



Kc Davis · Sep 27, 2020 · 1 min read



## Recipe: Breakfast Quiche

Updated: Oct 3, 2020



### What you need:

Cast Iron Pan  
12 eggs  
1/2 cup heavy cream  
2 cups shredded cheese  
4 cups veggies (optional) I like broccoli and cherry tomato  
2 cup meat (optional)  
20 oz (small bag) frozen hashbrowns

1. Pre-heat oven to 375
2. Wipe bottom and sides of cast iron pan with olive oil. Smush hash browns inside to along bottom and sides. Salt and pepper
3. Bake for 45 mins.
4. Mix eggs, heavy cream, cheese, veggies, and cooked meat in a bowl. Add salt and pepper.
5. Pour into hash brown crust.
6. Bake again for 30-35 minutes.

### Info:

- Any oil (canola, vegetable oil, olive) will work. So will pam or butter.
- A cast iron pan is required because you can put them in the oven. Regular pans cannot go into the oven because they have plastic on the handles that will melt.
- A "heavy whipping cream" is what is used but if it says "whipping cream" or "heavy cream" that is the same or similar product that will also work.

- You can also use onion, spinach and/or bell pepper for veggies.

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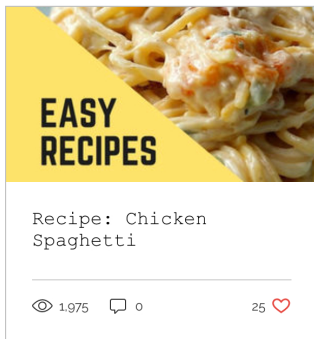
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## Recipe: Chicken Spaghetti

Updated: Oct 3, 2020



You need:

A big pan (13x9 which is the big rectangle)

16 oz of pasta

2 cans of cream of mushroom soup

1 can of rotel

1 teaspoon of onion powder

2 teaspoons of garlic salt

1 lb of chicken (about what comes off of a roti chicken at the grocery store)

1 cup of sharp cheddar cheese

16 oz of velveeta

1. Preheat oven to 350
2. Cook and drain your pasta
3. In a big pot, combine all ingredients except cheddar cheese. Turn stove on low and let it all melt together. (you can stop here if you want and just throw the cheddar in)
4. Put into casserole pan and put shredded cheese on top.
5. Bake 15 min.
6. Broil on high for 3 minutes

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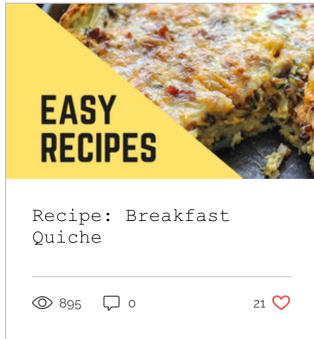
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