

a pearl kind of girl

Breakfast Casserole

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| 1 pound turkey breakfast sausage | 1 teaspoon black pepper |
| 1 white onion chopped | 1 teaspoon garlic powder |
| 32 ounces frozen diced hash brown potatoes | 2 teaspoons paprika |
| 8 large eggs | 14 ounces diced green chilies |
| 1 1/2 cup low-fat milk | 2 cups grated cheddar cheese |
| 1 teaspoon salt | |

In a large skillet, cook the sausage until browned, then transfer the sausage to a plate lined with paper towels. Using the same skillet, sauté the onion until translucent and add in the hash brown potatoes until potatoes are tender.

In a large bowl, whisk together the eggs, milk, salt, pepper, garlic powder and paprika. Stir in green chilies, cheddar cheese, sausage, onion and potatoes. Pour the mixture into a large casserole dish.

Bake at 375 degrees until the top is browned and the center is set, about 45 minutes. Garnish with Chipotle Tabasco for an extra kick.

