Heart Stopper

Ingredients
2lb bulk sausage
1lb bacon
2 green peppers
1 large sweet onion
1 cup+ flour
1 loaf bread
12eggs
1 gal milk
1lb american cheese
1 stick butter
Salt & pepper

The heart stopper is a casserole style french toast with meat and veggies topped with copious amounts of cheese and sausage gravy. This is typically prepared on the last day of pioneering camp, and is the culinary highlight of the week. It is served on the last day because it sits like a lead brick. More than one serving usually results in coma like states, and the lack of hunger for 24 hours.
Credit must be shared with Brian Arnold, for he was the visionary that suggested the Heartburn Classic (french toast base) was lacking sausage gravy.

Heartburn Classic

Cook 1 lb of sausage and bacon.
Crumble sausage and bacon
Dice peppers and onion.
Lightly sautee veggies
Mix all 4 together and set aside

Cube bread, set aside
Whisk 1-1.5 qts milk into eggs
Pour mixture over bread, only using enough to thoroughly coat the bread

Fold in diced ingredients.

Place 6 pads of butter in dutch oven
Place about 1/3 of french toast mixture in dutch oven
Cover with solid layer of cheese.
Add another 1/3 of mixture, and cover with cheese
Add remainder of mixture, and place 6 pads of butter on top.

Bake in medium oven till done. (45-60 minutes at 350)
Top with cheese and cook 5 more minutes to melt cheese.

Serve in SMALL pieces with a healthy portion of sausage gravy on top.

*When cooked in a liner there is virtually no cleanup. An early version once included hot peppers. Precooking the veggies is optional, but they will not cook in the oven.

Sausage Gravy

Brown 1lb of sausage
Sprinkle flour into cooked sausage.
Toss the sausage and flour in the pan to coat the sausage.
When the flour start getting a bit of color, add quart of milk and simmer gently.
Add pepper to taste (about 1tsp)
The sauce should thicken up, if it doesn't add flour about 1/4tsp at a time until it thickens. Add in 2-3 minute intervals to allow flour to thicken before adding more.

Gravy will thicken as it cools.