



Breakfast Burger

A Breakfast Sausage 'Burger' Patty, Melted Cheese, Bacon, Scrambled Eggs, & a Peppery Pan Gravy

For this breakfast burger, I thought it'd be kinda cool to do a play on a classic bacon egg and cheese sandwich. I'm kicking it up a notch by topping it with a cracked pepper pan gravy and serving it on a toasted bun. As a bonus, it goes without saying you can replace the burger buns with my yeast biscuits from Cookbook 1.

Servings Info.:

Yields: 4 burgers
 Servings: 4
 Serving Size: 1 burger



- last checked 02/19/24 -
 Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

Ingredients:

Savory Ground Turkey Patties **

- 3/4 lb of ground turkey breakfast sausage, recipe on pg 24

Black Pepper Pan Gravy:

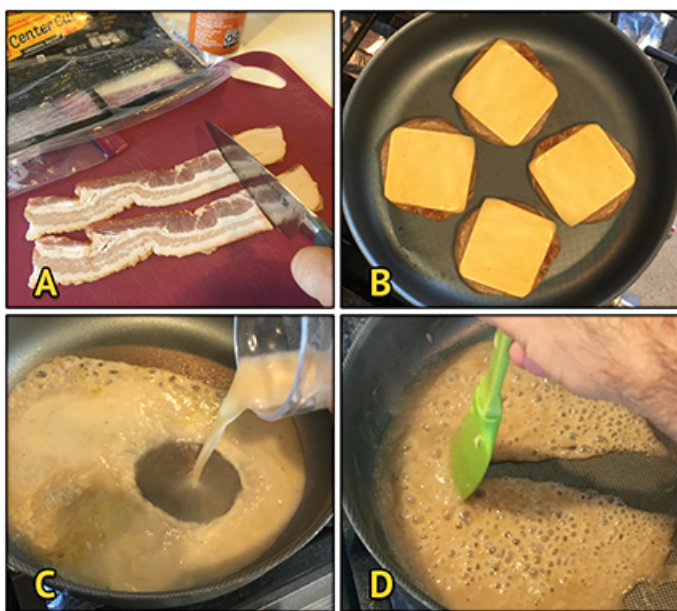
- 1-1/2 tsp cornstarch, dissolved in 1 Tbsp water
- 1 tsp flour (dissolved/stirred in with the cornstarch/water)
- 1/2 cup fat free beef broth
- 1/4 cup unsweetened plain almond milk (**NOT VANILLA!!!!** 😬)
- 1/4 tsp salt
- 1/4 to 1/2 tsp coarse ground/cracked black pepper, to taste.

Additional Ingredients:

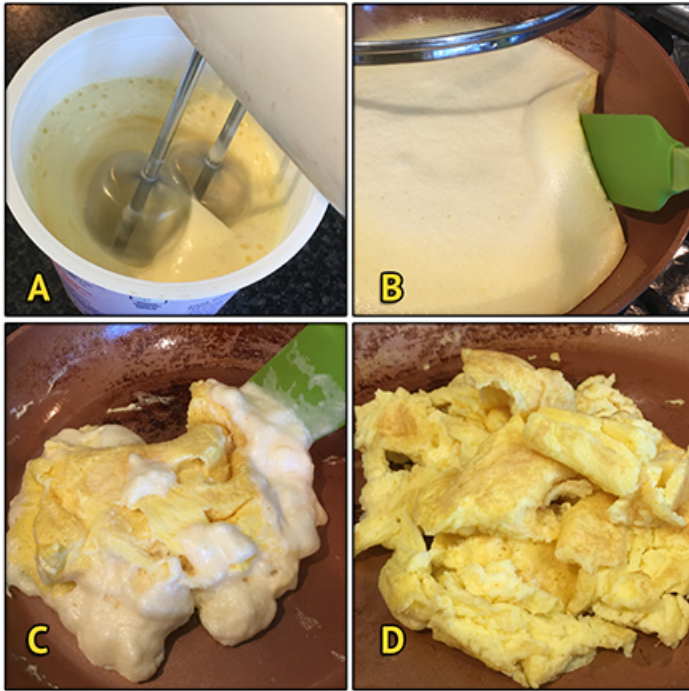
- 4 large eggs
- 1/4 tsp baking powder
- splash o' water
- 8 slices center cut bacon (**SEE NOTES!**)
- 4 slices low point cheese slices. I used Velveeta Originals. (see notes for more info. on cheese options)

Directions:

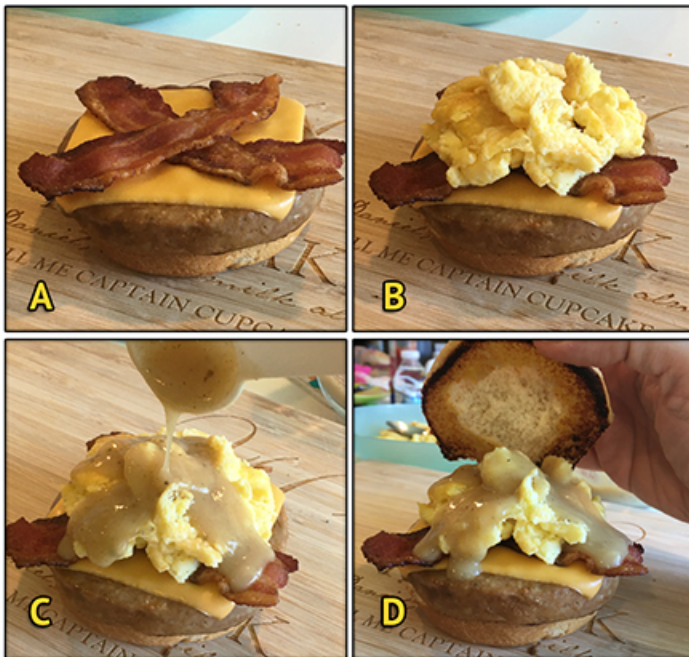
- 1 Let's prep the gravy. In a small dish, stir together the cornstarch, flour and water, till dissolved. Set aside. Fill a larger cup with the beef broth, almond milk, salt and pepper. Stir in the cornstarch and flour mixture, set aside.



- 2 (A) Take 8 slices of your bacon and cut 1/4 off of the end of each slice (see notes). Cook in a large pan, till crispy. Remove from pan, pat dry with paper towels to remove oil, set aside. (B) Wipe the excess oil from the pan, then spray with cooking spray. Form the raw meat into patties and cook for 2-1/2 minutes per side, over medium heat. Place a slice of cheese on top of each patty for the final minute. Set aside. (C) To that pan, pour in the gravy mixture and bring to a boil. (D) Simmer for 3-4 minutes, or until gravy is thickened. Pour into a cup, cover with plastic wrap, set aside.



3 (A) Use an electric hand mixer to whip together the eggs, water and baking powder for 1 minute. Getting it nice and frothy. (B) Heat a pan over medium heat for 1 minute, spray with cooking spray, then pour in the egg mixture and cover with a lid. Cook for 1-1/2 minutes. Then, remove the lid and gently fold the eggs. (C) Fold the eggs into a fluffy mound, then let sit for 30 seconds, then fold again. (D) When the eggs are cooked through, divide into 4 equal portions.



4. To assemble the burgers, first toast the buns. Then, (A) place a breakfast sausage patty (with cheese) on the bottom bun, topped with 2 of the shortened slices of bacon. (B) Cover with one 1/4 portion of the eggs, then (C) pour 2 Tbsp of peppered gravy over the eggs. (D) Scoop out some of the top burger bun, so it doesn't squish everything out the sides, then place on top of the big pile o' awesome. Done.

NOTES & SUGGESTIONS:

- **CHEESE:** Though there are many low point brands of melty American/Cheddar cheese slices, I used Velveeta Originals. They are widely available in most major grocery stores nationwide. However, use what you want. SOME packages of Velveeta Originals scan as being 2 points for 1 slice, where they USED to be 1 point. So, easy fix: Trim a little cheese off of one side.
- **BACON:** I'm using Oscar Mayer Center Cut Bacon, because it's widely available. Like most brands of center cut, if you cook it, then remove the oil with a paper towel, it is 1 point per slice. By trimming 1/4 off of each piece o' bacon, all the bacon in this recipe is 6 points, instead of 8. Which will allow for more wiggle room with whatever brand of cheese slices you use. Wondering what to do with all the extra 1/4 slices? Cook and freeze them!! If you ever want a tasty 0 point add-in for a dish, pull out one of the cooked/frozen pieces, crumble it up and sprinkle it into your dish. Boom, 0 points.
- **EGGS:** You can simply scramble some eggs, if you don't want to go all crazy like I did, with the baking soda hand mixer thing.
- **BISCUITS:** As stated, if you want these to be biscuit breakfast sandwiches, use my biscuits from Cookbook 1.
- **MAKE AHEAD:** I sometimes make a double batch of 8 of these and then freeze them. I'll usually take one out of the freezer the night before, so when my wife wakes up in the morning to get ready for work, it'll be defrosted. Then she just needs to microwave it to heat it up, for breakfast on her way to work.

