

# Hash Brown and Egg Casserole

## *Ingredients*

- 1 lb ( 455 g) pork breakfast sausage I recommend using sage flavored
- ¼ cup ( 31 g) all-purpose (plain) flour
- 2 ½ cups ( 590 ml) whole milk
- ⅛ teaspoon crushed red pepper optional
- salt and freshly cracked black pepper to taste

## *Directions*

1. Place sausage in a skillet over medium/high heat.
2. Use a spatula or wooden spoon to break up and crumble sausage as it cooks, cooking until completely browned and no pink remains. Do not drain your skillet.
3. Sprinkle flour evenly over the sausage crumbles. Stir frequently until flour is absorbed (about 1 minute).
4. Slowly drizzle the milk into your skillet, stirring as you pour. Add crushed red pepper, if using.
5. Continue to cook, stirring frequently until mixture is thickened and desired consistency is reached.
6. Add salt and pepper to taste and serve warm over homemade biscuits!