

Easy make ahead Breakfast Sandwiches

Recipe courtesy of The Better Home Life www.thebetterhomelife.com

Ingredients:

12 Eggs

12 English Muffins

3/4 cup half and half

1 finely chopped onion

1/2 teaspoon salt

1/2 teaspoon pepper

1.5 pounds ground bulk breakfast sausage

12 slices of cheddar cheese

Directions:

Preheat oven to 375 degrees F. Crack 12 eggs into a mixing bowl. Add the half and half, onion, salt a pepper. Whisk until smooth. Pour into a greased 9x 13 inch casserole dish uncovered until lightly browned, approximately 25 minutes. Allow to cool, then cut into 12 squares.

While the eggs are baking, toast the English muffins in a toaster oven. If you don't have a toaster oven, you could also place the muffins on a sheet pan and broil then for 5-10 minutes.

Divide the 1.5 pounds of bulk breakfast sausage into 12 pieces and smash into patties. Fry on the stove top until cooked through. Set the sausage aside on a paper towel lined plate to cool and drain.

Once the eggs, sausage, and English muffins have cooled you can assemble the sandwiches. Place one egg square, one sausage patty and one slice of cheese in each English muffin.

To prepare the sandwiches for freezing you will need:

12 moist paper towels

12 10x10 inch pieces of parchment paper

12 zip lock sandwich bags

Wrap each sandwich first in a moist (not wet) paper towel, then wrap with parchment paper. Slide each wrapped sandwich into a zip lock sandwich bag. Pinch out the air and place in your freezer.

How to reheat the frozen breakfast sandwich:

Remove the breakfast sandwich from the freezer. Take the sandwich out of the bag, and remove the parchment paper. Place the paper towel wrapped frozen sandwich on a plate and microwave for 2 minutes. Remove the paper towel and enjoy a delicious breakfast!