



Freezer Sausage Egg Cheese Breakfast Sandwiches

Introduction

Freezer sausage, egg, and cheese breakfast sandwiches are a fantastic way to ensure that your mornings start off right, even on the busiest days. This recipe from Damn Delicious allows you to prepare hearty and satisfying sandwiches ahead of time, so you can simply grab one from the freezer and heat it up when hunger strikes. Perfect for families and individuals alike, these sandwiches combine fluffy eggs, savory sausage, and melted cheese, all nestled in a toasted English muffin.

Detailed Ingredients with measures

12 eggs, lightly beaten

Kosher salt and freshly ground black pepper, to taste

1 pound ground pork

1 teaspoon crushed fennel seeds

½ teaspoon dried thyme

½ teaspoon garlic powder

¼ teaspoon dried oregano

Pinch of ground cayenne pepper

2 teaspoons canola oil

6 English muffins, split and lightly toasted

6 slices yellow American cheese

Prep Time

15 minutes

Cook Time

20 minutes

Total Time

35 minutes

Yield

6 servings

Instructions

1. Preheat the oven to 350 degrees Fahrenheit and prepare a 9 x 13-inch baking dish by lightly oiling it or using nonstick spray.
2. Season the eggs with salt and pepper, pour into the baking dish, and bake for 13-15 minutes until just set. Allow cooling for 5 minutes before cutting out egg rounds.
3. In a large bowl, mix ground pork with fennel, thyme, garlic powder, oregano, cayenne, salt, and pepper. Form into six equal patties.
4. Heat canola oil in a skillet over medium heat and cook the sausage patties for 3-4 minutes on each side until golden brown. Let cool for 5 minutes.
5. Assemble sandwiches by placing a sausage patty on the bottom half of each muffin, topping it with cheese and an egg round, then covering with the muffin top.
6. Wrap each sandwich tightly in plastic wrap and freeze for future use.
7. To reheat, remove plastic wrap, wrap in a paper towel, and microwave for 1-2 minutes until heated through. Serve immediately.

Detailed Directions and Instructions

Step 1: Preheat the Oven

Set your oven to 350 degrees Fahrenheit. Lightly oil a 9 x 13-inch baking dish or coat it with nonstick spray.

See also Chocolate Tres Leches Cake

Step 2: Prepare the Eggs

Season the lightly beaten eggs with 1 teaspoon of salt and $\frac{1}{2}$ teaspoon of black pepper. Pour the eggs into the prepared baking dish. Bake in the preheated oven until the eggs are just set, approximately 13-15 minutes. Once done, let them cool for about 5 minutes. Using a 3½-inch biscuit cutter, cut out 6 rounds from the baked eggs.

Step 3: Make the Sausage Patties

In a large bowl, combine the ground pork with the crushed fennel seeds, dried thyme, garlic powder, dried oregano, ground cayenne pepper, 1 teaspoon of salt, and $\frac{1}{2}$ teaspoon of black pepper. Mix until all ingredients are well incorporated. Divide this mixture into six equal portions and shape each into a 3½-inch patty.

Step 4: Cook the Sausage Patties

Heat 2 teaspoons of canola oil in a large skillet over medium heat. Working in batches if necessary, add the sausage patties to the skillet. Cook each patty until golden brown, about 3-4 minutes per side. Once cooked, let them cool for about 5 minutes.

Step 5: Assemble the Sandwiches

Place one sausage patty on the bottom half of each toasted English muffin. Top the patty with a slice of American cheese, followed by an egg round. Cover with the top half of the English muffin to complete the sandwich. Repeat this process for all six sandwiches.

Step 6: Wrap and Freeze

Wrap each assembled sandwich tightly in plastic wrap. Place the wrapped sandwiches in the freezer for future use.

Step 7: Reheat and Serve

When ready to eat, remove the plastic wrap from a frozen sandwich and wrap it in a paper towel. Microwave the sandwich for 1-2 minutes, or until it's heated through completely. Serve immediately.

See also Crock Pot Creamy Chicken Noodle Soup

Notes

Storage

These sandwiches can be kept in the freezer for several weeks. Ensure they are wrapped tightly to prevent freezer burn.

Reheating

For best results, use the microwave as specified, but you can also reheat in an oven or toaster oven to achieve a crispier texture.

Substitutions

Feel free to substitute the ground pork with turkey or chicken sausage for a lighter option. You can also use different types of cheese according to your preference.

Customization

Add vegetables like spinach or bell peppers to the egg mixture for

added nutrition and flavor.



Freezer Sausage Egg Cheese Breakfast Sandwiches

Cook techniques

Layering Flavors

To enhance the taste of your sausage, the mixture of spices such as fennel seeds, thyme, garlic powder, oregano, and cayenne works together to create a distinctive flavor profile that elevates the breakfast sandwich.

Baking Eggs Evenly

Baking the eggs in a flat layer instead of scrambling them allows for even cooking and easy cutting. This technique helps create perfectly sized rounds that fit well within the sandwich.

Creating Uniform Sausage Patties

Dividing the sausage mixture into equal portions ensures that each patty cooks evenly and provides consistent size and flavor in every sandwich.

Proper Cooking Temperature

Cooking sausage patties over medium heat promotes even browning and prevents them from burning while ensuring they cook through completely.

Freezing for Future Use

Wrapping each sandwich tightly in plastic wrap minimizes freezer burn and preserves flavor and texture for a convenient breakfast option that can be reheated as needed.

FAQ

Can I use a different type of meat for the sausage?

Yes, you can substitute ground turkey, chicken, or beef for the pork, adjusting seasonings as necessary to retain flavor.

How long can I keep these sandwiches in the freezer?

These sandwiches can be stored in the freezer for up to 2 months for

optimal quality.

See also [Non-Alcoholic Layered Drink Recipes for Every Occasion](#)

Can I add vegetables to the sandwiches?

Absolutely! Adding sautéed veggies like spinach, bell peppers, or onions can enhance the nutritional value and flavor of the sandwiches.

What if I don't have English muffins?

You can use bagels, biscuits, or any bread of choice as a substitute for English muffins to create your breakfast sandwich.

How do I reheat the sandwiches effectively?

Microwaving them wrapped in a paper towel helps retain moisture. Alternatively, you can reheat them in an oven or toaster oven for a crispier result.

Conclusion

The Freezer Sausage, Egg, and Cheese Breakfast Sandwiches are a fantastic meal prep solution that allows you to enjoy a nutritious and satisfying breakfast on the go. By making them in batches and freezing them, you can ensure that you always have a hearty option ready to fuel your day. These sandwiches strike the perfect balance of flavors and textures, proving to be both delicious and convenient.

Vegetarian Breakfast Sandwiches

Try using a veggie patty or sautéed mushrooms in place of sausage, along with spinach and feta cheese for a delightful meat-free option.

Bacon and Avocado Sandwiches

Swap out the sausage for crispy bacon and add slices of avocado for a creamy and flavorful twist on a classic breakfast sandwich.

Spicy Southwest Breakfast Sandwiches

Incorporate chorizo or spicy turkey sausage, and add jalapeños and pepper jack cheese for a kick that will wake up your taste buds.

Caprese Breakfast Sandwiches

Layer fresh mozzarella, tomatoes, and basil on your sandwich, drizzling with balsamic glaze for a fresh and flavorful Mediterranean-inspired breakfast.

Smoked Salmon and Cream Cheese Sandwiches

Spread cream cheese on the muffins, add smoked salmon, capers, and arugula for a sophisticated breakfast option that's packed with protein and flavor.

Breakfast Burrito Variation

Transform the ingredients into a breakfast burrito, wrapping scrambled eggs, sausage, cheese, and salsa in a tortilla for a portable and fill-you-up meal.



Freezer Sausage Egg Cheese Breakfast Sandwiches



Freezer Sausage Egg Cheese Breakfast Sandwiches