

# Sweet Potato Breakfast Hash



# SWEET POTATO BREAKFAST HASH

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## *ingredients*

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1 tablespoon oil  
1 large sweet potato, chopped into 3/4 inch pieces  
1 medium onion, chopped into 3/4 inch pieces  
1/2 fennel bulb, green removed and thinly sliced  
4 eggs  
Salt and pepper to taste

### OPTIONAL:

1 cup cooked lean meat in bite size pieces

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## *directions*

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Preheat the oven to 400 degrees. Heat oil in an oven-safe skillet over medium heat. Add sweet potato and onion until the onion is translucent.

Remove veggies from the skillet. Add the fennel, and cook for about 8 minutes, stirring occasionally. Add onions and potatoes back to the pan. Add meat if using.

Make 4 indents in the vegetable mixture. Add one egg to each indent. Place pan in the oven, cook 10-15 minutes or until eggs are set. Serve warm.

No oven? No problem! Keep vegetables warm in a 200-degree oven, and use the skillet to cook the eggs to your preference. Serve together.

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## *notes*

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If you don't have fennel, try substituting with broccoli, peppers, or zucchini

**SPFC**

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SERVE PEOPLE. FEED COMPASSION.