

Choco Fever Dream

Beef Sausage and Egg Breakfast Casserole

15 min Prep time	**30 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef sausage, crumbled
- [ ] 6 large eggs
- [ ] 1 cup whole milk
- [ ] 1 ½ cups sharp cheddar cheese, shredded
- [ ] 1 red bell pepper, diced
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper

Optional Add-Ins

- [ ] ¼ cup chopped fresh chives
- [ ] ½ cup baby spinach, wilted
- [ ] ¼ tsp smoked paprika

Instructions

1. Preheat the oven to 375°F (190°C). Lightly grease a 9-x-13-inch baking dish.
2. In a skillet over medium heat, crumble the beef sausage and cook until browned, about 5-6 minutes. Add the diced bell pepper and sauté until softened, another 3 minutes.
3. Meanwhile, whisk together eggs, milk, shredded cheese, salt, and pepper in a large bowl. If you like a hint of spice, stir in smoked paprika.
4. Spread the sausage-pepper mixture evenly in the prepared dish. Pour the egg-cheese mixture over it, making sure it covers all the bits.
5. Bake for 25-30 minutes, or until the center is set and the top is golden. Let it rest 5 minutes before slicing.

Nutrition per serving

420 kcal	27 g	8 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a firmer texture, increase the bake time by a few minutes.
- For a dairy-free version, substitute cheese with a plant-based alternative and use almond milk.
- A dash of hot sauce on the plate adds a bright kick without overwhelming the casserole.