

SCRAMBLED EGGS AND MEAT

This recipe makes enough for 6 people.



WHAT YOU USE:

1 tablespoon of fat
1 cup of meat
4 eggs

$\frac{1}{2}$ cup of water or milk
 $\frac{1}{2}$ teaspoon of salt

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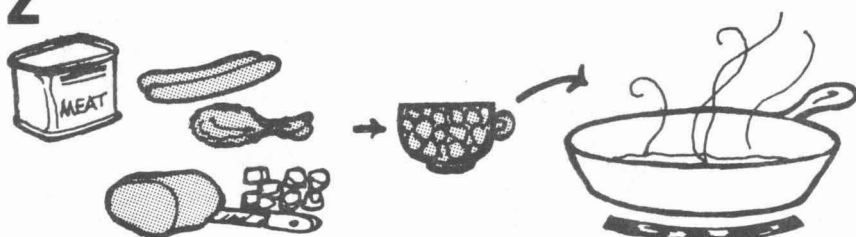
1



Fat - about 1 tablespoon.

Melt fat in a frying pan.

2



Canned or cooked meat, chopped - about 1 cup.

Put meat in the frying pan. Brown it.

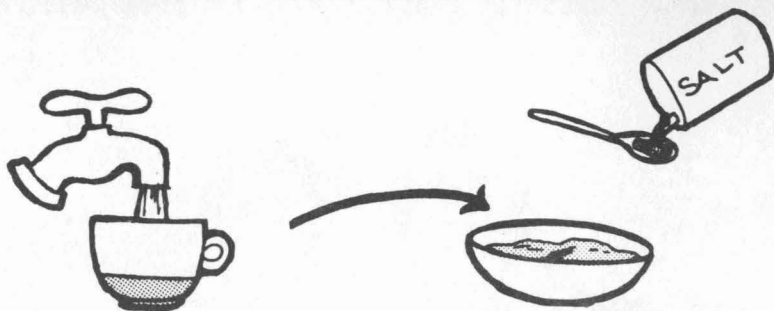
3



4 eggs.

Crack the eggs. Put them in a bowl. Beat them.

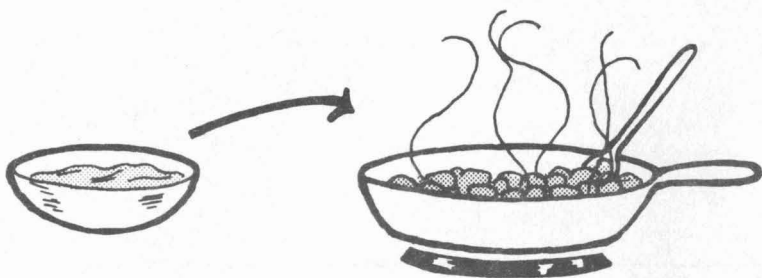
4



Water or milk - $\frac{1}{4}$ cup.

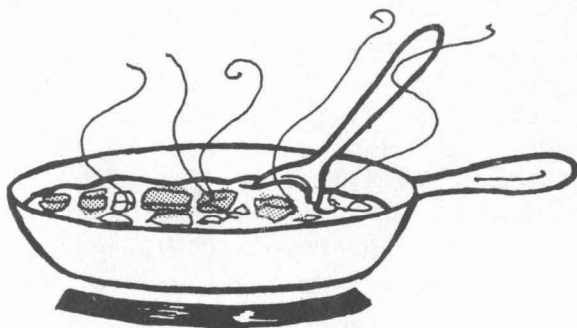
Add to eggs. Add $\frac{1}{2}$ teaspoon salt.

5



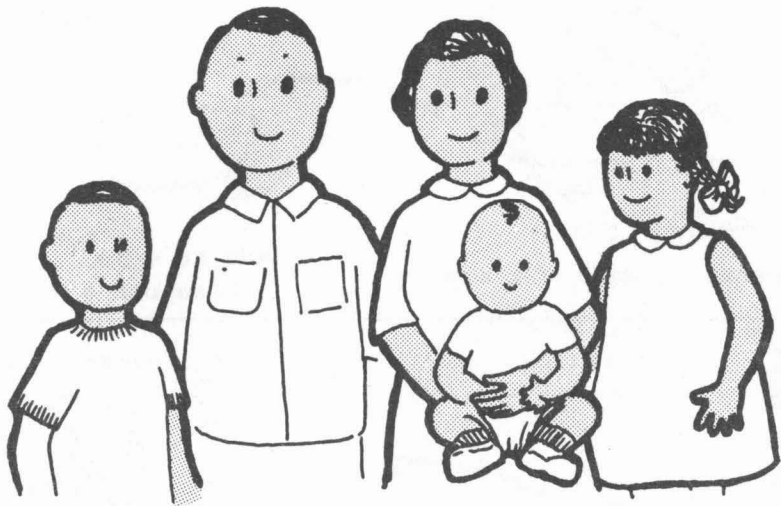
Add the eggs to the meat in the frying pan.

6



Cook on low heat. Cook until eggs are done. Stir a few times while it is cooking.

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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