

Crock-Pot Breakfast Casserole

Oshkosh Community YMCA

Imagine waking up to the smell of warm potatoes and chorizo, mingling with fluffy eggs and cheese on a holiday morning. Start your day by relaxing over breakfast, rather than cooking it, with this easy Crock-Pot breakfast casserole!

INGREDIENTS:

- 1 30-oz. package of frozen, shredded hash browns
- 1 1/2 lb. chorizo sausage (fresh Mexican sausage)
- 12 eggs
- 1 cup half and half
- 1/2 cup sour cream
- 1 1/2 tsp. kosher salt
- 1 tsp. black pepper
- 1/2 cup chopped red onion
- 1 red bell pepper, chopped
- 1 jalapeño pepper, chopped
- 2 cups shredded Mexican four cheese blend
- Butter or nonstick spray
- Salsa or pico de gallo
- Sliced avocado



INSTRUCTIONS:

1. Let the hash browns sit at room temperature for 30 minutes to partially thaw.
2. Heat a large skillet over medium heat. Add the sausage and break up into small pieces with a wooden spoon. Cook the

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Recipe Source <https://www.thepioneerwoman.com/food-cooking/recipes/a41233931/crock-pot-breakfast-casserole-recipe/>

- meat until no pink pieces remain, 6 to 8 minutes. Transfer to a paper towel lined plate to drain and cool slightly.
3. In a large bowl, whisk to combine the eggs, half and half, sour cream, salt and pepper. Fold in the red onion, red bell pepper, jalapeño, shredded cheese and cooked chorizo. With your hands, or by tapping the bag on the counter, break apart any clumps remaining in the hash brown bag. Fold into the egg mixture until fully combined. (This mixture can be covered and refrigerated for up to 12 hours before cooking.)
 4. Spray the insert of a 6-quart slow cooker with nonstick spray. Transfer the egg mixture to the insert and spread into an even layer. Cover and cook for 8 to 9 hours on low heat. Hold on warm for up to 1 hour.
 5. Serve scoops topped with salsa or pico del gallo and sliced avocado, if you like.

NUTRITION

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 331 g		Total Fat 42.6g	66%	Total Carbohydrates 24g	8%
1 serving (11.7 oz)		Saturated 16.8g	84%	Dietary Fiber 3g	13%
Calories 609		Trans Fat 0g		Sugars 3g	
From fat 382		Cholesterol 283mg	94%	Protein 32g	64%
<i>HappyForks.com</i>		Sodium 1501mg	63%		
		Calcium 24% • Iron 18%		Vitamin A 21% • Vitamin C 64%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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