

Crock pot Breakfast Casserole



Try this easy Crock Pot Breakfast Casserole Recipe for a delicious breakfast idea. This is perfect for holidays but easy enough for busy school mornings.

Course Breakfast
Cuisine American
Keyword Crock pot Breakfast Casserole

Prep Time 15 minutes
Cook Time 7 hours
Total Time 7 hours 15 minutes

Servings 6
Calories 664 kcal
Author Eating on a Dime

Ingredients

- 1 bag Frozen Hash Brown Potatoes (32 oz)
- 1 lb sausage browned and crumbled
- 2 green onions sliced (plus some to top at serving)
- 8 oz sharp cheddar cheese hand shredded
- 1/2 red bell pepper diced
- 1/2 green bell pepper diced
- 12 Eggs
- 1 cup Milk
- 1 teaspoon salt
- 1 teaspoon pepper

Instructions

1. Grease a 6qt slow cooker.
2. Place half of the hash browns, sausage, onions, cheese and peppers. Repeat layers ending with cheese.
3. Whisk eggs, milk, and salt & pepper in a medium bowl.
4. Pour egg mixture over the ingredients in the crock pot.
5. Cook on Low for 7-8 hours or high for 2 1/2 – 3 hours.

Nutrition Facts

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Amount Per Serving

Calories 664 Calories from Fat 387

% Daily Value*

Fat 43g	66%
Saturated Fat 18g	113%
Cholesterol 426mg	142%
Sodium 1280mg	56%
Potassium 880mg	25%
Carbohydrates 31g	10%
Fiber 3g	13%
Sugar 3g	3%
Protein 37g	74%
Vitamin A 1364IU	27%
Vitamin C 34mg	41%
Calcium 393mg	39%
Iron 4mg	22%

* Percent Daily Values are based on a 2000 calorie diet.