

## Easy Sausage & Cheese Muffins: Perfect Grab-and-Go Breakfast

Mornings can be hectic, but that doesn't mean breakfast has to be boring or complicated. These



**OVEN**  
**350°F**

**TIME**  
**25-30 min**

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### INGREDIENTS

1 cup Bisquick mix (original or complete pancake & baking mix)  
4 large eggs, beaten  
½ teaspoon salt  
1 cup shredded Cheddar cheese  
½ lb ground cooked sausage (breakfast sausage recommended)

### DIRECTIONS

1. Follow these simple steps to bake your cheesy and delicious Sausage & Cheese Muffins:
2. Pre-cook : Sausage: If your sausage isn't already cooked, heat a large skillet over medium heat. Cook the ½ lb ground sausage, breaking it up with a spoon, until it's completely browned. Drain and discard any excess grease thoroughly. Set the cooked sausage aside to cool slightly.
3. Prepare : Oven & Muffin Pan: Preheat your oven to 350°F (175°C). Lightly spray a standard 12-cup muffin pan with cooking spray, or line it with paper muffin liners.
4. Combine : All Ingredients: In a medium-large mixing bowl, combine the 1 cup Bisquick mix, 4 beaten eggs, ½ teaspoon salt, 1 cup shredded Cheddar cheese, and the ½ lb ground cooked sausage.
5. Mix : Thoroughly: Stir all the ingredients together with a spoon or spatula until they are just combined. Be careful not to overmix; a few lumps are fine.
6. Fill : Muffin Pan: Spoon the batter evenly into the prepared muffin cups. Fill each cup about two-thirds full.
7. Bake: Place the muffin pan in the preheated oven. Bake for 25-30 minutes, or until the muffins are golden brown on top and a toothpick inserted into the center of a muffin comes out clean.
8. Serve: Remove the muffin pan from the oven and let the muffins cool in the pan for a few minutes before transferring them to a wire rack. Serve warm and enjoy!

## SWAPS & NOTES

Sausage: The recipe calls for  $\frac{1}{2}$  lb of cooked ground sausage.

Use your favorite breakfast sausage-mild, hot, or a blend.

This means you'll need to brown it in a skillet and drain any grease before mixing it into the muffin batter.

Cheese: Shredded Cheddar cheese is classic and melts beautifully.

### TIPS FOR SUCCESS

**Drain Sausage Well:** This is crucial for preventing greasy muffins.

Press out as much fat as possible after cooking the sausage.

**Don't Overmix the Batter:** Mix only until the ingredients are just combined.

Overmixing can lead to tougher muffins.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-sausage-cheese-muffins-perfect-grab-and-go-breakfast/>