

Sausage and Egg Muffin Cups



Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 2/3 Pound breakfast sausage or chorizo
- 2/3 Pound ground turkey
- 1/4 Teaspoon dried thyme
- 1 Tablespoon dried parsley
- 1/8 Teaspoon ground cayenne or chipotle (a pinch or to taste)
- 1/4 Teaspoon paprika
- 1/8 Teaspoon ground nutmeg (a pinch)
- 1/2 Teaspoon salt
- 1/4 Teaspoon ground black pepper
- 2/3 Cup finely diced red bell pepper
- 13 large eggs

Nutrition Facts

Makes 6 servings

Amount per serving:

| | |
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| Calories | 353 |
| Total Carbs | 1.6 g |
| Dietary Fiber | 0.5 g |
| Total Fat | 23.5 g |
| Protein | 31.5 g |

Directions:

1. Preheat oven to 350°F. Grease a muffin tin with twelve wells.
2. Combine the sausage and ground turkey until thoroughly mixed.
3. Add thyme, parsley, cayenne, paprika, nutmeg, salt, black pepper, chopped red bell peppers and 1 egg. Mix together with hands until all ingredients are incorporated.
4. Divide sausage mixture evenly between the 12 muffin wells. Push mixture up and slightly over the rims of the wells making sure there are no holes.
5. Crack an egg into each well and immediately place in oven. Bake for 25-30 minutes until eggs are set. Top with cheese and hot sauce or salsa if desired (don't forget to add the extra grams of NC if you do).