

BACON AND EGG MUFFIN

by Dan

Ingredients

- 1 egg
- 2 rashers (slices) of bacon
- 1 English muffin
- ketchup (tomato sauce), optional



Recipe Directions

1. Gently start to cook the bacon, when it renders off a small amount of fat use this to grease the spot where the egg will cook.
2. Crack the egg onto the prepared grease spot. Cook to preferred doneness.
3. Half the English muffin and toast the inside by placing on the skillet or grill until brown.
4. Make the sandwich by adding the bacon and egg. Top with ketchup (tomato sauce if desired).

Tip: Break the cooked egg is still runny and spread it over the sandwich. If you bite into an unbroken runny yolk it can get messy fairly quickly.

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