



# Egg Muffin Cups

- NUTRITION NORTH CANADA -

This recipe makes weekday breakfasts a breeze. Make a batch and keep in the fridge for up to 3 days or freeze for an easy, grab-and-go breakfast or lunch.

#### About The Chef:

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



Prep time: 15 mins



Cook time: 45 mins



Serves: 6  
(12 muffin cups)



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## INGREDIENTS

- 1 small potato
- pinch salt
- 6 large eggs
- 1 small can (10 oz/284 mL) cream of mushroom soup
- 1 red or green pepper, diced
- 1 small onion, diced
- ½ tsp (2.5 mL) dried thyme
- 2 tsp (10 mL) fresh parsley, minced or ½ tsp (2.5 mL) dried parsley
- 1 cup (250 mL) grated cheddar cheese, divided

## Instructions

1. Preheat oven to 375°F (190°C).
2. Spray 12-cup muffin pan with cooking spray or grease with oil.
3. Dice potato and add to a small pot. Cover with cold water and add salt. Bring to a boil. Lower heat and cook for 5 minutes. Drain and let cool.
4. In a mixing bowl, beat eggs and cream of mushroom soup. Add potato, peppers, onion, thyme, parsley and ½ cup (125 mL) of the cheese. Mix to combine.
5. Fill the muffin pan with the egg mixture and bake for 15 minutes.
6. Sprinkle remaining cheese on top of the egg cups and return to the oven for 15 more minutes.
7. Serve hot.



Chill leftover egg muffin cups for up to 3 days. Or to freeze, let cool then wrap egg cups individually in plastic food wrap. Place in a food safe freezer bag in a single layer, removing all excess air. Freeze for up to 3 months. When ready to use, remove from plastic wrap, reheat in a microwave to serving temperature (165°F/74°C or higher).