

# Breakfast#1 - Betty Jean's Omelet

**Date:** 10/31/95

**MENU:** Omelet Casserole, rolls, OJ, Cocoa

## **SHOPPING LIST:**

ITEM	PER PERSON	TOTAL	ITEM	PER PERSON	TOTAL
hearty bread	1		cheddar cheese, cubed		
eggs	1/2		milk	1/3	
salt&pepper			bacon	1.25 slice	
Pillsbury bisquits	2 rolls		cocoa		
O.J.			brillo		
liquid soap			alum.foil		
butter					

## **PLAN:**

**At Home:** Mix eggs, milk, salt & pepper in bowl. Cube cheese. Break up bread into pieces. Put bread, cheese, egg mixture together in double zip lock bags. Cook bacon until chewy. Break into pieces. Keep everything on ice until you're ready to use it. *Note: you may substitute ham for bacon. If so, cube it at home.*

**2 hours BEFORE MEAL:** Build a large fire to produce coals. Have a place for a cocoa/cleanup pot. When fire has produced enough coals, preheat Dutch oven.

**1 hour , 10 minutes BEFORE MEAL:** Grease large fry pan. Pour egg mixture into pan. Place pan into Dutch oven. Bake for 1 hour @ 350°F.

**10 minutes BEFORE MEAL:** Remove eggs from oven. Replace with rolls.