

# EASY EGG BAKE CASSEROLE (GLUTEN FREE)

F EASY

Last Modified: 02/10/2016

PREP: 10 Min  
COOK: 30 Min  
OVEN 375 & STOVETOP

BREAKFAST

MAKES 9 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Pork Sausage	Crumbled
	OR		
1	Pound	Sweet Italian Sausage	Crumbled
	OR		
1	Pound	Smoked Bacon	1/8" Lardons
	OR		
1	Pound	Honey Ham	Cubed
	AND / OR		
20	Ounce Bag	Hash Brown Potatoes	Thawed
12	Large	Eggs	Well Beaten
1	Large	Yellow Onion	Fine Dice
6	Cloves	Garlic	Minced
1	Medium	Sweet Bell Pepper (Red)	Fine Dice
1	Medium	Sweet Bell Pepper (Orange)	Fine Dice
1	Medium	Sweet Bell Pepper (Yellow)	Fine Dice
1/2	Cup	Heavy Cream	
	OR		
1/2	Cup	Half & Half (Never Use Milk)	
3	Cups	Sharp Cheddar Cheese (Divided)	Shredded
1	Tsp	Kosher Salt	
1/2	Tsp	Fresh Ground Black Pepper	

## OPTIONAL

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. It becomes Low Carb if you DON'T use the Potatoes.
OPTION	For a bit more color, you can add in Chives or Green Onion Greens.
TOOLS	1) Large Mixing Bowl 2) Large Stainless Steel Skillet 3) 9" X 13" Glass Baking Dish
PREP	<b>DISH</b> 1) Finely Chop The Yellow Onion and set it aside. 2) Core, de-seed and finely Chop the Bell Peppers and add them on top of the Onions. 3) Mince The Garlic and set it aside.
1	Preheat the oven to 375 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 chosen Meat, drain and set it aside. (can be done ahead of time.)

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<b>3</b>	In the same skillet over medium high heat cook the Onions and Bell Peppers until soft, add in the Garlic and cook until just fragrant and set it aside to cool slightly. (can also be done ahead of time.)
<b>4</b>	In a large mixing bowl, whisk the Eggs, Salt, and Pepper until there are no white streaks visible. Add in the Heavy Cream and whisk it until smooth and an even color.
<b>5</b>	Add the chosen Meat into the bottom of the baking Dish and spread it out evenly. Next, sprinkle in the Hash Browns if using. Next sprinkle in 2 cups of the Cheese
<b>6</b>	Gently pour the Egg mixture into the baking dish and smooth out with a spatula until the liquid is evenly distributed.
<b>7</b>	Sprinkle the Vegetable Mixture on top evenly and pat it lightly with a spatula so it sinks.
<b>8</b>	Sprinkle the top with the remaining Cheese. Sprinkle the top with any chosen options.
<b>9</b>	Bake for 15 minutes. Rotate the baking dish and bake for another 15 minutes or until a knife inserted into the center comes out clean. Let the Casserole sit for 5 minutes to set up. Pat the top dry with a paper towel just before serving.
<b>SERVE</b>	Cut into squares and serve while hot with Salt and Pepper on the side.
<b>NOTE</b>	You can double or even triple the recipe using additional baking dishes and baking them all at the same time, but you will have to adjust the bake time slightly so the Egg Mixture is <u>thoroughly</u> cooked. Again, rotating and switching the dishes halfway through cooking.