

Homemade Breakfast Sausage by Playstore.Pw

AbidMedia · 11/10/2025



Prep Time

30

Difficult

Medium

Servings

3

Description

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Ingredients

- 1 lb (450 g) ground pork (or a mix of pork + turkey for leaner sausage)
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp brown sugar (adds a touch of sweetness)
- 1 tsp dried sage
- ½ tsp dried thyme
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp crushed red pepper flakes (optional
— for mild heat)
- ¼ tsp nutmeg or allspice (optional
— for warmth)

Instructions

1. Combine ingredients: In a large bowl
2. mix the ground pork with all seasonings. Use your hands to combine thoroughly — but don't overmix or it will get tough. Shape the sausage: For patties: Form into 8 small rounds (about 2½–3 inches wide). For crumbled sausage: Leave loose and cook as is. Cook the sausage: Stovetop method: Heat a skillet over medium heat. Add patties or crumbles and cook for 3–4 minutes per side
3. until browned and cooked through (160°F / 71°C internal temp). Make-ahead tip: You can freeze uncooked patties between parchment layers for up to 2 months. Serve: Enjoy warm with eggs
4. pancakes
5. or inside breakfast sandwiches!