

Idaho Breakfast Skillet

This recipe makes about 24 cups



Ingredients

2 lbs fresh potatoes or frozen/cubed hashbrowns
1 onion
2 bell peppers (any color)
24 oz. ham steaks or sausage
3 cups of packed spinach
16 oz Mushrooms
4 dozen eggs
2 cups cottage cheese (optional)
4 cups shredded cheese (optional)

This makes a large batch. Have a large bowl or pan to combine all ingredients once cooked

Directions:

1. Wash and dice the potatoes(if using fresh). Chop the onion and peppers and slice the mushrooms. Wash and chop the spinach.
2. Lightly oil a pan (or skip the oil if preferred) and cook start cooking the potatoes, onions, and peppers
3. While the veggies cook, cube the ham into small pieces, trimming off any dense fat.
4. Once the potatoes are halfway cooked, stir in the mushrooms and continue to sauté.
5. In a bowl, add about 12 eggs and scramble. In a separate pan, cook the eggs one dozen at a time over low heat. For an extra smooth scramble, mix in some cottage cheese (about ¼ cup per dozen) with the eggs.
6. Repeat until all 4 dozen eggs are cooked
7. When the potatoes begin to brown, add the chopped spinach and cubed ham to the pan. Stir to combine
8. Once the eggs are fully cooked, sprinkle 1 cup of cheese per dozen eggs over the top and allow it to melt.
9. Combine the veggie-ham mixture and the cheesy eggs in a large bowl. Mix well to ensure even distribution.
10. Add a little salt and pepper or any spices you like.
11. Add parchment paper to your trays
12. Spread the scramble mixture evenly on your trays
13. Place dividers (if you choose). We like to use 10 portions per tray
14. Freeze Dry (my cycle time was 24 hours)
15. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add ¾ cup of boiling water to about 2 of your 10 divider portions or about 1 ¼ cups of freeze-dried breakfast skillet. Stir and cover for about 5 minutes. Enjoy

Notes: Rehydrates well in a mylar bag. Great for camping or road trips

Nutritional Value Per 1 ½ cups of breakfast skillet

Calories: 480 Protein: 41 g Fat: 29 g Carbohydrates: 18 g Sugar: 6 g Fiber: 2 g