

# Sausage Hash Brown Breakfast Casserole

Yield: 10 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-hashbrown-breakfast-recipe>

## Ingredients:

- 1 pound sausage cooked, crumbled, drained
- 8 large eggs room temperature
- 1 1/3 cups milk
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 20 ounces hash browns fresh or thawed
- 2 cups cheddar cheese grated - reserve 1/2 cup for topping the casserole
- 1/2 small yellow onion optional, diced
- 1/2 large red bell pepper optional, diced
- 1/2 large green bell pepper optional, diced

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 230 milligrams
4. Fat: 32 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 12 grams
8. Sodium: 940 milligrams
9. Sugar: 4 grams

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