

Breakfast Casserole

*Note: I've added bacon and reduced sausage, and played with what veggies I like in it.
Make it your own!*

1# ground breakfast sausage, cooked
10 eggs, whisked
2 cups grated cheese (I used prob ½ colby jack & ½ mozzarella in the [NON] dairy free part; it's what I had nearby.)
2 Tbsp butter (I used margarine for dairy free)
½ cup finely diced onion and green pepper (I used a frozen fajita blend of veggies.)
1 cup riced cauliflower (original recipe doesn't call for this; I wanted to add more veggies and had a partial bag of frozen)
1 cup chicken broth (I keep chicken bouillon on hand. If you don't need to be dairy free, the original recipe calls for ¼ of heavy cream as part of this liquid.)
¾ tsp Glucic (Glucosamin "Glucic" Fiber Supplement); this is a plant based thickener, easier on your blood sugar...but you could use a normal thickener such as flour.
mineral salt and black pepper to taste
cooking spray

Instructions

1. Preheat oven to 350°
2. Combine sausage, eggs, and 1 cup of cheese in large bowl. (I saved cheese til later after separating off dairy free portion.)
3. Melt butter in small saucepan. Add the veggies and cook until soft, about 2 min.
4. **IF** you're using flour as your thickener instead, obviously you need more than ¾ tsp and the flour should go in and be cooked for a couple min BEFORE adding the broth slowly.
5. Add the broth and slowly whisk in Glucic, stirring until thickened.
6. Add salt and pepper to taste.
7. Stir the sauce into the egg mixture. (At this point, I separated off the dairy free portion and added the 1st cup of cheese to the rest.)
8. Lightly coat a 9x13 pan with cooking spray and pour the egg mixture into the pan.
9. Top with the remaining cheese.
10. Bake 35 min or until golden brown.

ps: The creamy sauce here can be used in any recipe that calls for a "cream of" soup.