



Instant Pot Breakfast Casserole with Sausage

Active Time: 5 minutes | **Total Time:** 1.5 hours | **Serves:** 6

Nutrition Information Per Serving

355.9 calories, 0.68 g carbohydrate, 0 g fiber, 0.68 g NET carbs, 18.57 g protein, 30.66 g fat

Ingredients

- 2 1/2 ounce(s) cheddar cheese, shredded
- 16 ounce(s) pasture-raised pork sausage
- 4 large(s) organic eggs
- 1/4 cup(s) organic heavy cream

Preparation

1. Grease a 7 inch cake pan. Place the trivet in the bottom of the instant pot. Pour in 1 cup of water.
2. Turn the Instant Pot to Sauté Add the breakfast sausage to the Instant Pot and cook 3-4 minutes, or until no longer pink
3. In a mixing bowl, add the eggs, half and half and shredded cheese. Pour in the cooked breakfast sausage.
4. Scrape egg mixture into the greased pan. Cover with foil.
5. Close and lock the lid. Set the valve to sealing. Set pressure to HIGH and time to 25 minutes.
6. When the time is up, let the pressure release naturally and then remove the pan.

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