

# 1 Ingredients

- 1 egg
- 2 1/2 tablespoons ice water
- 1 1/2 cups flour
- 10 tablespoons butter
- 7 eggs
- 1/2 cups parmesan cheese
- 1 cup swiss and gruyere shredded cheese blend
- 1 cup milk
- 1 teaspoon italian seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon chili flakes
- 1 tsp dried basil (or 4-5 fresh basil leaves)
- 12 ounces cherry tomatoes
- 2 cans of baked beans
- 1 can of black beans (drained and rinsed)
- 1 can of white kidney beans (drained and rinsed)
- 1 can of red kidney beans (drained and rinsed)
- 1 large yellow onion
- 1 pound of ground beef
- 1 pound of bacon
- 16 ounces of BBQ sauce
- 12 oz baby broccoli
- 8 oz mozzarella
- 1/4 cup parmesan
- 2 cups flour + up to 1/2 cup
- 1 packet instant yeast
- 1.5 tsp sugar
- 1 tsp salt
- 2 tablespoons olive oil
- 3/4 cup warm water
- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

## **2 Recipe One**

### **2.1 Ingredients**

- 2 cans of baked beans
- 1 can of black beans (drained and rinsed)
- 1 can of white kidney beans (drained and rinsed)
- 1 can of red kidney beans (drained and rinsed)
- 1 large yellow onion
- 1 pound of ground beef
- 1 pound of bacon
- 16 ounces of BBQ sauce

### **2.2 Instructions**

1. Dice the yellow onion.
2. Drain and rinse black, white, and red beans.
3. Crumble and cook beef in a frying pan.
4. Cook bacon and cut into bite size pieces.
5. Combine all ingredients in a crock pot. Cook at low heat for 6-7 hours. Stir occasionally.

## 3 Recipe Two

### 3.1 Ingredients

- 12 oz baby broccoli
- 8 oz mozzarella
- 1/4 cup parmesan
- 2 cups flour + up to 1/2 cup
- 1 packet instant yeast
- 1.5 tsp sugar
- 1 tsp salt
- 2 tablespoons olive oil
- 3/4 cup warm water

### 3.2 Instructions

1. Drizzle baby broccoli with olive oil and season with salt, pepper, and garlic powder. Bake at 400 degrees for 15-20 minutes until bright green and tender.
2. Mix 1 cup flour, instant yeast, sugar, and salt in a large bowl.
3. Stir in olive oil and warm water. Ensure water is 100-105 degrees.
4. Stir in 1 cup of flour and work into a dough. Add more flour if needed.
5. Oil the sides of a medium bowl and add pasta dough. Cover and set aside until it doubles in size (20-40 minutes).
6. On a lightly floured surface, knead dough until smooth.
7. Roll out into a circle, and place it on an oiled cookie sheet.
8. Drizzle olive oil over the pizza dough. Then top with sauce, broccoli, and cheese.
9. Cook on bottom shelf of the oven for 15-20 minutes.

## 4 Recipe Three

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

### 4.1 Instructions

1. Chop onion and red pepper. Mince garlic.
2. In a frying pan, heat one tablespoon of oil over medium heat and cook onions for about five minutes.
3. Add crushed tomatoes and cook until boiling. Reduce heat and simmer another 5-10 minutes, until the sauce is thickened.
4. Using the back of a spoon, make four indentations in the sauce. Crack an egg in each indentation. Cook seven minutes longer until eggs are just set.
5. Remove from heat, and sprinkle feta and cilantro.
6. Serve in a bowl with toasted pitas or naan.

## 5 Breakfast Recipe

### 5.1 Ingredients

- 1 egg
- 2 1/2 tablespoons ice water
- 1 1/2 cups flour
- 10 tablespoons butter
- 7 eggs
- 1/2 cups parmesan cheese
- 1 cup swiss and gruyere shredded cheese blend
- 1 cup milk
- 1 teaspoon italian seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon chili flakes
- 1 tsp dried basil (or 4-5 fresh basil leaves)
- 12 ounces cherry tomatoes

### 5.2 Instructions

1. Grease a pie plate.
2. Whisk egg and ice water in a small bowl.
3. Cut butter into small cubes and mix into flour and salt. If you have a food processor, use it. Otherwise mix with a fork until it is a sand-like mixture.
4. Add the egg mixture into the bowl with the flour and mix until a dough forms.
5. Roll out dough to fit a pie plate, pierce with a fork, and press it into the pan.
6. Put the pie plate in the freezer while the oven preheats to 375 degrees.
7. Blind bake quiche crust with pie weights (can use dried beans instead) for 15 minutes.
8. Mix 3 egg yolks, 4 whole eggs, parmesan cheese, shredded cheese, milk, italian seasoning, salt, chili flakes, and basil.
9. Halve cherry tomatoes.
10. Pour egg mixture into the pie plate.
11. Place cherry tomatoes cut-side up, filling the surface area of the quiche. Sprinkle with salt and italian seasoning.
12. Bake for 35-50 minutes, until the edges are set but the center has a slight jiggle or it reaches an internal temperature near 175.