

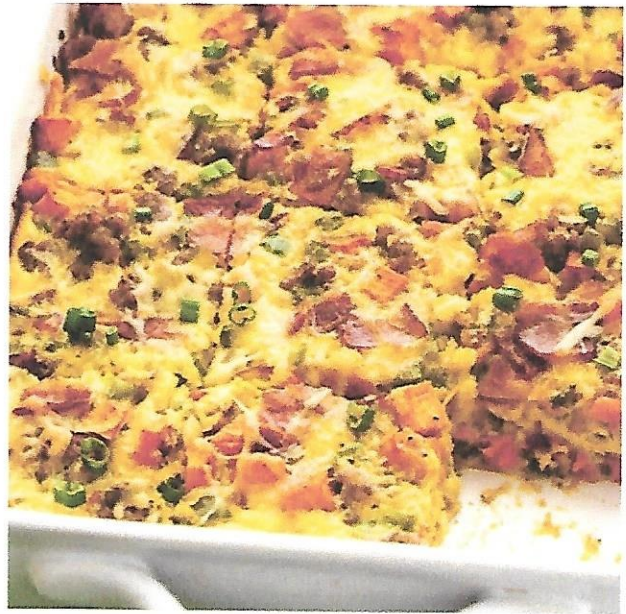
Loaded Breakfast Casserole with Sausage

This easy and healthy breakfast casserole is loaded with roasted sweet potato, bacon, breakfast sausage, onion, and bell pepper for the perfect brunch or meal prep. **Watch the video above!**

PREP TIME: 15 mins COOK TIME: 1 hr 10 mins

TOTAL TIME: 1 hr 25 mins

COURSE: Breakfast CUISINE: American



5 from 25 votes

KEYWORD: best breakfast casserole, Breakfast Casserole, breakfast casserole recipe, Loaded breakfast casserole

SERVINGS: 12 servings CALORIES: 305kcal AUTHOR: Lisa Bryan

Ingredients

- 1 pound sweet potato peeled and diced into 1/2" cubes
- 1 tablespoon olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/4 teaspoon cumin
- salt and pepper
- 8 ounces bacon
- 1 pound breakfast sausage mild, medium or spicy, your choice
- 1/2 large onion diced
- 1 green bell pepper deseeded and diced
- 2 cloves garlic minced
- 12 large eggs
- 1/3 cup milk dairy or dairy-free
- optional: shredded cheese and green onion for garnish

Instructions

1. Preheat your oven to 400F/200C and get a 9x13 casserole pan out. On one baking sheet pan, toss the diced sweet potato with olive oil, garlic powder, paprika, cumin, salt, and pepper. Set aside.
2. On another sheet pan, add slices of bacon. Then place both the sweet potato and bacon in the oven and cook for 18-20 minutes, or until the bacon is done. The bacon will be done first, so keep an eye on it and remove it from the oven when it's done, and place on paper towels to dry. Stir the sweet potato and continue cooking it for another 15 minutes.
3. While the sweet potato is cooking, cook the breakfast sausage in a pan on medium high heat.

4. Drain off all but a tablespoon of grease from the pan, then saute the onion and bell pepper for 4-5 minutes. Add the minced garlic and saute another 30 seconds. Transfer the onion and bell pepper to the casserole pan.
5. Remove the sweet potato from the oven and add it to the casserole pan, with the crumbled bacon, onion, and bell pepper. If you'd like to add cheese, you can add it to the casserole pan now.
6. Stir all of the ingredients in the casserole pan together. Feel free to season with more salt and pepper.
7. In a mixing bowl, stir the eggs with the milk.
8. Pour the egg mixture on top of the meat and vegetables. Cook for 25-30 minutes, or until the center is cooked through and the edges are slightly golden. You can test the center with a toothpick.
9. If you'd like, garnish with green onion, or herbs. Then serve warm with sliced avocado, toast, or a side salad.

Notes

- One pound of sweet potatoes is usually one medium to large sized sweet potato. If it's slightly over, that's fine as well.
- I always recommend heavy duty baking sheets in the oven, so that they don't warp. They're definitely worth purchasing!
- And here's a great casserole pan, if you're looking for a new one.

Nutrition

Calories: 305kcal | Carbohydrates: 9g | Protein: 14g | Fat: 23g | Saturated Fat: 7g | Cholesterol: 203mg | Sodium: 454mg | Potassium: 343mg | Fiber: 1g | Sugar: 2g | Vitamin A: 5693IU | Vitamin C: 10mg | Calcium: 43mg | Iron: 2mg