



Breakfast Sausage Mac and Cheese



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Introduction

Breakfast sausage mac and cheese is a hearty and mouthwatering dish that combines the comforting flavors of creamy mac and cheese with the savory goodness of breakfast sausage. This fusion of two beloved meals makes for a perfect breakfast, brunch, or indulgent dinner option. It's easy to prepare and packed with flavor, making it a favorite among both kids and adults alike.

Detailed Ingredients with measures

- Macaroni pasta: 2 cups
- Breakfast sausage: 1 pound
- Cheddar cheese, shredded: 2 cups
- Milk: 2 cups
- Butter: 4 tablespoons
- All-purpose flour: 1/4 cup
- Garlic powder: 1 teaspoon
- Onion powder: 1 teaspoon
- Salt: 1/2 teaspoon
- Pepper: 1/4 teaspoon
- Breadcrumbs (optional for topping): 1/2 cup

Prep Time

Prep time for breakfast sausage mac and cheese is approximately 10-15 minutes. This includes gathering all the necessary ingredients and getting ready to cook.

Cook Time, Total Time, Yield

The cook time for the dish is about 30 minutes. Therefore, the total time required from start to finish is around 45 minutes. This recipe yields around 4-6 servings, making it a generous portion for a family meal or a small gathering.

Enjoy this delightful breakfast sausage mac and cheese, which is sure to satisfy your cravings and bring a smile to your face!



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Detailed Directions and Instructions

Step 1: Cook the Pasta

Begin by bringing a large pot of salted water to a boil. Add the macaroni and cook according to the package instructions until al dente. Once cooked, drain the pasta and set it aside.

Step 2: Prepare the Sausage

In a large skillet, add the breakfast sausage. Cook over medium heat, breaking it apart with a spatula until it is fully cooked and browned. Drain any excess grease.

See also Biscoff Roll French Toasts

Step 3: Make the Cheese Sauce

In the same skillet with the cooked sausage, add butter and allow it to melt. Once melted, stir in flour and cook for about a minute to form a roux. Gradually whisk in milk, ensuring there are no lumps. Cook until the mixture begins to thicken.

Step 4: Add Cheese

Lower the heat and stir in shredded cheddar cheese until it melts completely and the sauce becomes smooth.

Step 5: Combine Ingredients

Add the cooked pasta to the cheese sauce along with the cooked sausage. Stir well to ensure the pasta is evenly coated.

Step 6: Transfer to Baking Dish

Preheat the oven to 350°F (175°C). Pour the mac and cheese mixture into a greased baking dish. Spread it evenly.

Step 7: Bake

Place the baking dish in the preheated oven and bake for about 20-25 minutes, or until the top is bubbly and slightly golden.

Step 8: Serve

Once baked, remove the dish from the oven and let it cool for a few minutes before serving. Enjoy your breakfast sausage mac and cheese!

Notes

Note 1:

You can use any type of pasta, but elbow macaroni is traditional for mac and cheese.

Note 2:

Feel free to mix in other ingredients, such as vegetables or different cheeses, to customize your dish.

Note 3:

This dish can be made ahead of time and refrigerated. Just bake it when you are ready to serve.

Note 4:

Leftovers can be stored in the fridge for a few days and reheated in the oven or microwave.

See also Meatball Sub Grilled Cheese Casserole



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Cook techniques

Boiling Pasta

Boiling pasta is essential for achieving the right texture. Ensure you use plenty of water and add salt to enhance flavor.

Sautéing

Sautéing ingredients like sausage and onion in a skillet allows for caramelization, which adds depth of flavor to the dish.

Making Cheese Sauce

Creating a cheese sauce involves making a roux and then gradually adding milk and cheese for a creamy consistency.

Baking

Baking the mac and cheese provides a crispy top layer, achieving the perfect contrast to the creamy interior.

FAQ

Can I use different types of cheese for this recipe?

Yes, feel free to experiment with different cheeses to personalize the flavor profile of your mac and cheese.

How can I store leftovers?

Leftovers can be stored in an airtight container in the refrigerator for up

to 3 days. Reheat in the oven or microwave.

Can I make this dish ahead of time?

Absolutely! You can prepare the mac and cheese ahead of time and bake it just before serving.

What type of sausage works best?

Both breakfast sausage and Italian sausage are great options, depending on your flavor preference.

Is this dish suitable for freezing?

Yes, you can freeze mac and cheese, but it's recommended to do so before baking for the best results.



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Conclusion

This Breakfast Sausage Mac and Cheese is a delightful twist on two classic comfort foods, combining the savory flavors of breakfast sausage with the creamy richness of mac and cheese. Perfect for any time of the day, this dish is sure to please both kids and adults alike. Pair it with a fresh side salad or some steamed vegetables for a well-rounded meal that brings warmth and satisfaction.

See also [Strawberry Granita](#)

More recipes suggestions and combination

Buffalo Chicken Mac and Cheese

Spice up your mac and cheese by adding shredded buffalo chicken for a tangy kick that pairs wonderfully with the creamy cheese.

Vegetable Mac and Cheese

Incorporate your favorite vegetables, like spinach, broccoli, or tomatoes, for a nutritious boost while still enjoying the cheesy goodness.

Mac and Cheese with Bacon

Add crispy bacon to your mac and cheese for an extra layer of flavor and crunch that bacon lovers will appreciate.

Vegan Mac and Cheese

Try using cashew cream or nutritional yeast for a delicious vegan alternative that maintains the creamy texture and savory taste.

Spicy Pimento Cheese Mac

Mix in some pimento cheese and jalapeños to create a Southern-inspired version that's creamy with a spicy kick.

Lobster Mac and Cheese

Elevate your mac and cheese by adding chunks of lobster for a luxurious twist that's perfect for special occasions.



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