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# Sausage-Hash Brown Breakfast Casserole

*The Essential Southern Living Cookbook*

Servings: 8

Preparation Time: 25 minutes

Start to Finish Time: 1 hour 5 minutes

**1 pound mild ground pork sausage**  
**1 pound hot ground pork sausage**  
**1 package (30 ounce) frozen hash brown potatoes**  
**1 1/2 teaspoons table salt, divided**  
**1/2 teaspoon freshly ground black pepper**  
**1 cup shredded cheddar cheese**  
**6 large eggs**  
**2 cups milk**  
**thinly sliced scallions (for garnish)**

Preheat the oven to 350 degrees.

In a large skillet over medium-high heat, cook the sausages, stirring often, for 6 to 8 minutes or until the sausage crumbles and is no longer pink. Drain well.

Prepare the hash browns according to package directions, using 1/2 teaspoon of salt and the black pepper.

In a bowl, stir together the hash browns, sausage and cheese. Pour the mixture into a lightly greased 13 x 9-inch baking dish.

In a bowl, whisk together the eggs, milk and remaining one teaspoon of salt. Pour evenly over the potato mixture.

Bake in the preheated oven until thoroughly heated, 35 to 40 minutes.

## **Breakfast**

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*Per Serving (excluding unknown items): 150 Calories; 10g Fat (63.3% calories from fat); 10g Protein; 3g Carbohydrate; trace Dietary Fiber; 182mg Cholesterol; 606mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.*