

SLOW COOKER SAUSAGE BREAKFAST CASSEROLE

Made-to-order omelets are a breakfast I always enjoy but rarely execute in my own home. The extensive prep and required attention over the stove so early in the morning means I reserve filling egg breakfasts for when I am the guest of honor.

That is, until I realized that with a bag of frozen potatoes, fresh spinach, pork sausage, and Swiss cheese at my side I can mix up a mean breakfast – and most of that cooking takes place while I sleep.

No diner-style breakfast is complete without a side of potatoes. While the buttery lace of hash brown potatoes has its place, I am partial to the crispy small dice of home fries.

For this slow cooker casserole, take a helping hand from the freezer section and buy frozen diced potatoes. Without the fuss of peeling, dicing, and parcooking, this breakfast comes together quickly.

Breakfast casseroles are ideal for serving a large crowd or making breakfast ahead for the week. They're also a saving grace on nights when breakfast for dinner is on the menu. With the right proportion of egg and dairy to bind fluffy potatoes, richly browned sausage, and tender spinach, it's a hearty breakfast to carry you through lunch.

Whether you want to call it an overnight omelet or breakfast casserole, you should greet the day with a large scoop of it on your plate and a bottle of hot sauce on the table.

PLEASE, USE THE NEXT PAGE BUTTON BELOW FOR THE RECIPE AND INGREDIENTS.

Ingredients

1 pkg. (26-32 ounces) frozen shredded hash brown potatoes
1 pkg. Jimmy Dean Hearty Original Sausage Crumbles
2 cup (8 ounces) shredded mozzarella cheese
1/2 cup (2 ounces) shredded Parmesan cheese
1/2 cup julienne cut sun dried tomatoes packed in oil, drained
6 green onions, sliced
12 eggs
1/2 cups milk
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions

1. Spray a 6 quart slow cooker with cooking spray. Layer 1/2 of the potatoes on the bottom of slow cooker.
2. Top with half of the sausage, mozzarella and Parmesan cheese, sun dried tomatoes and green onion. Repeat layering.
3. Beat eggs, milk salt and pepper in large bowl with a wire whisk until well blended.
4. Pour evenly over potato-sausage mixture.
5. Cook on low setting for 8 hours or on high setting for 4 hours or until eggs are set.

optional:

Substitute 1 cup chopped fresh tomato for sun dried tomatoes, if desired

NOTE :

" Please note that some meals are better to be prepared every once in a while because of some ingredients like **meat, cheese,**

lot of sugar, fats..etc.

Having meals with these ingredients all the time may damage your health. ”

Source : jimmydean.com

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