

Yield: 4-6 servings Author: Katie Doyle

GLUTEN FREE  
DAIRY FREE**Paleo Rosemary Breakfast Hash**

This Paleo Rosemary Breakfast Hash is a savory, filling meal perfect for any occasion. Filled with sweet potatoes, peppers, onions and sausage, this Whole30 compliant dish is beyond delicious!

prep time: 15 M cook time: 30 M total time: 45 M

**INGREDIENTS:**

- 10<sup>lb</sup> • 1 lg sweet potato
- 60 • 6-8 slices bacon
- 5lbs • 1/2 lb sugar-free breakfast pork sausage (or ground pork if not available\* see note)
- 10 • 1 lg green pepper, diced
- 10 x • 1 sm white onion, diced
- 10T • 2 tbs coconut oil
- 10 tsp • 1 tsp dried rosemary
- 5 tsp • 1/2 tsp dried thyme
- 2 1/2 tsp • 1/4 tsp dried sage
- 5 tsp • 1/2 tsp garlic powder
- salt + pepper, to taste
- ~~• eggs, your preferred way~~

**INSTRUCTIONS:**

1. Place a medium sized skillet on stove. Using kitchen shears cut bacon into 1/4 to 1/2 inch pieces and drop into the pan. Once all bacon is cut, turn the burner on medium & begin to fry it.
  2. Using a large skillet, begin melting your cooking fat. Once fat has melted, add in the potato cubes & mix in the potato seasoning.
  3. Let potato cook uncovered for 5 minutes, stirring occasionally. If the pan has dried up, add 1 tbs cooking fat to pan, then turn heat to low & add lid to the pan to steam the potatoes for 10 mins.
  4. Check the bacon while the potatoes steam. Once the bacon is mostly cooked, drain as much fat out of the pan as you can. Tip: Pour it right into a jar and store it so you can use it as cooking fat in other recipes!
  5. Put skillet back on the stove & crumble in your breakfast sausage/ground pork, stir occasionally. If you couldn't find sugar free sausage and are using plain ground pork, season it now.
  6. After 10 minutes, uncover the potato and add in the green pepper & onion. Leave the lid off and stir occasionally until the onion becomes translucent.
  7. Once the pork & bacon are cooked, use a strainer to drain the grease. Then dump your meat right into the veggie/potato mixture. Stir to combine & leave on low.
  - ~~8. Cook eggs to your liking in a separate pan. Scoop hash into a bowl & top with the finished eggs.~~
- Enjoy!

**NOTES:**

If you are using ground pork instead of sugar free breakfast sausage due to preference or availability, season with 1 tsp italian seasoning, 1/2 tsp basil, 1/4 tsp herbs provence, 1/4 tsp oregano, & 1/4 tsp garlic powder. salt + pepper to taste