

BREAKFAST

SWEET POTATO BREAKFAST HASH WITH SAUSAGE & EGGS

Serves 4-6

INGREDIENTS

- 2 MED. SWEET POTATOES, DICED
- 1 MED. ONION, CHOPPED
- 1 MED. SWEET BELL PEPPER, CHOPPED
- 1 LB. GROUND PORK OR BULK SAUSAGE
- ¼ TSP PAPRIKA
- UNREFINED SEA SALT
- GROUND BLACK PEPPER
- PINCH CRUSHED RED PEPPER FLAKES
- 6-8 EGGS
- 1-2 CUPS FRESH SPINACH



INSTRUCTIONS

Note: You will cook sweet potatoes separately, then combine.

1. Brown sausage in a large pot or dutch oven over medium heat, breaking up large clumps.
2. While sausage browns, add a pinch of crushed red pepper flakes.
3. When sausage is about 2/3 cooked, add onions and peppers.
4. Cook until veggies are soft, then remove from heat.
5. In the meantime, cook sweet potatoes in a separate skillet over medium heat with coconut oil.
6. Season sweet potatoes with paprika, unrefined sea salt, and black pepper, to taste.
7. Cook sweet potatoes uncovered until they begin to brown. Then cover the skillet and cook about 5 minutes more, or until softened. Stir occasionally to prevent burning and add more coconut oil if necessary.
8. When the potatoes are fully cooked, add them to the sausage mixture.
9. In the empty potato skillet, scramble 6-8 eggs.
10. Add the scrambled eggs to the sausage and veggie mixture and stir to combine.
11. Add 1-2 cups fresh spinach and stir to combine, allowing spinach to wilt. If the mixture is warm enough, no extra heat will be needed to wilt the spinach. If necessary, turn on the heat to low.