

# Sausage Breakfast Bowls

A MEAL PREP RECIPE: YEILDS 12 BOWLS

## Ingredients

- 1 lb potatoes
- 1.5 lb ground breakfast sausage
- 12 eggs
- 1 tbsp salt
- 1 tbsp black pepper
- 1 tbsp garlic powder
- 1 tsp chili powder
- 4 tablespoons olive oil
- 1 cup shredded cheese
- Optional ingredients: bell pepper, onion, mushroom
- 12 small plastic containers with lids

## Instructions

1. Preheat your oven to 400 degrees.
2. Dice your potatoes into very small bite size pieces. I cut mine into about 1 cm cubes. Throw your potatoes into a bowl and add the oil and all the seasonings. (I offered measurements, but you can be pretty liberal with your seasoning of your potatoes. It depends on your taste if you like more or less of something. Or you can add any other seasonings you like! At this point, you would also cut any additional veggies you want added into your breakfast bowl.)
3. Fold the oil and seasonings into your potatoes so that all the little bites are evenly coated.
4. Dump the oiled/seasoned potatoes onto a baking sheet that is lined with parchment paper and put them in your oven for about 30 minutes, stirring them half way through.
5. While your potatoes cook, throw your sausage into a pan and cook that up on the stove top. Put cooked sausage onto a plate or bowl lined with a paper towel to absorb the grease.
6. Crack your dozen eggs into a bowl
7. You can additionally season your eggs at this point with salt and pepper to your liking.
8. Dump your eggs into the same pan you used to cook your sausage. (The fat left over from cooking your sausage is the perfect way to grease your pan and adds an extra punch of flavor!)
9. Stir your eggs in the pan using a spatula, over a medium heat. Stir them constantly so that they cook into small curd size bites. Once cooked, dump the eggs into a bowl.
10. Now you should have three bowls of your cooked elements: potatoes, sausage and eggs. Lay your twelve containers out on the counter and give each container about a quarter cup of each of the three ingredients. Do your best to even distribute the ingredients, layering potatoes, sausage then eggs.
11. Top each of the containers with a sprinkle of shredded cheese.



## Storage & Reheating

Throw your breakfast bowls in the fridge for up to 4 days or freeze them for up to a month. From frozen, depending on your microwave, it will take about 2 minutes to heat up (stirring halfway through). From non-frozen, heat for 1 minute.