



# Sausage, Egg, & Toast Cups

## directions

1. Preheat oven to 375 degrees.
2. Spray a muffin tin with vegetable spray.
3. Brown sausage in a non stick pan over medium heat until browned. Break up with a spoon as it cooks. Drain on paper towels if necessary. (The all natural had very, very little oil left in pan) - See more at: [http://swaggertys.com/Recipes/Breakfast\\_Egg\\_Toast\\_Cup/#sthash.sHuawwa1.dpuf](http://swaggertys.com/Recipes/Breakfast_Egg_Toast_Cup/#sthash.sHuawwa1.dpuf)
4. While sausage is browning, cut crust off bread slices using a sharp knife. - See more at: [http://swaggertys.com/Recipes/Breakfast\\_Egg\\_Toast\\_Cup/#sthash.sHuawwa1.dpuf](http://swaggertys.com/Recipes/Breakfast_Egg_Toast_Cup/#sthash.sHuawwa1.dpuf)
5. Gently roll bread squares out flat using a rolling pin. - See more at: [http://swaggertys.com/Recipes/Breakfast\\_Egg\\_Toast\\_Cup/#sthash.sHuawwa1.dpuf](http://swaggertys.com/Recipes/Breakfast_Egg_Toast_Cup/#sthash.sHuawwa1.dpuf)
6. Using your fingers gently press a flattened bread square into each muffin tincup. The edges of the bread will stick up above the edges in little points. Don't worry about perfection. This is about a great breakfast. - See more at: [http://swaggertys.com/Recipes/Breakfast\\_Egg\\_Toast\\_Cup/#sthash.sHuawwa1.dpuf](http://swaggertys.com/Recipes/Breakfast_Egg_Toast_Cup/#sthash.sHuawwa1.dpuf)
7. Brush each piece of bread lightly on edges with some of the melted butter. - See more at: [http://swaggertys.com/Recipes/Breakfast\\_Egg\\_Toast\\_Cup/#sthash.sHuawwa1.dpuf](http://swaggertys.com/Recipes/Breakfast_Egg_Toast_Cup/#sthash.sHuawwa1.dpuf)
8. Evenly spoon 2/3 of the cooked sausage bottom of cups. - See more at: [http://swaggertys.com/Recipes/Breakfast\\_Egg\\_Toast\\_Cup/#sthash.sHuawwa1.dpuf](http://swaggertys.com/Recipes/Breakfast_Egg_Toast_Cup/#sthash.sHuawwa1.dpuf)
9. Crack an egg into each cup over sausage. Lightly sprinkle the remaining 1/3 cup sausage over and around eggs. - See more at: [http://swaggertys.com/Recipes/Breakfast\\_Egg\\_Toast\\_Cup/#sthash.sHuawwa1.dpuf](http://swaggertys.com/Recipes/Breakfast_Egg_Toast_Cup/#sthash.sHuawwa1.dpuf)
10. Season with salt and pepper.
11. Bake for 20-25 minutes or until eggs are set to you liking. Remove from oven and cool for a few minutes on a wire rack. - See more at: [http://swaggertys.com/Recipes/Breakfast\\_Egg\\_Toast\\_Cup/#sthash.sHuawwa1.dpuf](http://swaggertys.com/Recipes/Breakfast_Egg_Toast_Cup/#sthash.sHuawwa1.dpuf)

## notes

Add your favorite toppings:

If you are a cheese lover, sprinkle your favorite shredded cheese over the top before baking.

Try serving with salsa and a dollop of sour cream.

Make ahead tip:

You can bake, store covered in the refrigerator, pop into the microwave to heat up. These "sausage" cups make a great hand held to-go breakfast for the family. Also a great brunch for a crowd.

Recycle Tip:

"Save the Crust". When you make a recipe where you cut the crust off of bread, don't toss out. Put crusts into a freezer bag. Freeze for using later when you make a wonderful brunch sausage bread pudding or for when you need bread crumbs to mix in with you favorite sausage meatloaf.

Try this recipe using Swaggerty's 1930 Family Recipe "Hot" Sausage if your family likes their dishes a bit more spicy.



6

*servings*

20 min

*prep time*

25 min

*cook time*

## ingredients

1 lb. Swaggerty's Farm premium sausage (Hot, Mild, or All Natural)

2 tbsp melted butter

6 slices white or or whole wheat bread (use a softer bread type)

6 large eggs

Salt & pepper to taste

Pairs well with: Fruit salad

Special Kitchen Tools: N/A

**to serve**

Serve hot, warm, or room temperature with fruit if desired.