



CHICKPEA AND SWEET POTATO HASH

COURTESY OF FIT

DIFFICULTY: MEDIUM

TOTAL TIME: 20 MINUTES

SERVES: 2 PEOPLE

ACTIVE: 15 MINUTES

INGREDIENTS

- ½ onion chopped
- 1 clove of minced garlic
- ½ bell pepper chopped
- ½ cup chickpeas
- ½ cup cubed sweet potato
- 1 chicken apple sausage
- 2 eggs
- Optional additions: Any leafy green or hemp seeds. 3 tablespoons of hemp seeds add an extra 10 grams of protein! Feel free to top with fresh parsley, hot sauce, or avocado!
- ~ 32 grams of protein ~

INSTRUCTIONS

1. Start by prepping all of your ingredients.
2. Chop up some onion, bell pepper, and chicken apple sausage. (I recommend cutting your sweet potato into small cubes.)
3. In one pan on medium heat, saute your onion in olive oil until translucent and then add your minced garlic.
4. Now it's time to throw in a half cup of chickpeas, half cup of sweet potato, and your chicken apple sausage!
5. Stir everything together and add the seasonings of your choice. (I recommend smoked paprika, salt, and pepper!)
6. Continue to saute until the sweet potato is tender and then crack two eggs over the mixture.
7. Cover the pan and cook the eggs to your liking.
8. Top it all off with some fresh parsley, hot sauce, or avocado if you have it! Enjoy!