

CHORIZO SKILLET

Ingredients:

1 package of Stryker chorizo
2 medium sized sweet potatoes cut into chunks
1 large onion sliced
1 can of black beans
4 eggs
cilantro
scallions
olive oil
1 cup quinoa

Spanish flavored chorizo sausage packs a lot of punch. In this skillet dish, the chorizo flavor does the talking and can be eaten for brunch or dinner.

Instructions:

Start by parboiling the sweet potatoes for about 8 minutes. While they boil, take the chorizo out of its casing and cut up into half inch, bite size pieces.

You can also start a pot of rice or quinoa. For this I chose quinoa. Boil double the amount of quinoa to water, depending on how much you'd like. I used 1 cup. Bring it to a boil then remove from the heat and cover. Stir in a little olive oil and allow it to cook for about 20 minutes. Keep it covered until you're ready to eat.

In a cast iron pan or another skillet -I prefer using cast iron - with a little olive oil, soften the onions. When the onions are translucent, add the chorizo. Don't worry about overcooking the chorizo! Its fat content is high enough that it can withstand a lot of heat without drying out.

When the sweet potatoes are boiled and drained, add them to the skillet. Mix them in well, covering with the chorizo fat. Add a can of drained black beans.

Smooch everything down in the pan and let the entire skillet cook over medium heat for about 10 minutes without stirring, allowing a bit of a crust to form on the bottom.

Turn on the oven broiler to high. Break four eggs into the skillet mixture. I used the back of a large spoon to create little egg gullies so that the whites don't run everywhere.

Carefully transfer the entire pan into the oven and allow the eggs to cook, about 3 minutes. Keep an eye on them so they don't turn into hard boiled eggs! The yolk should run all over when you crack into them.

Top with some chopped cilantro and scallions. Dish out an egg and a hearty spoonful of hash onto each plate with some quinoa.

