

Hashbrown Casserole



Makes:

6 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
3 Qt./2.8 L Perforated Basket

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Recipe:

Contributed By:

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Authorized Saladmaster® Dealer
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Recipe Description:

If you're ever in a hurry to feed a crowd or feed a few with a one-dish meal, then this is surely a family favorite that even baby can enjoy! Using half cauliflower and half potato makes this breakfast lower in carbs without sacrificing flavor in this easy one dish meal! Enjoy extra lean sausage without paying the price when degreasing meat in the 3 Qt. Sauce Pan with Steamer Inset.

1 pound
ground breakfast sausage (lean, turkey or vegan)
(454
g)
2 - 3 potatoes, scrubbed clean and processed, use Cone #3
½ head cauliflower, processed, use Cone #3
cheese, shredded, use Cone #1 (cheddar, gluten-free or vegan)
(optional)
2 stalks green onion, finely chopped

Directions:

1. Place sausage in steamer inset and place into sauce pan that is filled with 1-inch of water. Cover and set on medium heat.
2. Meanwhile, process potatoes into a large bowl and rinse thoroughly with water. Process cauliflower into bowl and mix

well to combine.

3. When Vapo-Valve™ clicks, stir sausage and add potato cauliflower mixture over sausage and cover.
4. When Vapo-Valve™ begins to click steadily again, turn heat to low and cook for 10 - 15 minutes or until vegetables reach desired tenderness.
5. Stir in shredded cheese, if desired, garnish with green onions and serve.
6. Easily mash mixture with a fork, when preparing for baby.

Tips:

- When you're running low on time, fix this delicious hashbrown casserole for breakfast, lunch or dinner!

Nutritional Information per

▼ Serving

Using ½ cup shredded cheddar cheese

Calories: 265

Total Fat: 10g

Saturated Fat: 4g

Cholesterol: 70mg

Sodium: 174mg

Total 26g

Carbs:

Dietary Fiber: 6g

Sugar: 4g

Protein: 20g

Analysis calculated using turkey sausage

Without shredded cheese

Calories: 227

Fat: 6g

Saturated Fat: 2g

Cholesterol: 60mg

Sodium: 115mg

Carbohydrate: 26g

Fiber: 6g

Sugar: 4g

Protein: 18g

Analysis calculated using turkey sausage