Hearty Breakfast Egg Sandwich

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Cuisine: American  
Diet type: None  
Cook time: 20 minutes  
  
Ingredients:  
1/2 med onion  
chopped  
1 tbsp vegetable oil  
1 C canned low sodium diced tomatoes  
1 C frozen mixed vegetables  
4 oz cooked beef  
cubed or thinly sliced  
3/4 tsp low sodium beef base  
4 C water