

SWEET POTATO & BLACK BEAN HASH WITH EGGS

Ingredients

- 5 pieces of thick cut bacon, chopped
- 1 medium sweet potato, cubed
- ½ large onion, diced
- Pinch of red chili flakes
- 15 oz can of black beans, liquid drained
- 1 tbsp taco seasoning
- ¼ cup water
- 2 eggs
- ½ tbsp. butter or coconut oil
- Salt and pepper to taste
- Cilantro, rough chopped for garnish

Directions

1. Add the chopped bacon to a skillet over medium heat. Cook until fat is rendered out and bacon is crispy.
2. Remove the bacon from the pan and leave half the bacon grease behind.
3. Add potatoes, onion, and chili flake and cook for 8 minutes or until onion is soft.
4. Add the black beans, taco seasoning, water to the pan and cover. All the potatoes to steam for roughly 5 minutes. Depending on how big the pieces of sweet potato it may take more or less time to cook through.
5. While your potatoes are cooking heat a small skillet, add your oil or butter and cook a couple of over easy eggs... or however you like your eggs.
6. Garnish with some cilantro, guacamole, hot sauce and ENJOY!!!

For the full write up on this dish check out our blog post at <http://www.thecookandthecoach.com/blog/sweet-potato-black-bean-hash-with-eggs>