

יום שני Monday

Biscuits and Gravy

יום שלישי Tuesday

Grilled Cheese and Tomato Soup

יום רביעי Wednesday

Cookout

יום חמישי Thursday

Banana Bread

יום שישי Friday

Mississippi Mud Brownies



Biscuits & Gravy

Ingredients

BISCUITS:

- 2 cups flour
- 1/2 TBS baking powder
- 1 tsp kosher salt
- 1 TBS granulated sugar
- 1 1/2 cups heavy cream

GRAVY:

- 1/4 (14-ounce) package meatless sausage
- 2 TBS all-purpose flour
- 1 1/2 cups low-fat milk
- 1/4 tsp salt
- Pinch of freshly ground black pepper

Directions

BISCUITS:

- 1. Preheat oven to 400°F.
- 2.In a large bowl, whisk together flour, baking powder, salt and sugar.
- 3. Add heavy cream and stir gently with a wooden spoon until dry ingredients are just moistened.
- 4. Roll out to an even 1/2 inch thickness.
- 5. Cut into 2 inch squares or use cookie cutter for rounds.
- 6. Bake until golden brown, 12-15 minutes.

GRAVY:

- 1. Heat oil in skillet and add sausage. Cook until browned. Remove and crumble.
- 2. Mix flour and milk into a slurry.
- 3. Add slurry, salt and pepper into skillet with sausage.
- 4. Bring to a boil over medium-high heat.
- 5. Reduce temperature and simmer until thickened.



Grilled Cheese & Tomato Soup

Ingredients

GRILLED CHEESE:

- White Bread
- American Cheese
- Butter

TOMATO SOUP:

- 1 part canned condensed tomato soup
- 1 part water or milk
- Salt
- Pepper
- Garlic, chopped (optional)

Directions

GRILLED CHEESE:

- 1. Spread butter on outside of slices of bread.
- 2. Place bread, butter-side down, in a large skillet.
- 3. Top with slices of cheese and more bread, butter-side up.
- 4. Cook over medium heat until lightly browned.
- 5. Flip and cook until second side is lightly browned and cheese is gooey.

TOMATO SOUP:

- 1. Heat soup and liquid of choice in a saucepan over medium heat.
- 2. Add garlic, if using.
- 3. Bring to a simmer, stirring occasionally to combine liquids.
- 4. Add salt and pepper to taste.



Cookout

Ingredients

- Hamburgers
- Burger Buns
- Hot Dogs
- Hot Dog Buns
- Corn on the Cob
- Coleslaw
- Watermelon
- Ketchup
- Mustard
- Mayo
- Lettuce
- Tomato
- Onion

Directions

- 1. Lay out food
- 2. Enjoy!



Banana Bread

Ingredients

- 3 very ripe bananas
- 1/2 cup melted unsalted butter
- 1 tsp baking soda
- 1/4 tsp kosher salt
- 3/4 cup sugar, plus more for topping
- 1 large egg, beaten
- 1 tsp vanilla extract
- 1 1/2 cup all-purpose flour
- 1/2 cup chocolate chips (optional)

Directions

- 1. Preheat oven to 350°F.
- 2. Butter an 8"x4" loaf pan.
- 3. In a large bowl, mash bananas until completely smooth. Stir melted butter into the banana mixture.
- 4. Mix in the baking soda and salt.
- 5. Mix in the sugar, egg and vanilla.
- 6. Add in flour and mix until just combined.
- 7. Mix in the chocolate chips, if using.
- 8. Pour batter into prepared loaf pan. Sprinkle top of batter with sugar.
- 9. Bake for 50 minutes to 1 hour, until a tester comes out of the center clean.
- 10. Cool in pan before removing and slicing.



Mississippi Mud Brownies

Ingredients

BROWNIES

- 3/4 cups margarine
- 1 3/4 cups sugar
- 3/4 cups cocoa powder
- 4 large eggs
- 2 tsp vanilla extract
- 1/2 tsp salt
- 1 1/2 cups all-purpose flour
- 1 1/2 cups mini marshmallows

FUDGE TOPPING:

- 5 tbsp margarine
- 2 tbsp unsweetened chocolate
- 1/3 cup cocoa powder
- 1/8 tsp salt
- 1/2 cup powdered sugar
- 1/4 cup non-dairy non-flavored creamer
- 1/2 tsp vanilla extract

Directions

BROWNIES:

- 1. Preheat oven to 350°F. Grease a 9"x13" pan.
- 2. In a medium saucepan over medium heat, melt margarine. Once completely melted, stir in cocoa powder and sugar.
- 3. Remove from heat, stir in eggs one at a time.
- 4. Mix in vanilla and salt.
- 5. Add flour and mix until smooth.
- 6. Place in greased pan and bake for 25 mins.
- 7. Remove from oven, add marshmallows.
- 8. Return to oven for ten minutes.

FUDGE TOPPING

- 1. In a medium saucepan over low heat, melt margarine. Once completely melted, add chocolate and stir.
- 2. Add cocoa and sugar. Using a whisk, mix until smooth.
- 3. Add creamer and stir.
- 4. Mix in powdered sugar until smooth.
- 5. Pour fudge topping over marshmallows.
- 6. Allow to cool before cutting.