

## **Elizabeth's CSA Breakfast Hash**

### **Ingredients:**

root vegetables of your choice (potato, sweet potato, carrots, beets, squash, etc) - however much you want to make!

olive oil

several handfuls spinach

1 lb crumbled or sliced breakfast sausage

smoked cheddar cheese, grated (or grated cheese of your choice)

sunnyside up eggs for serving

### **Directions:**

1. Peel root vegetables if desired and chop into desired piece size. Drizzle olive oil into a large skillet, add veggies and season with salt and pepper. Cook on medium heat, stirring frequently, until veggies are cooked through and somewhat caramelized (add more oil if needed).
2. Meanwhile, cook the sausage in a second pan.
3. Add sausage to cooked veggies and stir to combine. Add spinach and season to taste with more salt, pepper and olive oil if needed.
4. Scoop hash into bowls and top with grated cheese and a fried egg. Add hot sauce or red pepper flakes if desired!