

Southwest Crockpot Scrambled Eggs

1 pound breakfast sausage
1 onion chopped
1 red pepper chopped
4 oz can of diced green chilies
18 eggs
1/2 cup soy milk
1/2 teaspoon black pepper
1 teaspoon salt

Brown sausage add onions cook until onions are cooked.
Spray crockpot with pam. Add sausage and onions to crock pot.
Stir in peppers and green chilies, don't bother to drain.
Crack eggs into a bowl, add milk, salt and pepper. Wisk until well combined. Stir into meat mixture in crockpot.
Cook on high for one hour. Stir well and cook for another hour.
Stir and serve.

This makes an excellent filling for a breakfast burrito. We used Mission Soft corn tortillas, salsa, Tuffuti Sour supreme and jalapeños. You could also add tomatoes and black olives.

You can keep warm to serve in the crock pot turned to low, just stir occasionally



<http://lincolntent.com/GFCF-Breakfast.html>