

# Ground Beef, Egg, & Cheese Breakfast Casserole

breakfast, brunch  
American

Yield: 12 servings

*Lean ground beef (or turkey) is seasoned like sausage and layered with cheddar & eggs in this lighter, low-carb Ground Beef, Egg, & Cheese Breakfast Casserole!*

## Ingredients

- 1 pound lean ground beef (or turkey)
- 1 tablespoon brown sugar
- 2 teaspoons dried sage
- 1 1/2 teaspoons dried basil
- 1 1/4 teaspoons salt, DIVIDED
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon marjoram
- Pinch of crushed red pepper flakes
- Freshly ground black pepper, to taste
- 6 ounces (about 1 1/2 cups) grated cheddar cheese
- 8 eggs
- 1 1/2 cups milk
- 1 teaspoon ground mustard powder

## Instructions

1. Place an oven rack in the center position of the oven. Preheat the oven to 350°F. Lightly grease a 9- by 13-inch baking dish (or coat with cooking spray).
2. Set a large skillet, pan, pot, or Dutch oven over medium-high heat. Add the ground beef and cook until no longer pink, breaking apart and stirring as the meat cooks. In the meantime, mix the brown sugar, sage, basil, 3/4 teaspoon salt, garlic powder, onion powder, marjoram, red pepper flakes, and black pepper in a small bowl until combined; set aside. Once the meat is done cooking, drain the grease from the skillet and stir in the spice blend. Remove the skillet from the heat and allow to cool for a few minutes.
3. Spread the seasoned meat in the prepared baking dish. Sprinkle the meat with the grated cheddar. In a large bowl, whisk together the eggs, milk, mustard powder, remaining 1/2 teaspoon salt, and ground pepper (to taste) until well combined. Evenly pour the egg mixture

over the beef/cheese in the dish.

4. Bake for 50 to 55 minutes until the eggs are puffed and golden brown and the center is set. Allow to sit for 5 minutes before slicing and serving.

## Notes

A half recipe may be baked in an 8- by 8-inch square dish. Check for doneness after about 40 minutes.

For extra flavor from the herbs, crush the dried sage, basil, and marjoram in your fingers before mixing them into the spice blend.

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