Big Batch Recipe booklet

Breakfast CLUB of Canada™



Welcome!

Welcome to our recipe booklet designed to assist you in preparing delicious and nutritious breakfasts in large quantities, specifically tailored to the needs of schools.

We know that breakfast is a crucial meal for students, providing the energy required to start a productive day of learning. That's why we have compiled a collection of tasty, balanced recipes that are easy to prepare in large quantities, ensuring efficient preparation while offering a variety of options to satisfy all tastes. We hope these inspiring ideas will make every breakfast an enjoyable and nourishing experience for young learners.

Bon appétit, and happy culinary discoveries!



Tips for cooking in big batch

Before jumping into the recipes here are some tips to help you cook in big batch:

Planning:

• Plan your menu in advance by choosing recipes suitable for large-scale preparation.

Appropriate Equipment:

• Use pots, pans and utensils suitable for large quantities.

Preparation Time:

• Ensure enough time for preparation.

• Prepare ingredients ahead of time by cutting, chopping and measuring before starting to cook.

Batch Cooking:

• If possible, divide the recipe into smaller batches to facilitate cooking and ensure better quality.

• Use multiple burners or ovens simultaneously if you can.

Freezing:

• If some recipes allow, prepare them in advance and freeze for later use.

• Clearly mark the date and content on all containers before freezing.

Efficient Setup:

• Organize your workspace so that everything is easily accessible.

• Consider having helpers to assist with preparation and cooking tasks.

Organization:

• Label all containers and use recipe cards to properly follow the steps.

Versatile Recipes:

• Choose recipes that use versatile ingredients to minimize the number of items to buy.

• Consider dishes that can be served in different ways for more flexibility.

For more recipes and tips, visit the Nutrition section of our School's Corner.

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French Toast Bake with Berries



This method of preparing baked French toast will save you on cooking time and give a second life to your stale bread or leftover crusts. And you can freeze excess fresh fruit, such as berries or sliced apples, pears or plums, to make the fruit mixture.

Serves : 50 | Preparation : 10 min | Cooking : 50 min

Ingredients

French toast:

4 loaves (about 6 lb or 2.7 kg) of whole wheat bread, cut into 1" (2 cm) cubes

20 eggs

5 cups (1.25 litres) milk or soy beverage

1¼ cups (300 ml) maple syrup

2 tbsp (30 ml) vanilla extract

1 ½ tbsp (22.5 ml) ground cinnamon

Mixed fruit:

15 cups (3.5 litres) frozen berries or frozen leftover fruit (about 8 lb or 3.75 kg)

1 tbsp (15 ml) ground cinnamon

5 tbsp (75 ml) cornstarch

Directions

- Preheat the oven to 350°F (180°C).
- Spray five 9" x 13" (23 cm x 33 cm) baking dishes with cooking spray.
- Place the bread cubes in four or five large bowls.
- In another large bowl, mix the eggs, milk, maple syrup, vanilla extract and cinnamon.
- Pour the egg mixture over the bread cubes, stirring to coat. Let sit for 5 to 10 minutes, stirring occasionally.
- Evenly distribute the fruit in the prepared baking dishes.
- Add 1 tbsp (15 ml) of cornstarch and a pinch of cinnamon to each baking dish, mixing with the fruit.
- Spread the bread mixture on top.
- Bake in the oven for 45 to 50 minutes until the top is golden brown.

Three Sisters Soup

This delectable soup combines corn, squash and beans, known as the “Three Sisters” in certain Indigenous cultures. When planted together, these crops help each other grow—a tradition that has endured for generations. Note that this recipe is gluten, dairy, and meat-free.

Serves : 50

Preparation : 20 min

Cooking : 30 min

Ingredients

3 tbsp (45 ml) vegetable oil

5 onions, diced

20 carrots, chopped

20 garlic cloves, minced

20 celery stalks, chopped

40 cups (10 litres) vegetable broth

5 butternut squash, peeled and cubed

6 cups (1.5 litres) frozen corn

10 cans (19 oz/540 ml) no salt added kidney beans, drained and rinsed

3 tbsp (45 ml) dried thyme

Salt and pepper, to taste

Directions

- If necessary, separate all the ingredients to cook in multiple large saucepans.
- Heat oil in a large saucepan. Add onion, and sauté over medium heat, stirring often until golden, about 2 minutes.
- Add carrots, garlic and celery, and sauté for another 10 minutes or until softened.
- Add vegetable broth and bring to a boil.
- Turn down heat, and add cubed squash. Simmer, covered, for 15 minutes, stirring occasionally.
- Add corn, beans, thyme, salt and pepper. Stir and simmer another few minutes, until the vegetables are fork tender.
- Serve with bannock or whole wheat bread

Recipe adapted from: https://food-guide.canada.ca/en/recipes/corn-bean-squash-soup-three-sister-s-soup/

Egg Baskets



Photo credit: Egg Farmers of Canada

Serves : 48

Preparation : 5 mins

Cooking: 15 mins

Ingredients

½ cup (125 mL) margarine or baking spray

24 slices whole wheat bread, sliced in half diagonally

48 eggs

3 cups (750 mL) shredded Cheddar cheese

Directions

- Preheat the oven to 350°F (180°C) and grease four muffin tin trays with margarine or cooking spray.
- Place 1 piece of bread previously cut into cups of muffin tins, pressing to fit into the shape of the cups.
- Carefully crack an egg into each bread cup. Sprinkle about 1 tablespoon (15 mL) cheese over each egg.
- Bake in preheated oven until eggs are cooked, about 15 minutes.
- Let rest for a few minutes before serving as Egg Baskets will be hot. If necessary, run knife around Egg Baskets to loosen from muffin tin.

Recipe created in collaboration with Egg Farmers of Canada www.eggs.ca

Dal Bhat

Dal bhat features a delightful blend of lentils and rice, a popular traditional dish in Nepal. The harmonious mix of flavours and warmth makes it an ideal choice for a comforting meal, especially on a cold day. A recipe worth trying with your students!

Serves : 40

Preparation : 15 min

Cooking : 45 min

Ingredients

½ cup (125 ml) vegetable oil

10 onions, chopped finely

2 garlic heads or 20 garlic cloves, minced

1 small ginger root, grated

2 tbsp (30 ml) coriander seeds, crushed

1 tbsp (15 ml) turmeric

10 cups (2 kg) red lentils, washed

30 cups (7.5 litres) water

2 tbsp (30 ml) salt

1 cup (250 ml) chopped fresh cilantro

20 cups (4 kg) boiled or steamed rice*

Directions

- If possible, separate all the ingredients in half to cook in two large saucepans.
- Heat the oil in the saucepan, and cook the onions until translucent but not brown.
- Turn the heat to low, and add in the garlic, ginger, crushed coriander seeds and turmeric. Stir to combine for about 5 minutes.
- Add in the red lentils, and mix well.
- Add in the water, and bring to a boil. Add in the salt, and reduce heat to a simmer for about 25 minutes or until the lentils are tender.
- Taste and adjust seasonings if necessary. Stir in the fresh cilantro and remove from heat.
- Serve with the rice.

Note: Rice essentially triples in both volume and weight after cooking. 1 cup of rice will yield 3 cups; 1 kg of rice will yield 3 kg.

Recipe adapted from : https://www.internationalcuisine.com/nepali-dal-bhat/

Pancake Bites



The preparation and cooking time to make pancakes can be a challenge when cooking for a large number of people. But with this oven-baked recipe, specially designed for muffin moulds, you can have an entire batch of bite-sized pancakes ready in a snap.

Serves : 60 | Preparation : 10 min | Cooking : 30 min

Ingredients

- 10 cups (2.5 litres) whole wheat flour
- 3 tbsp (45 ml) baking powder
- 2 tsp (10 ml) salt
- 10 eggs
- 1 cup (250 ml) sugar
- 4 tsp (20 ml) vanilla extract
- 9 cups (2.25 litres) milk or soy beverage
- Choice of toppings*

Topping ideas

Bananas and cinnamon

Strawberries

Apples and cinnamon

Cheese (grated)

Directions

- Preheat the oven to 350°F (180°C). Grease 60 regular size muffin moulds or 180 mini-muffin moulds.
- In a large bowl, mix the flour, baking powder and salt. Set aside.
- In another large bowl, combine the eggs, sugar and vanilla. Mix with an electric mixer at low speed for about 5 minutes.
- While still beating, add half of the milk, then the flour mixture. Add the other half of the milk and continue beating until the mixture is smooth.
- Fill each mould halfway up with the pancake batter. Add desired toppings.
- Bake in two batches until the pancake bites are golden and a toothpick stuck in the centre comes out clean (about 25–30 minutes for regular muffins and 18–20 minutes for mini-muffins).

Make-Ahead Breakfast Burritos

This breakfast burrito recipe couldn't be any easier, and it takes just four simple ingredients! Prepare them in advance, and when the morning rush hits, simply heat for a hassle-free, kid-approved breakfast that checks all the boxes for quick, wholesome indulgence!

Serves : 48

Preparation : 10 min

Cooking : 20 min

Ingredients

¼ cup (60 ml) vegetable oil

36 eggs, lightly beaten

6 cans (14 oz/398 ml) black beans, drained and rinsed

48 small whole wheat tortillas

6 cups (1.5 litres) shredded cheddar cheese

Optional toppings: salsa, guacamole and/or plain Greek yogurt

Directions

- If possible, separate the ingredients in half to cook in two large non-stick saucepans.
- Warm the oil over medium heat and add the eggs. Let set for about 1 minute. Gently push to allow the uncooked eggs to flow underneath. Let set for another minute, and repeat to cook until eggs are just about set.
- Stir in the beans. Cook for about 2 minutes or until beans are warmed.
- Take the tortillas and, working with one tortilla at a time, place a heaping spoonful (about ¼ cup or 60 ml) of the egg mixture in the centre, spreading it out to make a line. Top with a handful of shredded cheese. Fold in two sides of the tortilla, then roll up. Place seam side down into a storage container or onto a large baking sheet. Continue to assemble the rest of the burritos.
- When ready to serve, preheat the oven to 350°F (180°C). Place each burrito on a baking tray, and bake for 10–15 minutes or until hot.
- Serve with the toppings of your choice.

Note: Burritos can be stored in an airtight container in the fridge for 3–5 days.

Recipe adapted from: https://www.yummytoddlerfood.com/easy-breakfast-burritos/

Egg Veggie Pops



Photo credit: Egg Farmers of Canada

Serves : 48

Preparation : 10 min

Cooking: 10 min

Ingredients

48 hard-boiled eggs, peeled

6 medium-large carrots or celery, each sliced into 8 sticks

Greek yogurt dip

3 cups (750 mL) plain Greek yogurt

1 tbsp (15 mL) garlic powder

2 tbsp (30 mL) dried parsley

½ tsp (2.5 mL) black pepper

4 tsp (20 mL) vinegar or lemon juice

Directions

Insert cut veggie sticks into the bottom of the hard boiled eggs, about 1 inch.

In a medium sized bowl combine all ingredients for the Greek yogurt dip mix well. Portion 1 tbsp (15 mL) of the dip into silicone muffin liners or little bowls.

Serve the egg veggie pops with the dip!

Note: As an alterative to the Greek yogurt dip, you can use a store-bought salad dressing instead.

Recipe created in collaboration with Egg Farmers of Canada www.eggs.ca

Easy Banana Oat Muffins

Packed with the wholesome goodness of bananas, oats, applesauce and whole wheat flour, these muffins are a delightful morning treat. They can also be made in advance and frozen individually for a quick grab-and-heat breakfast.

Serves : 60

Preparation : 15 min

Cooking : 30 min

Ingredients

5 large eggs

2½ cups (625 ml) brown sugar

2½ cups (625 ml) plain Greek yogurt

1⅔ cups (410 ml) milk or soy beverage

2½ cups (625 ml) unsweetened applesauce

3 tbsp (45 ml) vanilla extract

6 cups (1.5 litres) well-mashed banana (about 15 large)

7½ cups (1875 ml) whole wheat flour

1 tbsp (15 ml) baking soda

2 tbsp (30 ml) baking powder

1 tbsp (15 ml) salt

2 tsp (10 ml) ground cinnamon

5 cups (1.25 litres) quick oats

Directions

- Preheat the oven to 400°F (200°C). Spray five regular muffin tins with cooking spray or line with muffin liners.
- In a large bowl, beat the eggs, brown sugar, yogurt, milk, applesauce and vanilla, and stir until well combined.
- Add the mashed banana to the mixture.
- In a separate bowl, combine the dry ingredients: flour, baking soda, baking powder, salt, cinnamon and oats.
- Add the flour mixture to the wet ingredients, and stir just until combined (don’t overmix!).
- Spoon the mixture evenly into the muffin tins, filling each cup all the way to the top.
- Bake at 400°F (200°C) for about 5 minutes, then reduce heat to 350°F (180°C) and bake for another 20–25 minutes or until a toothpick inserted in the centre comes out clean.

Freezing Instructions: Allow the muffins to cool completely. Then place in airtight containers, and freeze for up to three months. To serve, bring to room temperature or place one muffin in the microwave for 15–20 seconds.

Recipe adapted from:
https://tastesbetterfromscratch.com/healthy-banana-oat-muffins/

Gallo Pinto



Photo credit: https://stripedspatula.com/gallo-pinto

Discover gallo pinto, a tasty Central American dish made with black beans and rice. Traditionally served for breakfast alongside eggs, this recipe is easy to prepare. Add more vegetables, depending on what's in season and what you have on hand.

Serves : 50 | Preparation : 10 min | Cooking : 15 min

Ingredients

5 small yellow onions

5 red peppers

½ cup (125 ml) vegetable or canola oil

8 garlic cloves

5 cans (14 oz/398 ml) black beans, drained and rinsed

4 cups (1 litre) water

1 cup (250 ml) Salsa Lizano*

15 cups (3.75 litres) cooked rice**, preferably day-old and refrigerated

250 mL (1 cup) chopped fresh cilantro

Recipe adapted from: https://stripedspatula.com/gallo-pinto

Directions

- Chop the onions and the peppers in a food processor. Set aside. Mince the garlic.
- Heat oil in a large skillet over medium-high heat until shimmering. Sauté chopped pepper and onions until peppers are soft and onions are translucent, about 6 to 8 minutes. Add minced garlic, and cook for 1 minute.
- Divide the vegetable mixture among three saucepans.
- In each saucepan, add approximately one-third of the black beans, water and Salsa Lizano, stirring to combine. Simmer for 5 minutes, until slightly thickened and a little bit of the liquid has evaporated.
- In each saucepan, gently stir in 5 cups (1.25 litres) of cooked rice. Cook until heated through and most of the liquid is absorbed, about 5 minutes.
- Stir in chopped cilantro. Season to taste with additional Salsa Lizano, if desired, and serve.

*Salsa Lizano (Lizano sauce) is a Costa Rican condiment that can be found in many specialty grocery stores. It gives a wonderful flavour to this dish, but if you can't find any, try this instead: ½ cup (125 ml) Worcestershire or HP sauce **OR** 6 tbsp (90 ml) soy sauce mixed with 2 tbsp (30 ml) maple syrup

**Check the yield on the packaging. As a rule of thumb, 1 cup (250 ml) of uncooked rice makes 3 cups (750 ml) of cooked rice.

Versatile Baked Oatmeal Squares

Perfect for those who love versatility in their breakfast routine, this recipe offers a delicious base that can be tailored to your taste preferences. Whether you crave the sweetness of seasonal fruits or the crunch of nuts, this baked oatmeal provides a canvas for endless creativity. It's a convenient and nutritious way to start your day on a flavourful note.

Serves : 48

Preparation : 10 min

Cooking : 45 min

Ingredients

8 cups (2 litres) plain Greek yogurt

1 cup (250 ml) vegetable oil

16 large eggs

3 tbsp (45 ml) vanilla

16 cups (4 litres) milk or soy beverage

24 cups (6 litres) old-fashioned rolled oats

4 tsp (20 ml) salt

1 cup (250 ml) sugar or brown sugar

3 tbsp (45 ml) baking powder

3 tbsp (45 ml) cinnamon

4 cups (1 litre) toppings of choice (fresh or dried fruit, nuts, etc.)

Directions

- Preheat oven to 350°F (180°C). Spray four 9" × 13" (23 cm x 33 cm) baking pans with cooking spray.
- In a large mixing bowl, whisk together the yogurt, vegetable oil, eggs and vanilla until well combined. Whisk in the milk.
- Pour oats evenly over the milk mixture, but do not stir. This will create a "bed" for the rest of your dry ingredients.
- Sprinkle salt, sugar, baking powder and cinnamon evenly over the top of the oats. Stir until well combined.
- Pour mixture into prepared pans, spreading oats evenly. Bake it plain or add your favourite toppings.
- Bake for 40–45 minutes until firm to the touch, lightly golden on top and just golden brown around the edges. Allow to cool for 5 or 10 minutes before cutting.
- Cut into 12 squares per baking pan and serve.

Freezing Instructions: Allow the squares to cool completely. Then place in airtight containers, and freeze for up to three months. To serve, bring to room temperature or place one oatmeal square in the microwave for 15-20 seconds.

Recipe adapted from : https://www.themerchantbaker.com/big-batch-baked-oatmeal/