

COOKING @ T118

Method: Boiling Breakfast

Heat: propane, camp stove

Utensils: large pot

Food: breakfast burrito

Water Need: one gal

Food Storage: cooler for meat, eggs

Cleanup: wash pot
Pack out garbage, bags

Timelines

Meat

heat water prepare packets
15 minutes
bags in water 6 minutes
make burritos

Eat meal

Shopping list

For # _____
people

Grocery Store	per person	total qty
Ingredients		
eggs	2	
milk	1/4 cup	
sausages precooked	2	
shredded cheese	2 oz	
burrito	1	
salsa	1 oz	
Cocco mix	1 tbl spoon	

Jobs

Start water on stove	
Cook + Cleanup	
Trash collection	

In Campbox

large pot
camp stove
propane

Boiling Breakfast- Burritos

1 Qt sealable bags or
1gallon Zip-Lock bags

Eggs

Milk

Shredded cheese

Brown and serve sausages-precooked

Tortillas

Salsa

Prepare ahead with Seal-a Meal bags

1. Wash Hands
2. Crack 6 eggs into bag
 - a. Add 1/4 milk salt + pepper
3. Seal bag
4. Place precooked sausages in bag
5. Seal bag
6. Freeze both bags overnight

Prepare at campout with Zip lock bag

1. Wash Hands
2. Place one gallon pot on stove half full of water
3. heat water
4. Crack 6 eggs into bag
 - a. Add 1/4 milk salt + pepper
5. Zip Seal bag
6. Place precooked sausages in bag
7. Seal bag
8. When water begins to steam place bags in pot in water
 - a. Do not let end of bag hang over edge of pot or they will melt
 - b. Remove egg bags and knead to squish uncooked eggs from interior
 - c. Return to pot
9. When eggs are solid remove bag from pot and place on solid surface
10. Layout tortilla
11. Spoon eggs and sausage into middle
12. Sprinkle with shredded cheese add salsa if desired
13. Roll up tortilla and eat
14. Pour hot water into individual cups for drink
15. Use remaining water to rinse cups clean