



## ME Recipe: Crock Pot Spicy Breakfast Casserole

### Ingredients:

- 1 dozen eggs (if you want to make more whites, add 2 whites for every whole egg to sub)
- 1 cup skim milk or unsweetened coconut milk
- Optional: 1 package hashbrowns (32 oz)
- 1 lb turkey bacon or Canadian bacon, cut into pieces
- ¼ cup chopped onions
- ½ cup bell peppers, chopped
- ½ cup shredded jalapeno jack cheese
- Salt & pepper to taste

### Directions:

Layer potatoes, bacon, onions, peppers, cheese in the crock pot in two or three layers

Whisk eggs, milk and salt/pepper together

Pour mixture over layers in pot

Cook in crock pot on low for 10 hours until eggs set and are thoroughly cooked

Makes 3-6 servings