

Potato Cheddar Breakfast Bake



★★★★★ 5.0 | (1)

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Submitted By: Vitamix

Dietary Interests: [No Added Sugar](#), [Gluten-Free](#)

Yield:

9 servings

Total Time:

1 Hour 31 Minutes

Difficulty:

Advanced

Ingredients

- 3 (519 g) medium russet potatoes, cubed into 1 1/2-inch (4 cm) chunks
- 2 cups (480 ml) egg substitute or 8 eggs
- 2 cups (480 ml) milk
- 1/2 teaspoon salt
- 8 ounces (227 g) cheddar cheese, cut into cubes
- 1/4 cup (40 g) chopped green pepper
- 1/4 cup (40 g) chopped onion

- 1 1/2 cups (210 g) diced ham

Directions

1. Preheat oven to 350°F (180°C). Spray a 9-inch x 9-inch (23 cm x 23 cm) baking pan with cooking spray.
2. Place potatoes into the Vitamix container and fill to the 6 cup (1.4 l) level.
3. Add water to the 8 cup (1.9 l) level and secure lid.
4. Select Variable 5 or 6. (Slower speed produces a coarser chop.)
5. Turn on for about 10 seconds, using the tamper if necessary.
6. Drain well, reserve.
7. Place egg substitute, milk, salt, and cheese into the Vitamix container in the order listed and secure lid.
8. Select Variable 1.
9. Turn machine on and slowly increase speed to Variable 10, then to High.
10. Blend for 20 seconds.
11. Reduce speed to Variable 3 and remove the lid plug.
12. Add peppers, onion, potatoes, and ham through the lid-plug opening.
13. Blend for 10-15 seconds.
14. Pour into prepared pan.
15. Bake covered with aluminum foil for 40-45 minutes.
16. Uncover and bake another 30-35 minutes until firm and lightly browned.

This recipe has been written for the C-Series and G-Series machines with Variable Speed control and 64-ounce container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.

Nutrition Information

Serving Size	1 square
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Amount Per Servings	
Calories	267
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Total Fat	13 g
Saturated Fat	7 g
Cholesterol	44 mg
Sodium	563 mg
Total Carbohydrate	17 g
Dietary Fiber	2 g
Sugars	4 g
Protein	21 g
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