

Foodnity Recipes

Breakfast Hash with Southwest Seasoning

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Hash Base

- [ ] 1 lb sweet potatoes, peeled and diced (about 2 ½ cups)
- [ ] 1 cup red bell pepper, diced
- [ ] 1 cup onion, diced
- [ ] 1 cup frozen corn, thawed
- [ ] 1 cup canned black beans, drained and rinsed
- [ ] 1 tbsp olive oil
- [ ] 1 tbsp Southwest seasoning blend
- [ ] salt, to taste
- [ ] pepper, to taste

The Toppings

- [ ] 4 large eggs
- [ ] ½ cup shredded cheddar cheese (optional)
- [ ] 2 tbsp chopped fresh cilantro (optional)
- [ ] 1 avocado, sliced (optional)

Instructions

1. Start by heating your skillet over medium-high heat. Pour in the 1 tbsp olive oil and just let it swirl around to coat the bottom—it makes such a difference for the browning.
2. Toss in those diced sweet potatoes. Now, just cook them, stirring every so often, for about 4–5 minutes. You're looking for them to turn golden and get a little bit of a crust on the outside.
3. Stir in the diced onion and bell pepper. Sauté these for another 3–4 minutes. I like them to soften up a bit, but look, you still want them to hold their shape.
4. Now add the corn, black beans, and that 1 tbsp Southwest seasoning blend. Cook for 3–4 minutes, stirring frequently. Wow, the smell at this stage is just wonderful.
5. Season everything with salt and pepper to taste. Use your spatula to spread the hash evenly in the pan, then gently make four shallow wells for the eggs.
6. Carefully crack one egg into each well. Reduce the heat to medium, cover the skillet, and cook for 5–7 minutes. I personally love the yolks slightly runny, but if you prefer them fully set, just leave them a bit longer.
7. If you're using the ½ cup shredded cheddar cheese, sprinkle it over the top during the very last minute of cooking just to let it melt.

8. Turn the heat off. Honestly, if the hash looks a little dry, add a tiny splash of water. Let it rest for a minute so all those flavors can really meld together.

9. Scoop the hash into bowls. Garnish with the chopped fresh cilantro, sliced avocado, and maybe a drizzle of lime juice or salsa if you have some.

10. Serve it immediately while it's hot. That's the only way to get the best texture and flavor, yeah?

Nutrition per serving

380 kcal	22 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a cast-iron skillet helps the sweet potatoes get that lovely crispiness.
- Sautéing the potatoes first is key so they don't end up mushy when the other veggies go in.
- Room-temperature eggs tend to cook more evenly for those perfect runny yolks.