

YIELD: 8 SERVINGS

Vegan Hash Brown Breakfast

Casserole

This oil and dairy-free version of the traditional American hash brown casserole is delicious and hearty-healthy. With potatoes, onions, red bell peppers, creamy vegan cheese sauce, and smoked paprika, there is no skimping on taste. No artery-clogging butter and eggs either! Vegan Breakfast Casserole is amazing!

PREP TIME	COOK TIME	TOTAL TIME
30 minutes	30 minutes	1 hour

Ingredients

Hash Brown Casserole

- 1 30 oz package frozen shredded hash browns, oil-free version (or 4 cups freshly shredded)
- 3/4 cup onions, diced
- 1/2 cup red bell pepper, diced
- 3/4 cup fresh spinach leaves, shredded
- 1 cup No Cheese Sauce, recipe below
- [1/4 cup nutritional yeast](#)
- [1/2 tsp dry steak seasoning](#)
- 1 Tbsp ground smoked paprika
- salt & pepper to taste

Creamy Vegan Cheese Sauce

- 1 cup potatoes, peeled and diced
- 1/4 cup carrots, diced
- 1/4 cup onions, diced
- 1 cup broth from veggies
- 1/2 cup raw cashews (or 1/2 cup white beans)
- 4 Tbsp nutritional yeast flakes
- 1 Tbsp lemon juice

- 1 tsp salt
- 1/2 tsp garlic powder
- pinch paprika
- 1/2 pinch cayenne pepper, (optional)

Instructions

Hash Brown Casserole

1. Begin by making the cheese sauce using the recipe below. This recipe makes a little more sauce than you actually need for the casserole, so you'll have a little leftover to try with other recipes. Once the cheese sauce is complete, set it to the side.
2. Dice the onion and red bell pepper into small chunks, and go ahead and dice up the fresh spinach leaves as well.
3. In a large bowl, mix together onions, red bell peppers, frozen hash browns, cheese sauce, and spices.
4. Toss in shredded spinach leaves and lightly mix again.
5. Line a [9"x13" baking dish](#) with parchment paper. This allows the casserole to be cooked without oil. You could use a silicone baking dish if desired. When making this in a crockpot, I don't line with parchment paper. It does stick to the sides a little, but not too bad in my cooker.
6. Pour hash brown mixture into the baking dish and bake at 350 degrees for 30 minutes. If making in a crockpot, cook on low for approximately 2 hours.
7. Remove from oven and serve warm.

Creamy Vegan Cheese Sauce

1. In a medium pot, bring about 3 cups of water to a boil. Place potatoes, carrots, and onion in the pot and allow to cook until veggies are tender-- approximately 15 minutes. Cooking time will vary based on how small the veggies are diced.
2. When veggies are tender, drain and place them in the blender. NOTE: reserve 1 cup of the broth, and add to blender. Add all the remaining ingredients, and blend until smooth.
3. Now, it's ready to use in this Hash Brown recipe. Cheese Sauce is also fabulous in nacho cheese dip, veggie pizza, mac-n-cheese, topping for steamed broccoli, or anything else you need a creamy, cheesy sauce in. It makes approximately 1 quart and can be stored in the refrigerator for up to 2 weeks.

Notes

Detailed instructions, in-process photos, and my personal helpful tips can be found in the article above.

Nutrition Information: YIELD: 8

Amount Per Serving: CALORIES: 205 TOTAL FAT: 5g CARBOHYDRATES: 34.2g FIBER: 5.4g
PROTEIN: 8.1g

To obtain the most accurate representation of the nutritional information in a given recipe, you should calculate the nutritional information with the actual ingredients used in your recipe, using your preferred nutrition calculator. You are solely responsible for ensuring that any nutritional information provided is accurate, complete, and useful.



Did you make this recipe?

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