

Country Breakfast Bowls

Country breakfast bowls combine roasted potatoes, scrambled eggs, salsa, and cheese for an easy freezer-friendly make ahead breakfast meal prep!

Prep Time	Cook Time	Total Time
20 mins	40 mins	1 hr



4.90 from 64 votes

Total Cost: \$5.03 recipe / \$1.26 serving Servings: 4

Author: [Beth - Budget Bytes](#)

Ingredients

- 2 lbs russet potatoes \$1.00
- 2 Tbsp [olive oil](#) \$0.32
- 1 tsp [smoked paprika](#) \$0.10
- 1/2 tsp [garlic powder](#) \$0.05
- 1/4 tsp salt \$0.02
- Freshly cracked black pepper \$0.03
- 6 large eggs \$1.40
- 2 Tbsp butter \$0.26
- 1 cup salsa \$1.49
- 1 cup shredded cheddar cheese \$0.85

Instructions

1. Preheat the oven to 400°F. Wash and cut the potatoes into 1/2-inch cubes.
2. For extra protection against the potatoes sticking, line a baking sheet with parchment paper. Otherwise, rub 1 Tbsp of the olive oil over the surface of a large baking sheet. Spread the potatoes out onto the baking sheet. Drizzle the remaining tablespoon of oil over the potatoes, along with the smoked paprika, garlic powder, salt, and pepper. Toss to coat the potatoes in oil and spices.
3. Roast the potatoes in the preheated oven for 40-45 minutes, or until they are golden brown and crispy. Stir once half way through roasting.
4. When the potatoes are close to being finished, crack the eggs into a large bowl and add a pinch of salt and pepper. Gently whisk the eggs.



5. Melt the butter in a large skillet over medium-low heat. When the butter is melted, pour in the eggs. Gently move the eggs around the skillet until they are mostly solid, but still soft and glistening. Be careful not to over cook the eggs at this point because they will cook further when the breakfast bowls are reheated.
6. To prepare the bowls, divide the roasted potatoes and scrambled eggs between four freezer safe containers. Add 1/4 cup of salsa to each container then top with about 1/4 cup of shredded cheese.
7. Chill the bowls in the refrigerator before transferring to the freezer. Or, leave them in the refrigerator if you plan to eat them within 4-5 days.

See how we [calculate recipe costs here](#).

Nutrition

Serving: 1 Serving | Calories: 537.83kcal | Carbohydrates: 47.65g | Protein: 21.85g | Fat: 29.8g | Sodium: 1006.25mg | Fiber: 4.43g

Country Breakfast Bowls <https://www.budgetbytes.com/country-breakfast-bowls-freezable/>

