12-Volt COOKBOOK

Cook and Eat Healthier On-The-Go
Egg Muffins

INGREDIENTS
2 eggs beaten
1-2 slices of pre-cooked bacon (or favorite meat) chopped
1 teaspoon shredded cheese or 1 slice crumbled cheese
¼ - ⅛ teaspoon Mrs. Dash® to taste
Fresh chopped spinach
Broccoli chopped fine

ONION sliced thin
Bell pepper
Jalapeno
Pinch of salt
Black pepper to taste

NOTE: Vegetables, meat and seasoning can be adjusted as preferred.

COOKING DIRECTIONS
Use small loaf pan 5 23/32" by 3 5/16" by 1 7/8". Coat loaf pan with cooking spray or thin coating of coconut oil. Place veggies, cheese and meat into loaf pan. Add spice to egg and mix thoroughly. Pour eggs into loaf pan over veggies and place into RoadPro® 12-Volt Portable Stove. Bake for about 1 hour, or until knife inserted into center of muffin comes out clean.

Serve and enjoy.
Flourless Banana Bread

INGREDIENTS
1-2 eggs
2 very ripe bananas
½ scoop whey based protein powder (optional)
1 teaspoon ground nuts if desired
Dash vanilla extract or ½ scoop vanilla whey based protein
¼ teaspoon cinnamon

NOTE: Batter should be moist and thick, may need more eggs depending on size of banana.

COOKING DIRECTIONS
Mix 2 very ripe bananas with 1-2 eggs, a pinch of cinnamon, and a dash of vanilla extract.

Place into a greased loaf pan and bake in the RoadPro® Portable Stove for 60-90 minutes or until knife inserted into the center of the loaf comes out clean.
INGREDIENTS
  Small tortilla's
  Shredded cheese or queso

COOKING DIRECTIONS
Place a piece of aluminum foil into the RoadPro® Portable Stove or RoadPro® 12-Volt Portable Frying Pan and pre-heat for about 15 minutes.

Place Tortilla into the stove and let warm 5-10 minutes. Rotate 180 degrees then place cheese on top (approximately 1-2 tablespoons shredded cheese per tortilla). Fold tortilla over and press into a half moon shape. Allow cheese to melt approximately 5-10 minutes.

Serve with salsa, sour cream and guacamole if desired. You can also include your favorite meat such as pre-cooked chicken, or small shrimp.
Meat Chili

INGREDIENTS
- 1 can of kidney or black beans drained (or ½ and ½)
- 2 cans of tomato with chilies
- 1 cup diced butternut squash (optional)
- ½ cup canned corn (optional)
- chili powder to taste
- ½ teaspoon of onion and garlic powder
- ¼ teaspoon cumin
- ¼ teaspoon coriander ground
- ½ teaspoon dried minced onion
- ½ teaspoon dried minced garlic

Southwest meat delight (see recipe on page 7)

COOKING DIRECTIONS
Place Ingredients into RoadPro® 12-Volt 1.5 Quart Slow Cooker and mix. Cook until hot. Adjust seasonings as desired.
Mediterranean Tuna Melt

INGREDIENTS

1 can tuna-drained
2 teaspoons of marinara or spaghetti sauce *(I like chunky vegetable!)*
1 wrap or tortilla pinch of italian seasoning
1 teaspoon black olives chopped (optional)

½-1 teaspoon of red onions chopped fine (optional)
1-2 slices of provolone or mozzarella cheese
Pinch of red pepper flakes (optional)

COOKING DIRECTIONS

Mix all ingredients except for cheese and tortilla into a bowl.
Place cheese on tortilla and then place tuna mixture into center of wrap. Fold over and place fold down onto a piece of foil in a pre-heated (about 15-20 minutes) RoadPro® Portable Stove. Warm until cheese has melted and sandwich is desired temperature.
**INGREDIENTS**

- 1.5-2 pounds ground turkey or other lean meat
- 1 can kidney beans drained
- 1 can black beans drained
- 1 small can corn drained (optional)

**CHILI POWDER**

\(\frac{1}{4}\) teaspoon of the following:

- Onion Powder
- Garlic Powder

Seasonings can be adjusted to taste.

**COOKING DIRECTIONS**

Brown ground meat in the RoadPro® Frying Pan in batches. Add beans and corn. Add seasonings to taste. Cook until warm and serve as desired, or mix meat, seasonings and beans into loaf pan. Bake for approximately 1 hour in the RoadPro® 12-Volt Portable Stove.

Allow to cool. Crumble or cut into chunks to be used in the mexican lasagna, as nacho topping, egg muffins, or served with scrambled eggs.
INGREDIENTS
1-2 medium or 2-3 small sweet potatoes pre-baked in the RoadPro® Portable Stove
1 pound of ground meat such as lean turkey or chicken
1 teaspoon of Italian seasoning
1 teaspoon of Mrs. Dash® divided

½ teaspoon chopped garlic
½ teaspoon minced onion
1 package frozen mixed vegetables
½-1 teaspoon of butter
Salt and pepper to taste

NOTE: Bake sweet potato in oven 1-2 hours (can be done in advance)

COOKING DIRECTIONS
Once sweet potato has been cooked, remove skin and mash, mix with butter, salt, pepper, and Italian seasoning.
Mix ground meat with remaining seasoning, and place into a greased loaf pan.
Top meat mixture with frozen veggies, and place sweet potato mixture on top.
Bake in RoadPro® Portable Stove for about 1½ hours or until meat is fully cooked, use a meat thermometer to check the temperature (temperature will depend on type of meat being used).
INGREDIENTS

Crust
- 1 cup of quick or rolled oats.
- 1 tablespoon flax seed meal
- 2 tablespoons of coconut oil (melted)
- 2 tablespoons of unsweetened applesauce
- 1/8 teaspoon vanilla extract
- Pinch of cinnamon

Filling
- 1 can unsweetened pumpkin
- 6-8 ounces cream cheese
- 1-2 scoops of chocolate whey based protein
- 4-5 eggs beaten
- Cinnamon and nutmeg to taste

COOKING DIRECTIONS

Crust - Mix ingredients and spread a thin layer into the bottom of a greased loaf pan, and slightly up the sides of the pan. Remaining mix can be made into no bake cookies (add favorite whey based protein powder for flavor).

Filling - Mix pumpkin and cream cheese thoroughly. Add chocolate protein powder, and mix. Add cinnamon and nutmeg to taste (can substitute Allspice®). Once-mixed to desired flavor, add in the 4-5 beaten eggs and mix thoroughly.

Place into loaf pan with the crust, and bake. Be sure to have foil snakes on the bottom of the Stove to keep off of direct heat. Bake approximately 2 hours or until a knife inserted into the center of the filling comes out clean.
Mexican-ish Lasagna

INGREDIENTS
1 or 2 small tortilla’s  
(I use corn taco size)  
Southwest Meat Delight  
or meat of your choice  
Salsa

Shredded Cheese  
Queso or ricotta cheese  
if desired additional  
black beans and or  
kidney beans

COOKING DIRECTIONS
Lightly spray a baking pan with non stick spray. Place 2 tortillas in bottom of the baking pan.

Layer in the other ingredients. Place 2 more tortillas and layer the pan until full.

Top with cheese and bake until hot for approximately 1 hour - 1½ hours in the RoadPro® Portable Stove.

Serving Tips: Unplug RoadPro® Portable Stove and allow to cool for approximately 5-10 minutes.

*While the ricotta is not truly Mexican I often have some on the truck for other recipes. As a result I use ricotta for this recipe.*
INGREDIENTS

3 ounces of Original Bill’s™ Steak Strips. Place in pan and cover with hot water and reconstitute about 30-45 minutes.

6-8 ounces cream cheese

1/4 - 1/2 cup sour cream

1 small can of mushrooms drained

2 teaspoons minced onion

2 cups of cooked egg noodles

1/2 teaspoon paprika

1/4 teaspoon garlic powder

Black pepper to taste

COOKING DIRECTIONS

In a pan begin to soften/melt cream cheese, adding in about 1/2 of the sour cream, reserving the rest. Once the cream cheese has mostly melted/softened add in the mushrooms and dry ingredients. Cook until warm, adding a small amount of water or milk if needed.

Heat Original Bill’s™ Steak Strips in hot water for 30-45 minutes

Chop Original Bill’s™ Steak Strips into small pieces. Add to the cream cheese mixture. Adjust seasoning if needed, and add remaining sour cream.

Serve over the cooked egg noodles. Garnish with sour cream, and a sprinkle of paprika.
Recipes By
Tom Kyrk
Professional Truck Driver
and
RoadPro®
Pro Driver Council Member