

BREAKFAST CASSEROLE (GLUTEN FREE)

F EASY

Last Modified: 02/10/2016

PREP: 5 Min
COOK: 1 1/2 Hrs
OVEN 350 & STOVETOP

BREAKFAST

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Pork Sausage	Crumbled
6	Large	Eggs	Well Beaten
1	Medium	Yellow Onion	Fine Chop
1	Medium	Sweet Bell Pepper (Red, Orange)	Fine Chop
8	Oz	Sour Cream	
3/4	Cup	Whole Milk	
8	Oz	Sharp Cheddar Cheese	Shredded
20	Oz	Hash Brown Potatoes	Thawed
1	Tsp	Kosher Salt	
1/2	Tsp	Fresh Ground Black Pepper	

OPTIONAL

1/2	Cup	Ham Or Cooked Bacon	Diced
1/4	Cup	Chives	Fine Chop
1.4	Cup	Green Onions (Greens Only)	Thin Sliced

PREPARATION

FACTOID	Light, fluffy and a fantastic flavor that you won't realize is gluten free.
OPTION	You may optionally add in various optional cooked ingredients (Bacon, Ham, etc.) just prior to pouring it into the baking dish.
TOOLS	1) Large Mixing Bowl 2) Large Stainless Steel Skillet 3) 9" X 13" Glass Baking Dish
PREP	DISH 1) Finely Chop The Yellow Onion and set it aside. 2) Core, de-seed and finely Chop the Bell Pepper and add it on top of the Onions.
NOTE	If the mixture seems a little too dry before pouring into the casserole dish, add another one or two Eggs whisked with Milk.
1	Preheat the oven to 350 degrees with a rack just below center. Spray a 9"x13" baking dish with non-stick cooking spray and set it aside.
2	In a large skillet over medium high heat, brown the Sausage, Onions and Bell Pepper, then drain and set it aside to cool slightly (can be done ahead of time.)
3	In a large mixing bowl, whisk the Eggs, Salt, and Pepper until there are no white streaks visible. Add in the Sour Cream and Milk, and then whisk it until smooth.
4	Stir in 3/4 of the Shredded Cheese, the cooked Sausage Mixture, and hash browns. Pour the mixture into the baking dish and smooth with a spatula until liquid is evenly distributed. Sprinkle remaining cheese on top then cover with foil.
5	Bake for 1 hour, to 1 hour and 15 minutes, or until a knife inserted into the center comes out clean. Remove the foil and bake for 5 more minutes or until the top is golden brown. Let the Casserole sit for 5 minutes.