

Loaded Breakfast Hash



prep time
10 minutes



total time
25 minutes



servings
4

Ingredients

- 2 medium/400 grams sweet potatoes peeled and diced into 1/2" cubes
~ 4 carb servings
- 1 lb/450 grams ground chicken (or ground meat of choice)
~ 12.5 protein servings
- Salt and pepper
- Spice mixture:
 - 1 tsp cinnamon
 - 1/2 tsp onion powder
 - 1/2 tsp garlic powder
 - 1/2 tsp sage
 - 1/2 tsp turmeric
- 1 large honey crisp apple diced
~ 1.5 carb serving
- 3 cups kale chopped
~ 3 servings vegetables
- 1-2 Tbsp water or broth
- 2-3 Tbsp ghee or coconut oil, for cooking ~ 2-3 servings fat

☞ breakfast

☞ chicken

Instructions

- 1 Brown meat in about 1 tbsp coconut oil or ghee, sprinkling with salt, pepper, and half the seasoning, once browned, set aside.
- 2 In a different large skillet, add 1-2 Tbsp ghee and heat to med/hi. Add potatoes, sprinkle with salt and pepper, cook for about 2 minutes uncovered, stirring to brown.
- 3 Cover the skillet and lower heat to medium, cook for another 3-5 minutes, stirring once midway, until soft. Uncover and add apples, kale and water or broth, then cover again and cook 1-2 minutes, uncover and sprinkle with remaining seasoning. Continue to cook another minute uncovered or until toasty.
- 4 Add browned meat to potato mixture and stir, cook for another 30 seconds to warm and then remove from heat, then serve right away. Enjoy!



Whole Recipe Breakdown:
12.5 servings protein
5.5 servings carb
2-3 servings fat
3 servings veggies