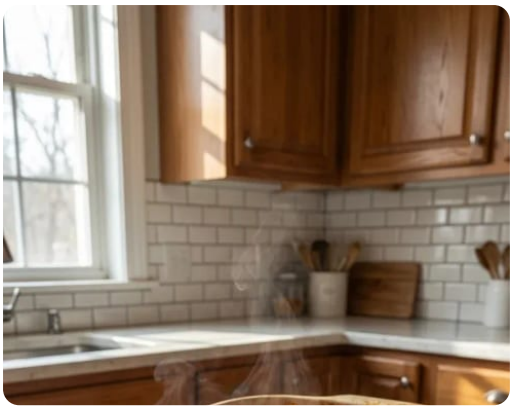


Treasure Barrel

Hash Brown Egg Casserole: Easy Breakfast Recipe

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

Ingredients

Casserole Ingredients

- [ ] 1 lb ground beef breakfast sausage
- [ ] 1 small yellow onion, chopped
- [ ] 1 (30 oz) bag frozen shredded hash browns, thawed
- [ ] 2 cups shredded sharp cheddar cheese, divided
- [ ] 1/4 cup chopped green onions, for garnish (optional)

Egg Mixture

- [ ] 10 large eggs
- [ ] 1 cup whole milk
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper
- [ ] 1/4 tsp garlic powder

Instructions

1. First, let's gently warm up the kitchen. Preheat your oven to 375°F (190°C) and lightly grease a 9x13 inch baking dish. In a large skillet over medium heat, add the beef sausage and chopped onion. Cook them together, breaking up the sausage with a spoon, until it's nicely browned and the onion is soft and translucent, which usually takes about 8-10 minutes. The smell is just incredible. Once it's cooked, drain off any excess fat from the skillet. This is an important step to make sure your casserole is rich, not greasy.

2. Now for the foundation. Take your thawed hash browns and make sure you've squeezed out all that extra water. This is so important! Press the hash browns evenly into the bottom of your prepared baking dish, creating a nice, compact layer. Sprinkle the browned sausage and onion mixture evenly over the potatoes. Then, take half of your shredded cheddar cheese—about one cup—and scatter it over the sausage. This layering creates such wonderful pockets of flavor in every single bite.

3. In a large mixing bowl, it's time to create the heart of the casserole. Crack all 10 eggs into the bowl. Pour in the milk, salt, pepper, and garlic powder. Now, whisk it all together until it's light, frothy, and a uniform pale yellow color. I love this part; it feels so fundamental. You want to make sure there are no streaks of yolk left. Gently and evenly pour this beautiful egg mixture over the layers in your baking dish, letting it settle into all the little spaces. It's one of those deeply satisfying warm meals in the making.

4 For the final touch, sprinkle the remaining cup of shredded cheddar cheese all over the top. Now, carefully place your casserole into the preheated oven. Let it bake for 45 to 50 minutes. You'll know it's ready when the top is a beautiful golden brown, the edges are bubbly, and the center is set. A knife inserted near the center should come out clean. Let it rest for at least 10 minutes before slicing. This is the hardest part, I know! Garnish with fresh green onions before serving, if you like.

Nutrition per serving

450 kcal	23 g	18 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Feel free to add other vegetables to the sausage mixture! Sliced bell peppers or mushrooms would be a delicious addition. Just be sure to cook them down with the sausage and onion to release their moisture.
- Letting the casserole rest before cutting is crucial. It allows the egg custard to firm up, ensuring that you can cut clean, beautiful squares that don't fall apart on the way to the plate. Patience is a virtue here!
- This dish is a wonderful savory base. For a bit of variety next time, maybe try our healthy breakfast cookies for a sweet counterpoint, or if you're feeling fancy, the best crepe recipe for another brunch option.