



NUTRITION per serving 22g carbohydrates 34g fat 37g protein 1522mg sodium | calorie-conscious



Calories
511



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy



BREAKFAST FOR DINNER (2 SERVINGS SHOWN)

Denver Omelette Breakfast Muffins

with sausage, cheddar, and green pepper

IN YOUR BOX

- 1 Green Bell Pepper
- 2 Green Onions
- 2 Italian Sausage Links
- 6 fl. oz. Liquid Egg
- 4 fl. oz. 2% Milk
- 2 oz. Shredded Cheddar Cheese
- 1 oz. Sour Cream

CONTAINS: milk, eggs
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Non-Stick Pan
- Mixing Bowl
- Muffin Tin

www.homechef.com/3793

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **375 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil

WHILE YOU COOK

- Heads Up!** **Green onions** are used twice. **White portions** cook with **sausage**, and **green portions** garnish dish.
- Heads Up!** **Cheese** is used twice. Half is added to **egg mixture** and remaining tops **muffins**.

FROM THE CHEF

Don't worry if muffins rise while cooking, then fall back down. This is completely normal!

Did you know...

Denver has some pride in its namesake egg dish. There's a plaque on California street in Denver celebrating the Denver omelette, but also giving a less than salutary origin story: The dish developed from trying to mask the flavor of stale eggs coming in on the wagons.



1

Prepare the Ingredients

Stem, seed, and cut **green bell pepper** into ¼" dice. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. On a separate cutting board, make a cut down the side of each **sausage link** and remove ground sausage from casings.



2

Cook the Sausage Mixture

Line a plate with a paper towel. Place **sausage** in a medium non-stick pan over medium-high heat (no need to oil or preheat) and cook until browned, breaking up into crumbles, 4-6 minutes. Add **green bell pepper**, **white portions of green onions**, and ¼ tsp. **salt**. Cook until vegetables are softened, 4-6 minutes. Transfer sausage mixture to towel-lined plate to absorb fat. While sausage mixture cooks, prepare egg mixture.



3

Make the Egg Mixture

Combine **liquid egg**, **milk**, half the **cheese** (reserve remaining to top muffins), and ¼ tsp. **pepper** in a mixing bowl.



4

Fill the Muffins

Generously spray six individual muffin cups in muffin tin with **cooking spray** and place on prepared baking sheet to catch any drips. Evenly distribute **sausage mixture** between muffin cups and top with **egg mixture** and remaining **cheese**.



5

Bake the Muffins

Bake until **muffins** have slightly risen and brown on edges, 18-22 minutes. Remove from oven and let cool 5 minutes.



6

Finish the Dish

Place **muffins** on a plate and garnish with a dollop of **sour cream** and **green portions of green onions**. *Leftovers can be refrigerated and microwaved for a quick snack.*