

## Paleo Savory Breakfast Casserole

**Prep time**

15 mins

**Cook time**

30 mins

**Total time**

45 mins

Serves: 6-9

### Ingredients

- 12 eggs, whisked
- 1lb chorizo, cooked and broken into pieces
- 1 sweet potato, shredded
- ½ yellow onion, diced
- 2 tablespoons hot sauce (I used Siracha)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon pepper

### Instructions

1. Start things off right by preheating your oven to 375 degrees.
2. First you'll want to get your chorizo (or other choice of meat) cooking. So add your chorizo to a hot skillet and let cook until it begins to crumble.
3. While the meat is cooking, dice up your onion and shred your sweet potato. I shredded mine by throwing it in a food processor, using the shredding attachment. Genius.
4. Now, beat those eggs of yours in a large bowl.
5. Add the cooked meat, onion, and sweet potato to the bowl with the whisked eggs. Then add the rest of your ingredients and mix all together.
6. Grease a 8x8 or 9x9 glass dish and add your egg mixture to it.
7. Cook for 25-30 minutes until the eggs aren't runny. The middle takes a bit longer so just be patient.
8. Let sit for 10+ minutes before consuming.
9. Then consume.

Recipe by PaleOMG - Paleo Recipes at <http://paleomg.com/savory-breakfast-casserole/>

