

# Freezer Sausage Egg and Cheese Breakfast Sandwiches

#cooking/recipe

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Freezer Sausage, Egg, and Cheese Breakfast Sandwiches - Damn Delicious

## Ingredients

12 eggs, lightly beaten  
Kosher salt and freshly ground black pepper, to taste  
1 pound ground pork  
1 teaspoon crushed fennel seeds  
1/2 teaspoon dried thyme  
1/2 teaspoon garlic powder  
1/4 teaspoon dried oregano  
Pinch of ground cayenne pepper  
2 teaspoons canola oil  
6 English muffins, split and lightly toasted  
6 slices yellow American cheese

## Process

Preheat oven to 350 degrees F. Lightly oil a 9 x 13 baking dish or coat with nonstick spray.

Season eggs with 1 teaspoon salt and 1/2 teaspoon pepper. Add eggs to the prepared baking dish. Place into oven and bake until eggs are just set, about 13-15 minutes; let cool 5 minutes. Cut out 6 rounds using a 3 1/2-inch biscuit cutter.

In a large bowl, combine ground pork, fennel seeds, thyme, garlic powder, oregano, cayenne pepper, 1 teaspoon salt and 1/2 teaspoon pepper.

Divide the pork mixture into sixths and shape each portion into 3 1/2-inch patties.

Heat canola oil in a large skillet over medium heat. Working in batches, add patties to the skillet and cook until golden brown, about 3-4 minutes per side; let cool 5 minutes.

Place one sausage patty over the muffin bottom. Top with 1 slice cheese and 1 egg round, and then cover with another muffin top to create a sandwich. Repeat with remaining English muffins to make 6 sandwiches. Wrap tightly in plastic wrap and place in the freezer.

To reheat, remove plastic wrap from the frozen sandwich and wrap in a paper towel. Place into microwave for 1-2 minutes, or until heated through completely.

## **Nutrition**

**Servings: 6**

Calories:

Fat:

Carbs:

Protein: