

## Savory Egg & Sausage Charleston Breakfast Bake

If your idea of the perfect morning includes something savory, cheesy, and hearty, this



**OVEN**  
**350°F**

**TIME**  
**15 min**

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**SAVE**  
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### INGREDIENTS

- 6 large eggs
- 1 cup whole milk
- 1 tsp Dijon mustard
- 1 tsp salt
- $\frac{1}{2}$  tsp black pepper
- 1 tbsp olive oil
- 1 onion, diced
- $\frac{1}{2}$  cup diced bell peppers (any color)
- 1 cup cooked breakfast sausage, crumbled
- $\frac{1}{2}$  cup cooked and crumbled bacon (optional)
- 1 cup cubed day-old bread (preferably sourdough or hearty white)
- $1\frac{1}{2}$  cups shredded sharp cheddar cheese

### DIRECTIONS

- 1. Preheat & Prepare:** Preheat oven to 350°F (175°C). Grease a 9x13-inch baking dish with olive oil or butter.
- 2. Make the Egg Mixture:** In a large bowl, whisk together the eggs, milk, Dijon mustard, salt, and black pepper. Set aside.
- 3. Sauté Veggies & Meat:** In a skillet, heat olive oil over medium heat. Sauté the onion and bell peppers for about 5 minutes, until soft. Add the sausage and bacon (if using), and cook for another 2-3 minutes. Remove from heat.
- 4. Layer the Casserole:** In the greased baking dish, add a layer of cubed bread. Top with the sausage-veggie mixture.
- 5. Add Eggs & Cheese:** Pour the egg mixture evenly over the layers, pressing down lightly to help the bread soak it up. Sprinkle shredded cheddar cheese over the top.
- 6. Bake:** Bake for 35-40 minutes, until the casserole is golden brown and the center is set.
- 7. Rest & Serve:** Let cool for 5 minutes before slicing. Serve warm and enjoy!

### TIPS FOR SUCCESS

- Use day-old bread for better texture and soak-up power.
- Make it ahead : Assemble the night before and bake in the morning.
- Add veggies like spinach, mushrooms, or tomatoes for extra nutrients.
- Use hot sausage or add jalapeños for a little kick.

