



Kale & Roots Breakfast Hash

2 servings

20 minutes

Ingredients

4 slices Organic Bacon
3 Sweet Potato, (Or Yellow Potato, Or Eddo) (peeled and diced)
1 Yellow Bell Pepper (diced)
4 cups Kale Leaves (roughly chopped)
1/4 tsp Black Pepper (And/Or Sea Salt, Plus Additional Desired Seasonings To Taste (Smoked Paprika, Taco Seasoning, Etc)
2 Egg

Directions

- 1 In a pan or skillet, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve some of the fat for cooking the hash.
- 2 In the same pan, cook the eddoes and yellow pepper over medium-high heat until soft and browned, about 6 to 8 minutes. Meanwhile, chop the bacon.
- 3 Stir in the kale and bacon, and remove from heat. Divide onto plates and enjoy!
- 4 Season with salt and pepper or other seasoning to taste!
- 5 Can top with fried eggs (optional)

Notes

No Eddoes, Use potatoes, sweet potatoes, jicama or kohlrabi instead.

No Bell Pepper, Use zucchini or mushrooms instead.

Leftovers, Refrigerate in an airtight container up to 3 days.