

# 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

Username:

Password:



[Go back to Homepage](#)

**SIGN UP!**

Username:

Password:

EmailAddress

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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

Log-Out

# SEARCH RECIPES

*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*

Log-Out

# 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  
Toppings  
Cheese

Onion  
Garlic Powder  
Tortilla

prep time:

30 minutes

Save

Search by  
Ingredient

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by Name

Search by  
prep time

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Toppings  
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Onion  
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Tortilla



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

Search by  
Ingredient

Search  
by Name

Search by  
prep time

Log-Out

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| Cheese        | Green Beans |           |

Log-Out

# MY RECIPE BOOK



Toast  
Cheap Steak  
Bell Pepper

Onion  
Cheese

## 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!

prep time:  
30 minutes

Save

Search by  
Ingrident

Search  
by Name

Search by  
prep time

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30 minutes

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Log-Out

# MY RECIPE BOOK



Chicken Breast  
Pasta  
String Cheese

Onion  
Garlic Powder  
Tomato Sauce

Vinigar

## Chicken Parmesean

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

prep time:

30 minutes

Save

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prep time:

30 minutes

Save

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

Log-Out

# 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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Ingredient

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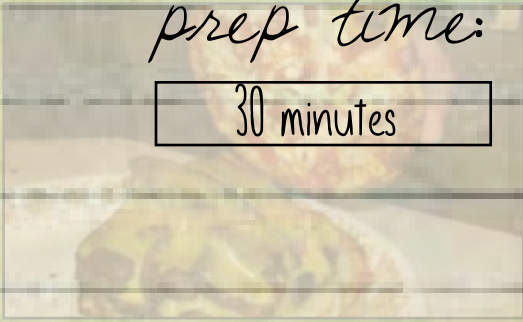
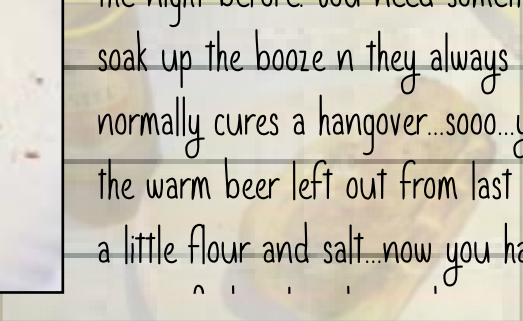
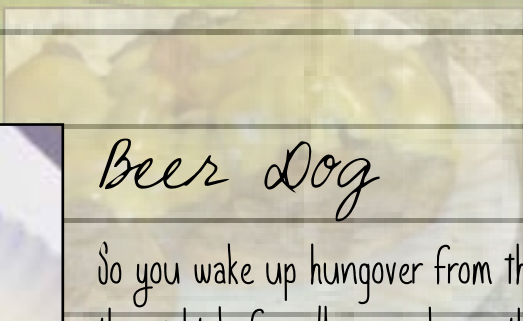
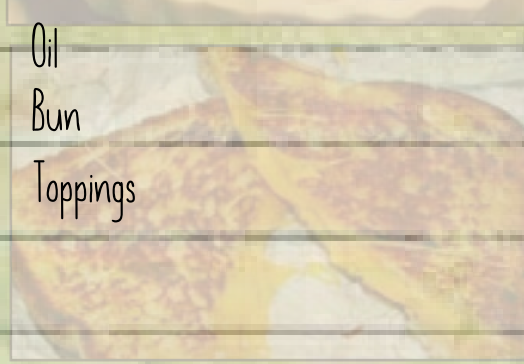
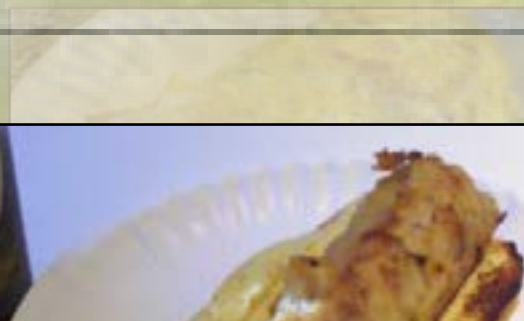
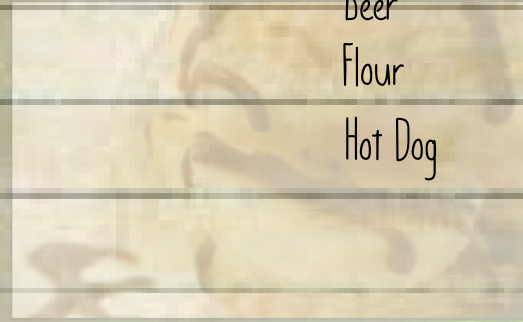
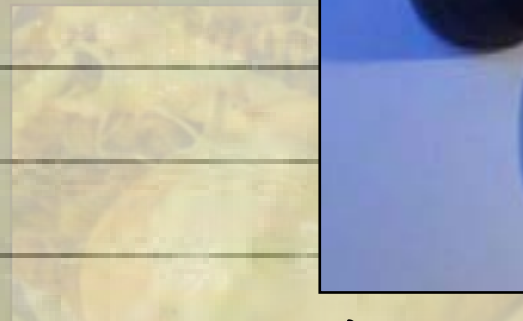
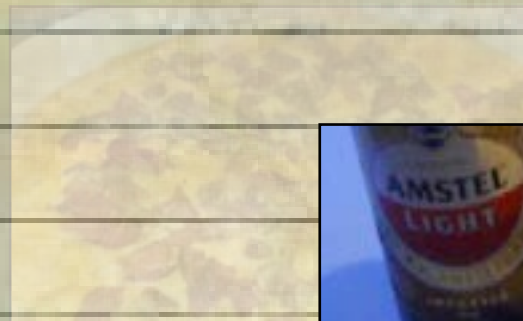
Save

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



Log-Out

# 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

prep time:

30 minutes

Save

Search by  
Ingredient

Search  
by Name

Search by  
prep time

Log-Out

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Ingredient.

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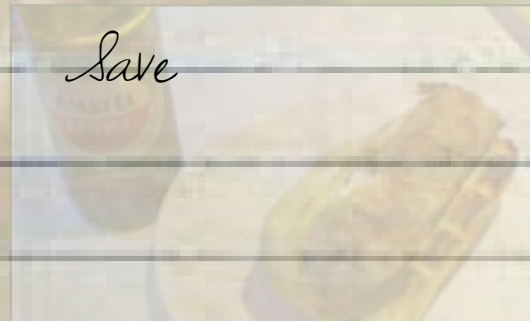
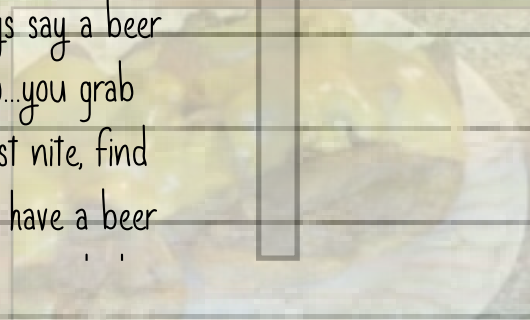
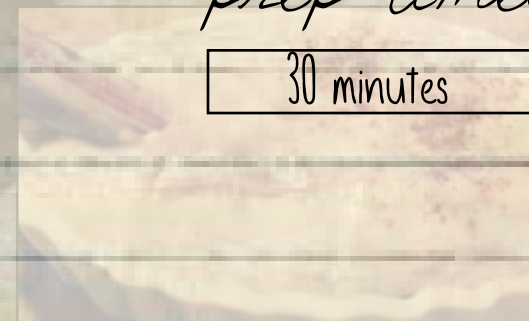
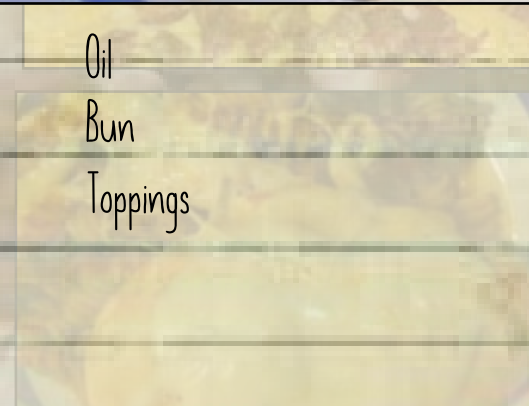
prep time:

30 minutes

Save

Beer  
Flour  
Hot Dog

Oil  
Bun  
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

*prep time:*  
5 minutes

Save

*Search by Ingredient*

*Search by Name*

*Search by prep time*

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

Log-Out

# SEARCH RECIPES

Search by name.

Search by ingredient.

Search by time.

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click each one to view



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

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Save

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# MY RECIPE BOOK



Bread  
Cheese  
Butter

## 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.

prep time:

5 minutes

Save

Search by  
Ingredient



Search  
by Name



Search by  
prep time



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# MY RECIPE BOOK



2 Personal Pizzas  
Roast Beef or Meat  
Cheese  
Onion  
Toppings

## 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

prep time:  
30 minutes

Save

Search by  
Ingredient

Search  
by Name

Search by  
prep time

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