

Suddenly Szechuan

Chinese Food in a Snap



by Greg Reinfeld

Foreword

If you're like me, you wish you could have Chinese food every meal. Now you can!

Here are a few of my own personal recipes. They're fun to make, easy, and will help you perform your best. All the ingredients can be found at your local supermarket, and each dish can be prepared in less than 15 minutes. I hope you enjoy making Chinese food as much as I do eating it.

- G.R.

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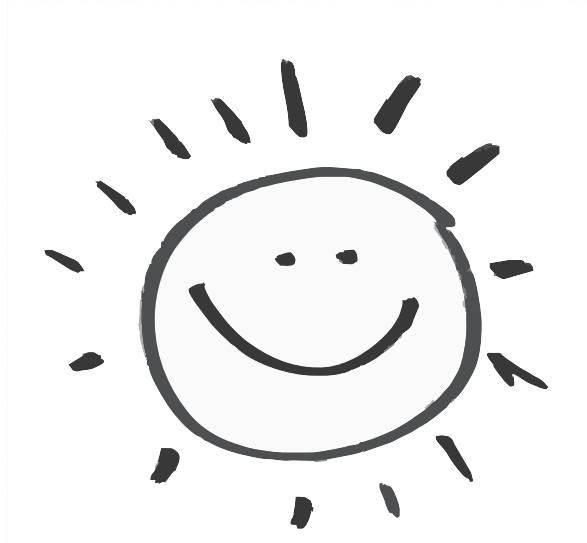
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Breakfast



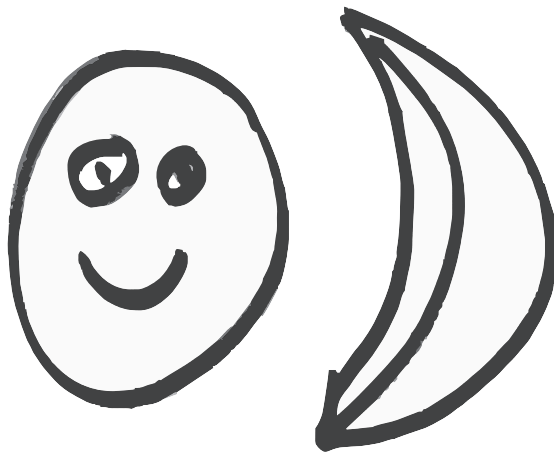
Sweet Banana Amelette

Ingredients:

Banana

Eggs

1. Wash your hands to get rid of germs.
2. Peel a banana and smash it with your hands.
3. Wash your hands because the banana made you very grubby.
4. Crack eggs into bowl.
5. Pour into skillet.
6. Add banana to skillet.
7. Stir at a low heat.



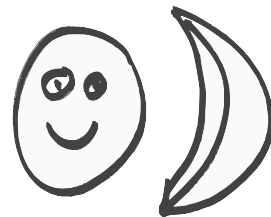
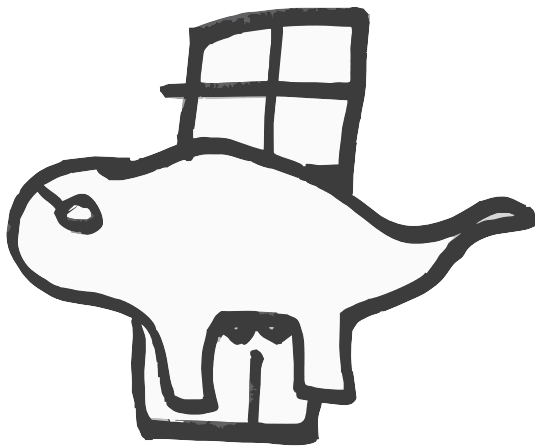
Graham Crackers with American Crumb Cheese

Ingredients:

Graham crackers
American cheese
Rice

1. Cook rice in a pot of boiling water.
2. Place slice of American cheese on top of graham cracker.
3. Put in toaster oven.
4. Choose toast or bake.
5. When finished, smash with a mallet.
6. Serve on rice.
7. Abstain from sexual activity until marriage.

Note: if you don't use a crumb tray, cheese will get all over the bottom of the toaster oven.



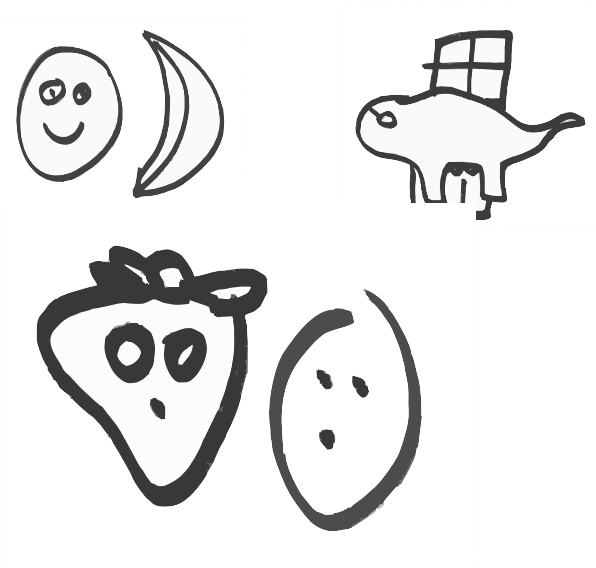
Strawberry Breakfast

Ingredients:

Strawberries

Eggs

1. Crack eggs into bowl.
2. Chop off the green tops of strawberries.
3. Add strawberries to bowl.
4. Pour into skillet.
5. Stir at a low heat.



Twice Cooked Oatmeal

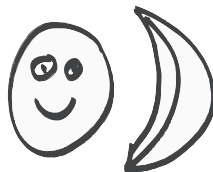
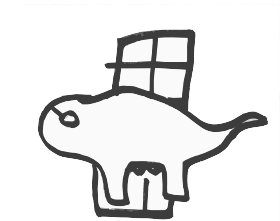
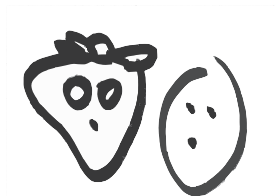
Ingredients:

Oatmeal

Milk

1. Mix oatmeal, salt and milk into a bowl.
2. Microwave oatmeal.
3. When finished, add more milk to bowl.
4. Pour into skillet.
5. Stir at a low heat.

Milk in steps 1 and 3 can be replaced with water.



Panfries

Ingredients:

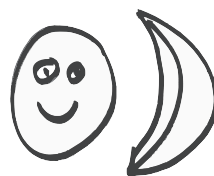
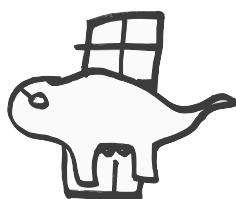
Pancakes

French fries

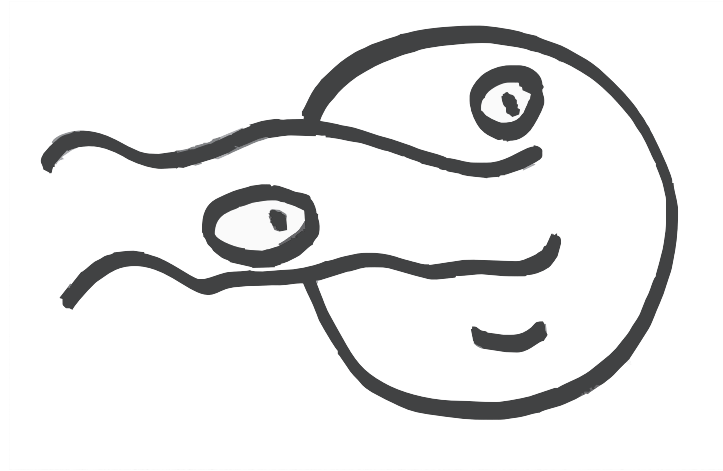
Gravy

Cottage cheese

1. Put pancakes and french fries into food processor.
2. Add tablespoon of gravy and tablespoon of cottage cheese.
3. Add contents to skillet.
4. Stir at a low heat.
5. Let cool.



Lunch



Hot Peanut Butter

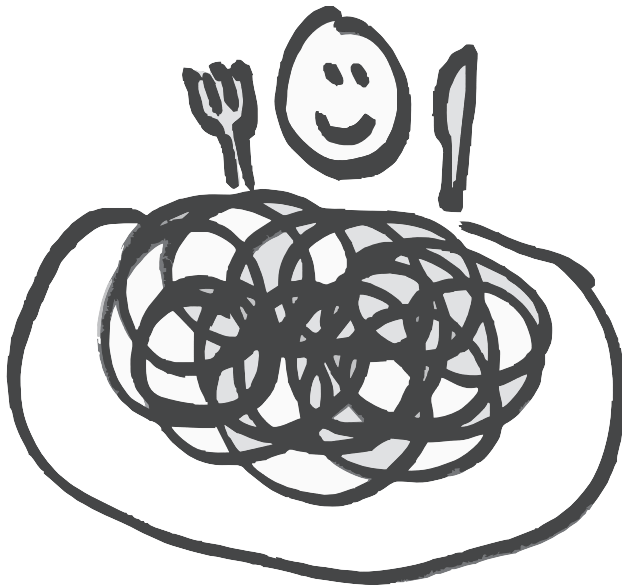
Ingredients:

Peanut butter

Eggs

1. Crack eggs into bowl.
2. Add peanut butter to bowl.
3. Pour into skillet.
4. Stir at a low heat.

For a twist, use crunchy/creamy instead of creamy/crunchy peanut butter.



Thrice Cooked Lunch Meat

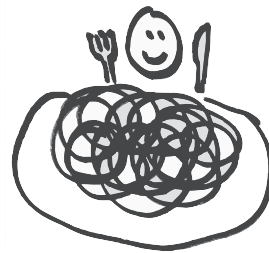
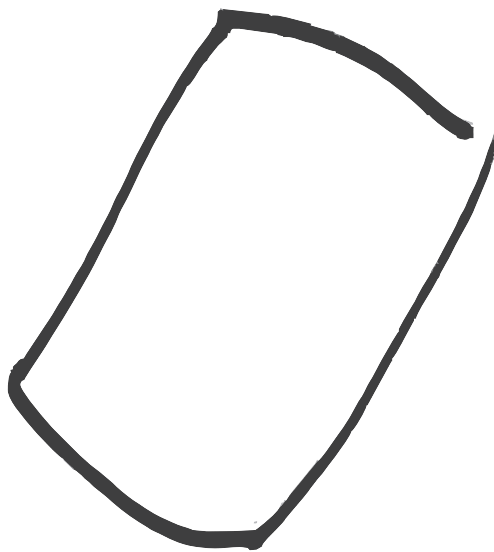
Ingredients:

Slices of lunch meat

Eggs

Tortilla

1. Crack eggs into bowl.
2. Tear meat slices as small as you can.
3. Add meat to bowl.
4. Pour into skillet.
5. Stir at a low heat.
6. Add contents to another skillet and stir at a low heat again.
7. Add contents to the first skillet and stir at a low heat.
8. When ready, add contents to tortilla and roll it all up.



Fried String Cheese

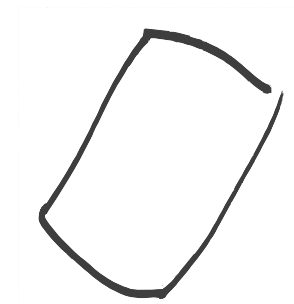
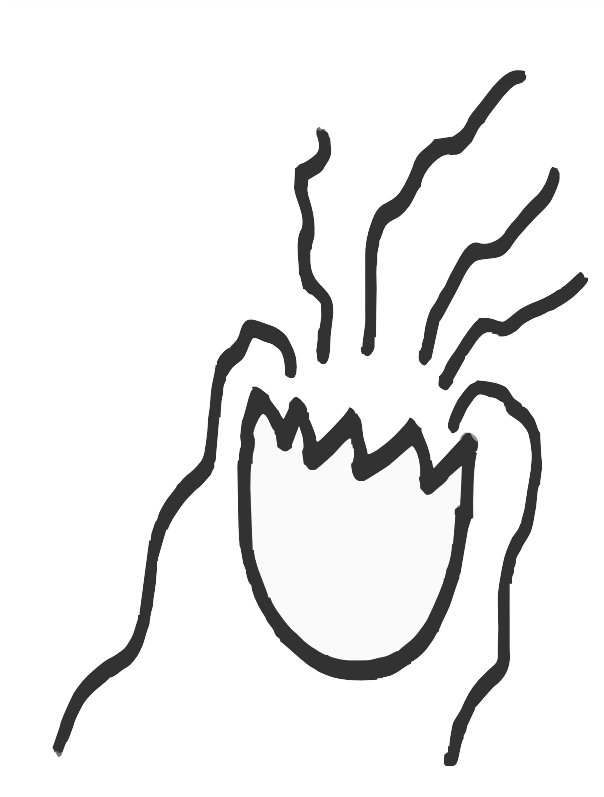
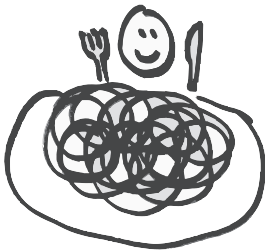
Ingredients:

String cheese

Eggs

1. Crack eggs into bowl.
2. Peel string cheese into small pieces.
3. Add cheese to bowl.
4. Pour into skillet.
5. Stir at a low heat.

If you're in a hurry, you can bypass step 2.



Vegetarian Broccoli

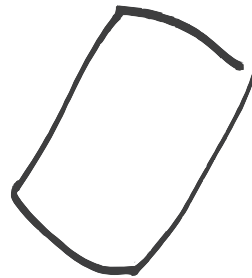
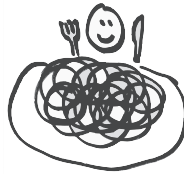
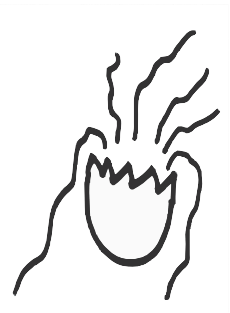
Ingredients:

Fresh broccoli

Eggs

Rice

1. Cook rice in a pot of boiling water.
2. Crack eggs into bowl.
3. Pour bowl into skillet.
4. Add fresh broccoli to skillet.
5. Stir at a low heat.
6. Serve contents over rice.



People Pasta

Ingredients:

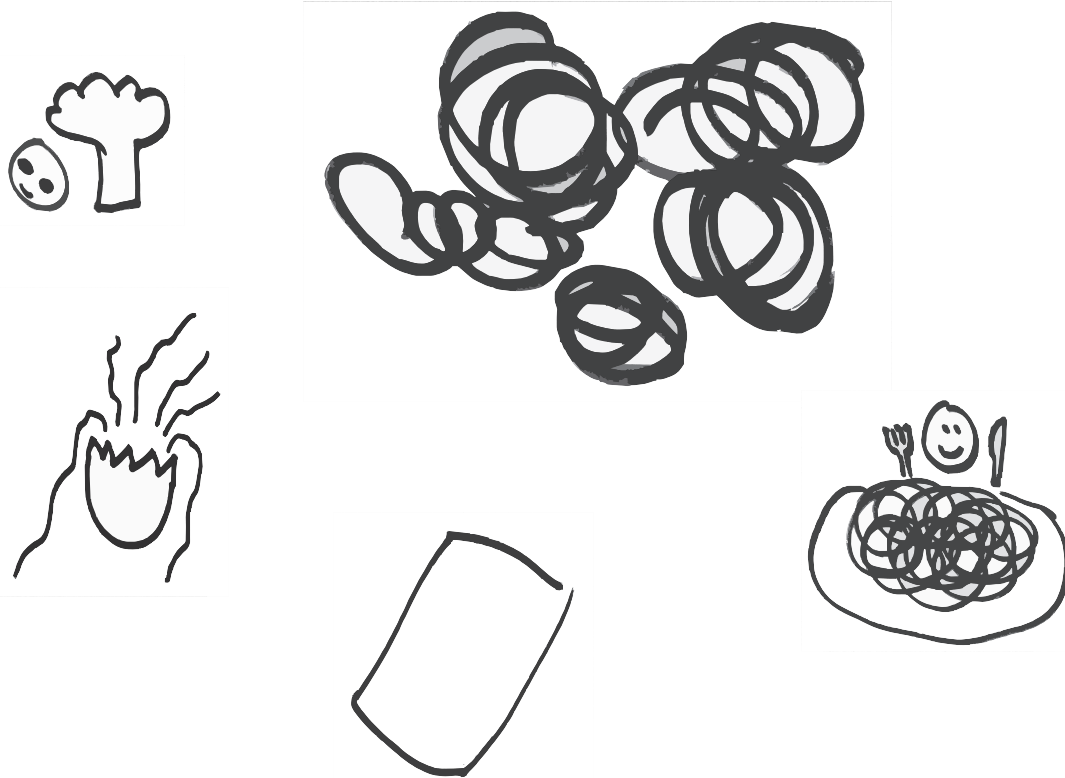
Spaghetti

Soy sauce

Any black steak sauce

Barbecue sauce

1. Boil water in pot.
2. Combine soy sauce, steak sauce and barbecue sauce in bowl.
2. Break spaghetti in half.
3. Put spaghetti in pot.
4. Drain.
5. Add mix from step 2 to spaghetti until spaghetti resembles the color of pubic hair.
6. Coil strands of spaghetti on a plate so they resemble the coils of pubic hair.
7. Serve cold or warm.



Sweet and Sour Ants on a Log

Ingredients:

Celery

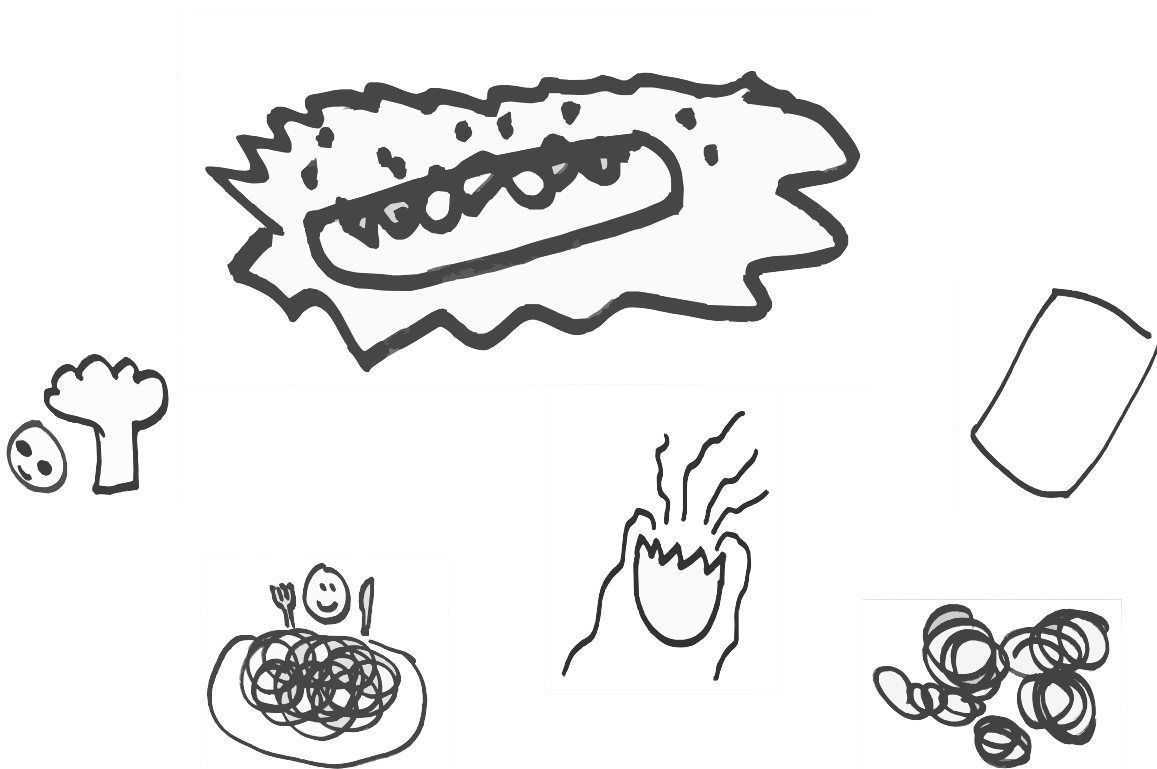
Peanut butter

Raisins

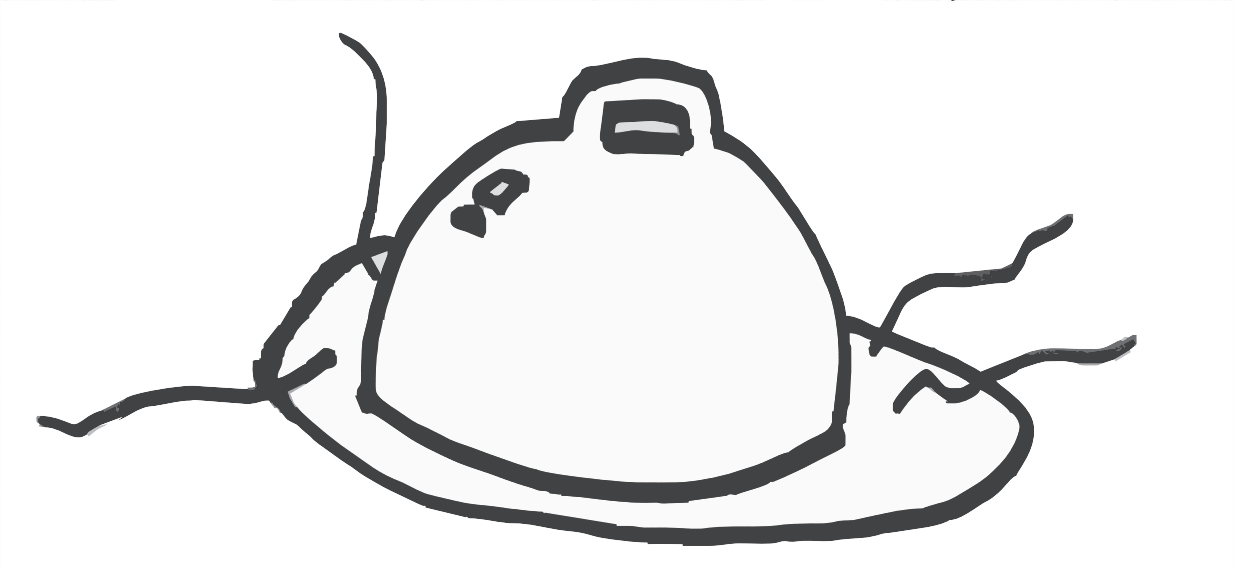
Confectioner's sugar

Lemons

1. Wash your hands.
2. Cut celery into manageable pieces.
3. Fill grooves of celery with peanut butter.
4. Add raisins to center groove.
5. Pour confectioner's sugar on top.
6. Squeeze fresh lemon on top.



Dinner



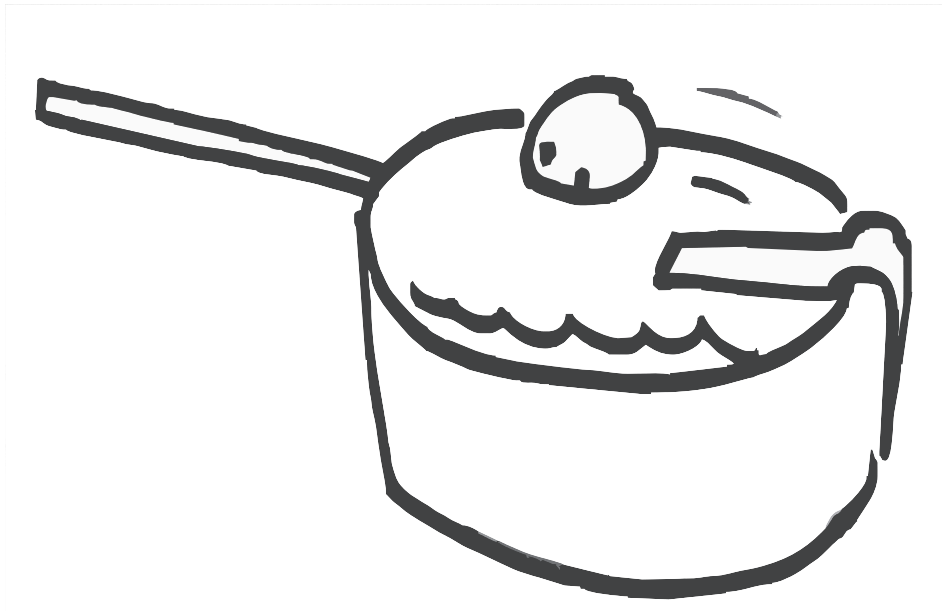
Egg Drop Soup

Ingredients:

Eggs

Garlic powder

1. Boil water in pot.
2. Crack eggs into bowl.
3. Pour into skillet.
4. Stir at a low heat.
5. Add eggs and tablespoon of garlic powder to boiling water.



Salt and Pepper Chicken

Ingredients:

Chicken

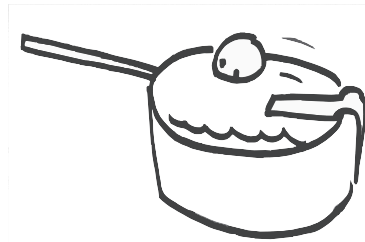
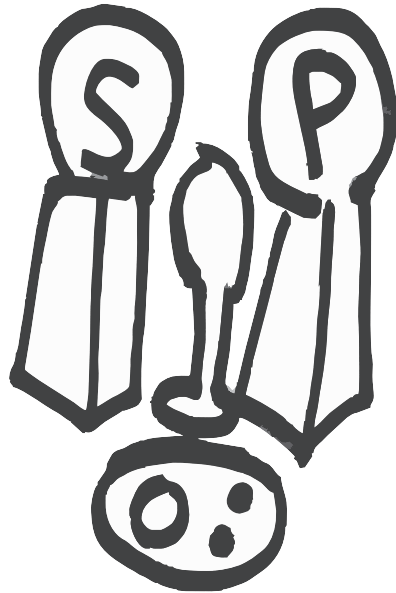
Salt

Pepper

Rice

1. Cook rice in a pot of boiling water.
2. Cut chicken into manageable slices.
3. Dress with one teaspoon salt and two teaspoons pepper.
4. Add to skillet.
5. Stir at a low heat.
6. Serve over rice.

Note: Make sure the chicken is hot all the way through.



Spicy Chicken

Ingredients:

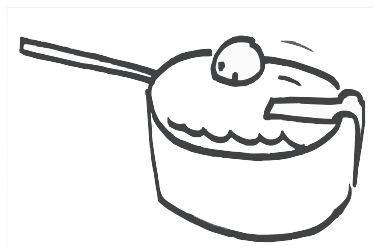
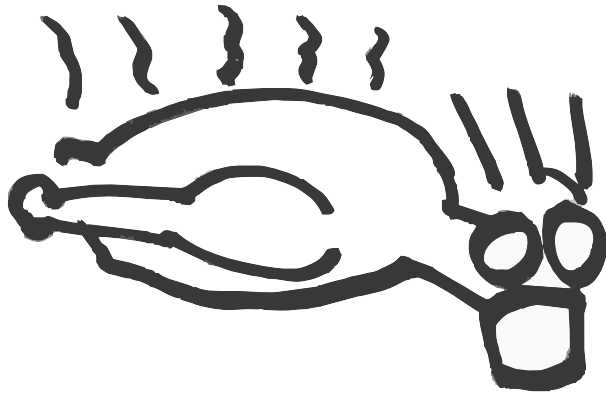
Chicken

Hot steak sauce

Rice

1. Cook rice in a pot of boiling water.
2. Cut chicken into manageable slices.
3. Add to skillet.
4. Pour hot sauce
5. Stir at a low heat.
6. Serve over rice.

Note: Make sure the chicken is hot all the way through.



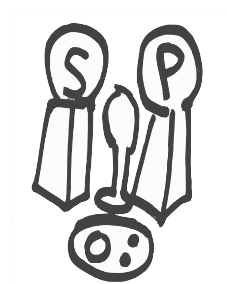
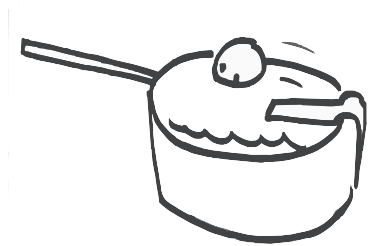
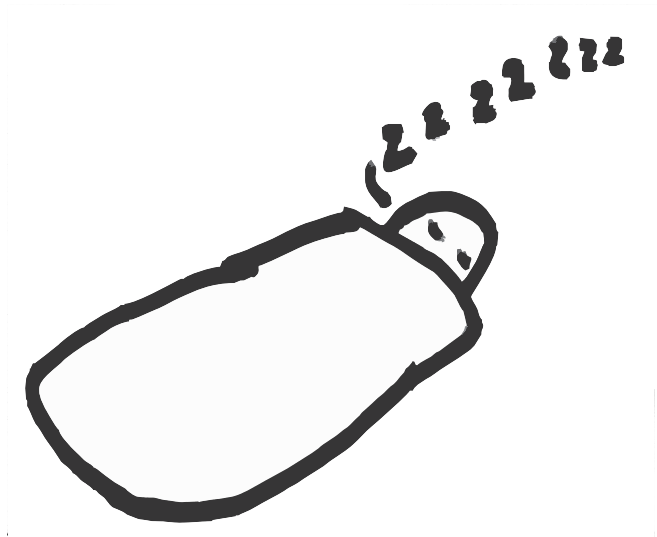
Egg Roll

Ingredients:

Tortilla

Eggs

1. Crack eggs into bowl.
2. Pour into skillet.
3. Stir at a low heat.
4. Add eggs to tortilla and roll it all up.



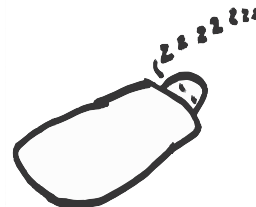
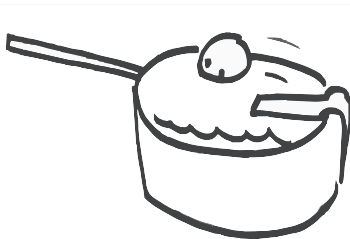
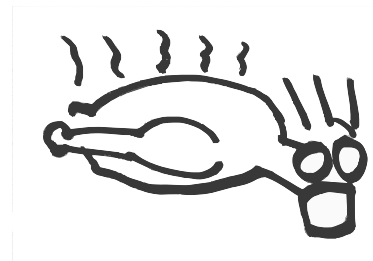
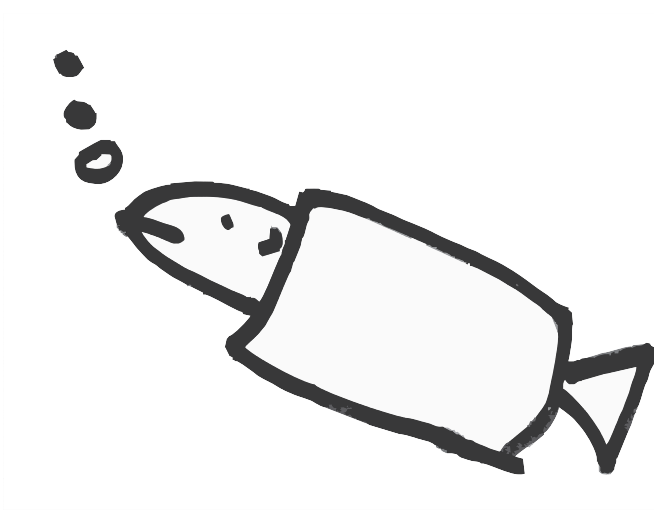
Albacore Tuna Roll

Ingredients:

Tuna fish

Eggs

1. Crack eggs into bowl.
2. Drain water from can(s) of tuna.
3. Add tuna to bowl.
4. Pour into skillet.
5. Stir at a low heat.
6. Add contents to tortilla and roll it all up.

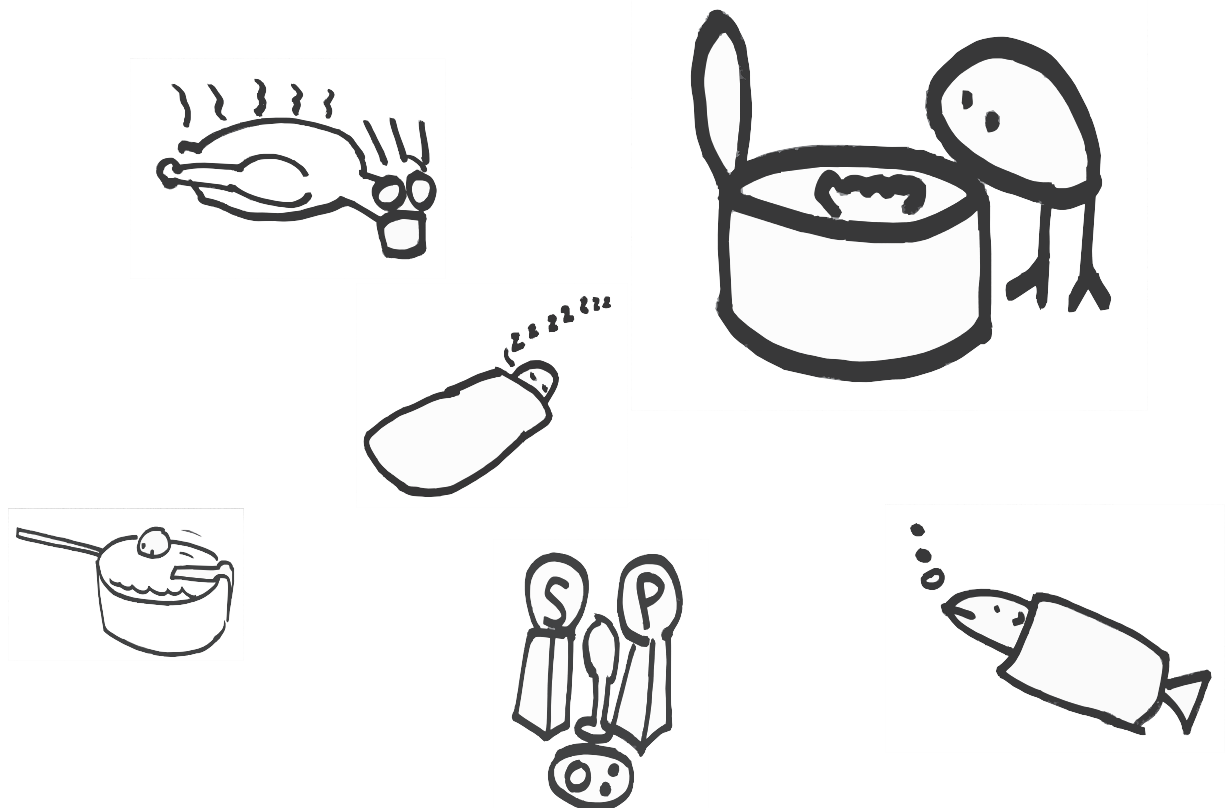


Crispy Beef and Broccoli

Ingredients:

Canned beef
Fresh broccoli
Eggs
Rice

1. Boil water.
2. Cook rice in boiling water.
3. Crack eggs into bowl.
4. Open can of beef.
5. Add beef to bowl.
6. Pour into skillet.
7. Stir at a low heat.
8. Add rice to skillet.
9. Raise heat of stove to medium so contents become crispy.
10. Add contents to tortilla and roll it all up.



Dessert



The Grab Bag

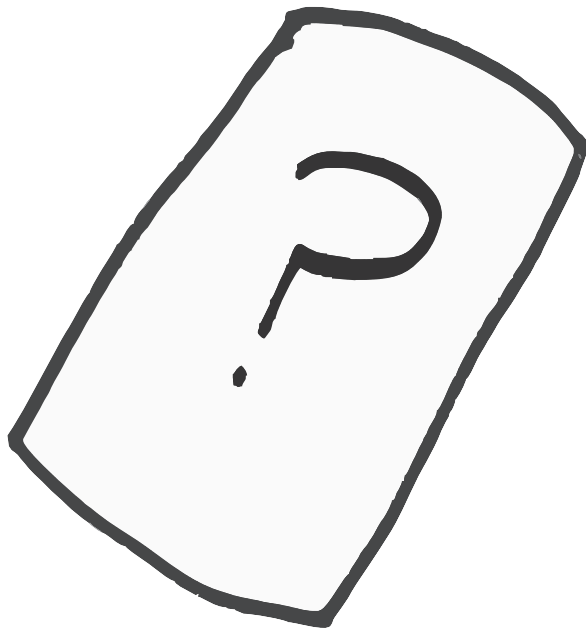
Ingredients:

Confectioner's sugar

Leftovers

Tortilla

1. Add confectioner's sugar to leftovers of your main dish.
2. Pour into skillet.
3. Stir at a low heat.
4. Add contents to tortilla and roll it all up.

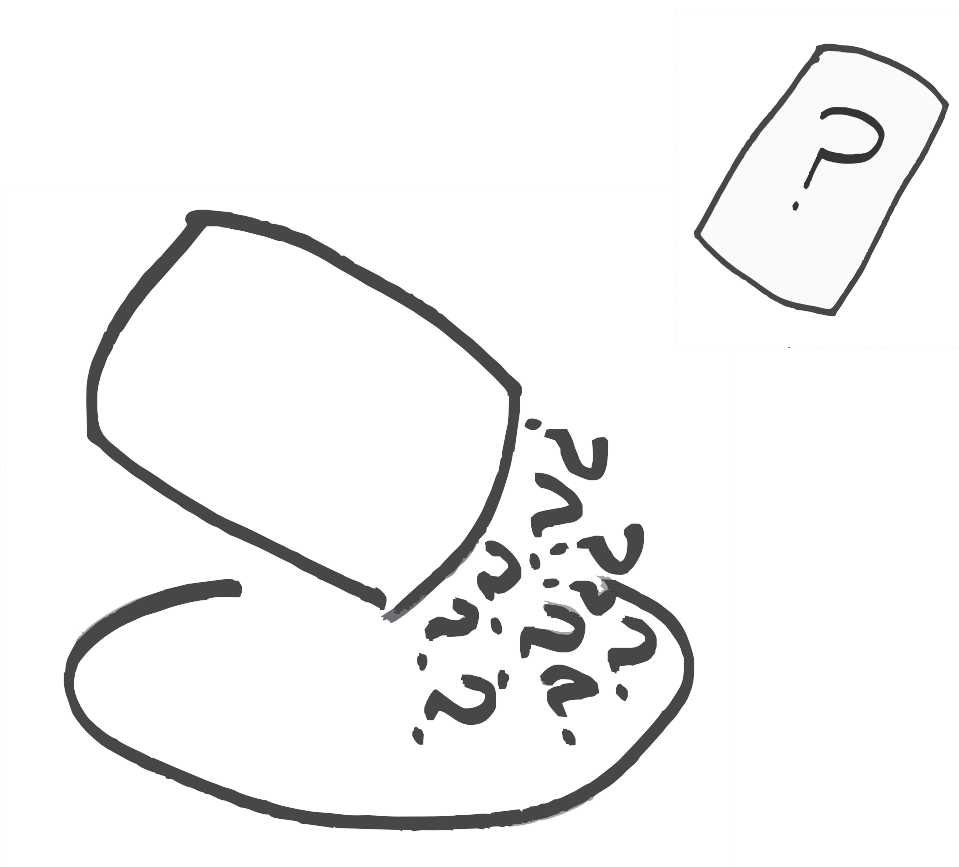


Canadian Early Breakfast

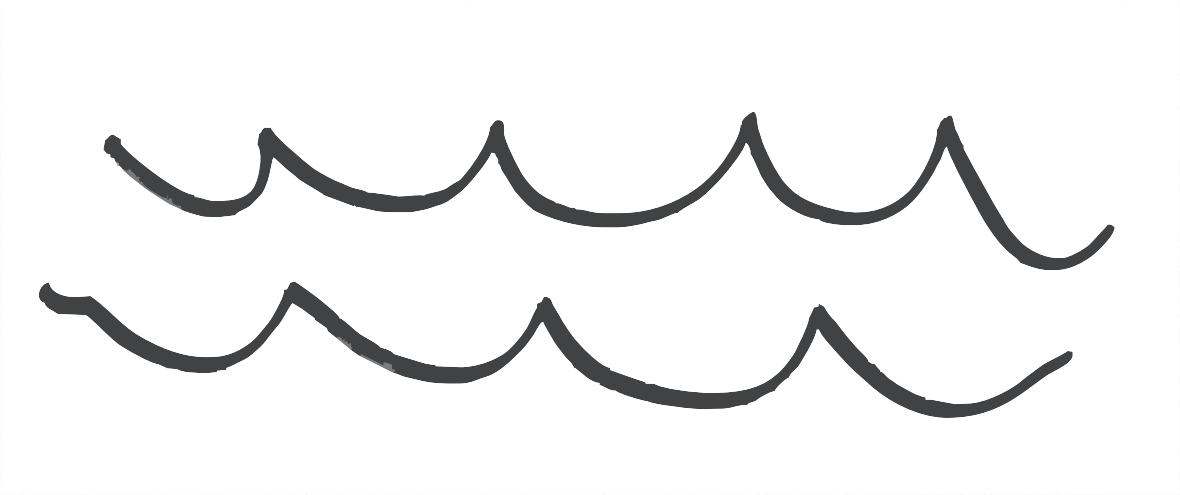
Ingredients:

Maple syrup
Leftovers
Tortilla
Potatoes
Bacon

1. Boil pot of water.
2. Slice up potatoes.
3. Add potato pieces to boiling water.
4. Fry bacon in skillet.
5. In a bowl, add maple syrup to leftovers of your main dish.
6. When bacon is done, pour bowl into skillet.
7. Stir at a low heat.
8. Add contents to tortilla and roll it all up.



Beverages



Apple Sauce and Cottage Cheese Tea

Ingredients:

Apple sauce
Cottage cheese
Water

1. Mix apple sauce and cottage cheese in large bowl.
2. Add water until the concoction is the right consistency.
3. Add to pot on a low heat.



Grab Bag Cider

Ingredients:

Leftovers
Apple juice
Cinnamon

1. Place leftovers in food processor.
2. Mix apple juice with processed leftovers until it reaches the right consistency.
3. Pour contents in pot.
4. Cook on a low heat.
5. Add cinnamon to taste.



Cottage Cheese Iced Tea

Ingredients:

Cottage cheese

1. Drain cottage cheese so only the whey remains.
2. Add ice and chill.



The End?

Bonus – Make Your Own Recipe!

Invisible Ink

Ingredients:

Lemon juice

Vinegar

1. Combine ingredients.
2. Write recipe in blank pages.
3. Don't forget to include eggs!

Praise for Suddenly Szechuan

“Yesterday, I wished I could have Chinese food every meal. Now I can!”
- Joe, New England

“Personal recipes!”
- Anita, Midwest

“These recipes are fun to make, easy, and will help me perform my best!”
- Samantha, Great Plains

“All the ingredients can be found at my local supermarket!”
- Jesse, Texas

“Each dish can be prepared in less than 15 minutes!”
- Bill, New Jersey