A recipe from: Crock-tober Fest—A Slow Cooker Feast

Breakfast Casserole

Serves: 10

Ingredients:

1 dozen eggs

1 cup milk

2 lbs. of hash brown potatoes. (You can use frozen hash browns, just cook for 8-9 hours, instead of the 7-8)

1 lb. of bacon- cooked, drained and cut into pieces

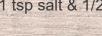
½ lb ground sausage - cooked drained

1/2 cup onions - diced

3 1/2 cups cheddar cheese - shredded

1/4 teaspoon garlic powder

1 tsp salt & 1/2 tsp of pepper



Directions:

Beat 12 eggs until well blended. Next, beat in milk and garlic powder, 1 tsp salt, and 1/2 tsp pepper. Set aside.

Layer potatoes (I suggest seasoning each potato layer to taste a small pinch of salt and pepper) and sprinkle 1/3 of the onions.

Next sprinkle 1/3 of the bacon and sausage Finally, top with 1 cup of cheese.

Repeat this layering 2 more times to have a total of 3 layers ending with remaining cheese.

Take your egg mixture and pour over layers. For refrigerated hash browns, cook for 6-7 hours on low. For frozen hash browns, cook for 7-8 hours on low or until eggs are set.

Substitutions for healthier alternatives:

You could use low-fat milk, low-fat cheese, low sodium bacon, or you could choose to only incorporate one type of meat.



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