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Basic Sausage Breakfast Strata

(6 servings) [Printable Version](#)

- 1 loaf day-old Italian or French bread
- 1 pound pork or turkey bulk breakfast sausage - mild or spicy
- 1 small onion - chopped
- 1 medium green or red bell pepper - chopped
- 4 large eggs
- 1 and 3/4 cups milk
- salt and pepper - to taste
- 1 and 1/2 cups shredded Cheddar or Pepper Jack cheese (or a combination)



Prepare an 7x11-inch baking dish by spraying generously with cooking spray or coating with softened butter.

In a skillet or frying pan, cook and crumble the sausage for 5 minutes. Add the chopped onion and bell pepper. Cook 5 to 7 minutes more until the vegetables are softened and the sausage is no longer pink. Remove from heat.

In a medium mixing bowl, beat the eggs and milk together. Season with a pinch of salt and touch of freshly ground black pepper.

Cut the bread into 1/2-inch slices.

Layer 1/3 of bread in the pan. Trim (or carefully rip) the slices as needed so the layer of bread fits the dimensions of the pan.

Sprinkle 1/2 of the sausage and 1/2 cup of the cheese over the bread.

Continue layering with 1/3 of the bread, the rest of the sausage and another 1/2 cup cheese.

Add a final layer of bread and then slowly pour the egg and milk mixture over everything. Wait 1 minute for the liquid to sink down and then sprinkle on the remaining cheese.

Cover with plastic wrap and refrigerate for at least 2 hours or up to 12 hours if making the night before.

When ready to cook:

Bake in a 350 degree oven for 50 minutes to an hour. You can tell that it's done when a toothpick instead in the center comes out dry.



Cooking Notes:

Try replacing the green pepper with other vegetables like chopped mushrooms or corn kernels. They require less cooking, so just add them 3 minutes before the sausage is done frying.

You can replace the sausage with bacon if desired. Just cook and crumble the bacon before adding it to the dish.

A strata is a series of layers (or stratum). In this case, the layers consists of delicious breakfast sausage, quality bread, cheese and vegetables. This is a good recipe to experiment with to fit your personal tastes.

Mr Breakfast would like to thank **Mr Breakfast** for this recipe.

Comments About This Recipe

What do you think of *Basic Sausage Breakfast Strata*?

Overall Average Rating = 5 (out of 5)

Based on 1 vote.

From **Dayton500**

Rating (out of 5):

Super good! Family loved it. Only change was increasing eggs from 4 to 5.

Comment submitted: 7/16/2013 (#16166)

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