

Beef Breakfast Scramble

Ingredients:

1/2 lb. lean ground beef
1/2 tsp. coarse salt; 1/2 tsp. black pepper; 1 tsp. light brown sugar; 1/8 tsp. each of ground sage;
crushed dried thyme; ground nutmeg and cayenne pepper
2 cups frozen hash browns or shredded potatoes
6 eggs or **1 1/2 cup egg substitute***
1/2 cup regular or **low fat shredded cheese***
***Lower fat option**

Method:

1. Mix dry seasonings into ground beef. Brown ground beef, break into crumbles and drain.
2. Push beef to side of skillet and add hash browns into pan and brown for about 3 minutes. Push hash browns to the side and break eggs into center. Stir eggs to scramble and cook until firm.
3. Combine beef, potatoes and eggs together. Sprinkle cheese over top and allow to melt. Serve immediately.

Could be served in a tortilla with salsa, pita bread or English muffin.

Yield: 4-6 servings

Nutritional Analysis

Nutrition Facts	
Serving Size 1/6 of recipe 163g (163 g)	
Amount Per Serving	
Calories 198	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 131mg	44%
Sodium 196mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 18g	
Vitamin A 5%	Vitamin C 10%
Calcium 9%	Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
www.NutritionData.com	