

# Mexican Hash Egg Bake



Serves 4

Ingredients:

- 1 pound chorizo sausage
- 1 (14-ounce) can diced fire-roasted tomatoes
- 1 sweet potato, diced
- 1 yellow onion, diced
- 7 eggs
- 2 garlic cloves, minced
- 1 tablespoon bacon fat
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder

Adapted from [PaleOMG.com](http://PaleOMG.com)

- 1/2 teaspoon chili powder
- 1/2 teaspoon dried oregano
- salt and pepper, to taste

#### Instructions:

1. Pre-heat your oven to 350°F.
2. Heat up a large skillet or cast iron skillet under medium heat. Add bacon fat and minced garlic.
3. When the garlic becomes fragrant, toss in onions, sweet potatoes and chorizo to begin to cook down. Use a wooden spoon or whatever you have on hand to break up the chorizo and mix around to incorporate everything. Cover to help steam the sweet potatoes.
4. Let cook for about 6 to 8 minutes or until sweet potatoes are tender. Add tomatoes and spices and mix together.
5. If not using a cast iron skillet, transfer hash into a baking dish.
6. Crack your eggs directly on top of hash.
7. Bake for 5 to 8 minutes and serve.

Nutrition per serving: Calories 743; Total Fat 56.3 g; Saturated Fat 20.5 g; Monounsaturated Fat 25.9 g; Polyunsaturated Fat 5.7 g; Total Carbohydrates 17.3 g; Dietary Fiber 3.7 g; Sugar Alcohols 0.2 g; Sugars 8.2 g; Protein 40.3 g; Sodium 1952 mg