

Mexican Breakfast Casserole

Yield: 10 min
Total Time: 150 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-egg-casserole>

Ingredients:

- 1 pound chorizo sausage
- 1/2 onion large, finely chopped
- 1/2 red bell pepper finely chopped
- 5 cloves garlic minced
- 8 ounces shredded pepper jack cheese
- 8 ounces shredded cheddar
- 4 green onions finely sliced
- 1/4 cup cilantro finely chopped
- 2 jalapeno peppers seeded, deveined, and finely chopped
- 12 large eggs
- 3 cups half and half
- 1/2 teaspoon hot sauce
- 1/2 teaspoon ground black pepper
- 9 corn tortillas
- salsa or pico de gallo, for topping, optional
- sour cream for topping, optional
- avocado or guacamole, for topping

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 365 milligrams
4. Fat: 48 grams
5. Fiber: 2 grams
6. Protein: 34 grams
7. SaturatedFat: 23 grams
8. Sodium: 980 milligrams
9. Sugar: 2 grams

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