

Slow-Cooker Mexican Breakfast Casserole



8



10 mins



2-5 hours



Difficulty

INGREDIENTS

- 8 eggs
- 1 1/2 cups low-fat milk
- 1 jalapeno, seeded, finely chopped
- 1 pound bulk sausage, cooked and drained
- 1 red bell pepper, chopped
- 3/4 cup sliced green onions
- 2 cups Mexican blend cheese
- 9 corn tortillas
- 1/2 cup salsa (optional)
- Pickled jalapeno slices (optional)
- Cooking Spray

INSTRUCTIONS

1. In a medium bowl, beat eggs, milk, and jalapeno with a whisk. Combine the sausage, chopped red pepper, green onions, jalapeno, and cheese in a separate bowl. Set both aside.
2. Spray a 5-6 quart slow cooker with a cooking spray. Place 3 tortillas in a slow cooker, tearing, if needed, to cover the bottom.
3. Top the tortillas in the slow cooker with half of the sausage, bell pepper, green onion, and cheese mixture. Layer 3 tortillas on top, then top those tortillas with the rest of the sausage, vegetable, and cheese mixture. Top that layer with remaining 3 tortillas, tearing, if needed, to cover mixture. Pour egg mixture over tortillas.
4. Cover, and cook on low for 4-5 hours or on high for 2-3 hours, or until temperature reaches 160 and the center is set.
5. Serve with Salsa, jalapenos, scallions.