

Sausage Egg Breakfast Grilled Cheese on Buttery Sourdough

Breakfast Grilled Cheese with Eggs



BREAKFAST GRILLED CHEESE WITH EGGS
You Will Need
• 1/2 pound ground breakfast sausage
• 6 large eggs, beaten
• 8 slices Colby-Jack cheese

TIME

3 to 4 min

METHOD

Air fryer

PRINT

Recipe Card

SAVE

PDF

INGREDIENTS

1/2 pound ground breakfast sausage
6 large eggs, beaten
8 slices sourdough bread
1 to 1 1/2 cups shredded cheddar cheese or sliced cheese of choice
2 to 3 tablespoons butter, softened or divided for the skillet
Salt and black pepper, to taste
Optional Add-Ins:
A pinch of garlic powder
A dash of hot sauce
Sliced green onions
American, Monterey Jack, or pepper jack cheese
Cooked bacon in place of sausage

DIRECTIONS

1. In a skillet over medium heat, cook the ground breakfast sausage until browned and fully cooked. Break it into crumbles as it cooks, then transfer it to a plate lined with paper towels if needed.
2. In the same skillet, pour in the beaten eggs and cook gently, stirring until softly scrambled. Season with a little salt and black pepper. Remove from the heat before they get too dry.
3. Butter one side of each slice of sourdough bread.
4. Place four slices of bread, buttered side down, on a clean surface.
5. Add a layer of cheese, then spoon on some scrambled eggs and sausage. Top with a little more cheese so the sandwich holds together well.
6. Place the remaining bread slices on top, buttered side facing out.
7. Heat a skillet or griddle over medium-low heat.
8. Cook the sandwiches for 3 to 4 minutes per side, pressing lightly with a spatula, until the bread is golden brown and crisp and the cheese is fully melted.
9. Let the sandwiches rest for a minute, then slice and serve warm.

SWAPS & NOTES

Sourdough is a great choice because it gets crisp and sturdy enough to hold the filling, but Texas toast, white bread, or brioche can work too.

Cheddar gives the sandwich a sharp, classic breakfast flavor,

while American cheese melts beautifully and gives you that diner-style finish.

Breakfast sausage adds richness, but bacon, ham, or even turkey sausage can be used if that is what you prefer.

You can also scramble the eggs softly or cook them a little firmer depending on how you like the texture inside your

sandwich.

TIPS FOR SUCCESS

The biggest key to a really good breakfast grilled cheese is not rushing the heat.

Medium-low works best so the bread gets golden and crisp while the cheese has time to melt fully.

If the heat is too high, the outside can brown before the inside is warmed through.

It also helps to keep the eggs slightly soft before assembling the sandwich.

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

Original recipe: <https://chefmaniac.com/sausage-egg-breakfast-grilled-cheese-on-buttery-sourdough/>