

ALI'S KITCHEN

Nibble on Hash Brown Breakfast Muffins

Batch cook a dozen—they are a good morning meal as well as a mid-afternoon snack

Column and photos by Ali Carter, Wisconsin Potato Growers Auxiliary

We've been in a bit of a busy season here in the Carter household. Managing shifting schedules, hosting loved ones and traveling for the holidays have been exciting, but also sparked the desire to simplify life for a bit.

Over the years, I've learned that a little upfront effort can save one from stress and becoming overwhelmed later, and this is quite true when it comes to meals and batch cooking.

With batch cooking, rather than preparing one, two or more portions for a meal, you prepare many portions of food at once, then store

those in the refrigerator and savor them throughout the week.

Winter mornings are the most rushed time of day for our family, so I tend to batch cook breakfast more than any other meal.

A large pan of baked oatmeal sliced into squares and wrapped in parchment paper to be warmed as needed, a stack of breakfast burritos waiting in the refrigerator to be quickly heated through and eaten by a kiddo on their way out the door for school or a plate of Hash Brown Breakfast Muffins help to eliminate

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INGREDIENTS:

Hash Brown Breakfast Muffins

- About 3 cups frozen hash browns (thawed)
- 5 eggs
- 3 Tbsp. heavy whipping cream
- 1 cup shredded cheddar cheese
- 4 slices of bacon (cooked and crumbled)
- Salt and pepper



potential chaos during our mornings.

Hash Brown Breakfast Muffins take few ingredients and little time to prepare, and they store easily and reheat well, making them ideal for breakfast batch cooking.

We've been nibbling on these muffins for the last few days, and they're not only delicious for breakfast, but also make for good mid-afternoon snacks.

DIRECTIONS

Preheat the oven to 425 degrees.

Place hash brown potatoes in a medium-size mixing bowl and season with salt and pepper.

Grease a 12-cup muffin pan.

Divide hash browns equally among the muffin cups and gently press them down in each to form somewhat of a

cup at the bottom and slightly up the sides.

Place the muffin pan in the oven and pre-bake the hash browns for 16 to 18 minutes, until the potatoes begin to become a little crispy and golden.

Remove from the oven and lower the temperature to 350 degrees.

In the same mixing bowl used for the hash browns, whisk together the eggs and heavy cream until smooth. Mix in shredded cheese and crumbled bacon.

Fill each hashbrown cup with the egg mixture.

Bake for 15-18 minutes, or until eggs are cooked through.

Enjoy! **BCT**

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