

# Mountain Man Breakfast (Capillary Slammers)

## INGREDIENTS

2 pounds sausage

2 pounds frozen hash browns

8 large eggs, beaten with 1/4 cup water

2 cups cheese, grated

## METHOD

Brown the sausage in dutch oven. Remove cooked sausage and reserve.

Brown the potatoes in the sausage drippings. Spread evenly in the bottom of the Dutch oven. Place the reserved sausage over the potatoes. Pour in the eggs and sprinkle with the cheese.

Cook with 8 coals on the bottom and 16 coals on the top. 20-25 minutes until eggs are cooked.

*I use bulk pork sausage. You can also use bulk breakfast sausage, hot pork sausage, or bacon.*

*Our Troop refers to this as "Capillary Slammers" and is cooked for many a breakfast.*

## NUTRITION FACTS

Servings: 8

### Amount Per Serving

Calories: 671

**Total Fat:** 42.03g

**Cholesterol:** 325mg

**Sodium:** 1232mg

**Total Carbs:** 21.63g

**Dietary Fiber:** 1.59g

**Sugars:** 0.72g

**Protein:** 41.37g

**Source:** Jay Hinkens