

Italian Sausage and Egg Breakfast Skillet

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-meal-recipe>

Ingredients:

- 1 tablespoon olive oil
- 2 cups hash brown potatoes frozen Southern-style
- 8 ounces italian sausage cooked, sliced
- 1 cup sliced mushrooms optional
- 1 cup pepper frozen tri-color, mixture
- 4 eggs
- 1/4 cup milk or water
- 1/4 teaspoon salt
- 1/4 teaspoon dried oregano leaves
- 1/2 cup shredded Italian cheese blend

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 255 milligrams
4. Fat: 37 grams
5. Fiber: 9 grams
6. Protein: 21 grams
7. SaturatedFat: 10 grams
8. Sodium: 920 milligrams
9. Sugar: 3 grams

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