

BREAD

English Muffin Hot Browns

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.31	289 kcal

The recipe English Muffin Hot Browns can be made in about 45 minutes. One serving contains 289 calories, 19g of protein, and 8g of fat. For \$1.31 per serving, this recipe covers 11% of your daily requirements of vitamins and minerals. This recipe serves 4. It works well as a bread.

Ingredients

- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 2 slices Canadian bacon, cut into thin strips
- ☐ 1½ tablespoons all-purpose flour
- ☐ 1 cup 2% low-fat milk
- ☐ 2 inch thick) slices tomato
- ☐ 1 cup turkey gravy
- ☐ 1 teaspoon butter
- ☐ 4 English muffins, split and toasted
- ☐ 1 Dash ground red pepper
- ☐ 1 ounce 1/4 cup grated fresh Parmesan cheese
- ☐ 1 cup chopped cooked turkey

EQUIPMENT Sauce pan, Oven, Whisk, Baking pan, Broiler

Method

- 1

Preheat broiler.
- 2

Arrange English muffin halves in a single layer in a 13 x 9-inch baking dish coated with cooking spray.
- 3

Melt butter in a small saucepan over medium heat.
- 4

Add flour, and stir with a whisk until combined. Gradually add milk, stirring with a whisk until blended. Cook for 2 minutes or until bubbly and slightly thick, stirring constantly with a whisk.

- 5 Add gravy and red pepper; cook 1 minute or until thoroughly heated, stirring constantly.
- 6 Add turkey, and stir gently to combine.
- 7 Spoon turkey mixture evenly over muffin halves; sprinkle evenly with bacon. Broil 5 minutes or until the top is lightly browned.
- 8 Remove from oven.
- 9 Place 1 tomato slice over each muffin half, and sprinkle evenly with Parmesan cheese. Broil 1 minute or until the cheese is lightly browned.
- 10 Sprinkle with black pepper.

Nutrition per serving

289

KCAL

19 g

PROTEIN

8 g

FAT

35 g

CARBS

Saturated Fat

3.5 g · 22% of daily needs

Fibre

1.7 g · 7% of daily needs

Sugar

4 g · 4% of daily needs

Sodium

836 mg · 36% of daily needs

Cholesterol

35.5 mg · 12% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/english-muffin-hot-browns-148615