

Country Sausage Muffins

Donna Baucom - Spring, TX

Treasure Classics - National LP Gas Association - 1985

Yield: 12 muffins

*1/2 pound pork sausage
1 cup all-purpose flour
1 cup self-rising cornmeal
1 jar (2 ounce) chopped
pimientos, drained
1 carton (8 ounce) French
onion dip
1/2 cup milk*

Preparation Time: 10 minutes

Bake Time: 25 minutes

In a skillet, brown the sausage, stirring to crumble. Drain well, reserving two tablespoons of the drippings.

In a bowl, combine the flour, cornmeal, sausage and pimiento. Add the two tablespoons of sausage drippings, the onion dip and the milk. Stir just enough to moisten the dry ingredients.

Fill greased muffin tins 2/3 full.

Bake in a preheated oven at 425 degrees for 20 to 25 minutes.

Per Serving (excluding unknown items): 1951 Calories; 107g Fat (49.4% calories from fat); 55g Protein; 191g Carbohydrate; 12g Dietary Fiber; 176mg Cholesterol; 3258mg Sodium. Exchanges: 12 Grain(Starch); 4 Lean Meat; 1/2 Non-Fat Milk; 18 1/2 Fat.