Meal Prep Breakfast Sandwich

Approximate cost of the recipe: $6.05, $0.51 per serving (Serves 12)

Ingredients:

- 1 Loaf
- 2 Spinach
- 1 Olive Oil
- 12 Eggs
- 1 Can Tomatoes
- 1 Can Morton Salt
- 2 Packages Onions & Peppers

Tools Needed:
Directions:

1. Wash your hands.

2. Add canned goods to the pan.

3. Prepare the vegetables and beans.

4. Mix the vegetables with the beans.

5. Place the mixture in the oven.

6. Assemble the sandwich.