



Egg Recipes

That Stretch Your Grocery Dollars

30 Eggs in 30 Days





The “30 Eggs in 30 Days” Plan.....	1
WEEK 1 – Cozy & Practical (10 Eggs)	2
Small-Batch Breakfast Strata	2
Fried Egg Toast.....	3
WEEK 2 – Light & Fresh (8 Eggs)	4
Ranch-Style Chef’s Salad	4
Midweek Dinner: Simple Carbonara	5
Bonus Breakfast Scramble.....	6
WEEK 3 – Something Different - 9 Eggs.....	7
Dinner: Shakshuka Skillet	7
Lunch: Creamy Egg Salad (Small Batch)	8
WEEK 4 – Comfort Meals (9 Eggs)	10
Karin’s Flexible Farmhouse Frittata.....	10
Week 4 Comfort Meal: Better-Than-Takeout Fried Rice	12
Bonus Recipes.....	13
Old Fashioned Baked Custard.....	13
Karin’s Tapioca Pudding.....	14

The “30 Eggs in 30 Days” Plan

30 Eggs | 4 Weeks | No Egg Burnout

Around here, we don’t waste good food and we keep it simple.

Eggs have always been one of the smartest staples in a ranch kitchen. They stretch, they enrich, and they turn a handful of simple ingredients into something that feeds a family well.

This little book was built around one of our 2½ dozen cartons — 30 ranch-fresh eggs — and a simple idea: you can feed four people for four weeks without egg burnout, without a second grocery run, and without sacrificing flavor, all while helping use up leftovers and ingredients you already have.

We’re glad you’re cooking with us. 🐔🥚



WEEK 1 – Cozy & Practical (10 Eggs)

Small-Batch Breakfast Strata

Serves 4 | Uses 6 eggs

Result: Soft, custardy, almost French-toast-meets-savory texture.

Ingredients

- 6 eggs
- ¼ cup milk or cream
- 2 cups cubed day-old bread (let it sit out to dry if fresh)
- ½ lb browned sausage or diced ham
- 1 cup shredded cheese
- Salt & pepper
-

Method

1. Brown meat and drain.
2. Lightly grease 8x8 dish.
3. Spread bread cubes evenly.
4. Sprinkle meat and cheese over bread.
5. Whisk eggs, milk, salt and pepper.
6. Pour slowly over top, pressing bread down gently so it absorbs.
7. Let it sit 10–15 minutes before baking (this helps the soak).
8. Bake 350° for 30–35 minutes.





Fried Egg Toast

Serves 4 | Uses 4 eggs | 10 minutes start to finish

Simple. Fast. Surprisingly filling.

This isn't fancy café toast.

This is ranch-kitchen toast that gets the job done.

Ingredients

- 4 large eggs
- 4 slices thick-cut bread (sourdough, wheat, whatever you've got)
- 1–2 ripe avocados (optional but recommended)
- 1 tbsp butter or olive oil
- Salt & black pepper
- Red pepper flakes (optional)

Optional add-ons if you've got them:

- Crumbled bacon
- Sliced ham
- Tomato slices
- Microgreens or arugula
- A drizzle of hot honey

Method

1. Toast the bread first. You want it sturdy enough to hold an egg without sagging.
2. Mash avocado (if using). Add a pinch of salt and squeeze of lemon if you've got it.
3. Heat skillet over medium. Add butter or oil.
4. Crack in eggs. Cook until whites are set but yolks are still soft — about 3–4 minutes.

(If someone doesn't like runny yolks, flip and cook another minute.)

5. Assemble.
 - Spread avocado.
 - Slide egg on top.
 - Season generously with salt and pepper.



Week 1 Total: 10 eggs





WEEK 2 – Light & Fresh (8 Eggs)

Ranch-Style Chef's Salad

Serves 4 | Uses 3 hard-boiled eggs | 20 minutes

Ingredients

Base

- 6–8 cups chopped romaine (about 2 heads)
- 3 hard-boiled eggs, peeled and sliced

Protein

- 1½ cups diced ham, turkey, or leftover roast
- 1 cup shredded or cubed cheese (cheddar, Swiss, or pepper jack), or crumbled cheese (blue cheese or feta)

Fresh Add-Ins

- 1 cup cherry tomatoes
- ½ cucumber, sliced
- ¼ red onion, thinly sliced (optional)

Optional Extras

- Crumbled bacon
- Sliced avocado
- Sunflower seeds

Suggested Dressings

- Ranch
- Blue cheese
- Or simple vinaigrette

Method

1. Chop lettuce into bite-size pieces and divide among 4 large bowls.
2. Arrange meat and cheese over greens.
3. Slice eggs into wedges and place on top.
4. Sprinkle with your favorite add-ins and extras.
5. Top with dressing and enjoy!





Midweek Dinner: Simple Carbonara

Serves 4 | Uses 4 eggs | 25 minutes

This is the dinner you make when you've got bacon in the fridge and box of pasta in the pantry. Carbonara is one of those meals that feels a little fancy... but it's really just eggs doing all the work. No cream. No complicated sauce when you build it ranch-kitchen style.



Ingredients

- 1 lb spaghetti (or fettuccine)
- 6 slices bacon, chopped (or diced pancetta if you're feeling traditional)
- 4 large eggs
- 1 cup freshly grated parmesan (not the shaker can)
- 1 tsp cracked black pepper
- Salt (for pasta water)

Optional ranch upgrade:

- Toss in sautéed peas or spinach
- Add a little garlic to the bacon

Method (Timing Matters Here)

1. Boil Pasta

Bring a large pot of salted water to boil. Cook pasta until just al dente. Before draining, reserve ½ cup pasta water.

2. Cook Bacon

While pasta cooks, sauté chopped bacon in a large skillet until crisp. Remove skillet from heat once done.

3. Make Egg Mixture

In a bowl, whisk:

- 4 eggs
- 1 cup parmesan
- Black pepper

4. The Important Part

Add hot drained pasta directly into the skillet with bacon (heat OFF).

- Toss quickly.
- Slowly pour egg mixture over pasta while tossing constantly.
- The residual heat cooks the eggs gently and creates a silky sauce.
- If it looks too thick, add a splash of reserved pasta water and keep tossing.
- You should get glossy, creamy noodles (not scrambled eggs!)
- The eggs thicken from the heat but don't scramble if the skillet is off the burner and you whisk continuously.





Bonus Breakfast Scramble

Uses 1 egg and adds protein to your favorite breakfast!

Whisk 1 egg and slowly stir it into the final minutes of cooking oatmeal. Keep stirring as it disappears into the oats, making them rich and creamy.

Week 2 Total: 9 eggs





WEEK 3 – Something Different - 9 Eggs

Dinner: Shakshuka Skillet

Serves 4-6 | Uses 6 eggs | 20 minutes

This is one of those meals that looks impressive but is dead simple.

Ingredients

- 6 eggs
- 1 jar (24 oz) marinara
- ½ diced onion
- 1 diced bell pepper
- 1 tsp paprika
- Olive oil
- Salt & pepper

Method

1. Sauté onion and pepper in olive oil until soft.
2. Stir in marinara and paprika. Simmer 5 minutes.
3. Make 6 small wells in the sauce.
4. Crack eggs into the wells.
5. Cover and cook 8–10 minutes until whites are set.

Served with crusty bread or warm tortillas, it feels hearty. It doesn't feel like "just eggs."





Lunch: Creamy Egg Salad (Small Batch)

Uses 3 eggs. Simple, no fuss.

Ingredients

- 3 hard-boiled eggs, chopped
- 2–3 tbsp mayonnaise (start with 2, add more if needed)
- 1 tsp yellow or Dijon mustard
- 1 tbsp finely chopped celery (optional but adds crunch)
- 1 tbsp chopped green onion or chives (optional)
- Salt & black pepper to taste

Optional ranch add-ins:

- Tiny splash apple cider vinegar
- Pinch paprika
- A spoonful of pickle relish

Method

1. In a bowl, combine chopped eggs, mayo, and mustard.
2. Fold gently — don't stir aggressively.
3. Add celery and green onion if using.
4. Season with salt and pepper.
5. Taste and adjust.

Let it rest in the fridge 20–30 minutes if you can. It firms up and the flavor deepens.

How to Stretch 3 Eggs for 4 People

This is where ranch math comes in.

Option 1: Veggie Bulk

Pile it high with shredded lettuce, radicchio or spring greens inside the sandwich. Add thinly sliced radishes.

Option 2: Add Protein

Mix in:

- ¼ cup diced ham
- ¼ cup cottage cheese
- Or crumbled bacon
- Or chopped leftover roast

Option 3: Serve Open-Faced

- Toast 4 slices of bread. Divide egg salad evenly and spread thin but wide. Top with sliced tomato.





Lighter Option

Spoon over:

- Mixed greens
- Cucumber slices
- Cherry tomatoes

Drizzle with olive oil and cracked pepper. Now it's more salad than sandwich.





WEEK 4 – Comfort Meals (9 Eggs)

Karin's Flexible Farmhouse Frittata

Serves 4–6 | Uses 6 eggs | 30 minutes

Karin's favorite, sturdy, hearty and good, hot or cold.

The Base (Start Here)

- 6 eggs
- ¼ cup milk or cream
- 1–1½ cups shredded or crumbled cheese (cheddar, Swiss, feta, goat cheese, pepper Jack, etc.)
- 1 tbsp olive oil or butter
- Salt & pepper



Choose Your Fillings (About 2 Cups Total)

1 Cooked Veg (1/2-1 cup)

- Sautéed onions
- Bell peppers
- Mushrooms
- Spinach
- Zucchini
- Roasted potatoes

Tip: Vegetables must be cooked first. Raw veggies release water, making them soggy.

2 Protein (½–1 cup)

- Diced ham
- Cooked sausage
- Bacon
- Leftover roast beef
- Shredded chicken

No protein? Skip it. Cheese carries the load.

Method

1. Preheat oven to 375°.
2. Heat an oven-safe skillet (cast iron is perfect)*.
3. Add oil or butter.
4. Add cooked veggies and protein. Warm through.
5. Whisk eggs, milk, salt and pepper.
6. Pour egg mixture evenly over fillings.





7. Sprinkle cheese on top.
8. Cook on stovetop 2–3 minutes until edges begin to set.
9. Transfer skillet to oven and bake 15–18 minutes until center is set but not dry.

Let rest 5–10 minutes before slicing.

*No oven-safe skillet? No problem.

Use:

- 8x8 glass baking dish (cooks more gently, softer texture)
- Ceramic baking dish
- Pie plate

How to Adjust:

1. Pre-cook fillings in a regular skillet.
2. Grease baking dish well.
3. Spread fillings evenly in dish.
4. Pour egg mixture over.
5. Top with cheese.
6. Bake at 375° for 20–25 minutes.

It becomes more like a crustless quiche — but just as good.

Frittata Combinations We Love

Comfort Version

- Sautéed potatoes
- Bacon
- Cheddar

Spring Version

- Spinach
- Green onions
- Feta

Clean Out the Fridge Version

- That last half onion
- Leftover roast
- Random vegetables



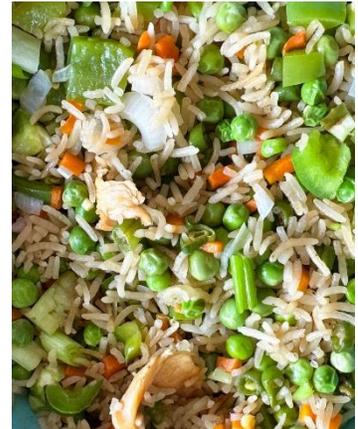


Week 4 Comfort Meal: Better-Than-Takeout Fried Rice

Serves 4-6 | Uses 3 eggs | 25 minutes

Ingredients

- 1 clove garlic, minced
- 4 cups cold cooked rice (day old is best. Fresh rice is too soft, and cold rice gives you a slightly chewy texture and prevents mush. If you cook rice on the same day, spread it on a baking sheet and chill 30-60 minutes).
- 2 eggs
- 1-1½ cups cooked protein (diced ham, pork, chicken, or beef)
- 1 cup frozen peas and carrots
- 3 tbsp soy sauce
- 1 tsp sesame oil (optional but great)
- 2 tbsp + 1 tsp vegetable oil, divided
- 2 green onions, sliced thin diagonally
- Salt & black pepper



Method

1. Mince the garlic clove and slice the scallions, separating the light- and dark-green parts.
2. Heat the 2 tablespoons of the vegetable oil in a large wok or nonstick frying pan over medium-high heat. Add the garlic, scallion whites, frozen peas and carrots. Stir-fry until the carrots and peas are thawed, about 2 minutes.
3. Add the cold cooked rice, breaking up any clumps of rice with your fingers as you add it in. Toss to combine with the peas and carrots.
4. Push the fried rice to one side of the pan. Add the remaining 1 teaspoon vegetable oil to the now-empty side of the pan, then crack the eggs into the oil. Whisk eggs lightly with a pinch of salt.
5. Cook quickly, breaking into soft pieces.
6. Drizzle soy sauce around the edges of the rice in the pan (not directly on the rice). Add sesame oil, toss well and fold the eggs in gently.
7. Taste before seasoning with more salt and pepper as needed (soy sauce is salty!). Sprinkle with the reserved scallion greens.





Bonus Recipes

Old Fashioned Baked Custard

Ingredients

If you're using chicken eggs:

- 4 eggs
- 4 cups whole milk
- 1/3 cup sugar
- 1 teaspoon vanilla
- Pinch of salt
- Nutmeg if you've got it



If you're using duck eggs:

- Use 3 duck eggs instead of 4 chicken eggs
(Duck eggs are bigger and richer. They make the custard extra silky.)

Method

1. Preheat your oven to 325°.
2. Warm the milk and vanilla in a saucepan until it's just starting to steam. Remove from heat.
3. In a bowl, whisk eggs, sugar and salt.
4. Put the milk mixture in the saucepan back on low heat.
5. Slowly pour in the egg mixture while whisking constantly. Go slow so the eggs don't scramble. Whisk until the custard thickens and can coat the back of a spoon, about 5 to 10 minutes.
6. Pour into 6 ramekins or an 8x8 baking dish.
7. Sprinkle a little nutmeg on top if you like.
8. Set the ramekins or baking dish into a larger pan and pour hot water around them — about halfway up the sides. (That water bath keeps it smooth and creamy.)
9. Bake 35–45 minutes for ramekins, up to 1 hour for the baking dish.

You'll know it's done when the edges are set but the center still jiggles just a bit. Let it cool. It firms up as it rests.

Serve with berries, caramel sauce or maple syrup!





Karin's Tapioca Pudding

Ingredients

- ½ cup small pearl tapioca (not instant)
- 2½ cups 2% milk
- ½ cup heavy cream
- ¼ teaspoon salt
- ⅓ cup sugar
- 2 eggs*
- 1 teaspoon vanilla

Optional toppings:

- Cinnamon
- Nutmeg
- Fresh berries
- Honey for drizzling



Method

Step One: Soak if needed. Read the tapioca box to see if it needs soaking and follow the instructions.

Step Two: Cook Low & Slow

- Combine tapioca, milk, heavy cream and salt into a saucepan. Turn heat to medium-high. Bring to a low simmer, stirring often to prevent sticking.
- Turn heat to low, add sugar gradually – keep stirring!
- Simmer gently 10–15 minutes until the pearls turn mostly translucent, and the mixture begins to thicken. (May take longer – depends on the type of tapioca you are using.)
- Don't boil hard. Tapioca likes gentle heat.

Step Three: Add the Eggs

- In a bowl, whisk the eggs.
- Slowly ladle about ½ cup of the hot milk mixture into the eggs while whisking. (This tempers them so you don't end up with scrambled eggs.)
- Slowly pour the egg mixture back into the saucepan. Cook another 10-15 minutes on medium, stirring constantly, until thickened.
- Remove from heat. Stir in vanilla.

*Chicken Eggs vs. Duck Eggs

If using duck eggs, use 1 large duck egg + 1 chicken egg (or 2 small duck eggs)
Duck eggs make it slightly richer and silkier.

