

# The Great American Cook In! Meal Prep with Egg and Hash Brown Cups

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Recipe type: Breakfast

## Ingredients

- Hash Brown Cups:
- 1 16oz bag frozen hash browns; thawed
- ½ cup Parmesan cheese
- ½ cup Egg Beaters; or the equivalent of 2 eggs
- PAM Cooking Spray
- Filling:
- 2 cups, or 1 container, Egg Beaters
- ¼ cup milk
- salt/pepper
- Toppings such as: cooked bacon, tomatoes, spinach
- Fresh herbs; optional



## Instructions

1. \*Preheat oven to 375 degrees
2. \*In a large bowl, combine the hash browns, cheese, and eggs together
3. \*Spray a regular size muffin tin (12 muffins) with PAM Cooking Spray, so that it is evenly coated; this will help the cups to easily be removed from the muffins tins after baking
4. \*Distribute the hash browns evenly throughout the 12 muffin cups, and use your hands to press the hash browns around the tin to form a cup
5. \*Bake for 15-20 minutes, or until set up and beginning to lightly brown
6. \*Allow to cool for about 10-15 minutes
7. \*Measure out the milk and Egg Beaters; it helps to mix them together in a large measuring cup meant for wet ingredients, because it will easily pour into the muffin tins
8. \*Whisk together the milk and eggs, and add in a little salt and pepper
9. \*Distribute the egg mixture evenly throughout the muffin cups filled with baked hash browns
10. \*Add in any extra toppings that you like; bacon, tomatoes, spinach, etc
11. \*Bake for another 10-15 minutes, or until the center is set
12. \*Allow to cool for a few minutes before removing the Egg Cups from the muffin tins
13. \*Sprinkle with freshly chopped herbs, and serve with ketchup, hot sauce, or anything you like!!

Recipe by From Scratch With Maria Provenzano at <http://fromscratchwithmaria.com/great-american-cook-meal-prep-egg-hash-brown-cups/>