



Breakfast in a Skillet

directions

1. Preheat oven to 350 degrees.
2. In a skillet over medium heat brown the sausage, crumbling into chunks with a spatula as it cooked. Add the bell peppers and red onion to the sausage and cook until onions are translucent. Remove from heat and drain on paper towel.
3. Peel and cut microwave-cooked sweet potatoes into bite size chunks.
4. Press a tortilla into each skillet/baking pan over bottom and up sides.
5. Smear each tortilla with half of the mustard. This adds lots of flavor to the finished dish.
6. Soft scramble the eggs.
7. To assemble skillet sprinkle about 2 tbsp of cheddar over the bottom of each tortilla.
8. Divide soft scrambled eggs between each skillet.
9. Sprinkle sweet potato chunks evenly over eggs in both skillets.
10. Top each skillet with half the sausage-pepper-onion mixture and the remaining shredded cheddar.
11. Bake in preheated oven for about 12-15 minutes until the cheese is melty & mixture is bubbly.

notes

We used two 6 inch Lodge mini skillets, but any small casserole or baking pan would work as well.

You can use smaller flour tortillas and make these in muffin tins. This fillings would make about 6 regular muffin tin size.

Sausage and sweet potatoes are just the perfect flavors together for a pre-Thanksgiving day breakfast.

to serve

Serve hot. Can be doubled to serve 4 servings.



2

servings

15 min

prep time

15 min

cook time

ingredients

1/2 lb Swaggerty's Farm sausage

2 sweet potatoes, pre-baked in microwave

1/2 bell pepper cut into slivers

1/2 chopped red onion

4 eggs

1 cup shredded white cheddar cheese

1 tbsp mustard

Two 8" flour tortillas

Pairs well with: Hot coffee, milk, side of fruit

Special Kitchen Tools: N/A