

Spicy Italian Sausage Breakfast Casserole

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1 idaho potato large, diced
- 1/2 loaf sourdough bread bakery, chopped into 2-inch squares, ~4 cups
- 2 tablespoons olive oil
- 1/2 pound Italian sausage
- 1 purple onion diced
- 1 tablespoon minced garlic
- 1 red pepper medium, chopped
- 1 green pepper medium, chopped
- 4 ounces sun dried tomatoes the kind in oil
- 2 tablespoons olive oil option to use the oil from the sun-dried tomatoes
- 4 ounces goat cheese
- salt to taste
- pepper to taste
- 8 large eggs

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 495 milligrams
4. Fat: 53 grams
5. Fiber: 9 grams
6. Protein: 43 grams
7. SaturatedFat: 18 grams
8. Sodium: 1780 milligrams
9. Sugar: 18 grams

Thank you for visiting our website. Hope you enjoy Spicy Italian Sausage Breakfast Casserole above. You can see more 16 recipe for italian sausage breakfast casserole Deliciousness awaits you! to get more great cooking ideas.