

# Breakfast Pizza Baked Peppers

## INGREDIENTS:

- 1 lb ground italian sausage
- 1 cup sliced mushrooms, chopped
- 4-5 basil leaves, torn
- 6 eggs, whisked
- Salt and pepper, to taste
- ½ cup pizza sauce
- 3 bell peppers, cut in half, seeds removed

## PROCESS:

- Preheat oven to 325 degrees F
- Cut bell peppers in half and place in a greased 8x8 rimmed baking dish cut side up. (If any of the bell pepper halves are leaning to the side, ball up a piece of aluminum foil and place it in the crevices to help keep them sitting up right - this will keep the egg mixture from pouring out).
- Place italian sausage in a medium pan over medium heat. Break up with a wooden spoon. Once browned, add chopped mushrooms and cook until soft. Lastly, add pizza sauce, basil, and salt & pepper. Mix to combine.
- Whisk eggs in a large bowl then pour in italian sausage mixture and whisk to combine.
- Scoop mixture into each pepper half.
- Place in oven to bake for 45-60 minutes or until egg is completely cooked through and no jiggle remains.
- Let cool slightly before eating.

ENJOY!

From: [paleomg.com](http://paleomg.com)

