



FIND YOUR FIRE

Calvary MOPS
Recipe and Brunch Idea Book
2018-2019

- M Favorite, easy and affordable recipes
- M Quick In-A-Pinch ideas for when you're busy 'life-ing'
- M Tips on portions and quantities needed

HELPFUL HINTS:

Bring enough to feed 12 people
Don't cut your dishes ahead of time
Bring a serving utensil
Have FUN!

EGG DISHES

OVEN SCRAMBLED EGGS

1/2 cup butter or margarine, melted
24 eggs
2 1/4 tsp salt
2 1/2 cups milk

Preheat the oven to 350 degrees F. Pour melted butter into a glass 9x13 inch baking dish. In a large bowl, whisk together eggs and salt until well blended. Gradually whisk in milk. Pour egg mixture into the baking dish. Bake uncovered for 10 minutes, then stir, and bake an additional 10 to 15 minutes, or until eggs are set. Serve immediately.

5 INGREDIENT SAUSAGE HASH BROWN CASSEROLE

2 lb breakfast sausage
1 (30-32oz) bag frozen shredded hash browns
2 cups shredded cheddar cheese
8 eggs
2 cups milk
1/2 tsp pepper

Preheat oven to 350 F. In a large skillet, cook sausage until no longer pink. Drain fat. Add hash browns to skillet and cook until lightly brown. Place hash browns in bottom of lightly greased 9x13-inch pan. Top with sausage and cheese. Whisk together eggs, salt, pepper and milk. Pour over hash brown mixture. (Cover and refrigerate at this point if baking later.) Bake for 35-40 minutes. TIP: Prepare in Dutch oven to avoid multiple pans!

EASY CASSEROLE

9 eggs
1/4 cup milk
Salt and Pepper to taste
2 cups cheese
4 cups shredded hash browns (frozen ok)
1 can crescent rolls
Optional: diced bacon, ham or sausage; veggies

Spray a 9x13 pan. Layer crescent rolls on bottom followed by potatoes and cheese. Pour eggs over top. Top with meat and/or veggies if using. Bake 30-45 min at 350 F.

EGG DISHES

TATER TOT SAUSAGE BREAKFAST CASSEROLE

2 lb breakfast sausage
1 (30-32oz) bag frozen tater tots
1 tsp salt
1/2 tsp pepper
1/4 tsp garlic powder
1/4 tsp onion powder
1 1/2 cups shredded cheddar cheese
1/2 cup mozzarella cheese
8 eggs
2 cups milk

Preheat oven to 350 F. In a large skillet, cook sausage until no longer pink. Drain fat. In a large bowl, toss together tater tots, cooked sausage and cheeses. Pour into a lightly greased 9x13-inch pan. Whisk together eggs, salt, pepper, garlic powder, onion powder and milk. Pour over tater tot mixture. (Cover and refrigerate at this point if baking later.) Bake uncovered for 60 - 70 minutes, or until eggs are set. TIP: Prepare in Dutch oven to avoid multiple pans!

BRUNCH BAKED CHRISTMAS OMELET

6 cups/24 oz shredded Monterey Jack cheese
12 oz fresh mushrooms, sliced
1/2 medium onion, chopped
1/4 cup sweet red pepper, thinly sliced
1/4 cup margarine or butter, melted
8 oz cooked ham, cut into julienne strips
8 eggs, beaten
1 3/4 cup milk
1/2 cup all-purpose flour
2 Tbl fresh chives, basil, tarragon, thyme OR oregano snipped
1 Tbl fresh parsley, snipped

Sprinkle 3 cups of cheese in bottom of a 13x9" baking dish. In a saucepan, cook the mushrooms, onion and red pepper in the margarine until vegetables are tender but not brown. Drain well. Place vegetables over the cheese. Arrange ham strips over vegetables. Sprinkle remaining three cups cheese over ham. Cover and chill in refrigerator overnight. To serve, combine eggs, milk, flour, and herbs. Pour over cheese layer. Bake at 350 F about 45 minutes.

EGG DISHES

EVERYTHING BAGEL BREAKFAST CASSEROLE

6 leftover everything bagels, halved horizontally and cut or torn into bite-sized pieces (see notes if your bagels are fresh or very soft)
6 oz cooked ham, [bacon](#), or sausage, cut or crumbled into small pieces
3/4 cup freshly grated sharp cheddar cheese
8 large eggs
2 1/2 cups milk
1 tsp ground mustard
1/2 tsp kosher salt
1/4 tsp black pepper
2 Tbl chopped fresh chives, plus additional for sprinkling on top
8 oz reduced-fat cream cheese (or regular cream cheese; do not use fat free)

Lightly coat a 9×13-inch dish with baking spray. Scatter the bagel pieces into the bottom of the dish. Scatter the meat over the top of the bagels. Sprinkle with 1/2 cup cheese. In a large bowl, combine the eggs, milk, mustard, salt, and pepper until smooth. Pour the egg mixture over the bagels, then lightly press down on the bagels so that they absorb some of the egg. Cut the cream cheese into small pieces, then dot the pieces on top. Sprinkle on the 2 tablespoons fresh chives and remaining 1/4 cup cheese. Cover the casserole tightly with plastic or foil and refrigerate for 2 hours or overnight. When ready to bake, remove the casserole from the refrigerator and let stand at room temperature while the oven preheats. Preheat the oven to 350 F. Tent the casserole with foil and bake, covered, for 40 minutes then uncover and return to the oven and continue baking until golden at the edges and set in the center, about 15-20 additional minutes. Let stand at room temperature for 10 minutes. Serve warm. If your bagels are fresh or very soft, toast them first to dry them out and help them absorb the custard. Casserole can be assembled and stored in the refrigerator up to 1 day in advance. To freeze: Fully bake the casserole, then let cool and cover tightly. When ready to bake, let thaw overnight in the refrigerator, then reheat, covered, in a 350 degree F oven.

EGGS EVEN EASIER...

1 Dozen Hard Boiled Eggs
1 box frozen bite-size quiche
1 frozen Quiche

EGG DISHES

VEGGIE QUICHE

2 deep dish pie crusts 10 oz bag shredded carrots
1 cup frozen peas 1 cup chopped onion
8 eggs 1 cup milk
½ tsp each salt and pepper 2 cups shredded cheese

Preheat oven to 350 F. Place pie crusts in over for 5 minutes then remove. Combine carrots, peas and onion with 1" cold water in saucepan – bring to boil. Cover and remove from heat. Let stand for 5 minutes then drain water. Combine eggs, milk, salt and pepper in bowl – mix well. Add in cooked vegetables and cheese. Divide into the two pie crusts. Bake 35-40 minutes until knife inserted in center comes out clean.

GERMAN PANCAKE

6 eggs 1 cup milk
1 cup flour dash of salt
1 tsp vanilla 4 Tbl butter

Preheat oven to 425 F. As oven preheats, place the butter in 9x13" baking dish and put in oven for the butter to melt. Place the eggs, milk, flour, salt and vanilla in a blender; cover and process until smooth. Pour batter into the baking dish with the melted butter. Bake, for 20 minutes or until golden brown and puffy. Remove from oven and sprinkle generously with syrup and powdered sugar or fresh lemon juice and powdered sugar.

EGG MUFFINS

12 eggs, beaten 1/8 cup milk
1 cup veggies (peppers, onion, spinach, etc.)
1 cup cooked meat (bacon, diced ham, sausage, etc.)
1 cup shredded cheese 1 tsp each salt and pepper

Preheat oven to 350 F. Spray a 12-cup muffin pan with non-stick cooking spray or use thick muffin liners. Mix all ingredients. Pour evenly into tins. Bake 20-25 minutes or until the center of the muffin is completely cooked.

BREAD DISHES

BANANA BREAD

1 cup sugar
½ cup butter, melted
3-4 ripe bananas, mashed
1 tsp vanilla
2 eggs, beaten
2 Tbl milk
2 cup flour
1 tsp baking soda
Optional: raw sugar and walnuts

Mix all ingredients. Pour into one bread pan, greased and floured. Top with optional flour and sugar. Bake one hour at 350 F.

PUMPKIN BREAKFAST COOKIES

¼ cup coconut oil
¼ cup honey
1 cup old fashioned oats
2/3 cup dried cranberries
2/3 cup pumpkin seeds
¼ cup ground flaxseed
1 tsp pumpkin pie spice
½ tsp salt
½ cup pure pumpkin puree
2 eggs, beaten

Preheat oven to 350 F. Line baking sheet with parchment. Warm oil and honey in microwave. Combine dry ingredients in a bowl. Add wet ingredients. Drop ¼ cup scoops on sheet and flatten. (Cookies won't spread while baking). Bake 15-20 minutes until edges are brown.

Easy 'homemade' breads

~ Boxed muffin mix

~ Rhodes Anytime! Cinnamon Rolls (two packages) Straight from the freezer to the oven, 25 minutes - no pan needed!

~ Bake and Serve Crescent Rolls (two packages)

~ Two Butter Braids - support MOPS and make hot ready dish in a flash

BREAD DISHES

ALMOND POPPY SEED BREAD

3 cup flour
1 ½ tsp baking powder
1 ½ cups milk
2 tsp poppy seeds
1 tsp vanilla
1 ½ tsp salt
2 ½ cup sugar
1 1/8 cup vegetable oil
3 eggs, beaten
1 ½ tsp almond extract

Mix all ingredients. Pour into two bread pans, greased and floured. Bake one hour at 350 F.

FRENCH TOAST CASSEROLE

10 to 12 ounces French bread loaf, cubed
8 eggs
3 cups whole milk
2 Tbl granulated white sugar
1 Tbl vanilla extract
1/2 tsp salt
TOPPING:

2 Tbl cold butter, chopped into tiny pieces
3 Tbl granulated white sugar
1 tsp ground cinnamon
Plus warm maple syrup, for serving

Spray a 9x13-inch pan. Sprinkle bread cubes in the prepared pan. In a large bowl, whisk together the eggs, milk, sugar, vanilla and salt. Pour the egg mixture over the bread cubes. Cover with plastic wrap, pressing the plastic down against the bread cubes to submerge them in the egg mixture. Refrigerate for at least 4 hours or overnight. Remove the pan from the refrigerator 30 minutes prior to baking to let it warm up closer to room temperature. Preheat the oven to 350 degrees F. Remove plastic wrap and discard. Sprinkle the butter pieces evenly over the casserole. Combine the sugar and cinnamon and sprinkle that evenly over the top of the casserole. Cover the pan with foil and bake for 45 minutes. Remove foil and bake for an additional 15 minutes. You'll see the casserole puff up considerably- it will settle down once you remove it from the oven and it begins to cool. Serve warm slices with warm maple syrup.

BREAD DISHES

BISCUITS AND GRAVY CASSEROLE

1 can large, flaky biscuits (such as Grands)
½ pound ground breakfast sausage
3 Tbl flour
½ tsp salt
½ tsp black pepper
2 ½ cups milk

Preheat oven to 400 F. Spray a 9x13 pan and set aside. Open biscuits, and cut into quarters. Layer half of the quarters in prepared pan. Bake for 10 minutes. Meanwhile, in a heavy skillet, brown the ground breakfast sausage over medium high heat until fully cooked. Sprinkle flour over sausage until completely absorbed. Lower heat to medium, and cook for 3-5 minutes, stirring frequently. Add milk and spices, stir to combine. Stir frequently until mixture comes to a slight boil. If the gravy is too thick, add a bit more milk. You want the gravy to be thickened but not too thick, not "globby," it should still be slightly runny. Pour gravy over the cooked biscuits. Layer the remaining uncooked, quartered biscuits over the gravy. Bake for 20-25 minutes or until golden brown. If they start to over-brown, you can cover with foil for the last 10 minutes or so.

PUMPKIN CRANBERRY BREAD

3 cup flour
1 Tbl + 2 tsp pumpkin pie spice
1 ½ tsp salt
3 cup sugar
1 (15 oz) can pure pumpkin puree
4 eggs, beaten
1 cup vegetable oil
½ cup orange juice
1 cup dried cranberries

Mix all ingredients. Pour into two bread pans, greased and floured. Bake one hour at 350 F.

OTHER DISHES

SOUR CREAM HASHBROWN CASSEROLE

2 lbs package frozen cubed hash browns
16 oz sour cream (full fat is best)
1 can cream of celery OR cream of chicken
1 cup shredded cheddar cheese
⅓ cup butter, melted
1 tsp salt
1 tsp black pepper
½ cup Ritz cracker crumbs

Preheat oven to 350 F. In large bowl, combine all ingredients except the cracker crumbs. Stir well until combined. Spoon into greased 9x13 dish. Sprinkle cracker crumbs evenly over the top. Bake for 40 minutes, or until bubbly.

BREAKFAST SUSHI

6 large tortillas (whole wheat or plain)
1 pint strawberries, sliced this
6 bananas, whole
Peanut butter (or Nutella, almond butter, etc.)

Spread peanut butter on tortilla. Lay strawberries on top, trying not to overlap. Place banana in center. Roll tortilla up and slice into 1" rounds. Try swapping fresh fruit OR use cream cheese and scrambled eggs, or lunch meat!

Slow your roll... Use your crockpot!

- Oatmeal (bring cream, brown sugar
and/or raisins)

IN A PINCH

Frozen Waffles with toppings (peanut butter, Nutella, syrup, jam, etc.)

Bake them on a cookie sheet for a few minutes OR a box of pre-made individually packaged waffles from SAMS

Two pints of yogurt with toppings (granola, honey, fresh fruit)

Two sleeves of bagels with cream cheese

Two packages English Muffins with toppings (butters and jams) – Bring your toaster!

Loaded Toast – Toast a loaf of bread in the oven, serve with cottage cheese, avocados and spreads



The Ultimate In a
Pinch Solution:
1 dozen donuts
from the Dunkin
Donuts
Drive-thru!!

FRUIT DISHES

ORANGE CREAM FRUIT SALAD

3 ½ oz instant vanilla pudding
1 ½ cup milk
1/3 can frozen OJ, thawed
¾ cup sour cream
16 oz canned peaches, drained
11 oz mandarin oranges, drained
2 medium apples, sliced

Beat together first three ingredients with electric mixer until well blended. Beat in sour cream then fold in fruit. Cover and chill up to 24 hours.

MINT FRUIT SALAD

2 pints strawberries, sliced
1 pint blueberries
1 cup red grapes, halved
1 cup green grapes, halved
1 orange
3 sprigs mint leaves, cut into thin strips

Mix all fruit except orange. Zest orange and add to mixture along with juice and pulp. Add in mint.

How much fruit is enough?

*Bananas, Apples and Oranges – 8
medium/large cut in half

*Cuties and Tangerines – 1 bag

*Grapes – 1 bag

*Melon – 1 whole cubed or balled