

# Meaty Potato Breakfast Bowl

## INGREDIENTS:

- 1 cup ground beef or turkey
- 4 farm fresh eggs
- 1 potato
- 1 tsp thyme
- Oil for cooking



## DIRECTIONS:

1. Heat pan on medium heat with oil.
2. Slice potatoes then dice potatoes. Place potatoes in pan and cook for 15-20 minutes or until potatoes are golden brown and break with a fork.
3. Add in thyme and cook for 1-2 minutes until fragrant.
4. Add meat and cook for 2-5 minutes until everything is warmed through.
5. Next crack the 4 eggs over the potatoes and meat. Season with salt and pepper to taste.
6. Scramble mixture until eggs are cooked through about 5-7 minutes.
7. You can also leave eggs cracked on top and place a cover over and steam eggs for an over easy egg bowl.

## Fun Facts!

- Egg is a good source of Riboflavin, Vitamin B12 and Phosphorus, and a very good source of Protein and Selenium.
- Thyme contains vitamin C and Vitamin A.
- Potatoes contain significant amounts of fiber. Fiber helps lower the total amount of cholesterol in the blood, thereby decreasing the risk of heart disease.