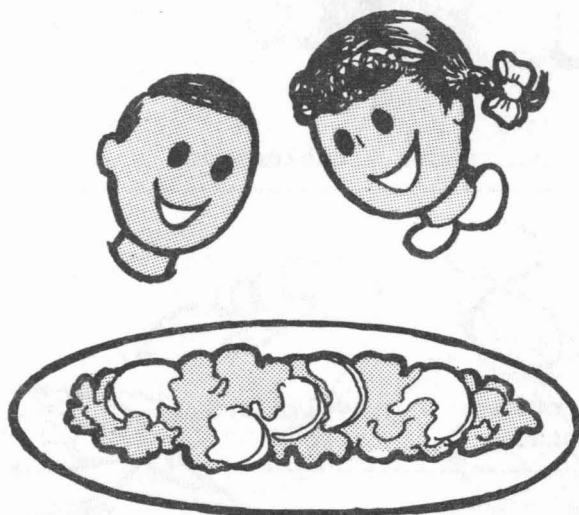


EGG AND POTATO SCRAMBLE



This recipe makes enough for 6 people

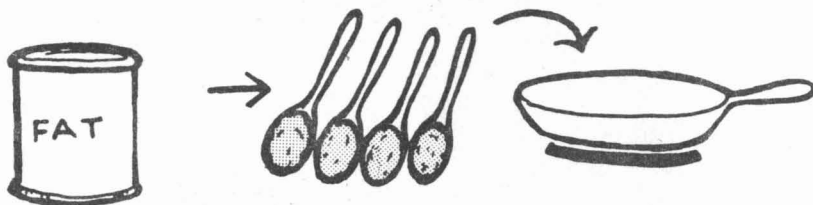
WHAT YOU USE:

4 tablespoons of fat
3 or 4 white potatoes
4 eggs
 $\frac{1}{2}$ cup of water or milk
1 teaspoon of salt

**TEXAS A&M UNIVERSITY
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. Hutchison, Director, College Station, Texas**

EGG AND POTATO SCRAMBLE

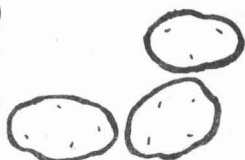
1



Fat - about 4 tablespoons.

Melt fat in a frying pan.

2



3 or 4 medium
size potatoes



- peeled and
sliced.



Salt - 1 teaspoon.



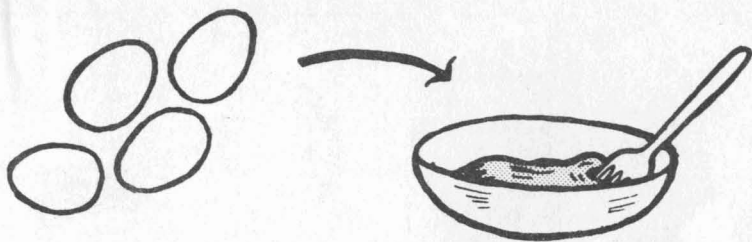
Fry potatoes in
fat. Cook until
brown. Sprinkle
salt on them.

3



Cover the frying pan. Cook over low heat. Cook until potatoes are done.

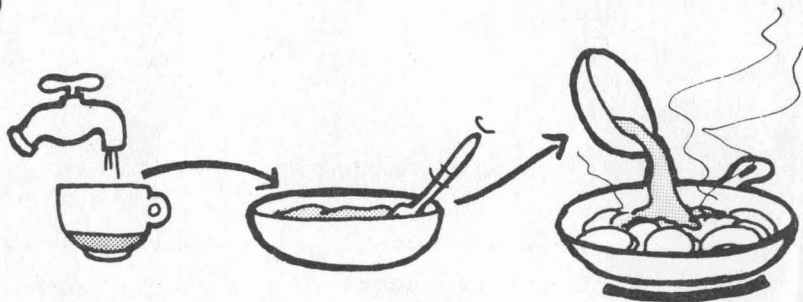
4



4 eggs.

Crack eggs and
put them in a
bowl. Beat them.

5

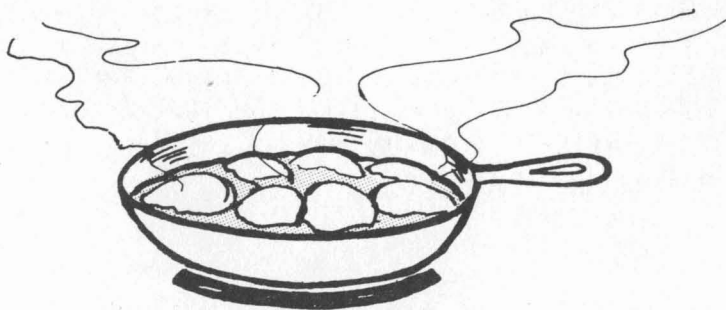


Water
or
Milk - $\frac{1}{2}$ cup.

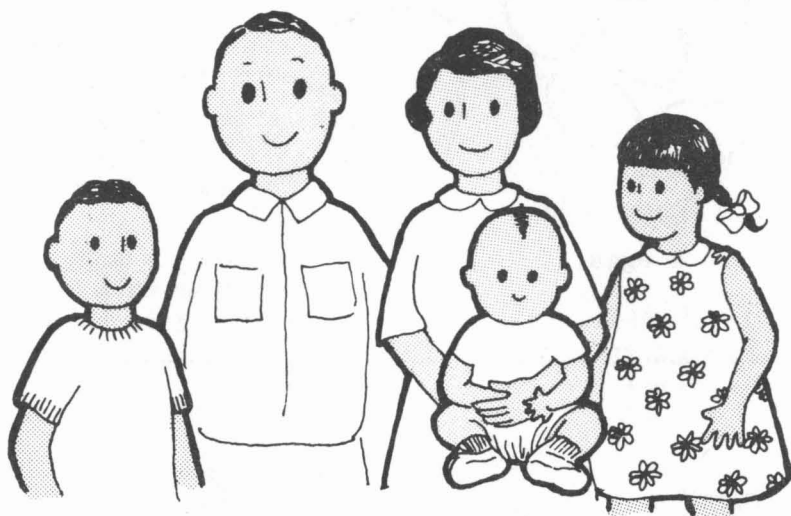
Add to
eggs.

Pour over the potatoes.

6



Cook slowly. Stir a few times.
Cook until eggs are done.



Your family is happier when you cook good food.

A GOOD DIET has meat, eggs, cheese or dry peas and beans every day. It also has fruits and vegetables. A good diet has milk and cereals.

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