

Sweet Potato Hash with Chorizo Sausage



Makes:

4-6

Utensil:

12" Chef's Gourmet Skillet

Rate ★★☆☆☆

Recipe:

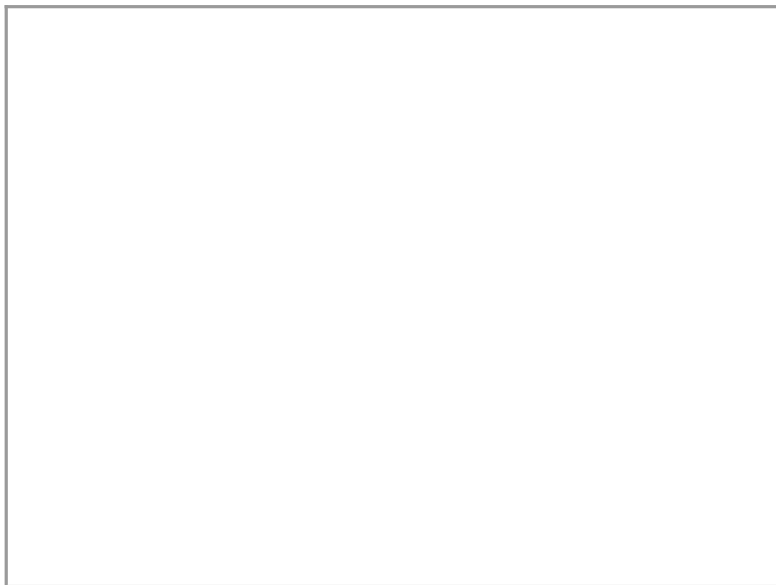
Contributed By:

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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!



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 18g

Carbs:

Dietary Fiber: 4g

Sugar: 5g

Protein: 19g

Nutritional Analysis does not include additional toppings.