

# RECIPE

## BREAKFAST HASH

### INGREDIENTS

- 1 cup Potato
- 1 cup Sweet potato (optional)
- 1/2 cup Spinach
- 1/4 cup Onion
- 1/4 cup Meat (optional)
- 1/2 Avocado
- 1 tbs Cooking Oil
- 2 tbs Cheese
- Salt
- Pepper

### NUMBER OF SERVINGS

1-2

### TIME TO PREPARE

15

### TIME TO COOK

20

### TOOLS NEEDED

- Knife
- Cutting Board
- Cooking Spoon
- Fork
- Cooking Pan

### PROCEDURE

- Clean all veggies before prepping
- Cut sweet potato and onion, in to bite size pieces.
- Place sweet potato and onion in to pan with oil, cook on medium for 10 minutes.
- After 10 minutes add meat of choice. Cook 5 additional minutes stirring meat and veggies together in pan.
- Next add spinach, mix spinach in to pan until leaves are wilted. Season with salt and pepper to liking.
- Next pour hash/mixture on to plate, sprinkle cheese and add avocado on on top.
- Let cool.....
- Now dig in