

Sweet Potato Bacon Hash with Egg

7 ingredients · 30 minutes · 4 servings



Directions

1. Heat a pan over medium heat and add the bacon. Cook until browned and crispy, about four to five minutes per side. Transfer the bacon to a paper towel-lined plate and set aside. Remove the grease from the pan and carefully wipe the pan out with a paper towel. Chop the bacon into small pieces when cool enough to handle.
2. Add 3/4 of the oil to the pan. Add the sweet potato and cook, stirring occasionally, for about five to six minutes. Add the onion and continue to cook until the potatoes are tender, seven to nine minutes more.
3. Add the chopped bacon and baby spinach to the pan and continue to cook until the spinach has wilted. Season the hash with salt and pepper to taste.
4. Heat the remaining oil in a second pan over medium heat. Cook the eggs to your liking. Season with salt and pepper to taste. Divide the sweet potato hash and eggs between plates. Enjoy!

Ingredients

- 8 slices Bacon
- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 Sweet Potato (medium, peeled and cut into small cubes)
- 1 cup Red Onion (chopped)
- 4 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 4 Egg

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

Serving Size

One serving is approximately equal to one cup of the sweet potato hash and one egg.

More Flavor

Add dried herbs and spices like garlic powder, chili powder, or smoked paprika to the sweet potato hash.

Sweet Potato

One medium sweet potato yields approximately two cups of sweet potato cubes.

No Spinach

Use kale instead.

No Red Onion

Use yellow onion instead.