

Overnight Crock Pot Breakfast Casserole

Prep Time 20 minutes // Cook Time 8 hours // Total Time 8 hours 20 minutes

Servings: 8

Nutrition | Calories: 345kcal | Carbohydrates: 15g | Protein: 26g | Fat: 19g | Saturated Fat: 8g | Cholesterol: 312mg | Sodium: 877mg | Potassium: 540mg | Fiber: 1g | Sugar: 3g | Vitamin A: 1540IU | Vitamin C: 43.1mg | Calcium: 239mg | Iron: 2.7mg

Ingredients

- 1 lb. frozen bag hash brown potatoes diced or shredded
- 1 cup onion diced small
- 1 1/2 cups bell pepper any color or a mix, diced small
- 1 lb. lean turkey sausage hot or mild, cooked and crumbled
- 1 1/2 cups shredded cheddar cheese
- 12 large eggs
- 3/4 cup milk- low fat milk
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes optional

Topping ideas:

- extra shredded cheese
- diced tomatoes or salsa
- sour cream or Greek yogurt
- diced avocado
- chopped green onions
- chopped fresh cilantro or parsley
- hot sauce



Instructions

1. Place the frozen hash brown potatoes in the bottom of your slow cooker.
2. Place the chopped onion and peppers on top of the potatoes.
3. Next, layer the cooked sausage in the crock pot and top with the shredded cheese.
4. In a medium bowl, whisk together the eggs and remaining ingredients (but not the toppings).
5. Pour the egg mixture over the other ingredients in the slow cooker.
6. Put the lid on and cook for 8-9 hours on low.
7. Serve with desired toppings and enjoy!

Note: If you are using thawed hash brown potatoes, this will probably cook in 7-8 hours. You can substitute the sausage with diced ham or cooked, crumbled bacon. The toppings are optional but really help make this casserole look gorgeous and bring a bright, fresh taste as well.