

# Breakfast Bowl

## School Operator Recipe

School District: Westran R1 Schools  
Operator: Head Cook Teresa McAdams



Ingredients	Servings 55		Directions
	Weight	Measure	
Eggs, liquid whole		2 cartons	<ol style="list-style-type: none"> <li>1. Spray non stick spray in shallow steam pan. Pour in thawed frozen eggs.</li> <li>2. Chop all vegetables. Add vegetables, ham, and pepper jack cheese together, stir well. Add to pan</li> <li>3. Cover pan with plastic wrap and foil to seal the edges.</li> <li>4. Place in convection oven and bake @ 350 for 2 hours.</li> <li>5. Line to sheet pans with parchment and spray parchment with non stick spray.</li> <li>6. Spread 1 bag of frozen diced hash browns evenly over each prepared pan. Spray top of potatoes with pan spray, to aid in browning. Sprinkle with garlic pepper mixture.</li> <li>7. Bake potatoes for the last 25 minutes of egg cooking time in the convection oven at the same temperature.</li> <li>8. Remove eggs from oven, uncover, stir to make sure eggs are thoroughly cooked.</li> <li>9. Serve eggs on tray, topping with 1/2 cup hash browns, sprinkle of cheddar. Offer salsa, sliced tomatoes, chopped green onions, black olives, or jalapenos if desired.</li> </ol>
Red bell peppers, diced		2 whole	
Green bell pepper, diced		1 whole	
Green onions, chopped		6 whole	
Pepper jack cheese, shredded		2 cups	
Ham, diced		5 cups	
Hash browns, diced	10 lb		
Cheddar cheese, shredded		4 cups	
Black pepper, Ground		2 TB	
Garlic, powder		2 TB	

### Operator Notes:

I bake the eggs, a day ahead. Then reheat the morning of service . Cook hash browns freshly, and put together immediately.

I have varied this with breakfast sausage crumbles instead of diced ham.

Times		
Prep Time: 30 min	Cook Time: 2 hr	Ready Time: 2 hr 30 min

