

Breakfast Bowl

8 ingredients · 20 minutes · 8 servings



Directions

1. Prepare veggies by chopping & slicing.
2. Heat large skillet over medium heat add oil. (I use a 12 inch skillet)
3. Add veggies (except spinach) to skillet until softened (or to your liking).
4. Add spinach to veggie mix
5. Add Sausage to skillet and cook (may want to use a separate skillet and add to the veggie mix once cooked)
6. Mix eggs in a bowl, add to skillet (or use separate skillet and add into veggie/sausage mix)

Notes

Veggies

Use any vegetables you have on hand.

Optional

add cheese or hot sauce

Ingredients

- 1 **tbps** Coconut Oil
- 1 Sweet Potato (shredded or cubed)
- 1 Red Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 1 **cup** Mushrooms (sliced)
- 1 **lb** Pork Sausage ((breakfast))
- 2 **cups** Baby Spinach
- 6 Egg