



*cara price*

# HOMEMADE BREAKFAST SAUSAGE

## INGREDIENTS

- 1 pound ground pork
- 1 pound lean ground beef
- 1 tablespoon salt
- 1 tablespoon coconut sugar
- 2 teaspoons pepper
- 1 teaspoon each: dried sage & dried thyme
- 1/2 teaspoon each: nutmeg, smoked paprika & red pepper flakes
- 1/4 cup olive oil

## DIRECTIONS

in a large bowl, mix together pork, beef, coconut sugar & all seasonings.

form into patties about 3" round & about 1/4-1/2" thick.

in a large sauté pan, heat olive oil over medium-high. once the oil is completely heated, place several patties in the pan, leaving about 2 inches room between each one.

cook 3-4 minutes per side, checking to make sure sausage is done in the middle. continue process in batches until all the meat has been cooked.