



## 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.&nbsp;
2. Turn the Instant Pot to Saut&eacute;&nbsp;; 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.&nbsp;
4. Scrape egg mixture into the greased pan. Cover with foil.&nbsp;
5. Close and lock the lid. Set the valve to sealing. Set pressure to HIGH and time to 25 minutes.&nbsp;
6. When the time is up, let the pressure release naturally and then remove the pan.

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