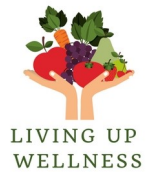


Sweet Potato and Spinach Breakfast Casserole



Course: Breakfast

Categories: Egg, Vegetable

Source: www.livingupwell.com

Serving size: 6-8

Preparation time: 10 mins

Cooking time: 30 mins

Ingredients

12 large eggs
1 large sweet potato
1/2 lb ground meat, turkey or
beef 2 cups spinach
2 tsp Jill's AP seasoning
Salt and pepper, to taste
2 tsp avocado oil

Directions

1. Preheat the oven to 350 F. Coat a 9 x 12 baking tray with avocado oil.
2. Heat skillet to medium-high, add 1 tsp avocado oil, ground meat and season with Jill's AP seasoning, sea salt and black pepper. Cook until browned, remove from heat.
3. Cut the sweet potato into slices about 1/4 inch thick. Layer the slices on the baking tray. Season with Jill's AP seasoning, sea salt and black pepper.
4. Top the sweet potatoes with the ground meat, and raw spinach.
5. Whisk 12 eggs well. Season with salt and pepper to taste. Pour to cover the mixture completely.
6. Bake in the oven for 40-45 minutes, or until sweet potatoes have softened and eggs are cooked through.