

Breakfast Bake with Sausage, Eggs, Spinach, and Mushrooms

INGREDIENTS:

- 1 lb breakfast sausage (Whole30 compliant)
- 3 cups sliced mushrooms
- Olive oil, as needed
- 6 green onions, sliced
- 3 roma tomatoes, diced
- 1 T chopped basil or 2 tsp. dried basil
- 16 ounces frozen chopped spinach, thawed
- 1 ½ tsp salt
- 10 eggs

Sausage Recipe:

- 1 lb ground meat (pork, turkey, venison, chicken, etc)
- 1 tsp dried sage
- 1 tsp salt
- ½ tsp black pepper
- Pinch dried marjoram
- Pinch crushed red pepper flakes

Combine all ingredients in a medium bowl and mix well with your hands. Use in recipe right away or keep in an airtight container for 1 day in the fridge.

PROCESS:

- Preheat oven to 350 degrees F.
- In a medium skillet over medium heat, brown and crumble sausage. Add olive oil if necessary.
- Add mushrooms and cook about 5 minutes or until soft, stirring occasionally. Add remaining vegetables, herbs, and salt. Cook about 2 minutes or until slightly softened and well combined.
- Pour mixture into a 9 x 13 inch pan.
- Crack eggs into a medium bowl and whisk well. Pour over sausage-vegetable mixture and bake 25-30 minutes or until a knife, inserted in the center, comes out clean.