

## Sweet Potato Hash with Chorizo Sausage



### Makes:

4-6

### Utensil:

12" Chef's Gourmet Skillet

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### Contributed By:

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### Recipe Description:

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!

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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

### **Directions:**

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.

### **Tips:**

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

Nutritional Information per Serving

**Calories:**

344

**Total Fat:**

21g

**Saturated Fat:**

7g

**Cholesterol:**

180mg

**Sodium:**

223mg

**Total Carbs:**

18g

**Dietary Fiber:**

4g

**Sugar:**

5g

**Protein:**

19g

Nutritional Analysis does not include additional toppings.