

Slow Cooker Western Omelet

Ingredients:

1 (2 pound) package frozen shredded hash brown potatoes
1 pound diced cooked ham – use any leftover meat
1 onion, diced
1 green bell pepper, diced
1 ½ cups shredded cheddar cheese
12 eggs
1 cup milk
Salt and pepper to taste

Directions:

1. Lightly grease a 4 quart or larger slow cooker. Place 1/3 of hash brown potatoes in a layer on the bottom. Layer 1/3 of ham, pepper and cheese. Repeat layers two more times. In a large bowl, whisk together eggs and milk, season with salt and pepper. Pour over the contents of the slow cooker.
2. Cover and cook on low for 10 to 12 hours.

Tips & Facts:

- ✓ Use this hearty dish as a complete breakfast, lunch or dinner for a crowd!
- ✓ Use leftover meat instead of ham for less sodium and cost.
- ✓ Use seasonal vegetables or your favorites!
- ✓ To reduce costs of the recipe, create your own hash browns by microwaving potatoes, dicing and pan frying in a little oil until browned.
- ✓ Eggs are an excellent source of protein, vitamins and nutrients

Nutrition Facts (per serving):

Calories: 208; Carbohydrates: 11 g; Total Fat: 10 g; Protein: 16g; Fiber: 1.3 g; Cholesterol: 249 mg; Sodium: 608* mg
*use chicken, turkey, other meat in place of ham to reduce sodium content



Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Hash brown potatoes	\$4.99	4.99
Cooked ham	\$7.98/lb.	\$7.98
onion	.99	.99
pepper	.69 pepper	.69
Cheddar cheese	\$2.29	\$1.69
eggs	\$1.99dozen	\$1.99
milk	\$3.69/gallon	.24
TOTAL	\$22.62	\$18.57
		Cost per Serving: \$1.57

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