

# Scrambled Eggs in a Sausage Ring

*Helen Rice - Littleton, CO*

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## **Yield: 8 to 10 servings**

*12 eggs  
1 1/2 cups milk  
1 1/2 cups (about 42)  
saltine crackers, crushed  
1 cup peeled apple,  
chopped  
1/4 cup chopped onion  
1/4 teaspoon pepper  
2 pounds bulk pork sausage  
3 tablespoons butter or  
margarine  
3 tablespoons all-purpose  
flour  
1 cup cream-style cottage  
cheese  
1/2 teaspoon salt  
dash pepper*

## **Preparation Time: 30 minutes**

### **Bake Time: 1 hour 15 minutes**

In a bowl, beat two eggs and 1/2 cup of milk. Stir in the cracker crumbs, apple, onion and 1/4 teaspoon of pepper. Add the sausage and mix well.

Pat the mixture FIRMLY into a six-cup ring mold.- then unmold onto a rack in a shallow baking pan.

Bake for 50 to 75 minutes in a preheated 350 degree oven. Transfer to a heated platter and keep warm.

Meanwhile, in a three-quart saucepan, melt the butter and blend in the flour. Then add the remaining one cup of milk (all at once). Cook over medium heat, stirring, until bubbly. Cook and stir for 2 minutes.

In a bowl, beat together ten eggs, cottage cheese, 1/2 teaspoon of salt and a dash of pepper. Stir into the white sauce and cook, stirring frequently, until the eggs are firm but moist. Spoon the egg mixture into the center of the sausage ring.

(A great brunch served with a salad, fruit and rolls or muffins of your choice.)

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Per Serving (excluding unknown items): 1604 Calories; 108g Fat (60.9% calories from fat); 91g Protein; 64g Carbohydrate; 4g Dietary Fiber; 2687mg Cholesterol; 2497mg Sodium. Exchanges: 1 1/2 Grain(Starch); 9 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 1 1/2 Non-Fat Milk; 14 Fat.