
Sausage Souffle`

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 6

4 eggs

2 cups milk

1 pound sausage, browned and crumbled

1/4 cup cheddar cheese, grated

1 teaspoon dry mustard

1/2 teaspoon salt

In a bowl, beat four eggs with two cups of milk. Add the other ingredients. Pour the mixture into a greased 10 x 8-1/2 x 2 inch casserole dish.

Bake for 45 minutes at 350 degrees, covered with foil. Reduce the heat to 325 degrees. Bake, uncovered, for an additional 15 minutes.

(Serve with cinnamon rolls and orange slices dusted with powdered sugar and fresh mint leaves.)

Breakfast

Per Serving (excluding unknown items): 435 Calories; 38g Fat (79.7% calories from fat); 17g Protein; 5g Carbohydrate; trace Dietary Fiber; 209mg Cholesterol; 798mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 6 1/2 Fat.