

Treasure Barrel

Cheesy Sausage Breakfast Casserole - Easy Egg Bake

20 min Prep time	**50 min** Cook time	**1 h 10 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Casserole

- [ ] 1 lb savory ground beef sausage
- [ ] 8 large eggs
- [ ] 2 cups whole milk
- [ ] 1 teaspoon Dijon mustard
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper
- [ ] 1/4 teaspoon garlic powder
- [ ] 6 cups of day-old bread, cut into 1-inch cubes (about 8-10 slices)
- [ ] 2 cups (8 oz) sharp cheddar cheese, freshly shredded

Optional Garnish

- [ ] Fresh chives, chopped
- [ ] Sliced green onions

Instructions

1. First, let's get that beautiful sausage ready. In a large skillet over medium heat, add your ground beef sausage. Use a wooden spoon to break it apart as it cooks, creating lovely, rustic crumbles. You'll want to cook it for about 8-10 minutes, until it's nicely browned and cooked through. The kitchen will start smelling amazing! Once it's done, use a slotted spoon to transfer the sausage to a paper towel-lined plate to drain any excess fat. This step ensures our casserole is rich in flavor but not greasy.

2. Now, for the heart of the casserole—the custard. In a large mixing bowl, crack your eggs and give them a good whisk until the yolks and whites are just combined. Pour in the milk, and add the Dijon mustard, salt, pepper, and garlic powder. Whisk everything together until it's smooth and a lovely pale yellow color. The Dijon mustard is a little secret of mine; it adds a tiny, bright tang that really elevates the flavor of the eggs and cheese without being overpowering.

3. It's time to build our layers of flavor. Grab a 9x13-inch baking dish and lightly grease it. Spread half of your bread cubes in an even layer across the bottom. Sprinkle half of the browned sausage over the bread, followed by half of the shredded cheddar cheese. Repeat the layers one more time: the rest of the bread, the rest of the sausage, and the rest of the cheese. Gently pour the egg mixture evenly over the entire casserole, making sure to moisten all the bread. This layering method ensures that every bite has a perfect ratio of bread, sausage, and cheese.

4 Now for the patient part. If you have the time, cover the dish and refrigerate it for at least 30 minutes, or even better, overnight. This allows the bread to fully absorb the custard. When you're ready to bake, preheat your oven to 375°F (190°C). Bake the casserole uncovered for 45-55 minutes, until the center is set and the top is beautifully golden brown and puffy. Let it rest for 10 minutes before slicing and serving. This resting period is so important—it allows the casserole to set up, making it easier to serve perfect, pretty squares.

Nutrition per serving

420 kcal	24 g	18 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- For the best texture, really try to use day-old bread. If your bread is fresh, you can spread the cubes on a baking sheet and bake them at 300°F (150°C) for about 10-15 minutes to dry them out a bit before assembling.
- Letting the casserole rest after baking is non-negotiable in my book. It helps the egg custard to firm up, so your slices will hold their shape instead of falling apart. It also makes it the perfect temperature for eating—hot, but not scorching.
- Don't be afraid to press down gently on the top layer of bread after pouring the egg mixture over it. This helps ensure every last piece of bread gets a chance to soak up that delicious custard, leaving no dry spots behind.