GENERAL

jimmy deen slow cooker sausage breakfast casserole

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Jimmy Deen Slow Cooker Sausage Breakfast Casserole

Imagine waking up to the comforting aroma of a savory casserole bubbling gently in the kitchen, the promise of a hearty breakfast waiting just a few minutes away. Jimmy Deen's slow cooker sausage breakfast casserole delivers exactly that—an easy, family friendly dish that combines the smoky flavor of sausage with the creamy comfort of eggs, cheese, and vegetables. Whether you're looking for a quick weekday meal, a weekend brunch centerpiece, or a crowd pleasing option for a gathering, this recipe is designed to make mornings smoother and more delicious.

Why Jimmy Deen's Recipe Stands Out

Jimmy Deen, a name synonymous with simple, flavorful cooking, has crafted this casserole with a few key principles in mind:

- Minimal Prep, Maximum Flavor – The ingredients are pre chopped or ready to use, cutting down prep time while still delivering depth of taste.
- Slow Cooker Magic – The gentle heat of a slow cooker melds the sausage, eggs, and veggies into a cohesive, flavorful whole.
- Versatility – Swap out sausage varieties, add extra veggies, or tweak the cheese mix to suit any dietary preference.
- Family Friendly – The dish is hearty enough for adults and mild enough for kids, making it a go to for diverse palates.

Ingredients You'll Need

Below is a list of ingredients tailored for an 8 serving casserole. Feel free to scale up or down based on your household size.

- 1 pound smoked sausage (such as breakfast links or Italian sausage), sliced or crumbled
- 1 medium onion, diced
- 2 bell peppers (any color), diced
- 2 cups fresh spinach or kale, roughly chopped
- 1 cup frozen corn kernels (optional for a sweet crunch)
- 1 can (14 oz) diced tomatoes, drained
- 8 large eggs
- 2 cups shredded cheddar cheese (or a blend of cheddar and mozzarella)
- 1 cup milk (whole or 2% for richer taste)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- Salt and black pepper to taste
- Fresh parsley or chives for garnish (optional)

Step-by-Step Preparation

1. Preheat the Slow Cooker – Turn your slow cooker to the “low” setting. This ensures a gentle, even cooking environment that keeps the eggs from over cooking.
2. Sauté the Sausage and Veggies – In a skillet over medium heat, brown the sausage slices until they start to release their juices. Add the diced onion and bell peppers; cook until softened, about 5 minutes. Transfer the mixture to the slow cooker.
3. Add Greens and Corn – Stir in the spinach or kale and corn. The greens will wilt quickly, adding a fresh bite to the casserole.
4. Season – Sprinkle garlic powder, onion powder, smoked paprika, salt, and pepper over the mixture. Give everything a good toss to distribute the flavors.
5. Mix Eggs and Milk – In a separate bowl, whisk the eggs and milk together until frothy. Pour the mixture evenly over the sausage and vegetable base.
6. Top with Cheese – Generously sprinkle the shredded cheese over the top of the casserole, ensuring each bite has a creamy, melty finish.
7. Cook – Cover the slow cooker and let the casserole cook on low for 6–8 hours, or on high for 3–4 hours. The eggs should be set and the cheese melted.
8. Finish & Serve – Once done, give the casserole a quick stir to distribute the cooked eggs. Garnish with fresh parsley or chives if desired, and serve hot straight from the slow cooker.

Variations & Flavor Twists

One of the best things about this Jimmy Deen slow cooker sausage breakfast casserole is its flexibility. Below are a few ideas to tailor the dish to your taste.

- Spicy Kick – Add a tablespoon of hot sauce or a pinch of cayenne pepper to the seasoning mix.
- Cheese Swap – Use pepper jack, Gruyère, or a Mexican blend for a different melt and flavor profile.
- Vegetable Boost – Incorporate sautéed mushrooms, zucchini, or diced potatoes for extra texture.
- Herb Enhancement – Add dried oregano or thyme to the seasoning blend for an herby aroma.
- Vegan Version – Replace sausage with plant based sausage, use a dairy free cheese, and substitute eggs with a tofu scramble.

Serving Suggestions & Pairings

This casserole is a stand alone meal, but pairing it with complementary sides can elevate the dining experience.

- Fresh Bread or Rolls – Warm, crusty bread or buttery rolls help soak up the savory juices.
- Fruit Salad – A light fruit salad balances the richness with a sweet, refreshing contrast.
- **Coffee or Tea** – A strong cup of coffee or herbal tea pairs wonderfully with the hearty breakfast.

Storage & Leftovers

Leftover casserole can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the microwave or on the stovetop, adding a splash of milk if needed to restore moisture. For longer storage, freeze portions in freezer bags for up to 2 months; thaw overnight in the refrigerator before reheating.

Nutritional Overview

Below is an approximate nutritional breakdown per serving (based on 8 servings). Values may vary with ingredient substitutions.

- Calories – 450–520 kcal

- Protein – 25–30 g
- Fat – 28–32 g (including saturated fat from sausage and cheese)
- Carbohydrates – 12–15 g
- Fiber – 3–5 g
- Sodium – 700–900 mg (adjustable by using low sodium sausage and cheese)

Frequently Asked Questions

1. Can I use different types of sausage? – Absolutely. Try pork, turkey, or even a smoked sausage for a different flavor profile.
2. What if I don't have a slow cooker? – You can adapt the recipe for a Dutch oven or a large casserole dish in the oven at 325°F for 45–60 minutes.
3. How do I prevent the eggs from becoming rubbery? – Cooking on the low setting for a longer period or using the "keep warm" function after the eggs are set helps maintain a tender texture.
4. Is this recipe kid friendly? – Yes. The mild sausage flavor and creamy cheese make it appealing to most children, and you can hide vegetables in the mix.
5. Can I make it ahead of time? – Prepare the casserole the night before and let it cook overnight on low. The next morning, simply reheat and serve.

Conclusion

Jimmy Deen's slow cooker sausage breakfast casserole is more than just a recipe—it's a culinary solution for busy mornings, a comforting family favorite, and a versatile dish that can be customized to suit any palate. By combining simple ingredients with the gentle cooking power of a slow cooker, you create a flavorful, satisfying breakfast that will keep everyone coming back for more. Whether you're preparing a quick weekday meal or planning a weekend brunch, this casserole is sure to become a staple in your kitchen. Give it a try, experiment with variations, and enjoy the delicious results that only a well crafted slow cooked breakfast can offer.

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