

English Muffin & Sausage Casserole

Mary Ellen Futch

2 English Muffins, Split (day old is good)
4 tsp Butter
¼ - ½ pound ground Sausage, Browned
½ med onion, diced (optional)
½ Green (Yellow and/or Red) Bell Pepper (optional)
4-5 Eggs
Salt & Pepper to Taste
¼ c Sour Cream (or plain Greek Yogurt)
½ c Shredded Cheese (your choice, I use Sharp Cheddar or Mexican Blend)
Diced Jalapeños (optional)
Extra Shredded Cheese to top after cooking, if desired

Make the night before, cover and store in the Refrigerator. When ready to cook Remove and set on counter about 30 minutes while oven Preheats to – 350°F

- Spray 8" x 8" Baking Dish with cooking spray
- Slice English Muffins in half, and lightly butter cut side, place in pan, cut side up
- Brown Sausage in skillet and drain. If using onion/bell pepper, add the last few minutes to sauté until soft/translucent.
- Spoon Sausage (and veggies, if using) over the English Muffins. It's ok for the sausage to fill in around the English Muffins, too.
- Top with Jalapeños, if using (little or a lot depending on your preference)
- Wisk together the Eggs, Salt/Pepper, Sour Cream (or Greek Yogurt) and Shredded Cheese
- Cover and store in Refrigerator for 3-4 hours or overnight.
- When ready to cook. Remove from Fridge and let sit at room temperature for 30 minutes (while preheating oven).

Cook at 350°F for 20- minutes ** Only 20 minutes and it was done in my Convection Oven at 350°F ** Test for doneness by inserting a knife. It should come out clean.

If desired, add more shredded cheese on top when you remove it from the oven, cover (I used aluminum foil) and wait 5 minutes.

4 Large or 8 Small Servings