



Mexican Breakfast Bowls

SERVINGS 4 **PREP TIME** 10 mins **COOK TIME** 50 mins

INGREDIENTS

- 1/2 an onion, diced
- 1 sweet potatoes (or yams), diced into 1/2 inch cubes
- 3 tbsp **La Fe Vegetable Oil**
- Salt (to taste)
- **La Fe Black Pepper** (to taste)
- 1 1/2 tsp chili powder (to taste)
- 2 cups **La Fe Chorizo**
- 1 1/2 cups **La Fe Canned Black Beans**
- 1 tsp cumin
- **La Fe Sazon**
- 1 cup **La Fe Frozen Mixed Vegetables**
- 4 eggs

DIRECTIONS

1. Toss onion and sweet potato with the La Fe vegetable oil, season with salt, pepper and chili powder and roast on parchment lined baking sheet in a 400°F oven until tender, about 20 minutes. (Alternatively, sear in a skillet over medium heat, stirring occasionally for 10-15 minutes).
2. When making the La Fe chorizo, cook it with a little oil, browning it and breaking it apart into crumbles.
3. Heat the La Fe black beans, season with salt, chili pepper, La Fe sazón, and cumin.
4. Prepare the eggs to your liking - either scrambled, over easy, sunny side up, or poached.
5. Saute any desired La Fe frozen vegetables and/or La Fe frozen peppers and onions in La Fe vegetable oil.
6. Once the sweet potatoes are cooked, divide among 4 bowls. Divide the La Fe chorizo and La Fe black beans. Top with the eggs, avocado slices, cilantro and scallions. Add fresh tomatoes if in season.
7. Serve with your favorite La Fe hot sauce and a dollop of La Fe mexican crema.