

Nicole's sweet potato breakfast hash



Ingredients

- 3 chicken and apple sausages, thinly sliced (I like Aidell's)
- 2 large sweet potatoes, outer skin removed and cut into small, even-sized cubes
- 1 large onion, diced
- 2 tablespoons of your cooking oil/fat of choice
- 2 tablespoons fresh rosemary, chopped
- Preferred seasonings to taste (I like to use garlic salt, pepper, cayenne, smoke paprika and red pepper flakes)
- 2-4 eggs (depends on how many people you want to serve)

Instructions

- Preheat oven to 400 degrees.
- Heat up about 1-2 tablespoons of your preferred cooking oil in cast iron skillet.
- Once hot, add the sweet potatoes and onions and begin to cook, stirring every minute or so.
- While cooking, add in the rosemary and sprinkle on your preferred seasonings.
- When the sweet potatoes are nearly cooked (5-7 minutes, depending on the size of the cubes), add the sliced sausage to heat up (they come precooked).
- Once the potatoes are cooked (they should be soft and slightly browned), remove the skillet from heat.
- Create slight "indents" in the mixture so you can crack the eggs into the indents and not have the eggs run all over (create the same # of indents as eggs you plan to cook).
- Place the skillet in the oven and bake for 8-15 minutes (more time = more cooked yolk).
- While the eggs don't heat up well, the rest of the mixture does!

Note: This recipe was adapted from [Paleo Running Mama](#)