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How to Make Breakfast for Mom

You just woke up, so you must be starving! Here are a few recipes to choose from!

Biscuits and Gravy



A picture of the delicious biscuits and gravy you will love!

Ingredients

- 1 roll of biscuits
- 1-pound package pork sausage
- Flour
- About 1 quart of 2-percent milk
- Salt and pepper

Instructions

1. In a large skillet, brown sausage over medium heat.
2. Add flour — enough to coat the sausage. Stir until it absorbs the grease from the sausage.
3. Add milk (1 quart or more, as needed), salt and pepper. Stir until thickened. If it's too thick, add more milk.
4. Pour over your biscuits. Enjoy.

If working with meat, be sure to use a meat thermometer (located in the drawer next to the stove) to check and make sure all of your meat is cooked all the way. All meats are finished when they reach 160 degrees fahrenheit.

Recipe 1

Breakfast Sandwich

This is how to make a breakfast sandwich for those on-the-go mornings!

Ingredients

- Everything Bagel
- Handful of Arugala
- Slice of Tomato
- Two eggs
- Can substitute tofu for eggs
- Two slices of bacon
- Can substitute avocado for bacon

Instructions

1. Slice the bagel and put it in the toaster.
2. Toast the bagel on the 3rd setting.
3. While the bagel toasts, cut the lettuce, tomato, and avocado (if needed).
4. Scramble the eggs (or tofu) in one pan. In another pan, fry the bacon until crispy.
5. Once the eggs (tofu), bacon (if needed), and bagel are cooked, put the bagel on the counter.
6. Start building your sandwich. It does not matter what ingredients you put on first.
7. Close the bagel and enjoy!

Chorizo Breakfast Hash



beautiful sunny-side-up egg rests on top of the chorizo hash... A sunny way to start your day!

Ingredients

- 1 1/2 pound Baby Potatoes, quartered
- 2-3 Tbsp Vegetable Oil
- Salt and Pepper to taste
- 2/3 pound Chorizo Breakfast Sausage
- 1/2 cup Red Onion, finely diced
- 4 Eggs
- Cilantro, minced for garnish
- 1/4 cup Ranch Dressing

Instructions

1. Heat up non-stick skillet with vegetable oil over medium high heat.
2. Add in potatoes, season with salt and pepper and turn with spatula occasionally to fry until golden brown on all sides and fork tender.
3. Remove from skillet and set aside. Add in chorizo sausage and onions, cooking until no longer pink and onions are softened.
4. Place on same plate as potatoes. Keep warm. Wipe skillet of excess grease. Reduce heat to medium.
5. Crack eggs, one at a time, into skillet and let fry. Do not flip. Let sit until whites have become firm.
6. Remove from skillet.
7. Divide potatoes and sausage onto four plates, top each plate with 1 egg. Sprinkle with minced cilantro and drizzle with ranch dressing or sour cream if desired. Enjoy!

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Garlic Cheese Grits with Shrimp



grits seem straight out of New Orleans! Add a touch of Creole to your morning with the grits pictured here.

Ingredients

- 3/4 cup uncooked grits
- 6 ounces garlic flavored processed cheese, cubed
- 1 pinch cayenne pepper
- 2 tablespoons butter
- 2 tablespoons olive oil
- 2 cloves garlic, minced

- 1 tomato, diced
- 2 pounds fresh shrimp, peeled and deveined
- 1/2 lemon, juiced
- salt to taste

Instructions

1. Cook grits according to package directions. Stir in cubed cheese and cayenne pepper. Keep warm over low heat.
2. Heat butter and oil in a large skillet over medium-high heat. Saute garlic and tomato until tomato begins to soften.
3. Stir in shrimp and lemon juice. Saute until shrimp are pink. Season with salt to taste.
4. Spread warm grits on a serving platter and pour shrimp mixture on top.

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Loaded Hashbrowns

Ingredients

- 1.5 cups of frozen hashbrowns
- 1/2 cup of diced peppers
- 3/4 cup of sausage crumbles
- 1.5 cups of shredded cheddar cheese
- Dollup of sour cream
- 1 tablespoon of olive oil

Instructions

1. Heat oil a medium sized saucepan.
2. Pour frozen hashbrowns into saucepan, and mix them with a spatula to keep them from sticking to the pan.
3. In another pan, brown sausage crumbles. Cook peppers with sausage.
4. Pour sausage crumbles into pan of hashbrowns and cook until the potatoes are golden brown.
5. Once hashbrowns are golden brown, serve on a plate.
6. Top with cheddar cheese and sour cream. Enjoy!

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Omelette

Here is how you make an omelette.

You will need these **ingreidents**.

- 3 Eggs
- Silken Tofu
- 1/2 bag of Bacon Bits
- 1/2 cup of Black Beans
- Diced tomatoes
- 1/4 cup of Mushrooms
- 1/4 cup of diced peppers
- 1 cup Provolone Cheese

- 1/4 cup hummus

Instructions

1. Add fillings to a medium sauce pan.
2. Heat pan at medium flame.
3. Sautee omelette fillings until all are cooked.
4. While the fillings are cooking, crack the eggs into a different saucepan.
5. While the fillings are cooking, lay the silken tofu in the pan
6. Heat the pan to low-to-medium heat.
7. Once the fillings are cooked and the omelette is warmed, add fillings on to half of the pan with the omelette.
8. With a spatula, flip the empty side of the omelette over the side with the fillings.
9. Remove omelette from pan, and place it onto a plate. Enjoy!

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Cleanup

What to do when cleaning up after breakfast!

What You Need

- Dish Soap
- Sponge
- Ziplock Containers
- Freezer and Fridge

What to Do

You must be full, so now you have to clean up! Here you'll find what to do with your leftover dishes.

1. Place leftover food in Ziplock containers.
2. If you will eat it within the next two days, refridgerate it. If you decide you won't eat it until after a couple days, freeze it.
3. When pans are cool, put them in the sink to prepare for washing.
4. Rinse off the pans and wet your sponge.
5. Wash the pans as you would any other dish.

Having Some Trouble?

If you accidentally burnt yourself...

You might have touched a pan that is still hot while moving it to the sink to wash.

Treat the wound immediately.

1. Run cold water over the affected area.
2. Take the Neosporin from the junk drawer under the sink and apply it to the wound

3. Depending on the size of the burn, decide if you want to use a BandAid or wrap it with gauze. Both of these supplies are located with the Neosporin.

Sources

Jumbo Chickpea Pancake

Chorizo Breakfast Hash

Warm and Nutty Cinnamon Quinoa

Greek Chickpeas on Toast

Biscuits and Gravy

Garlic Cheese Grits with Shrimp

Vegan French Toast

Health and Safety Warning

If working with meat, be sure to use a meat thermometer (located in the drawer next to the stove) to check and make sure all of your meat is cooked all the way. All meats are finished when they reach 160 degrees fahrenheit.

	STEAK	REST TIME: AND ALLOW TO REST FOR AT LEAST 3 MINUTES
	POULTRY	(BREASTS, WHOLE BIRD, LEGS, THIGHS, AND WINGS, GROUND POULTRY, AND STUFFING)
	PORK	
	GROUND MEAT	
	FISH AND SHELLFISH	
	FULLY COOKED HAM	
	LEFTOVERS	
	CASSEROLES	

chart gives you an idea of how hot to cook specific foods.