



### INGREDIENTS

- 1 Pound Pork Sausage, fresh or frozen Bulk, Link, or Patty, Market Style, Raw
- 4 Potato Products, frozen Hashed patty, Pre-browned, 2.25 oz each
- 8 Slices Black Pudding (optional; does not credit in CACFP)
- Butter or Oil
- 8 Bacon Slices (optional; does not credit in CACFP)
- 3 Cups Mushrooms (cleaned and quartered)
- 1 Pound Tomatoes (quartered)
- 4 Eggs
- 16 Ounces Baked Beans\*

### DIRECTIONS

1. Preheat the oven to 400°.
2. Place the sausages, hash browns and black pudding slices onto a baking tray lined with baking parchment and bake them until ready. The time will vary depending on the ingredients you use, so keep an eye on them. You might need to take out some of them earlier.
3. About 10 minutes into baking, turn the sausages, hash browns and black pudding around for even cooking. Heat a little butter/oil in a large skillet/frying pan and fry bacon slices until cooked through. When ready, wrap them in a sheet of aluminum foil to keep them warm.
4. In the same skillet/frying pan, fry the mushrooms and tomato (add more oil/butter, if needed). When ready, wrap them in the aluminum foil.
5. Check the items in the oven – take out any that are ready.
6. Clean the skillet with a paper kitchen towel and add a little oil. When hot, crack the eggs in and fry on low/medium heat until they cook to your liking.
7. Finally, heat up the beans (either in a microwave or in a skillet/frying pan).
8. When ready, serve all the ingredients based on the portions below.

### MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

### MEAL TYPE

 Breakfast

### YIELD

4 Servings

### PORTION SIZES

**Toddler:** ½ Ounce Sausage  
OR ½ Egg + ¼ Cup Vegetables

**Preschool:** 1 Ounce Sausage  
OR ½ Egg + ½ Cup Vegetables

**School Age:** 1 Ounce Sausage  
OR ½ Egg + ½ Cup Vegetables

**Adult:** 2 Ounces Sausage  
OR 1 Egg + ½ Cup Vegetables

\*credits as a Vegetable.