

Top secret recipes

(How to survive college)

Confidential!!!

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*****DISCLAIMER*****

This book is a combination of recipes I collected as a missionary in Oregon, at home in Wyoming and in school in Idaho. I didn't invent any of these recipes so I cannot take full responsibility for how they turn out. There are some recipes contained in this book that I never measure anything (macaroni and cheese, the gravy for biscuits and gravy are a few good examples). In fact, I follow the "eh, that looks good enough" theory. Follow such recipes with a little less precision for best results. Most others are closer to exactly how they should be. While writing this book, I found lots of recipes I wish I'd added (maybe there'll be a part 2?). Feel free to experiment and happy cooking.

PS I never intent to sell this book so if you paid for it, get your money back.

Breakfast

I like sleep.



It's like a time machine to breakfast.

Bacon Waffles

Ingredients:

1 ½ C flour

½ C whole wheat flour

1 Tbsp baking powder

1 Tbsp sugar

½ C crispy cooked bacon, crumbled

¼ tsp salt

2 eggs

2 C milk

½ C warm bacon drippings

Directions

1. preheat and grease waffle iron.
2. In a large bowl, whisk together the two flours, baking powder, sugar, bacon, and salt.
3. In a medium bowl, beat the eggs with a whisk. Beat in the milk and bacon drippings.
4. Combine the two mixtures, blending until dry ingredients are moistened and batter is smooth.
5. Pour ½ cup into the waffle iron and cook to the specifications of the iron.
6. Serve with maple syrup.

Banana chocolate chip muffins

Ingredients

2 cups flour

1 tsp baking soda

1/4 tsp salt

1/2 cup butter, softened

3/4 cup brown sugar

2 eggs, beaten

4 ripe bananas

Streusel-

5 Tbsp butter, melted

2/3 cup flour

2/3 cup powdered sugar

1/4 tsp cinnamon

Directions

1. Preheat oven to 350°
2. Whip or beat bananas for 3-5 minutes until light and fluffy. Set aside.
3. Cream together the butter and brown sugar. Add eggs, one at a time and then incorporate the whipped bananas until well blended.
4. Combine dry ingredients in a separate bowl. gradually add the dry mixture to the wet.
5. Spoon into muffin cups.

Streusel-

1. Combine the dry ingredients.
2. Melt butter and pour over dry mixture. Use fingers to mix until crumbly.
3. Sprinkle over muffins.

Bake at 350 for 15-18 minutes.

Biscuits and gravy

Ingredients

Biscuits-

3 cups flour

1 1/2 Tbsp baking powder

1/2 tsp salt

9 Tbsp cold butter

1 1/4 cups milk

Gravy-

1 pound sausage (original is fine, country mild is best)

3 Tbsp flour

1 1/2 cup milk

Salt and pepper to taste

Directions

Biscuits-

1. Preheat oven to 450°.
2. Combine flour, baking powder, and salt. Cut in butter until pea sized. Gradually add in milk and mix just until combined.
3. Turn out onto a floured surface, and pat to about 1/2" thick.
4. Cut with cutter and place on baking sheet. Bake at 450 for 12-15 minutes.

Gravy-

1. While biscuits are in the oven, brown the sausage in a medium sauce pan. Drain off the fat, and set aside.
2. Add enough oil to bring the fat to about 3 Tbsp.
3. In the sauce pan combine the flour and fat over medium heat.
4. Once combined, mix in the milk with a whisk. Continue mixing until flour mixture is dissolved to prevent it from burning to the bottom of the pan.
5. Once the milk reaches almost a boil, it should begin to thicken up. The longer it stays on the heat the thicker it will be. If it does not get thick after boiling, add in some more flour. If it gets too thick, add in some more milk. Once it is thick enough, remove from heat and mix back in the sausage and the salt and pepper. Serve warm over biscuits.

If you need to reheat, add in a little milk to make it more liquid.

Buttermilk pancakes

Ingredients:

1 tsp baking soda

½ tsp salt

1 tsp sugar

1 C flour

1 egg

1 ½ C buttermilk

2 Tbsp melted butter

Optional mix in's: chocolate chips, nuts,
etc.

Directions

1. In a medium bowl, mix together the dry ingredients.
2. In a small bowl beat the egg, then add in the buttermilk.
3. Combine the wet and dry ingredients and add in the melted butter.
4. Cook on medium heat in a skillet for about 5 minutes or until the edged begin to bubble, then flip and cook for about the same time.

Chocolate chip muffins

Ingredients

2 eggs
1 C milk
1 tsp vanilla
3 C flour
1 C sugar
2 ½ tsp baking powder
½ tsp salt
1/8 tsp ground cinnamon
½ C cold unsalted butter cut into small chunks
2 C chocolate chips
2 Tbsp unsalted butter

Originally this was written as a blueberry streusel muffin recipe, I swapped the blueberries for chocolate chips and it quickly became a favorite. It is good either way.

Directions

1. Preheat oven to 350°
2. In a bowl, whisk the eggs, milk, and vanilla.
3. In a large mixing bowl whisk the flour, sugar, baking powder, salt, and cinnamon.
4. Cut in the cold butter with a pastry blender, two knives, your fingers, etc. until the mixture resembles coarse crumbs. Remove 1 C and set aside for later to make the streusel.
5. To the remaining mixture, mix in the chocolate chips. Fold in the wet mixture just until combined. Don't overmix the batter or the muffins will be tough. (But not as tough as Manny...)
6. Fill the muffin tins almost full.

Streusel:

1. To the cup of dry ingredients, melt the 2 Tbsp of butter and mix it in with your fingers.
2. Crumble the mixture over the unbaked muffins

Bake for 18-23 minutes.

Cinnamon twist scones

Ingredients

2 cups of Flour

½ cup of Sugar

3 t Baking Powder

½ t Salt

½ cup Margarine or Butter (if you don't have to eat dairy free)

1 Egg

Enough milk mixed with the egg to make ¾ cup

1 T Margarine or Butter for spreading on the dough

Filling-

¼ cup Brown Sugar

1 t Cinnamon

Directions

1. Preheat oven to 400 degrees.
2. Mix together flour, sugar, baking powder, and salt.
3. Cut in the margarine or butter until the chunks are small pea sized.
4. Add in most of the milk and egg mixture. You want all the flour moistened but you don't want the dough too sticky. If you have any leftover milk/egg mixture you can add more milk to make another batch or you can add a few more eggs and make scrambled eggs.
5. Knead the dough about 10 turns. Then roll out into a rectangle.
6. Spread the dough with the butter and then sprinkle with the cinnamon and brown sugar.
7. Fold the bottom ⅓ of the dough up. Then fold the upper ⅓ of the dough down. You want the layers to overlap. Press lightly to seal.
8. Cut the dough into strips.
9. When placing them on a greased cookie sheet twist twice.
10. Bake at 400 degrees for 15 minutes.
11. Optional, You can drizzle with powdered sugar and milk glaze or just eat them plain.

Maple oatmeal scones

Ingredients:

2 C flour
1 ½ C oatmeal
1 ½ tsp baking powder
½ tsp baking soda
½ tsp salt
½ C butter
½ C buttermilk
½ C maple syrup
3 Tbsp sugar
1 egg
½ tsp maple extract
½ tsp vanilla
½ tsp cinnamon

Directions

1. Preheat oven to 375°
2. Combine all the dry ingredients.
3. Cut in the butter until walnut sized chunks remain.
4. Add in the wet ingredients and mix until combined.
5. Roll the dough about 3/4" thick and cut into wedges.
6. Bake for about 15-20 minutes.

Mountain man breakfast

Ingredients:

1 pound sausage (maple, original, or country mild are best, any will work)

½ bag of frozen hash browns or 1 box dehydrated hash browns, or 2 mid-large sized potatoes diced or grated

6 eggs

Directions

1. Brown the sausage over medium heat.
2. Drain the sausage and reserve the fat.
3. Using the fat from the sausage, fry the hash browns until they are about 5 minutes from being done.
4. Move them to one side of the pan and in the other, scramble the eggs.
5. When the eggs are done, mix the hash browns in with the eggs and then mix in the sausage.
6. Serve as is, in a tortilla, with ketchup or syrup etc.

Pancake and sausage muffins

Ingredients:

1/2 pound breakfast sausage, cooked and cut into small pieces

1 1/2 cups milk

4 tablespoons white vinegar

2 cups all-purpose flour

4 tablespoons white sugar

2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon salt

2 eggs

4 tablespoons butter, melted

1 teaspoon vanilla

Maple syrup for drizzling

Directions

1. Pre-heat your oven to 400 degrees.
2. Cook breakfast sausage and cut into small pieces.
3. In a small bowl combine milk with vinegar and allow it to sit for 5 minutes.
4. In a large bowl sift together flour, sugar, baking powder, baking soda and salt.
5. Add in eggs, milk (with vinegar), vanilla and melted butter and stir to combine.
6. Stir in cooked breakfast sausage pieces.
7. Prepare muffin tins with non-stick cooking spray or line them with paper liners.
8. Fill each muffin cup 2/3 of the way full.
9. Bake for about 15-16 minutes, or until done.
10. Drizzle the muffins with maple syrup and serve immediately.

Waffles

Ingredients:

2 C flour
2 tsp baking powder
½ tsp salt
4 egg yolks
2 Tbsp sugar
2 C milk
½ tsp vanilla
4 Tbsp melted butter
4 egg whites

Directions

1. Mix together flour, baking soda and salt.
2. In a separate bowl mix together the egg yolks and sugar.
3. Add in the milk, vanilla, and butter.
4. Combine the wet and dry ingredients.
5. Beat the egg whites until fluffy then gently fold them into the mixture.
6. Cook in a preheated waffle iron according to the specifications of the iron.

Main Course

Ways to my heart:

- 1. Buy me food**
- 2. Make me food**
- 3. Be food**

Chicken and dumplings

Ingredients:

Soup-

4 boneless skinless chicken breasts

8 C water

8 tsp chicken soup base/bouillon

4 carrots, chopped

4 stalks celery chopped

½ onion chopped

Dumplings-

1 1/3 C all-purpose flour

2 tsp baking powder

3/4 tsp salt

2/3 C 2% milk

1 Tbsp butter, melted

Directions

1. Cook chicken and shred it.
2. While the chicken is cooking, combine all the soup ingredients together in a large pot and bring to a boil.
3. Continue to boil for 20 – 30 minutes or until vegetables are tender.
4. Meanwhile, in a bowl, whisk flour, baking powder and salt.
5. In another bowl, whisk milk and melted butter until blended.
6. Add to flour mixture; stir just until moistened (do not overmix).
7. Drop by rounded tablespoon to the soup.
8. Add the chicken and boil together for 15-18 minutes or until dumplings are cooked.

Chicken enchiladas

Ingredients:

3 chicken breasts cooked and diced or shredded

1 can cream of chicken soup

1 16 oz. container sour cream

1 C shredded cheese

Optional ½ C salsa

8-10 tortilla shells

Directions

1. Preheat oven to 350°
2. Combine chicken, sour cream, cream of chicken, salsa, and cheese in a bowl. Mix until combined. Reserve ½ C of the mixture.
3. Spoon into tortilla shells and place in a 9X13 baking pan.
4. Top with the reserved mixture and cheese.
5. Bake for 20-30 minutes.

Chicken noodle soup

Ingredients:

Soup-

4 boneless skinless chicken breasts

8 C water

8 tsp chicken soup base/bouillon

4 carrots, chopped

4 stalks celery chopped

½ onion chopped

Noodles:

(see page 36 for recipe)

Directions

1. Cook chicken. When it is cooked shred it.
2. While the chicken is cooking, combine all soup ingredients into large pot and bring to a boil.
3. Boil for 25 to 30 minutes or until vegetables are tender.
4. Meanwhile, roll out noodle dough until it is very thin and cut into the desired noodle shapes. I prefer about 2" x ½" with a single twist. Other options could be thin strips like fettuccine noodles, or whatever you want.
5. Add noodles and shredded chicken and boil for an additional 5-10 minutes.

Fettuccini alfredo

Ingredients:

3 Tbsp butter
4 cloves minced garlic
3 Tbsp flour
1 1/2 cup milk
1 C shredded fresh parmesan cheese
½ tsp basil
½ tsp parsley
½ tsp oregano
Salt to taste

You can serve this dish with store bought noodles, although everyone will be impressed when you tell them you made the noodles from scratch. This is also really good when served with the grilled chicken from page 18 on top.

Noodles-

(see page 36 for recipe)

Directions

1. Melt butter in a sauce pan and stir in the garlic. Keep stirring with a whisk until garlic begins to brown.
2. Mix in the flour and keep stirring to prevent burning.
3. Stir in the milk and keep stirring until the flour dissolves in the milk.
4. As soon as the sauce begins to thicken, remove from heat and mix in the cheese and seasonings. Stir until the cheese is all melted and everything is combined.
5. Sauce will thicken more when it is cooled. To reconstitute it, add a little milk and reheat it.
6. Roll out the noodles until they are very thin and cut into ½" strips.
7. Boil for 5-10 minutes and then serve with sauce on top.

Grilled chicken

Ingredients:

¼ cup olive oil

1 Tbsp liquid smoke

3-4 cloves of garlic minced

1 tsp salt

1 tsp pepper

Chicken breasts

This is just a basic marinade and is very versatile. If you don't have some of the ingredients, substitute them or don't add them at all. Try different combinations. Get creative.

Directions

1. Combine all ingredients except for the chicken in a gallon sized Ziploc bag and mix it up until it is combined.
2. Make sure that your chicken is thoroughly thawed before putting it in the marinade. Leave it in the marinade for 3-24 hours. The longer it is in the marinade, the more of the flavor is absorbed into the chicken.
3. Put the chicken onto a heated grill on medium heat for about 5-10 minutes and then flip the chicken only once and cook until it is cooked through.
4. Remove from heat and let it rest for 5 minutes before cutting into the chicken.

Lasagna

Ingredients:

9 lasagna noodles
1 pound Italian sausage or ground beef,
cooked and drained
2 jars spaghetti Sauce
1 15-oz container ricotta cheese
4 cups shredded mozzarella cheese
½ cup Parmigiano-Reggiano cheese,
grated
2 eggs, lightly beaten

Best served with Garlic toast from
page 23.

Directions

1. Preheat oven to 375° F.
2. Cook pasta according to package instructions; drain and separate.
3. In a large saucepan, combine cooked meat and 1 ½ jars sauce, simmer 5 minutes
4. In a large bowl, combine Ricotta cheese, 3 ½ cups mozzarella cheese, Parmigiano cheese and eggs.
5. Grease a 13 x 9 inch baking dish with cooking spray.
6. Spread ¾ cup sauce over the bottom of the baking dish.
7. Place 3-4 lasagna sheets on the bottom, slightly overlapping.
8. Spread half of the cheese mixture over lasagna and cover with ½ of the meat sauce.
9. Repeat for 2 more layers.
10. Cover last layer with remaining lasagna sheets and remaining sauce.
11. Sprinkle with remaining mozzarella cheese.
12. Cover with foil and bake for 30 minutes. Remove foil and bake additional 10 minutes.
Let stand 10 minutes before serving.

Macaroni and cheese

Ingredients:

1 C elbow macaroni noodles

Optional 1 pound bacon

3 Tbsp butter (if you don't use bacon)

4 cloves minced garlic

3 Tbsp flour

1 1/2 cup milk

Shredded cheese

Salt and pepper to taste

For a creamier version, try adding in a small spoonful of sour cream to the finished batch. Also, try some seasonings out and see what you like. I like to add some basil, oregano or some parsley or any combo. A dash of nutmeg is also good in regular macaroni and cheese. Find what you like.

Directions

1. Cook the noodles and drain them.
2. While noodles are cooking, cook the bacon. Cut into 1" pieces Save the drippings.
3. If you are not using bacon, melt the butter in the pan. If you use bacon, put about 3 Tbsp of the drippings into the saucepan and stir in the garlic.
4. Saute the garlic until it begins to brown.
5. Stir in the flour and keep stirring to avoid burning.
6. Whisk in the milk until the flour mixture is dissolved.
7. As soon as the mixture begins to thicken, remove from the heat and stir in the cheese and seasonings until the cheese is melted. If it gets too thick, add some milk, if it is too thin after boiling, add some flour.
8. Add in the noodles and serve.

Sweet garlic chicken

Ingredients:

4 boneless skinless chicken breasts
4 garlic cloves, minced
4 tablespoons brown sugar
1 tablespoon olive oil
additional herbs and spices, as desired

Directions

1. Preheat oven to 450°F Line a baking dish or cookie sheet with aluminum foil and lightly coat with cooking spray or lightly brush with oil.
2. In small sauté pan, sauté garlic with the oil until tender.
3. Remove from heat and stir in brown sugar. Add additional herbs and spices as desired.
4. Place chicken breasts in a prepared baking dish and cover with the garlic and brown sugar mixture.
5. Add salt and pepper to taste.
6. Bake uncovered for 15-30 minutes, or until juices run clear. Cooking time will depend on the size and thickness of your chicken.

Side dishes

**Knowledge is knowing a tomato is a fruit,
Wisdom is knowing not to put it in a fruit salad,**



**Philosophy is wondering if that means
ketchup is a fruit smoothie...**

Garlic toast

Ingredients:

4 bunches garlic

4 Tbsp olive oil

Salt and pepper

Texas toast

Shredded fresh parmesan cheese

Directions

1. Preheat oven to 350°
2. Cut the tops off of the bunches of garlic so that it exposes most of the cloves within.
3. Wrap the garlic bunches individually in aluminum foil and drizzle the tops with olive oil and salt and pepper.
4. Wrap the garlic up so only a small hole remains to allow steam to escape.
5. Bake for 45-60 minutes until a fork slides easily into the bunch of garlic.
6. Remove from oven and allow to cool before removing from aluminum foil and squeezing the cloves out into a bowl. They should be almost like a paste at this point. If not, use a fork to whip them into a paste.
7. Spread onto Texas toast and sprinkle with parmesan cheese
8. Broil for 2-5 minutes or until cheese just starts to brown.

Green beans and bacon

Ingredients:

1 pound bacon cut into 1" pieces

4 cloves garlic

2 Tbsp olive oil

Green beans

Salt and pepper to taste

Directions

1. In a frying pan, add in all the ingredients.
2. Fry on medium heat for 10-15 minutes or until the bacon is cooked through, stirring occasionally to prevent burning.

Mashed potatoes

Ingredients:

4 potatoes peeled and cubed

2 Tbsp butter

2 Tbsp milk or cream

Salt and pepper to taste

These potatoes are so versatile.

Add in some garlic and onion powder for a really well seasoned batch of mashed potatoes that are good on their own or cook them as is and serve with a gravy on top. There are lots of ways to go with these.

Directions

1. Boil the potatoes for 20-30 minutes until they are soft.
2. Remove the potatoes and drain them.
3. Mash them up with a fork and mix in the milk and butter.
4. Once the butter is melted in, mix in seasonings as desired.

Potato roses

Ingredients:

4 yukon gold potatoes

2 Tbsp olive oil

1 tsp garlic powder or 2 cloves garlic
minced

Salt and pepper

12 strips center cut bacon

Directions

1. Preheat oven to 400°
2. Using a slicer, slice the potatoes very thin into a large mixing bowl.
3. Coat with the olive oil, garlic, salt and pepper.
4. Lay out the strips of bacon two at a time slightly overlapping. Layer the potatoes on the bacon strips so that they overlap each other.
5. Beginning at one end, roll up the bacon slices so that when it is all rolled up it resembles a rose.
6. Place roses in a muffin tin and bake covered for 30 minutes and then bake uncovered for 20 minutes.

Desserts

A balanced diet



Is having a cupcake in BOTH hands.

Brownies

Ingredients:

½ cup cocoa

½ cup butter (1 stick)

2 eggs

1 cup sugar

¼ cup flour

1 cup chopped or broken-up walnuts or pecans

1 teaspoon vanilla

Pinch of salt

Directions

1. Heat oven to 325 degrees.
2. Melt butter in saucepan with cocoa and stir until smooth. Remove from heat and allow to cool for a few minutes, then transfer to a large bowl. Whisk in eggs, one at a time. Stir in vanilla.
3. In a separate bowl, combine sugar, flour, nuts and salt. Add to the cocoa-butter mixture. Stir until just combined.
4. Pour into a greased 8 x 8-inch-square pan. Bake 30 to 35 minutes. Do not overbake; the brownies should be gooey. Let cool, then cut into bars.

Butterscotch pudding

Ingredients:

1/2 C packed dark brown sugar

2 Tbsp plus 2 tsp cornstarch

1/8 tsp salt

2 C fat-free milk

2 egg yolks, lightly beaten

1 Tbsp butter

1-1/2 tsp vanilla extract

Directions

1. In a small saucepan, combine the brown sugar, cornstarch and salt
2. Add milk and egg yolks; stir until smooth. Cook and stir over medium heat until mixture comes to a boil.
3. Cook and stir 1-2 minutes longer or until thickened.
4. Remove from the heat; stir in butter and vanilla.
5. Cool to room temperature, stirring several times. Pour into four individual dessert dishes.
6. Cover and refrigerate for 1-2 hours or until chilled.

Cheesecake

Ingredients:

Crust-

1 ½ C graham cracker crumbs

¼ C butter

¼ C sugar

½ tsp cinnamon

Cheesecake-

32 oz. cream cheese

1 C sugar

1 tsp vanilla

4 eggs

Tips for a good cheesecake:

1. Try substituting nilla wafers or lemon wafers instead of graham crackers for a different flavored crust.
2. Never mix your cheesecake once you add in the eggs more than you need to.
3. Cool the cooked cheesecake suuuuper slowly. Thermal shock will cause it to crack.

Directions

1. Preheat oven to 325°.
2. Combine all the ingredients for the crust and press them into the bottom of a 9" springform pan. Set aside.
3. Blend the cream cheese and sugar until smooth
4. Stir in the vanilla then slowly beat in the egg just until combined but not any more.
5. Pour over the crust and bake for 45-50 minutes or until the center is almost set.
6. Turn off the heat and slowly cool the cheesecake to room temperature to avoid cracking.

Chocolate chip cookies

Ingredients:

$\frac{3}{4}$ C sugar

$\frac{3}{4}$ C brown sugar

1 egg

2 sticks butter

1 tsp baking soda

$\frac{1}{2}$ tsp salt

2 $\frac{1}{4}$ C flour

2 C chocolate chips

Directions

1. Preheat oven to 375 °.
2. Cream the butter and sugars together with the egg.
3. Mix in the salt, flour, and baking soda. Stir in the chocolate chips.
4. Drop by the tablespoonful onto a greased baking sheet and bake for 8-10 minutes.

Tapioca pudding

Ingredients:

2-3/4 C milk

1/3 C sugar

3 Tbsp. Tapioca

1 egg, beaten

1 tsp vanilla

Directions

1. Mix milk, sugar, tapioca and egg in medium saucepan. Let stand 5 min.
2. Cook on medium heat until mixture comes to full boil, stirring constantly.
3. Remove from heat. Stir in vanilla. Cool 20 min.; stir.
4. Serve warm or chilled. (Pudding thickens as it cools. For creamier pudding, place plastic wrap on surface of pudding while cooling. Stir before serving.) Store leftovers in refrigerator.

Yellow cake

Ingredients:

- 4 large eggs
- 1 C milk
- 2 tsp vanilla extract
- 2 Tbsp vegetable oil
- 2 1/2 C flour
- 1 1/2 C sugar
- 1 tsp salt
- 2 1/2 tsp baking powder
- 1 1/2 sticks butter, softened

Directions

1. Preheat oven to 350 degrees. Grease and flour two 8 inch pans.
2. In a bowl, combine eggs, milk, flavorings (if making a coconut cake, add an additional teaspoon of coconut), and vegetable oil.
3. In the bowl of your mixer, combine flour, sugar, salt, and baking powder.
4. Whisk the dry ingredients for 30 seconds to combine. With your mixer on low to medium speed, slowly add the pieces of butter, a few pieces at a time. Beat until the dry ingredients are moistened by the butter and look like crumbly coarse sand. Scrape the sides and bottom of the bowl to make sure there is no dry flour. SLOWLY with the mixer on low speed add approximately 1/2 of the egg mixture to the dry ingredients increasing to medium speed for 1 1/2 minutes, the batter will be thick and fluffy. Scrape the bowl and add the remaining egg mixture in 2 pourings, scraping the bowl and beating for 20 seconds after each addition.
5. Bake at 350 degrees for 30 - 35 minutes or until a toothpick inserted in the center comes out clean. Let the cake cool in the pans 10 minutes then turn out.

**Other recipes not already included in this book
(probably because they didn't fit in any other categories)**



THERE IS NO "WE"
IN "FOOD"

Banana bread

Ingredients:

- 2 C flour
- 1 tsp baking soda
- ¼ tsp salt
- ½ C butter
- ¾ C brown sugar
- 2 eggs beaten
- 2 1/3 C mashed overripe bananas
- 2 C chocolate chips

Directions

1. Preheat oven to 350°
2. Lightly grease a 9x5 loaf pan.
3. In a large bowl, combine the flour, baking soda, and salt.
4. In a separate bowl, cream the butter and brown sugar then add the eggs and mashed bananas until it is well blended.
5. Fold the mixture into the flour mixture just until combined. Mix in the chocolate chips.
6. Bake for 60-65 minutes until a toothpick inserted into the center of the loaf comes out clean.
7. Remove from pan and let cool for about 10 minutes.

Egg noodles

Ingredients:

2 eggs

2 tsp salt

2 Tbsp water

1 1/2- 2 cup flour

Directions

1. Combine all ingredients in a mixing bowl.
2. Once a dough forms, turn it out onto a floured surface and knead the dough until it is not sticky anymore.
3. Cover the dough and let it rest for about half an hour before forming it into the desired shape and size of noodle you desire.

Horchata

Ingredients:

1 C rice

5 C water

2/3 C sugar

½ tsp cinnamon

½ tsp vanilla

½ C milk

Directions

1. Blend the rice and water until the grains begin to break up. Set aside for 3-6 hours.
2. Strain the rice through cheesecloth and mix in the rest of the ingredients.
3. Chill and serve.

Are you like Bono, the lead singer from U2, where you still haven't found what you're looking for? I'm always on the lookout for more recipes. If you have a request for recipes or you have some recipes you want added into the next book, drop me a line through one of the following methods. I intend to create as many books as it takes to help poor college students or people with creativity or decision problems who can't decide what is for breakfast or dinner. These books are also intended for education. If you can't get a recipe to work, ask and I'll see what I can do to help. I also don't own the rights to these pictures so as long as nobody tries to publish this I think we will all be ok. Feel free to share with friends and family.

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