

Loaded Breakfast Casserole



Prep:

10 mins

Total:

50 mins

Makes:

10 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core
3.5 Qt. Double Walled Bowl

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Recipe:

Contributed By:

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Recipe Description:

Breakfast is an essential part of your day. With the Saladmaster 5 Qt. MP5, breakfast just got easier. Simply add all of your ingredients into your MP5 and go about your morning routine. You'll have breakfast cooking and ready in 40 mins without having to stir. Add ingredients your family will love and make this recipe your own.

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8 large
eggs, whole
1 ½ cups
milk
1 cup
bacon, cooked
1 cup
breakfast sausage, crumbled & cooked
1 cup
cheddar cheese, shredded, use Cone #1
1 tsp
garlic powder
1 tsp
onion powder
salt & pepper (optional)

Directions:

1. Crack eggs into a bowl and add milk, garlic powder, onion powder and if desired, salt & pepper to season. Whisk until combined.
2. Spray MP5 with coconut oil. Add bacon and sausage to the MP5 and add egg mixture. Top with shredded cheese and cover.
3. Set temperature to 225°F and cook for 40 mins or until egg mixture has set. (Will vary depending on extra ingredients that are added or if recipe is doubled)
4. Serve and enjoy!

Tips:

- Omit meat and add an array of veggies to make this a vegetarian option.

Nutritional Information per

▼ Serving

Calories: 223
Total Fat: 15g
Saturated Fat: 7g
Cholesterol: 143mg
Sodium: 460mg
Total 7g
Carbs:
Sugar: 1g
Protein: 13g