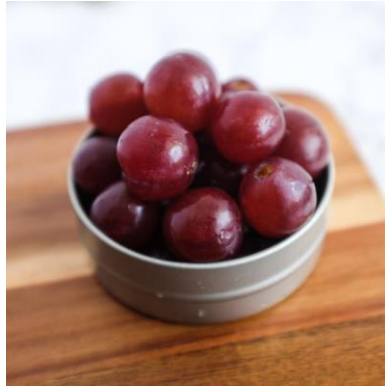


## Breakfast – Whole 30

### Chicken Sausage & Sweet Potato Hash

Ingredients and groceries scaled from original 1 serving



3 1/3 tablespoon olive oil

5/8 cup of onion diced

5 green bell peppers diced

5 sweet potatoes diced

5 links (3 oz.) chicken sausage, precooked sliced

5 teaspoons dried rosemary

**Prep: 5 mins**

**Cook: 10 mins**

1. In a large skillet, add olive oil on medium-high heat. Add onions and bell peppers to the skillet and cook 2 or until tender.
2. Add sweet potatoes and sausage. Leave undisturbed for 5 minutes to help brown sweet potatoes. Gently mix and stir.
3. Season with salt, pepper, and rosemary.

## **GRAPES**

**\$0.87/SERVING EST**

Ingredients and groceries scaled from original 1 serving

75 red grapes