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## Sweet Potato Hash with Chorizo Sausage



**Sirve:**

4-6

**Pieza:**

12" Chef's Gourmet Skillet
**Valora:** ★★★☆☆

**Contribuido por:**

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Agregar un Comentario

**Descripción de la Receta:**

Hash is hands down a staple recipe in any brunch! We provide an alternative, healthier version by using sweet potatoes and the spice and bountiful flavor of the chorizo! This is sure to become a favorite!

| | |
|---|---|
| 4 - 6 | eggs |
| 2 | medium sweet potatoes, cubed |
| 1 | onion, use Cone #2 |
| 3 | bell peppers, red, yellow and green, diced |
| 1 | tomato, diced |
| 1 | jalapeño, diced (optional) |
| 1 | zucchini, diced |
| 9 | oz |
| beef chorizo (255 g) | |
| 1 | cup |

spinach leaves
(56
g)

**Toppings**

queso fresco, crumbled  green onion, diced  avocado, sliced

**Preparación :**

1. Preheat skillet over medium-high heat until several drops of water sprinkled in pan skitter and dissipate, approximately 5 - 7 minutes.
2. Add sweet potatoes, cover and cook until tender. Approximately 7-10 minutes, remove from skillet once cooked through.
3. Add onions, bell peppers, tomatoes, jalapeños and zucchini. Cover and cook for 5 minutes.
4. Add chorizo and stir to combine with the sauteed vegetables. Cook for 5 minutes, stirring occasionally.
5. Add spinach and cover for 3 minutes until spinach has wilted.
6. Add cooked sweet potatoes back into the skillet and combine.
7. Crack 4-6 eggs over the sweet potatoes. Do not mix. Cover and cook for approximately 5 minutes until egg whites have set.
8. Season with salt & pepper (optional) and top with green onions, queso fresco and avocado slices.

**Consejos:**

- Chorizo can be omitted to make this a vegetarian meal.
- Chorizo can be substituted with any other of sausage or breakfast meat.

Información nutricional por ración

**Calorías:** 344
**Grasa Total:** 21g
**Grasa Saturada:** 7g
**Colesterol:** 180mg
**Sodio:** 223mg
**Carbohidratos:** 18g
**Fibra Dietética:** 4g
**Azúcar:** 5g
**Proteína:** 19g
Nutritional Analysis does not include additional toppings.