



Westinghouse

## Spicy Sausage and Egg Frittata

### Ingredients

- ¼ lb Chorizo Sausage or Lingucia
- 1 T butter
- 1 yellow onion, chopped
- 1 teaspoon dried chili
- 1 red bell pepper, chopped
- 8 eggs
- ¼ teaspoon pepper
- ½ teaspoon salt
- 1/8 teaspoon of cumin
- 1/8 teaspoon of coriander
- 1 tablespoon chopped parsley for garnish

### Directions

1. Chop spicy sausage into 1/2 cubes and add to the Westinghouse CTChef™ Multi-Cooker.
2. Program you cooker by pressing MENU button until the “—” points to “Sauté”. Press FOOD SELECT button and choose meat. Adjust the cooking time by pressing the COOK TIME button. Use HOUR button to increase time and MIN button to decrease time (15 minutes is usually good a quick sauté).
3. Press ON/START button. Start indicator light will stop blinking and cooking time will start counting down. The cooker will start heating. Once it reaches temperature the sausage will begin to sauté and brown. Cook until time expires, remove cooked sausage from the cooker and drain excess oil, Set aside and cover.
4. In a bowl beat eggs until smooth then combine remaining ingredients except parsley. Pour into the CTChef™. Program cooker. Press MENU button until the “—” points to “Bake”. Adjust the cooking time by pressing the COOK TIME button. Use HOUR button to increase time and MIN button. Adjust the temperature to 325F by pressing the FOOD SELECT button. Use HOUR button to increase temperature and MIN button to decrease temperature. Set time to 25-30 minutes. Press ON/START button.
5. When time is done, test to make sure eggs are firm and cooked. If still wet, reprogram baking time in 10 minute increments until frittata is spongy and firm.
6. Once cooked, Let rest 10 minutes, then remove cooking vessel from cooker and flip over onto a platter. Slice and serve!

