

BEST EVER BREAKFAST HASH

inLifeandLittles.com - Whole30, Gluten Free

Prep: 15 min **Cook time:** 30 min **Total time:** 45 min

INGREDIENTS:

2 sweet potatoes, diced
8 slices bacon
½ lb sugar-free breakfast pork sausage
1 lg green pepper, diced
1 sm white onion, diced
2 Tbsp coconut oil
1 tsp dried rosemary
½ tsp dried thyme
¼ tsp dried sage
½ tsp garlic powder
Salt + pepper, to taste
Eggs, your preferred way

INSTRUCTIONS:

1. Dice all veggies. This is the most labor intensive part of this recipe and to make it easier on yourself, I highly recommend this [veggie chopper](#).
2. Using kitchen shears, cut the bacon into ¼-½ inch pieces and put into a medium sized skillet pan. Cook this on medium heat on the stove top until it is about 75% cooked.
3. While the bacon is cooking, melt coconut oil (or other cooking fat) in a large skillet over low-medium heat. Add in the diced sweet potato and all seasonings.
4. Let the potato cook uncovered for about 5 minutes, stirring occasionally. Then add about ½-1 Tbsp more cooking fat to the pan, turn the heat to low and put a lid over it to steam for about 10 minutes. Make sure you stir it 1-2 times during these 10 minutes.
5. Check the bacon while the potatoes steam. If it's mostly cooked now, drain as much fat out of the pan. Put your skillet back on the stove and crumble in your breakfast sausage and allow it to cook.
6. After your potatoes have steamed, uncover and add in the green pepper and onion. Leave the lid off and stir occasionally until they have softened and the onion has become more translucent.
7. Once the pork and bacon have fully cooked, strain out the grease. Then dump your meat into the potato/veggie mixture. Stir to combine and leave on low while you cook your eggs.
8. Cook eggs to your liking (scrambled is great and so are fried!) in a separate pan. Scoop hash into a bowl and top with the finished eggs.