BLACK BEAN BREAKFAST HASH

PREP TIME: 15 MINUTES | SERVINGS:1

ingredients

1 shredded carrot
1 shredded sweet potato
1/4 onion
1/2 can black beans
fresh salsa
1/2 avocado
garlic to taste
salt
pepper
1 tbsp coconut oil

directions

1. Shred carrots and sweet potato
2. In a large sauté pan, heat coconut oil until melted
3. Sauté carrot and sweet potato until soft.
4. Add onions and black beans (and any other veggies you may want) and cook until soft.
5. Add salt, pepper and garlic to taste.
6. Top with fresh salsa and avocado