

Deso-Gray Schedule

Day 1

Breakfast: Bagel Sammy Danktown
Lunch: Chicken & Feta Salad Wraps
Dinner: Fish Tacos

Day 2

Breakfast: Breakfast Scramble
Lunch: Fish Tacos
Dinner: Awesome Sauce Spagetti

Day 3

Breakfast: Bagel Sammy Danktown
Lunch: Pork Chili Verde
Dinner: Sweet Potato Casserole

Day 4

Breakfast: Whole Wheat Pancakes
Lunch: Grilled Cheese-and-Avocado Sandwiches
Dinner: N/A

Deso-Gray Shopping List

Bread/Pasta/Grains

Bagel, Everything 22 each
Corn Tortilla 88 each
Flour 2 3/4 cup
Pasta, Linguine (Flat Spegetti) 16 1/2 each
Flour, Whole Wheat 2 3/4 cup
Flour, White 2 3/4 cup
Sandwich Bread 22 each

Dairy

Sliced Cheese, Sharp Cheddar 22 each
Crumble Cheese, Feta 14 2/3 oz
Shredded Cheese, Parmesan 1 7/8 cup
Parmesean, Grated/Dry 1 7/8 each
Butter, Salted 2 3/4 fl-oz
Milk, 1 % 1 7/8 fl-oz
Milk, Powdered 1 3/8 fl-oz
Margarine 4 1/8 fl-oz
Butter, Unsalted 5 1/2 fl-oz
Sliced Cheese, Mild Cheddar 11 each
Cream Cheese, Plain 8 1/4 oz

Produce

Cucumber, English 1 7/8 each
Cabbage, Green 1 3/8 each
Lime 16 1/2 each
Lemon 5 1/2 each
Squash, Yellow 1 7/8 each
Squash, Zucchini 1 7/8 each
Onion, White 1 3/8 each
Green Chilies 1 1/8 lb
Pepper, Jalapeno 2 3/4 each
Potato, Sweet 3 1/8 cup
Avacado 5 1/2 each

Meat/Protein

Summer Sausage 22 each

Chicken, cooked 3 2/3 lb
Cod 5 1/2 lb
Pork, Sausage, Ground 1 7/8 lb
Pork, Chop 1 3/8 lb
Beef, Ground 11 oz
Eggs 1 3/8 each
Eggs, Powdered 1 3/8 fl-oz

Packaged/Frozen

Edemame, Shelled 1 7/8 each
Instant Mashed Potatoes 4 7/8 qt
Freez-dried eggs with bacon 1 3/8 qt
Dry Milk 5 1/2 fl-oz

Spices/Oils

Basil, Dried 1 1/4 tbs
sugar 1 1/8 cup
Garlic, Ground 1 1/4 fl-oz
Olive Oil 9 7/8 fl-oz
Cumin, Ground 1 7/8 tbs
Corriander 1 7/8 tbs
Cayenne Pepper 2 3/4 tsp
Salt 3 tbs
Oregano, Dried 1 7/8 fl-oz
Chili Powder 2 3/4 tsp
Black pepper 1 1/4 tbs
Paprika 2 3/4 tsp
Chipotle Chili Powder 1 3/8 fl-oz
Vegitable Oil 4 1/8 fl-oz
Italian Seasoning 1 7/8 tbs
Onion, Powder 1 7/8 tbs
Pepper, Black Ground 1 7/8 tsp
Red Pepper, Crushed 1 1/4 tbs
Garlic Cloves 5 1/2 each
Vanilla, Extract 1 1/8 tbs
Cinnamon, Ground 1 3/8 tsp

Condiments/Dressings

Honey 2 3/4 cup
Lemon Juice 3 2/3 fl-oz
Vinegar, Wine 3 2/3 fl-oz
Mustard, Dijon 1 7/8 fl-oz
Mayonnaise 2 3/4 cup

Vinegar, Balsamic 1 7/8 fl-oz

Canned

Spinach, Leaf 14 2/3 oz

Tomato, Crushed 7 1/3 cup

Tomato, Sauce 7 1/3 cup

Tomato, Paste 1 3/8 cup

Tomato, Crushed 2 3/4 each

Misc.

Water 4 1/8 qt

Pecan 5 1/2 fl-oz

Water, cold 2 1/8 qt

Powder, Baking 1 3/8 tsp

Deso-Gray Bagel Sammy Danktown

Servings: 11

Ingredients

11 each Bagel, Everything
11 each Sliced Cheese, Sharp Cheddar
11 each Summer Sausage
11 fl-oz Honey

Directions

Deso-Gray

Chicken & Feta Salad Wraps

Servings: 11

Ingredients

1 1/4 tbs Basil, Dried
1 7/8 tsp sugar
1 7/8 tsp Garlic, Ground
7 1/3 fl-oz Olive Oil
3 2/3 fl-oz Lemon Juice
3 2/3 fl-oz Vinegar, Wine
1 7/8 fl-oz Mustard, Dijon
3 2/3 lb Chicken, cooked
1 7/8 each Edemame, Shelled
1 7/8 each Cucumber, English
14 2/3 oz Crumble Cheese, Feta
14 2/3 oz Spinach, Leaf

Directions

1. Mix Basil, Sugar, Garlic, Oil, Lemon, Vinegar and Mustard in a bowl.
2. Add finley diced cooked chicken, edemame, finley diced cucumber, feta, and finley diced spinach.
3. Mix well and place inside of tortilla

Deso-Gray Fish Tacos

Servings: 11

Ingredients

2 3/4 lb Cod
33 each Corn Tortilla
2/3 each Cabbage, Green
8 1/4 each Lime
1 3/8 cup Flour
2 3/4 tsp Cumin, Ground
2 3/4 tsp Corriander
1 3/8 tsp Cayenne Pepper
1 3/8 tsp Salt
1 7/8 tbs Oregano, Dried
1 3/8 tsp Chili Powder
1 3/8 tsp Black pepper
1 3/8 tsp Paprika
1 3/8 tbs Chipotle Chili Powder
1 3/8 cup Mayonnaise
2 1/8 fl-oz Vegetable Oil
2 3/4 each Lemon

Directions

1. Combine flour, cumin, corriander, cayenne, salt, oregano, chili powder, black pepper, and paprika in a small bowl
2. Cut Cod in to strips, squeeze 1/2 lemon over sliced strips
3. Heat oil in frying pan, med to med-low heat
4. Dredge cod in flour mixture and place in oil
5. While cod is frying combine juice of 1/2 lemon and 1/2 lime, mayonnaise, and chipotle chili powder. Mix well.
6. When cod has reached golden brown color, and the fish is flakey, remove and place on a plate lined with a paper towel
7. Heat tortillas over open flame or in a pan until warm
8. Place fish, cabbage, and sauce on tortilla

9. Enjoy!

10. Goes Great with a fresh peach or mango salsa!

Deso-Gray Breakfast Scramble

Servings: 11

Ingredients

4 7/8 qt Instant Mashed Potatoes
1 3/8 qt Freez-dried eggs with bacon
4 1/8 qt Water
5 1/2 fl-oz Dry Milk

Directions

1. Heat Water in pot (the hotter the better)
2. Add to freezer bag and stir.
3. Let sit for 5 minutes

Deso-Gray Awesome Sauce Spagetti

Servings: 11

Ingredients

1 7/8 lb Pork, Sausage, Ground
1 7/8 fl-oz Olive Oil
1 7/8 tbs Italian Seasoning
1 7/8 tbs Garlic, Ground
1 7/8 tbs Onion, Powder
1 7/8 tsp Salt
1 7/8 tsp Pepper, Black Ground
1 1/4 tbs Red Pepper, Crushed
1 7/8 each Squash, Yellow
1 7/8 each Squash, Zucchini
1 7/8 fl-oz Vinegar, Balsamic
2 3/4 fl-oz sugar
1 7/8 cup Shredded Cheese, Parmesan
7 1/3 cup Tomato, Crushed
7 1/3 cup Tomato, Sauce
1 3/8 cup Tomato, Paste
16 1/2 each Pasta, Linguine (Flat Spaghetti)
1 7/8 each Parmesan, Grated/Dry

Directions

1. Cook sausage, drain fat and set sausage aside
2. Add Oil, Italian Seasoning, Garlic Powder, Onion Powder, Salt, Pepper, Red Pepper, Diced Squash and Diced Zucchini and saute for 5 minutes until Squash starts to soften.
3. Add Balsamic Vinegar, Sugar, Sausage, parmesan and all cans of Tomatoes and bring to a simmer.
4. While sauce is cooking, start water for pasta. Once boiling cook pasta until al dente and drain.
5. Taste sauce and add more Balsamic or seasoning as needed.
6. Add pasta to sauce and serve with Grated Parmesan on the side

Deso-Gray Pork Chili Verde

Servings: 11

Ingredients

1 3/8 lb Pork, Chop
11 oz Beef, Ground
1 3/8 tbs Olive Oil
1 3/8 each Onion, White
5 1/2 each Garlic Cloves
1 1/8 lb Green Chilies
2 3/4 each Tomato, Crushed
2 3/4 each Pepper, Jalapeno
1 3/8 tsp Salt
2/3 tsp Black pepper
22 each Corn Tortilla

Directions

1. Stoke up fire and get plenty of coals burning
2. place the dutch oven on the coals. add the olive oil.
3. Once hot, add the pork chop and ground beef. Cook until just browned
4. Mix in the onion, jalepeno, garlic, and sautee until soft. Then add green chilis and tomatos. Mix well.
5. Cover with the Dutch oven lid. Bake 45 minutes using coals on top and bottom. (about 10 coals on bottom, 14 on top).
6. serve with warmed tortillas

Deso-Gray

Sweet Potato Casserole

Servings: 11

Ingredients

3 1/8 cup Potato, Sweet
2 3/4 fl-oz Butter, Salted
1 7/8 fl-oz Milk, 1 %
5 1/2 fl-oz sugar
1/3 tsp Vanilla, Extract
1 3/8 each Eggs
5 1/2 fl-oz Pecan

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
2. In a large bowl, mix together mashed sweet potatoes, 1/2 cup butter, milk, sugar, vanilla extract, and eggs. Spread sweet potato mixture into the prepared baking dish. In a small bowl, mix together brown sugar and flour. Cut in 1/3 cup butter until mixture is crumbly, then stir in pecans. Sprinkle pecan mixture over the sweet potatoes.
3. Bake for 25 minutes in the preheated oven, or until golden brown.

Deso-Gray Whole Wheat Pancakes

Servings: 11

Ingredients

2 3/4 cup Flour, Whole Wheat
2 3/4 cup Flour, White
1 3/8 fl-oz Eggs, Powdered
1 3/8 fl-oz Milk, Powdered
2 3/4 tsp Salt
1 3/8 tsp Cinnamon, Ground
4 1/8 fl-oz Margarine
2 3/4 tsp Vanilla, Extract
2 1/8 qt Water, cold
1 3/8 tsp Powder, Baking

Directions

1. Mix all dry ingredients except baking powder together.
2. Add melted margarin to water and slowly add to dry ingredients, stirring well to prevent lumps
3. Add baking powder and vanilla and stir well.
4. Heat frying pan and add .5 tbs margarine
5. Fry

Deso-Gray

Grilled Cheese-and-Avocado Sandwiches

Servings: 11

Ingredients

22 each Sandwich Bread
5 1/2 fl-oz Butter, Unsalted
11 each Sliced Cheese, Mild Cheddar
5 1/2 each Avacado
8 1/4 oz Cream Cheese, Plain

Directions

1. Butter both sides of bread. Layer cheese, avocados, and cream cheese on one slice of bread and top with another slice.

2.

Grill in skillet, on dutch oven lid, or in bottom of dutch oven until bread is golden brown and cheese is melted.