

Breakfast

Cheddar Sausage Muffins

Servings: 18

Preparation Time: 1 hour

1 pound bulk pork sausage

1 can (10 3/4 oz) condensed cheddar cheese soup, undiluted

1 cup (4 oz) shredded cheddar cheese

2/3 cup water

3 cups biscuit/baking mix

In a skillet over medium heat, cook sausage until no longer pink; drain.

In a bowl, combine soup, cheese and water.

Stir in biscuit mix until blended.

Add sausage.

Fill greased muffin cups three-fourths full.

Bake at 350 degrees for 20-25 minutes or until a toothpick comes out clean.

Cool for five minutes before removing from pans to wire racks.

Serve warm.

Per Serving (excluding unknown items): 25 Calories; 2g Fat (74.0% calories from fat); 2g Protein; trace Carbohydrate; 0g Dietary Fiber; 7mg Cholesterol; 39mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fat.