

Sausage and Hash Brown Muffins

A Young Chefs® Academy Recipe

Ingredients	Equipment
1 lb. ground pork or turkey sausage	2 (12 cup) muffin pans
¼ cup onion, diced	Nonstick spray
	Large skillet
2 ½ cups frozen hash browns	Knife
	Cutting board
1 cup flour	Mixing bowls
1 ½ tsp baking powder	Measuring cups/spoons
¼ tsp salt	Grater
1 Tbsp. butter	Wire rack
5 large eggs, lightly beaten	
2 cups (8 oz.) sharp cheddar cheese, grated	
1 ¾ cups milk	
¼ tsp salt	
¼ tsp pepper	

Let's Get Cooking!

1. Preheat the oven to 350°F. Generously spray muffin pans with nonstick spray. Set aside.
2. In a large skillet, add the sausage and cook for about 5 minutes, breaking up the sausage while cooking. Add the onions and continue to cook until the onions are soft. Stir in hash browns and cook 5 to 7 minutes or until sausage is cooked through and potatoes are lightly browned. Drain mixture on paper towels.
3. Divide the sausage mixture evenly between the muffin cups. Set aside.
4. In a mixing bowl, add the flour, baking powder, salt and butter. Using clean hands, mix well until the butter has been thoroughly worked into the flour.
5. In a mixing bowl, add eggs, cheese, salt, pepper and the flour mixture; whisk together well. Pour this mixture into the muffin cups, filling about ¾ full.
6. Bake for 12-15 minutes or until the edges are brown and the center is set. Remove from oven and let stand 5 minutes. Serve while still warm.

Yield: about 2 dozen muffins

