

Breakfast Ideas

Baggie Omelet (per person)

Large pot
heavy duty zipper bags
long tongs
2 eggs
3-4 TBS milk
2 oz ham or cocktail sausages (cut into small pieces)
3-4 TBS grated cheddar cheese
Salt & pepper to taste

Fill pot ½ full of water and bring to boil while prepping food. Place the baggie in a cup so you can place items in it. Put two eggs (out of the shells) and all the other ingredients into the zip-lock bag. Get as much air out of the bag as possible and seal it very well. Knead the contents to mix the material very well. Drop baggie carefully into boiling water. Use tongs (carefully) to pull it out. Boil for about 12-15 minutes. Open bag and eat from the bag or serve on a plate. HINT: The Omelette must cook about 3 to 5 minutes past when it looks done, otherwise the eggs will be runny.

Variation

Add chopped onions, peppers, & tomatoes to the bag for a mexican style omelette, or add salsa once its done

French Toast Casserole (serves 8)

Dutch Oven and charcoal
16 slices bread
8 eggs
2 cups milk
2 oz ham or coctail sausages
½ cup sugar
1/2 teaspoon salt
2 tsp vanilla extract
2 TBS margarine, softened
2 tsp cinnamon

Lightly grease dutch oven. Heat meat in hot oven. Cut bread into 1" cubes and place in dutch oven. Mix meat into bread. In a large bowl, beat together eggs, milk, salt, vanilla, and ½ the sugar. Pour egg mixture over bread. Dot with margarine. Combine remaining sugar with cinnamon and sprinkle over the top. Bake with 3-4 coals under the oven and 8-10 coals on top for about 45 to 50 minutes, until top is golden.

Mountain Man Breakfast (serves 8)

Dutch Oven and charcoal
1 lb bacon
1 medium onion - diced
1 2# bag hash browns
1 doz eggs; beaten
3 cups grated cheddar cheese
Picante Sauce

Heat Dutch oven until hot, cut bacon into 1 inch slices and fry until brown. Add onions and saute until translucent. Mix in potatoes and season with salt and pepper. Cover and bake for 30 minutes (8-10 top, 4 bottom). Season eggs with salt and pepper and pour over top of potatoes, cover and bake another 20 minutes. Sprinkle cheese on top, cover and let stand until cheese melts. Serve topped with Picante sauce