



Noreen's Kitchen

Chile Relleno Casserole

Ingredients

1-28 ounce can whole fire roasted green chilies (see note)	1 teaspoon ground cumin
1-pound bulk breakfast sausage	1 teaspoon chili powder
4 cups shredded Colby jack cheese	1 teaspoon garlic powder
6 eggs	1 teaspoon onion powder
1 ½ cups heavy cream	½ teaspoon salt
	½ teaspoon cracked black pepper

Step by Step Instructions

Preheat oven to 325 degrees.

Prep green chilies by opening can and removing each chili pat dry on paper towel and open to lay flat. If you like you can remove any remaining seeds, but they really are not that spicy. Set aside.

Brown off sausage and drain if desired. Set aside

Beat eggs, cream, seasonings and minced garlic in a bowl until well combined. Set aside.

Prepare a 9 x 13-inch baking pan with cooking spray.

Place a layer of green chilies in the bottom of the baking dish.

Top with a layer of cheese. Top with a layer of sausage. Repeat layers a second time.

Pour egg mixture over the casserole.

Bake for 45 to 55 minutes or until a knife pierced in the center comes out clean and free of moisture or wet egg mixture.

Remove from oven and allow to rest for 15 minutes before cutting into squares and serving. If you like, add additional cheese on top and allow to melt with residual heat from the casserole while it cools.

This will make 8 generous servings. It is Keto friendly and low carb. You can serve this by itself for breakfast lunch or dinner. It can be served hot, at room temperature or cold. You can wrap it in tortillas or top with crushed tortilla chips for a crunchy finish.

NOTE: If you cannot find whole green chilies you can either roast your own or you can use chopped chilies. If you go this route, simply mix everything together, i.e., the cheese, chilies and sausage and then pour the egg mixture over the top. It will be great!