



# FARM CITY WEEK

## COOKBOOK

2022



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# **Donna's Sausage and Egg Breakfast Casserole**

## **Ingredients**

- 1 pound bulk pork sausage (spicy works great)
- 6 large eggs
- 2 cups 2% milk
- 1 teaspoon salt
- 1 teaspoon ground mustard
- 6 slices wheat bread, cut into 1/2-inch cubes
- 1 cup shredded cheddar cheese

## **Directions**

1. In a skillet, brown and crumble sausage; drain and set aside. In a large bowl, beat eggs; add milk, salt and mustard. Stir in bread cubes, cheese and sausage.
2. Pour into a greased 11x7-in. baking dish. Cover and refrigerate for 8 hours or overnight. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350° for 40 minutes or until a knife inserted in center comes out clean.

# Favorite Sweet Potato Pancakes

## Ingredients

- 1 1/4 cup whole wheat flour
- 1 teaspoon cinnamon
- 1 1/2 teaspoons baking powder
- 1 1/4 cup milk
- 1/2 cup mashed roasted sweet potato
- 2 eggs
- 2 tablespoons melted butter or neutral oil plus more for cooking
- 1 teaspoon vanilla

## Directions

1. Add all ingredients to a medium bowl. Whisk to combine. The batter should be pourable but thick. Heat a nonstick or cast-iron pan or griddle over medium heat. Add a sliver of butter, let melt, and swirl to cover pan.
2. Add a small amount of batter, about 2 tablespoons at a time, and spread the batter thin, about 1/4 inch thick or a smidge thinner. This will help ensure that they cook through. Cook for 3-4 minutes per side or until set and lightly brown. The pancakes should be mostly set and you should see little bubbles around the edges before you turn them over.
3. Add more butter and repeat to cook the rest of the pancakes.
4. Serve warm with syrup, nut butter, or yogurt.

# Helton Southwest Breakfast Burrito

## Ingredients

- 1 lb ground beef or favorite breakfast meat
- 1 bag of seasoned diced hash brown potatoes
- 12 eggs scrambled
- 12 fajita or tortilla wrapper of choice
- 1 pack taco season
- 1 cup shredded southwest cheese
- salt to taste
- pepper to taste
- optional fajita style vegetables\*

## Directions

1. In a skillet, brown and crumble sausage; drain and set aside.
2. In same skillet cook potatoes until crispy and golden brown.  
Add half pack of taco seasoning to the potatoes and stir in.  
Add eggs to the pan and continue to cook all together until eggs reach 155 degrees Fahrenheit.
3. Add beef back to the pan and add rest of taco seasoning and continue to stir until combined. Add salt and pepper to taste.
4. Add mixture to tortilla wrapper and then sprinkly with cheese. Roll into a burrito and enjoy!

\*To add more bulk to the recipe add a pack of your favorite fajita style vegetables to the potatoes.



# Thank you to our Supporters for our Farm Fresh Breakfast!

