

Winter Breakfast Hash

Makes: 2-3 servings

Prep time: 5 minutes

Cook time: 20-25 minutes

INGREDIENTS:

- 1 tbsp olive oil or avocado oil
- 1/2 yellow onion, diced
- 3 cloves garlic, minced
- 2 nitrate-free chicken sausages, diced into 1/2 inch rounds
- 10 baby potatoes, cubed
- 1/2 apple, diced
- 1/2 tsp salt
- 1/2 tsp Italian seasoning
- 1/2 tsp dried sage
- 1/2 tsp onion powder
- Pinch of black pepper
- Sprinkle of cinnamon



Serving size: 1 cup

INSTRUCTIONS:

1. Heat a pan on the stove top over medium and add the tbsp of oil.
2. Once the pan is hot, add in the onion. Sauté for 2-3 minutes, stirring frequently. Then add in the garlic and cook for 30 more seconds.
3. Add in the potatoes and season with all spices; salt, Italian seasoning, sage, onion powder, black pepper and cinnamon. Toss to coat the veggies and cook for 6-8 minutes. If the veggies start to stick to the bottom of the pan, add a little more oil or a splash of water and stir.
4. Add in the chicken sausage and apples. Cover and cook until potatoes are fork tender. Toss every few minutes. It should take around 20-25 minutes.
5. Allow the hash to cool, then save in a covered container in the fridge for up to 5 days.