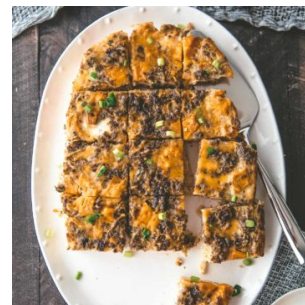


Slow Cooker Breakfast Casserole with Sausage and Cheese

This classic breakfast casserole with eggs, sausage, and cheese has the addition of sweet potatoes for substance and flavor. It's low carb and keto-friendly. And can be prepared at night and left in the slow cooker to serve first thing in the morning.

This recipe requires a 6-quart slow cooker.



★★★★★
5 from 4 votes

| Prep Time | Cook Time | Total Time |
|-----------|-----------|---------------|
| 30 mins | 2 hrs | 2 hrs 30 mins |

Course: Breakfast, Brunch Keyword: easy breakfast recipe, keto, low carb, slow-cooker
Servings: 8 Calories: 326kcal Author: Jess Smith via Inquiring Chef Cost: \$8.00

Equipment

- 6-quart Slow Cooker

Ingredients

- 2 Tbsp Butter, softened
- 8 oz Breakfast Sausage (loose sausage from the deli counter or sold in a roll)
- 1 lb Sweet Potatoes, peeled and cubed
- 12 Eggs
- 1 cup Milk (any type)
- 3/4 tsp Salt
- 1/4 tsp Black Pepper
- 4 oz Shredded Mild Cheddar Cheese

Instructions

1. Prepare a 6-quart slow cooker with a foil collar. Do this by folding a sheet of foil in thirds and wrapping it all the way around the inside of the bowl of the slow cooker. (This is where the heating element is on most slow cookers, so this extra layer will prevent the casserole from overcooking.)
2. Rub the bottom of the slow cooker and the inside of the foil collar with softened butter.
3. In a large skillet over medium heat, saute the breakfast sausage until cooked through and browned, 5 to 7 minutes.
4. Transfer the cooked sausage to a paper towel-lined plate to let it drain.
5. Place sweet potatoes in a microwave-safe bowl. Add 1 Tbsp water and cover bowl with a damp paper towel and microwave on high until sweet potatoes are tender, about 3 minutes.
6. Spread sausage and sweet potatoes out in the bottom of the slow cooker.
7. Whisk together eggs, milk, salt, and black pepper. Add cheese and stir to combine.

8. Pour egg / cheese mixture over sweet potatoes and sausage.
9. Place two layers of paper towels underneath the slow cooker lid before you close the slow cooker. (The paper towels will absorb moisture that collects on the lid, preventing it from dripping down onto the casserole and making it seem soggy at the end of cooking.)
10. Cook on high for 2 hours. Serve immediately or let the slow cooker switch to warm for up to 6 hours. (Note: This is to allow you to let it sit overnight. Check the manual of your slow cooker to be sure that the warm function will stay on for the full 6 hours so it stays warm until morning.)
11. Turn the casserole out onto a cutting board. Transfer to a serving platter.
12. Slice and serve. (It's great with some hot sauce, if you like that sort of thing.)

Nutrition

Calories: 326kcal | Carbohydrates: 14g | Protein: 18g | Fat: 22g | Saturated Fat: 10g |
Cholesterol: 291mg | Sodium: 650mg | Potassium: 408mg | Fiber: 2g | Sugar: 4g | Vitamin A:
8681IU | Vitamin C: 2mg | Calcium: 194mg | Iron: 2mg