

Cheesy Sausage Muffins

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Yield: 3 dozen muffins

1 pound hot pork sausage
1 can (11 ounce) cheddar cheese soup
1 tablespoon Worcestershire sauce
1/2 cup water
2 1/2 cups biscuit mix

Preparation Time: 10 minutes

Bake Time: 15 minutes

In a skillet, brown and drain the sausage.

Add the soup, Worcestershire sauce and water.

Add the biscuit mix and stir until the ingredients are just moistened.

Spray small muffin tins with nonstick spray.

Fill the muffin tins to the top with batter.

Bake for 12 to 15 minutes in a 400 degree oven.

Per Serving (excluding unknown items): 1296 Calories; 46g Fat (32.4% calories from fat); 24g Protein; 193g Carbohydrate; 6g Dietary Fiber; 6mg Cholesterol; 3979mg Sodium. Exchanges: 12 1/2 Grain(Starch); 9 Fat; 0 Other Carbohydrates.