



ON THE GO...LIVING

12-Volt COOKBOOK



Cook and Eat Healthier
On-The-Go

Egg Muffins



RoadPro®
Portable Stove

INGREDIENTS

- | | |
|--|------------------------------|
| 2 eggs beaten | Onion sliced thin |
| 1-2 slices of pre-cooked bacon
(or favorite meat) chopped | Bell pepper |
| 1 teaspoon shredded cheese
or 1 slice crumbled cheese | Jalapeno |
| ¼ - ⅛ teaspoon Mrs. Dash® to taste | Pinch of salt |
| Fresh chopped spinach | Black pepper to taste |
| Broccoli chopped fine | |

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

COOKING DIRECTIONS

Use small loaf pan 5²³/₃₂" by 3⁵/₁₆" by 1⁷/₈". 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.



**RoadPro®
Portable Stove &
Aluminum Pan**

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.

Quesadilla



**RoadPro® 12-Volt
Portable Frying Pan or**



**RoadPro®
Portable Stove**

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



RoadPro®
12-Volt 1.5 Quart
Slow Cooker

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



RoadPro®
Portable Stove

INGREDIENTS

- | | |
|---|---|
| 1 can tuna-drained | ½-1 teaspoon of red onions
chopped fine (optional) |
| 2 teaspoons of marinara or
spaghetti sauce
(I like chunky vegetable!) | 1-2 slices of provolone or
mozzarella cheese |
| 1 wrap or tortilla pinch of
italian seasoning | Pinch of red pepper flakes
(optional) |
| 1 teaspoon black olives chopped
(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.



RoadPro® 12-Volt
Portable Frying Pan and



RoadPro®
Portable Stove

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

Onion and garlic powder

Salt

Black pepper

Parsley

Italian seasoning

CHILI POWDER

¼ teaspoon of the following:

Onion Powder

Garlic Powder

Cumin

Coriander

Paprika

Ground red pepper

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.



**RoadPro®
Portable Stove &
Aluminum Pan**

INGREDIENTS

- | | |
|--|--|
| 1-2 medium or 2-3 small sweet potatoes pre-baked in the RoadPro® Portable Stove | ½ teaspoon chopped garlic |
| 1 pound of ground meat such as lean turkey or chicken | ½ teaspoon minced onion |
| 1 teaspoon of italian seasoning | 1 package frozen mixed vegetables |
| 1 teaspoon of Mrs. Dash® divided | 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 1 ½ hours or until meat is fully cooked, use a meat thermometer to check the temperature (temperature will depend on type of meat being used).



**RoadPro®
Portable Stove &
Aluminum Pan**

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



RoadPro®
Portable Stove &
Aluminum Pan

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 - 1 ½ 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.



RoadPro®
12-Volt Portable Sauce
Pan and Popcorn Maker



Original Bill's™
Steak Strips

INGREDIENTS

- | | |
|---|-------------------------------------|
| 3 ounces of Original Bill's™
Steak Strips. Place in pan
and cover with hot water
and reconstitute about
30-45 minutes. | 2 teaspoons minced onion |
| 6-8 ounces cream cheese | 2 cups of cooked egg noodles |
| ¼-½ cup sour cream | ½ teaspoon paprika |
| 1 small can of mushrooms
drained | ¼ teaspoon garlic powder |
| | Black pepper to taste |

COOKING DIRECTIONS

In a pan begin to soften/melt cream cheese, adding in about ½ 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



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