

## VEGAN SAUSAGE, EGGS, & POTATO BREAKFAST SKILLET

### INGREDIENTS

- 3-4 medium Russet or Yukon gold potatoes, cut into 1" cubes
- 1 Field Roast Smoked Apple Sage Sausage, sliced and cut into halves
- 1 orange Bell Pepper, chopped into 1" cubes
- 1 small or half Large onion, chopped into 1" cubes
- 2 scallions, sliced
- 1/4 cup cilantro, chopped
- 1 Avocado, diced into cubes
- Half of a jalapeño, finely diced
- Vegan Cheese
- Vegan Egg/ Egg (Optional)
- Ketchup
- Salsa
- 4-5 tablespoons of grapeseed oil (no oil ~ if WFPB)
- Salt, season to taste
- Pepper, season to taste
- 1 Lime

### INSTRUCTIONS

1. Pre heat oven to 425 degrees
2. In a large skillet bring enough water to a boil to cover potatoes. Once boiling add potatoes and par boil (cook until they start to soften, then remove before they are fully cooked). About 10 mins
3. Strain potatoes and give it a few shakes to drain excess water and ruffle the potatoes a little!
4. In a cast iron or oven safe skillet add potatoes to pan spreading evenly. Drizzle potatoes with 4-5 tablespoons of grapeseed or olive oil, and a generous pinch or 2 of salt and pepper. Stir and spread evenly again. Spray a little cooking spray over top of potatoes. Place in preheated oven and roast about 10-11 mins.
5. While the potatoes are in the oven. Brown sausage halves in a lightly oiled pan, over medium-low heat. Once light brown remove from pan and set aside. In the same pan add a little more oil (if needed) sauté bell pepper for 2-4 mins then add onions and diced jalapeños. Cook until aldentè (about another 3-4 mins~they should be soft yet firm.
6. Remove vegetable from heat set aside.
7. Once potatoes are ready! Remove from oven, and sprinkle with a little cheese. Add vegetables evenly throughout the pan! Roast for another 5-6 mins or until cheese melts.
8. Top with a few squirts of ketchup, add scallions, cilantro and avocado.
9. Enjoy right from pan with toast and fruit or use as filling in (large or small tortillas shells ~ burrito/soft shell tacos) w/ fresh fruit! Enjoy!