

Meals-in-a-Jar Made Easy

EGG MUFFIN CUPS

1 1/2 c. Scrambled Egg Mix
1/4 c. FD Chopped Onion
1/4 c. FD Green Chili Peppers
1/2 c. FD Sausage
2/3 c. FD Cheddar Cheese
2/3 c. FD Red Bell Peppers

Mix contents of jar with 2 1/2 cups of water. Allow all freeze dried items to soften. Grease a muffin tin and preheat oven to 350. Pour egg mixture evenly into the 12 muffins (about 1/2 cup per tin). Bake for 30-35 minutes or until a knife inserted in the center comes out clean.

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