



Eggs in a Bag

Eggs

Milk

Ziploc Bag, heavy duty freezer bags

Vegetables

Pre-cooked meat, sliced

Spices

Crack eggs into ziploc bag. Manipulate the eggs to mix. Add small amount on milk to thin the mixture.

Add vegetables, pre-cook meat and desired spices to mixture. Manipulate to mix again.

In a large pot, bring water to a boil. Put Ziploc bag with eggs into boiling water. Cook until desired level of firmness is achieved, approximately 8 to 10 minutes.

*Note: If using vegetables with higher moisture content the mixture will be have more liquid.

Submitted by: Michael Short

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