

Southwest Breakfast Skillet

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 50 servings

Ingredients	Quantity	Measure
Vegetable oil	¼	cup
Vegan sausage crumbles, optional	24	ounces
Sweet potatoes, peeled	36	ounces
Yellow onion	15	ounces
Green bell peppers	15	ounces
Red bell peppers	15	ounces
Fresh jalapeno peppers	8	ounces
Fresh garlic	6	ounces
Frozen corn	24	ounces
Black beans, canned, rinsed and drained	30	ounces
Roma tomatoes, fresh, chopped small	1	pound
Dairy-free cheddar cheese, optional	1	pound

Preparation

1. Roast sweet potatoes for ten minutes on each side at 350 degrees; do not overcook. When cooled, cut into small cubes and set aside. Heat large sauté pan and add the oil. Once pan is hot, add onions, red and green bell peppers and sweet potatoes. Continue to cook until sweet potatoes are fork tender.
2. Add jalapeños, corn, and garlic and continue to cook for approximately 3 more minutes.
3. Add vegan sausage crumbles (if using). Heat until fully cooked, about 5-7 minutes.
4. Add black beans and cook for 2-3 minutes, until just until hot.
5. Top with fresh tomatoes and vegan cheese and serve

Nutrition Information per breakfast bowl *From USDA Nutrient Database

Calories: 139 Total Fat: 4g Saturated Fat: 0.7g Monounsaturated Fat: 0.5g Polyunsaturated Fat: 3.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 22g Fiber: 4g Total Sugars: 2g Protein: 3.5g Sodium: 163mg Vitamin A: 167µg Vitamin C: 27mg Calcium: 27mg Iron: 1mg Folate: 23µg

