

## Scrambled Egg Muffins

### Ingredients:

½ lb. (226.80 grams) bulk pork sausage  
12 eggs  
1 cup (250 mL) chopped vegetables: can include chopped bell pepper (green, yellow, red, orange), chopped onion (red, yellow, green), or any vegetable you like  
½ tsp (2 mL) salt  
¼ tsp (1 mL) ground black pepper  
¼ tsp (1 mL) garlic powder  
½ cup (125 mL) shredded Cheddar cheese



### Instructions:

Preheat oven to 350°F (175°C). Lightly grease 12 muffin cups, or line with paper muffin liners.

Heat a large skillet over medium-high heat and stir in sausage; cook and stir until sausage is crumbly, evenly browned and no longer pink, 10 to 15 minutes; drain. Beat eggs in a large bowl. Stir in onions, green pepper, salt, pepper, and garlic powder. Mix in cooked sausage and Cheddar cheese. Spoon into prepared muffin tins, about 1/3 full. Bake in preheated oven until a knife inserted near the center comes out clean, 20 to 25 minutes. Serves 12.