

Apple & Sweet Potato Hash with Egg and Sausage

6 ingredients · 15 minutes · 4 servings



Directions

1. Cook sausage in a non-stick pan.
2. Once cooked, remove sausage from pan and set aside.
3. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
4. Add the apple and continue to cook for three to five minutes more until the apple is warmed through and begins to soften. Add sausage. Season with salt and pepper to taste.
5. While the apple is cooking, in a separate pan, fry up 4 eggs.
6. Serve hash topped with egg. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add dried herbs and spices like cumin, cinnamon, and/or garlic powder. Add broken-up sausage to increase the protein.

No Extra Virgin Olive Oil

Use avocado oil or coconut oil instead.

More Veggies

Add spinach or kale and stir until wilted.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 2 Sweet Potato (medium, peeled and cut into small cubes)
- 2 Apple (medium, peeled and cut into small cubes)
- Sea Salt & Black Pepper (to taste)
- 8 **ozs** Pork Sausage (breakfast)
- 4 Egg