



Simple Breakfast Casserole Bake

The Sizzle That Started It All

The smell of sausage and garlic woke me before my alarm. Golden cheese bubbled in my friend's oven, promising a cozy morning. One bite of her casserole—creamy eggs, crispy potatoes—hooked me for life. **Ever wondered how you could turn Simple Breakfast Casserole Bake into something unforgettable...?** Now I make it for sleepy guests, holiday brunches, even “just because” Tuesdays. Share your first casserole memory below—was it love at first bite?

My Cheesy (Almost) Disaster

My first try, I forgot to grease the pan. The casserole stuck like glue—we

ate it with spoons, laughing. **Home cooking isn't about perfection. It's about showing up, messes and all.** Now I keep extra cheese on hand for "oops" moments. What's your funniest kitchen fail?

Why This Dish Shines

- Pepper jack cheese melts into spicy ribbons, balancing the mild eggs.
- Frozen potatoes stay firm, giving each bite a satisfying crunch. **Which flavor combo surprises you most?** Is it the garlic-kissed sausage or the pop of spinach? Vote in the comments!

From Farmhouse to Your Table

This casserole roots back to 1950s Midwest potlucks. Busy farm wives tossed leftovers—eggs, potatoes, meat—into one pan. *Did you know? The "O'Brien" in the potatoes honors a New York chef who loved peppers.* Today, it's a fridge-cleaner's dream. What's your go-to "use it up" dish?



Simple Breakfast Casserole Bake

Ingredients:

Ingredient	Amount	Notes
Breakfast sausage	1/2 pound	
Minced garlic	3 teaspoons	
Large eggs	12	
Milk	1 cup	
Frozen diced potatoes O'Brien	2 cups	Mixed with onions and peppers (no need to thaw)
Chopped spinach	1 cup	Roughly chopped
Shredded pepper jack cheese	1 1/2 cups	Divided
Salt	1 1/2 teaspoons	
Black pepper	1/2 teaspoon	

How to Make a Simple Breakfast Casserole Bake

Step 1

See also Creamy Banana Peach Smoothie in 5 Minutes
Preheat your oven to 350°F. Grab a 9×13 baking dish and grease it well. This keeps the casserole from sticking. Use nonstick spray or a bit of butter. **Step 2** Brown the sausage in a skillet over medium heat. Cook until no pink remains. Add garlic and stir for one minute. Drain the grease on paper towels. **Step 3** Whisk eggs and milk in a big bowl. Toss in potatoes, spinach, 1/2 cup cheese, and sausage. Season with salt and pepper. Mix gently but thoroughly. **Step 4** Pour the mix into the dish. Top with the rest of the cheese. Bake 45 minutes until golden and firm.

Cover with foil if it browns too fast. **Step 5** Let it sit 10 minutes before slicing. This helps it hold its shape. Cut into 15-18 squares and serve warm. Leftovers reheat well for busy mornings. (Hard-learned tip: For extra flavor, swap the spinach for sun-dried tomatoes.) **What's your go-to breakfast protein? Sausage, bacon, or something else? Share below! Cook Time:** 45 minutes **Total Time:** 1 hour **Yield:** 15-18 squares **Category:** Breakfast, Brunch

3 Fun Twists on This Casserole

Vegetarian Skip the sausage. Add diced mushrooms and bell peppers instead. Use extra cheese for richness. **Spicy** Swap pepper jack for habanero cheese. Toss in a diced jalapeño. Hot sauce on the side for daring folks. **Seasonal** Use sweet potatoes instead of frozen ones. Add crumbled bacon and rosemary in fall. Cozy and hearty. **Which twist would you try first? Vote in the comments!**

Serving Ideas for Your Casserole

Pair it with fresh fruit or a crisp green salad. Add toast or biscuits for extra carbs. A dollop of salsa or sour cream adds zing.

See also Quick Spinach and Fruit Smoothie for Busy Mornings
Drink ideas: Orange juice or coffee for a classic touch. A mimosa or Bloody Mary for weekend brunch vibes. **Which would you choose tonight? Comforting coffee or a bubbly cocktail?**



Simple Breakfast Casserole Bake

Keep It Fresh or Freeze It

This casserole stays good in the fridge for 3 days. Reheat slices in the microwave for 1-2 minutes. Freeze extras for busy mornings—wrap tight in foil, then plastic. Thaw overnight before reheating. *Fun fact: Frozen potatoes bake faster than fresh ones!* Batch-cook two dishes; eat one now, freeze one later. Why this matters: Meal prep saves time and cuts stress. Ever tried freezing breakfast bakes? Share your tips below!

Oops-Proof Your Bake

Soggy bottom? Drain sausage grease well and pat dry. Eggs too dense? Whisk longer for fluffier texture. Cheese browning too fast? Tent with foil mid-bake. Why this matters: Small tweaks make big differences in taste and texture. My neighbor Linda once forgot the salt—don't skip it! What's your biggest kitchen mishap? Let's laugh together.

Your Questions, Answered

Q: Can I make this gluten-free? A: Yes! It's naturally gluten-free—just check sausage labels. **Q: How far ahead can I prep it?** A: Assemble the night before; bake in the morning. **Q: What swaps work for dairy-free?** A: Use almond milk and skip the cheese. **Q: Can I double the recipe?** A: Absolutely—use two pans or a bigger dish. **Q: Will sweet potatoes work instead?** A: Yes, but thaw first to avoid extra moisture.

From My Kitchen to Yours

This casserole reminds me of Sunday brunches with my grandkids. Simple, hearty, and full of love. **Tag Savory Discovery on Pinterest with your bake photos!** Happy cooking! —Elowen Thorn.

See also [Fluffy Southern Cathead Biscuits Recipe](#)

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SIMPLE BREAKFAST CASSEROLE BAKE





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Simple Breakfast Casserole Bake

Author: Elowen Thorn



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Difficulty: **Beginner**



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Prep time: **15 minutes**



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Cook time: **45 minutes**



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Rest time: **10 minutes**



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Total time: **1 hour 10 minutes**



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Servings: **15-18 servings**



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Calories: **250 kcal**

Best Season: **Summer**

Description

A hearty and flavorful breakfast casserole packed with sausage, eggs,

potatoes, and cheese for a satisfying morning meal.

Ingredients

- ☐ 1/2 pound breakfast sausage
- ☐ 3 teaspoons minced garlic
- ☐ 12 large eggs
- ☐ 1 cup milk
- ☐ 2 cups frozen diced potatoes O'Brien (mixed with onions and peppers)
- ☐ 1 cup chopped spinach (roughly chopped)
- ☐ 1 1/2 cups shredded pepper jack cheese (divided)
- ☐ 1 1/2 teaspoons salt
- ☐ 1/2 teaspoon black pepper

Instructions

1. Preheat the oven to 350°F. Grease a 9×13 baking dish with nonstick cooking spray.
2. In a large skillet, brown sausage over medium heat until fully cooked. Add garlic and cook one more minute. Drain grease on paper towels.
3. In a large bowl, beat eggs and milk. Stir in frozen potatoes, spinach, 1/2 cup cheese, cooked sausage, salt, and pepper.
4. Pour mixture into the baking dish and top with remaining 1 cup cheese. Bake for 45 minutes or until eggs are firm and top is golden. Cover with foil if needed.
5. Let rest for 10 minutes before cutting into squares. Serve warm.

Notes

For a milder flavor, substitute cheddar cheese for pepper jack. Add diced bell peppers or mushrooms for extra veggies.

Keywords: Breakfast, Casserole, Sausage, Eggs, Potatoes, Cheese