



Breakfast Casserole with Sweet Potatoes

Wake up in the morning to this fabulous one-pot breakfast with sweet potato tater tots which give the dish a blast of flavor combined with ham, onion, green pepper. I tried several breakfast crock-pot casseroles, and this one was my hit!

Ingredients:

- 1 Pound frozen sweet potato crisp bite size puffs (tater tots)
- 1 (6-ounce) Package Canadian bacon, diced
- 1 Onion, chopped
- 1 Green bell pepper, cored and chopped
- 1 $\frac{1}{4}$ Cups shredded reduced-fat sharp Cheddar cheese
- 4 Eggs
- 3 Egg whites
- $\frac{1}{2}$ Cup skim milk
- Salt and pepper to taste

Instructions:

Use 3-6-quart slow cooker, insert plastic liner if desired. Depending on size of slow cooker, layer tater tots, Canadian bacon, green pepper and cheese, two or three times. In bowl, whisk together eggs and milk. Season to taste. Pour egg mixture over layers in slow cooker. Cover and cook on LOW 5-8 hours or until egg mixture is set.

Tip: For vegetarian option, omit Canadian bacon. If desired, when done, you can sprinkle more cheese on top.

Serving Size: 8

Cook Time: 8 hours

Categories:

Breakfast
Pork
Kid Friendly
Holly Clegg
7 Ingredients or Less

Credits:

Created by Louisiana Sweet Potato Commission spokesperson, Holly Clegg