

Breakfast Hash

INGREDIENTS FOR PORK SAUSAGE:

- 1 1/2 pounds ground pork
- 1/2 tbsp sage
- 1/2 tsp marjoram
- 1/8 tsp crushed red pepper
- 1 tsp salt
- 1/2 tsp pepper
- pinch of ground cloves

OTHER INGREDIENTS:

- 1 red pepper, diced
- 1 purple onion, diced
- 1 potato, cooked and diced
- 2 cups kale, chopped

PROCESS:

- Mix the pork sausage ingredients and cook until the sausage is no longer pink.
- Add red peppers, potatoes and purple onion. Saute with a small amount of avocado oil until the whole dish starts to caramelize. The last few minutes add chopped kale.
- The great thing about this recipe is you can switch out ingredients you have on hand like sweet potatoes, butternut squash, zucchini, brussel sprouts...just about any vegetable that you like or is starting to go bad in your fridge!

ENJOY!

From: wholesisters