

Breakfast

CHICKEN SAUSAGE, EGG & SWEET POTATO

\$3.14/SERVING EST



Ingredients and groceries scaled from original 1 servings

3 1/3 tablespoons olive oil

10 tablespoons onion diced

5 green bell peppers diced

5 sweet potatoes diced

5 links (3 oz) chicken sausage sliced

5 teaspoons dried rosemary

5 eggs

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. Season with salt, pepper, and rosemary.
3. Make a small well in the middle of hash. Crack egg into well. Allow to cook for another 3 minutes, or until desired doneness of egg.