**Breakfast Stuffed Bell Peppers**

Grilled bell peppers stuffed with classic breakfast favorites

**Yield:** 8 Stuffed Bell Pepper Halves  
**Timing:** Prep Time = 20 Minutes  
**Total Time = 40 Minutes**  
**Required Utensils:** Chef’s knife, cutting board, non-stick skillet, spatula, measuring cups, measuring spoons, large bowl, small bowl, whisk, grill.

![Image of breakfast stuffed bell peppers](image)

**Ingredients**

4 Bell Peppers, sliced in half vertically, seeds cleaned out  
1/2 Lb Ground Pork Breakfast Sausage  
3 Cups Frozen Shredded Hash Browns  
5 Tbsp Vegetable Oil  
1/2 Onion, diced  
2 Tomatoes, diced  
5 Eggs, beaten  
1 Cup Shredded Cheddar Cheese  
Salt and Pepper to Taste
Method of Preparation (Instructions)

1. Cook breakfast sausage in non-stick skillet over medium heat. Set aside in a large bowl.
2. In same pan, heat 3 Tbsp oil at medium heat. Add hash browns in one even layer. Cook for five minutes, flip, and cook for five more minutes or until golden brown. Add to the sausage bowl.
3. In same pan, add 1 Tbsp oil, diced onion and tomato. Sauté over medium heat until onions are translucent. Add to the sausage bowl.
4. In same pan, heat 1 Tbsp oil over medium heat. Add eggs to pan and scramble. When done, add to sausage bowl.
5. Mix the ingredients in the bowl together and add salt and pepper to taste. Scoop into the halved bell peppers. Top with cheese.
6. Place peppers on grill over low heat and close the top. Cook for 5 minutes or until peppers begin to soften. Turn heat to high and cook for one more minute to char the bell peppers.
7. Remove from grill and enjoy.