼ cup of batter onto pan and tilt pan to coat bottom evenly. Cook both sides. Serve with jam, applesauce, peanut butter or sugar and cinnamon

### Fried eggs and toast

**Egg omelets** (2 eggs each person)—whatever meat, vegetables, and cheese you have on hand

**Oatmeal** with little milk and cinnamon and sugar

**Plain nonfat yogurt**—frozen strawberries and sugar for topping

### Peanut butter and toast

### Hardboiled eggs with cheese in a tortilla

Take hardboiled egg and mash onto a heated tortilla shell, top with divided out 6 oz shredded cheese. Warm for 30 seconds in microwave.

### Breakfast rice

Use leftover cooked rice (2 cups uncooked) and add some milk, sugar, and cinnamon to taste. Warm it up and eat.

### Swedish pancakes

4 eggs, 2 cups milk, 2 T sugar, 1 cup flour, ½ tsp salt, ½ cup butter-melted  
Mix all until smooth. Grease large frying pan. Pour small amount of batter into pan and tilt to coat bottom. Cook and flip. Serve with powdered sugar, jam, syrup, fruit, peanut butter, whipped cream.

### German pancakes

1 cup flour, 6 eggs, 1 cup milk, ¼ cup melted butter, 2 T sugar, ½ tsp salt.  
Preheat oven 450. Mix above ingredients until well combined. Coat 9x 13 pan with oil—rubbed on. Pour batter into dish and bake 20 minutes or until edges are golden brown. Serve with favorite toppings.

**Bagels** with cream cheese, jam, peanut butter. Even add egg and slice lunchmeat.

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## LUNCH

### **Peanut butter and banana sandwiches**

**Tuna sandwiches** tuna drained and mixed with miracle whip

**Egg salad sandwiches** 1 hardboiled egg per person chopped and mixed with miracle whip.

**Grilled cheese sandwiches** 2 american cheese slices and buttered bread on skillet

### **Lentil and rice x 2**

1 pound package lentils, 1 cup rice, 2 T minced onion, 6 cups water with 2 cubes chicken bouillon , ½ tsp thyme, 1 garlic bulb. Cook on stove top or in pressure cooker.

### **Black beans and rice x 2**

1 can black beans drained, 2 cups rice, 1 garlic bulb, 4 chicken bouillon cubes, ½ tsp thyme, ¼ tsp crushed red pepper. Cook on stove top or in pressure cooker.

**Quesadillas**—1 can refried beans and 6oz divided out shredded cheese on 2 tortillas to make a sandwich. Fry on an oiled skillet

**Poor man pizza**—sandwich bread, pizza sauce, cheese, pepperoni—save half pkg for dinner. Toast the bread and add toppings to make a sandwich.

### **Cabbage vegetable soup x 2** Make and freeze half

1 head cabbage chopped, 1 pkg mixed frozen vegetables 12 oz, 4 chicken bouillon cubes, 1 -12 oz can tomato paste. Heat all until cooked.

### **Chicken orzo soup x 2**

1 can chicken, 2 chicken bouillon cubes, ½ box orzo pasta—add any vegetables you have on hand-remainder of frozen mixed veges

## DINNER

### Spaghetti topped with canned chili beans

Top with shredded cheese (divide out 6 oz), salsa (divide out 1 cup), sour cream (divide out 4 oz)

### Spaghetti

Ground beef cooked, 1 jar of spaghetti sauce, 1 pkg noodles cooked. Make garlic bread with leftover bread, spread butter and sprinkle on Italian season and crushed garlic—bake in oven on broil for few minutes.

### Haystacks

2 cups cooked rice, 1 can refried beans, 1 # hamburger cooked with taco seasoning, ½ head chopped lettuce, shredded cheese (divide out 6 oz), salsa (divide out 1 cup), sour cream (divide out 4 oz). Layer on a plate in this order.

### Burrito Tacos

1 can refried beans mixed with 1 # cooked hamburger and taco seasoning, 1 cup salsa. Place in tortilla and top with ½ head of chopped lettuce—divided between all the servings, sour cream (divide 4 oz)

### Chicken on rice made simple

2 cups uncooked rice, 1 T minced onion, 1 can cream of mushroom soup, 1 can cream of chicken soup, 1 chicken bouillon cube, 3 cups water, 1 whole chicken

Place chicken in crockpot, mix all other ingredients together and pour over top. Bake 4-6 hours on high \*save some chicken pieces for ramen. Can also bake in the oven covered with tin foil 350 for 3-4 hours.

### Ramen noodles with chicken and vegetables

Take your favorite ramen noodles and add shredded chicken and mixed vegetables to it--(frozen mix leftover). You can also add some soy sauce and red pepper flakes to it.

### Hamburger stroganoff

1 # hamburger cooked with 1 T minced onion. Add 1 can cream of mushroom soup. Cook 1 pkg wide curly noodles. Mix together and stir in 4 ounces of sour cream.

### Sloppy Joe tater tot casserole

2 # ground beef cooked add 2 cans sloppy joe and mix. Pour into 9 x13 pan. Top with tater tots and leftover cheese slices. Bake 350 until bubbly.

### Pepperoni pizza bake

1 can refrigerated biscuits, 1 jar pizza sauce, 1- 8 ounces mozzarella cheese, 16 slices pepperoni—leftover from Poor man pizzas.

Cut biscuits into 8 pieces. Toss with pizza sauce and 1 cup cheese. Place in baking dish. Top with pepperoni slices and 1 cup cheese. Bake 20 minutes 350.

### Taco salad

1 # ground beef cooked with 1 pkg taco seasoning. Chop one head lettuce, 6 ounces shredded cheese, salsa (divide out 1 cup), corn chips. Divide and make on individual plates.

### Skillet cheeseburger mac and cheese

1 pound macaroni cooked, 1 # cooked hamburger with 1 T minced onion, 2 cloves garlic, 15 ounces tomato sauce, 1 cup milk, 1 tsp salt, 1 tsp sugar, 2 cups shredded cheese.

Mix meat, onion, garlic, tomato sauce, salt, sugar and let simmer few minutes. Add pasta, milk and cheese.

### Chicken pot pie

1 refrigerated pie crust, 1 can chicken, 1 can mixed vegetables, 2 cans cream of chicken soup.

Place pie crust in pie dish. Add drained chicken, drained vegetables and top with soup. Place other pie crust on top and bake 350 for 45 minutes.

### Taco soup

1 # ground beef cooked with taco seasoning. Add 1 can diced tomatoes, 1 can kidney beans, 1 can chili beans, 1 can corn-not drained. Top with corn chips, sour cream ( divide out 4 oz), salsa (divide out 1 cup)

### Fried rice

1 pkg bacon bits, 4 eggs, cooking oil, 1.5 cups frozen mixed vegetables, 4 cups cooked rice, 2 T soy sauce.

Heat oil in skillet. Cook 4 scrambled eggs in the oil mixture, remove. Wipe off pan and pour oil in again. Add bacon bits, mixed vegetables—until cooked, then add rice—cook until hot. Add soy sauce, and stir in egg.

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