

FOOD CONCOCTIONS

Sign Me Up!

Welcome to Food Concoctions. This is where you post what you have made with the items in your fridge. You can search what others have made and keep your own recipe book. Write what you have and enjoy other recipes posted!!

Log In

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SIGN UP!

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WELCOME TO FOOD CONCOCTIONS

Here you can search recipes that other users have posted, post your very own recipes, and contain a catalogue of the recipes you have posted along with the recipes you have saved from other users. To get started, click the links above to go to the page of choice. Enjoy!

Log-Out

POST A RECIPE

Name your Recipe!

prep time:

What Ingredients
do you have?



Describe what to
do!

UPLOAD IMAGE

OR

choose
default

SEARCH RECIPES

Log-Out

Search by name.

*Search by
Ingredient.*

*Search by prep
time.*

*Here are some
possible recipes
to try.*

*Click each one
to View*



filter recipes



MY RECIPE BOOK

Log-Out



*Search by
Ingredient*

*Search
by Name*

*Search by
prep time*

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MY RECIPE BOOK



Breakfast Pizza

Instead of sauce use liquefied scramble eggs with your choice of toppings. I like bacon and sausage. Mince up a little red onion. Add a little garlic powder salt and pepper to egg mix

Scramble Eggs

Onion

Toppings

Garlic Powder

Cheese

Tortilla

prep time:

30 minutes

Save

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Scramble Eggs

Onion

Toppings

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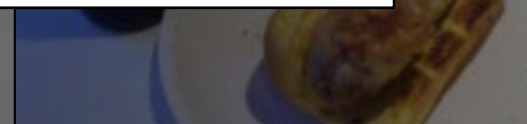
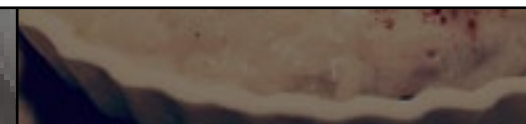
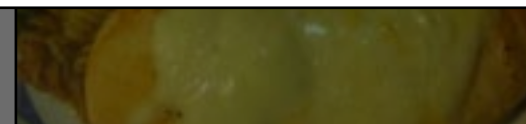
Cheese

Tortilla

prep time:

30 minutes

Save



Log-Out

MY RECIPE BOOK



Leftovers Omelette

A quick and easy breakfast I like to do, take whatever leftovers are in the fridge and make an omelette out of it! I used left over mix of ground beef, rice, tomato, onion, and pieces of green beans that was for my stuffed peppers the other day.

Scramble Eggs	Onion	Tomatoes
Rice	Ground Beef	Leftovers
Cheese	Green Beans	

prep time:

15 minutes

Save

Log-Out

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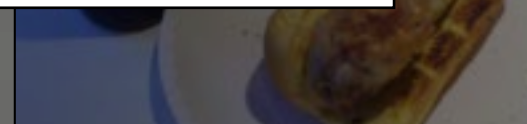
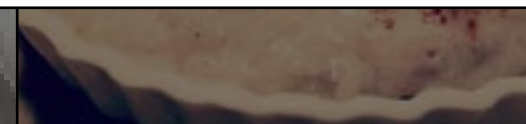
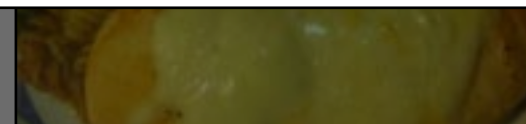


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|---------------|-------------|-----------|
| Scramble Eggs | Onion | Tomatoes |
| Rice | Ground Beef | Leftovers |
| Cheese | Green Beans | |

prep time:

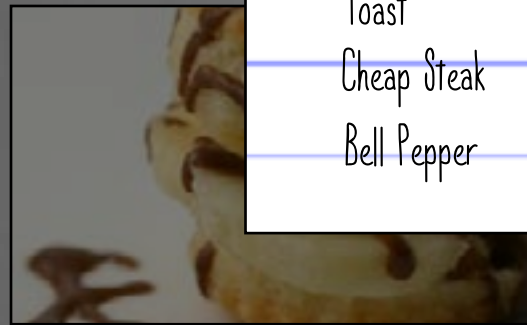
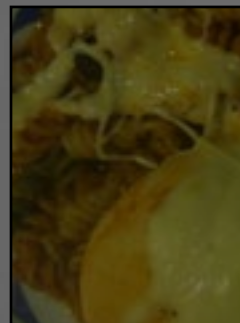
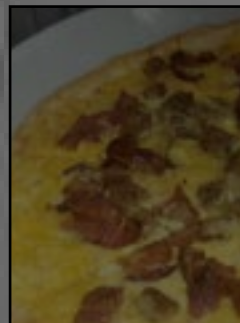
15 minutes

Save



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MY RECIPE BOOK



Philly Cheesesteak

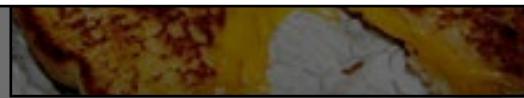
Here's my dinner. slice up one cheap steak u can find on sale, along with a bell pepper and an onion. fry them in a pan, and toast 2 slices of bread. put it on the break and while its still hot add a slice of cheese!

Toast	Onion
Cheap Steak	Cheese
Bell Pepper	

prep time:

30 minutes

Save



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Philly Cheesesteak

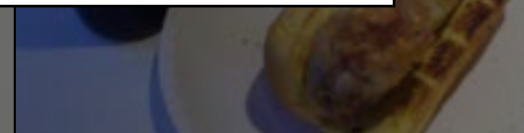
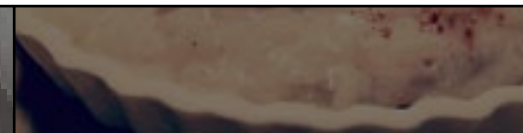
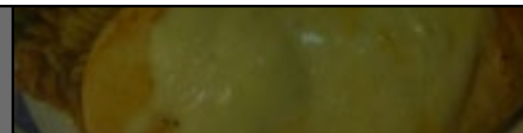
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- Toast
- Cheap Steak
- Bell Pepper
- Onion
- Cheese

prep time:

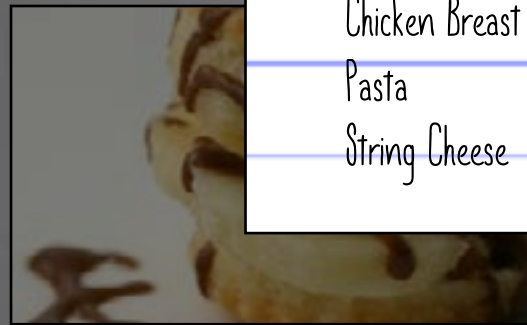
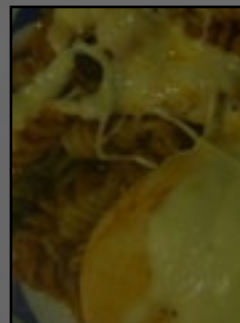
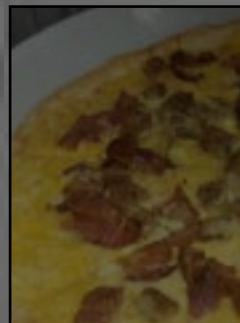
30 minutes

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MY RECIPE BOOK



Chicken Parmesan

I just made homemade chicken parm, I made chicken in a tomato sauce, seasoned it added water and vinegar to add tang and to thin out the thick sauce, put half the sauce in with the chicken to bake in the oven... cooked sum pasta, then when

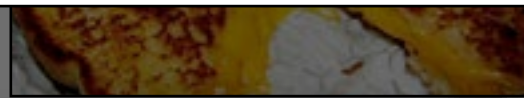


- Chicken Breast
- Pasta
- String Cheese
- Onion
- Garlic Powder
- Tomato Sauce
- Vinigar

prep time:

30 minutes

Save



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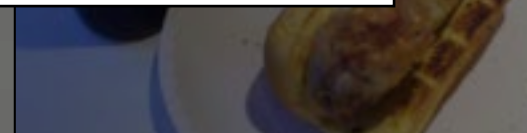
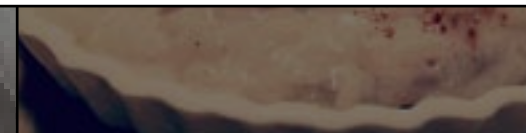


- Chicken Breast
- Pasta
- String Cheese
- Onion
- Garlic Powder
- Tomato Sauce
- Vinigar

prep time:

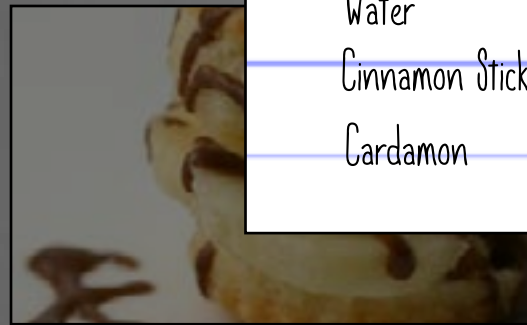
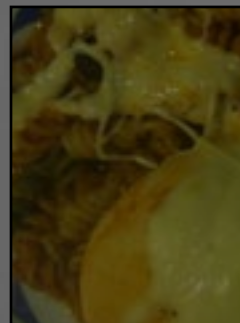
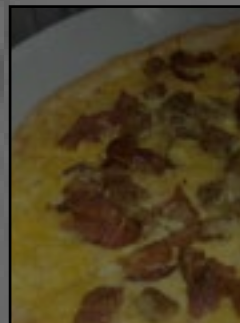
30 minutes

Save



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MY RECIPE BOOK



Cinnamon Rice Dolce

Bring 2 cups of water (unsalted) with 2 cinnamon sticks, 2 cardamon pods, and a several cloves to a boil. Keep boiling for 5 minutes, then remove the pods and cloves. Add in 1 cup of rice (rinsed...I used Basmati) and cook. When there's a little water left,

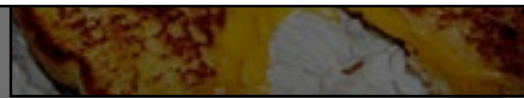


Water	Cloves	Grapes
Cinnamon Sticks	Basmati Rice	Maple Syrup
Cardamon	Coconut Milk	Ground Cinnamon

prep time:

30 minutes

Save



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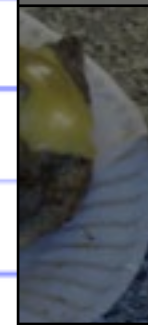
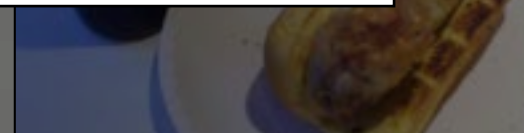
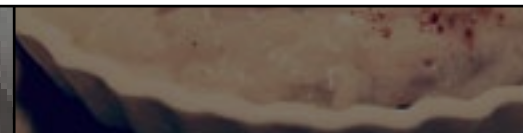
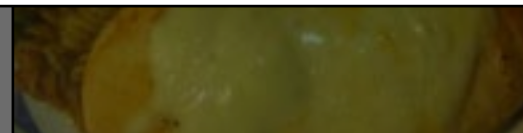


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| Water | Cloves | Grapes |
| Cinnamon Sticks | Basmati Rice | Maple Syrup |
| Cardamon | Coconut Milk | Ground Cinnamon |

prep time:

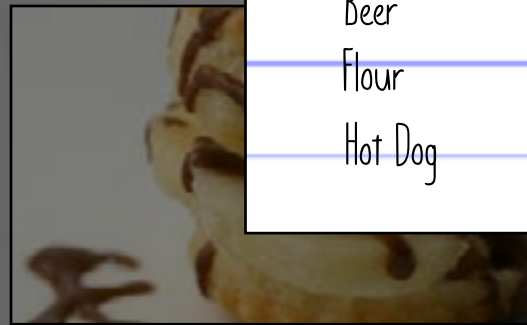
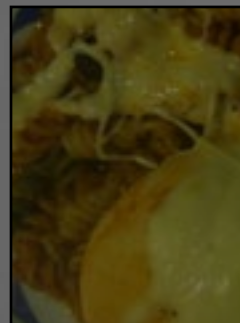
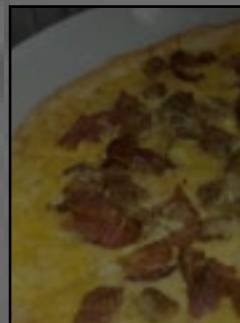
30 minutes

Save



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MY RECIPE BOOK



Beer Dog

So you wake up hungover from the party the night before. You need something to soak up the booze n they always say a beer normally cures a hangover...sooo...you grab the warm beer left out from last nite, find a little flour and salt...now you have a beer

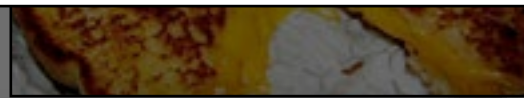


- Beer
- Oil
- Flour
- Bun
- Hot Dog
- Toppings

prep time:

30 minutes

Save



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h by ime

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click each
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prep time:

30 minutes

Save

Beer

Oil

Flour

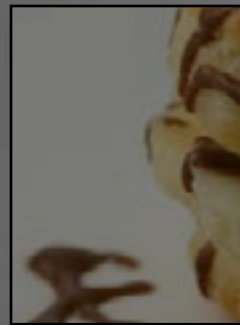
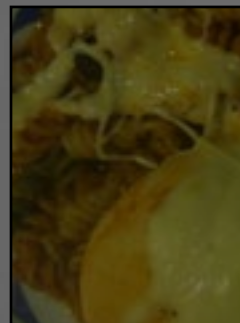
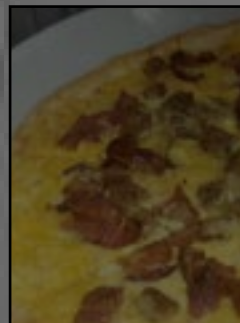
Bun

Hot Dog

Toppings

Log-Out

MY RECIPE BOOK



Puff Pastry

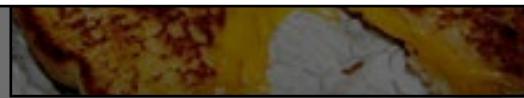
I like to make these quick little breakfast snacks for my boyfriend to eat on his way to work: sliced banana (or apple), flax seeds, almond butter, and a little honey and cinnamon sandwiched between saltines or any other crackers we have on hand. They

Banana/Apples Flax Seeds Crackers
Honey Almond Butter
Chocolate Topping Ground Cinnamon

prep time:

5 minutes

Save



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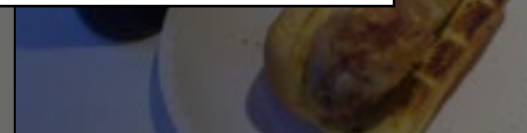
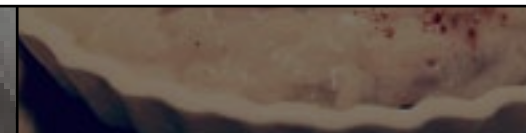


- Banana/Apples
- Flax Seeds
- Crackers
- Honey
- Almond Butter
- Chocolate Topping
- Ground Cinnamon

prep time:

5 minutes

Save



MY RECIPE BOOK

Log-Out



Grilled Cheese

Who can't forget the classic grilled cheese. Fry up a ton of butter toast both pieces of bread. Add double cheese and grill other side.

Bread
Cheese
Butter

prep time:

5 minutes

Save

Log-Out

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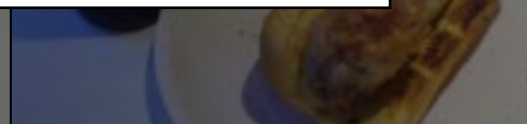
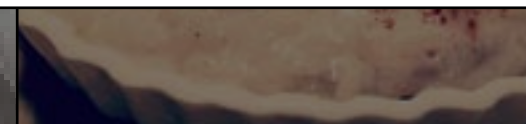
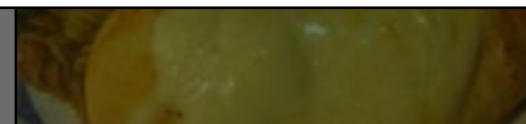


Bread
Cheese
Butter

prep time:

5 minutes

Save



MY RECIPE BOOK

Log-Out



Pizza Steak

An awesome dinner or late night snack.
Put two cheese champs pizzas in the oven or microwave (or whatever personal pizza you like) and heat for about 5 min. Then take some roast beef (or whatever meat you want... bacon, steak, whatever) and heat it

2 Personal Pizzas Onion
Roast Beef or Meat Toppings
Cheese

prep time:

30 minutes

Save

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