

HASHBROWN N' PEPPERS CASSEROLE

Breakfast or supper is easy with this make-ahead casserole sure to satisfy hungry tummies.

Ingredients

- 2 ½ cups shredded **hash browns** (thawed if using frozen)
- 8 **eggs**
- 1 pound of **sausage** cooked, crumbled and drained (you may also use other meats, see note below)
- 1 cup **shredded cheese** (cheddar, Mexican mix, or any melting cheese) [optional: omit cheese for lower sodium option]
- 1 ½ cups **milk**
- 1 cup green/red **bell pepper** diced
- ¼ cup **onion** finely diced
- ¼ teaspoon Italian seasoning or your favorite **herbs/spices** [Mrs. Dash has lower sodium options]
- **salt & pepper** to taste



Instructions

1. Preheat oven to 350°F (if baking immediately).
 2. Brown sausage/chorizo and drain fat. If using cubed ham or sliced hot dog, brown in pan for 2 minutes.
 3. In a large bowl beat the eggs, add milk and mix; add the hash browns, peppers, onions, cheese and seasonings, mix well.
 4. Pour egg mixture into a 9x13 baking pan and top with remaining cheese. [At this point you may cover and refrigerate overnight if desired to bake the next day. See note below.]
 5. Bake 55-65 minutes or until cooked through. Let cool for 5 minutes before serving.
- **Notes:** You may use your own fresh, shredded potatoes; just peel 3-4 potatoes depending on size. Idaho or potatoes will work just fine. You may also use a variety of meats in this recipe; try it with cooked **chorizo**, drained **canned pork**, cubed **ham**, or sliced hot dogs; if you choose to use deli cuts you may want to use less salt. If casserole is refrigerated overnight, remove from fridge 30 minutes before baking. It may require an extra 10-15 minutes cook time.

Nutrition Facts

12 servings per container	
Serving size 3 by 3 inch squares (13g)	
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 200mg	9%
Total Carbohydrate 10g	4%
Dietary Fiber <1g	2%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 1mcg	6%
Calcium 120mg	10%
Iron 1.4mg	8%
Potassium 300mg	6%
Vitamin C 8mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: POTATOES, HASHED BROWN, FROZEN, PLAIN, UNPREPARED, USDA COMMODITY CANNED PORK, EGG, MILK 2%, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)), RED PEPPERS, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL)

Recipe featured in the September 2020 issue of Beyond Hunger's Nutrition Newsletter



BEYOND THE KITCHEN

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