

ham, bell pepper, and egg casserole

(serves 6) Recipe from Amanda Latvala

Egg casseroles are a classic brunch dish. They are also a great way to use up any veggies that are about to go bad. Spice it up with some garlic powder, onion powder or crushed red pepper if you like.

- 12 eggs
- 1 C half and half or milk
- ½ t salt
- ¼ t pepper
- 1 T coconut oil
- 1 C diced uncured ham
- 1 medium yellow onion, chopped
- 2 bell peppers, (any color will work) chopped
- 1 C shredded cheddar

Preheat oven to 350 °F. Grease a 9x13 pan with coconut oil. Crack all eggs into a mixing bowl or blender. Add half and half or milk, salt, and pepper. Whisk or blend egg mixture until well combined.

In a large sauté skillet on medium heat, add coconut oil. Once melted, add chopped ham and sauté for 2 minutes. Add chopped onion and bell pepper. Sauté mixture until peppers and onion soften, about 3-4 minutes. Pour ham and veggie mixture into prepared 9x13. Sprinkle half of cheddar cheese over ham and veggies. Pour egg mixture evenly over top. To with remaining cheese. Bake 35-40 minutes until eggs are set.

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