



Sausage Egg Casserole

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This Sausage Egg Casserole is an easy, make ahead breakfast that can be cooked in the oven or instant pot! It's healthy, hearty and reheats perfectly for busy weekdays!

Course Breakfast

Cuisine American

Keyword breakfast casserole, egg casserole, egg dish, instant pot breakfast

Prep Time 15 minutes

Cook Time 35 minutes

Total Time 50 minutes

Servings 4 servings

Calories 302kcal

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Ingredients

- 8 eggs
- 1/2 cup milk
- 3/4 teaspoon salt
- 1/2 teaspoon parsley
- 1/8 teaspoon pepper
- 3/4 cup frozen hashbrowns
- 6 turkey breakfast sausages cooked and sliced
- 1 green onion sliced
- 1/2 cup shredded cheddar cheese divided
- 1.5 cups water

Instructions

1. In a large bowl or glass measuring cup, whisk together eggs, milk, salt, parsley and pepper.
2. Lightly grease a 1.7L glass baking dish (Instant Pot) or round pie plate (oven). Layer hashbrowns, sausages, green onion, and 1/4 cup cheese in the baking dish.
3. Pour eggs over top. Sprinkle with remaining 1/4 cup cheese.

Instant Pot

1. Pour 1.5 cups water into Instant Pot. Cover baking dish with foil and place on the trivet in the Instant Pot.
2. Put the lid on, turn to sealing, and select Manual or Pressure Cook for 35 minutes. It will take about 10 minutes to come to pressure.
3. When the cook time is up, let pressure release naturally for 8-10 minutes, then open the valve and remove the lid. Remove the baking dish from the pressure cooker and serve.

Oven

1. Preheat oven to 350 degrees F.
2. Bake for 35-45 minutes (cook time will vary depending on the size of your dish and the depth of the ingredients), until eggs are set right through the center. Serve.

Nutrition

Calories: 302kcal | Carbohydrates: 10g | Protein: 48g | Fat: 14g | Saturated Fat: 6g | Cholesterol: 472mg | Sodium: 1680mg | Potassium: 731mg | Sugar: 2g | Vitamin A: 16.5% | Vitamin C: 9.3% | Calcium: 22.5% | Iron: 22.2%

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