

Chat N Chew

Breakfast Season 2-3

Southwest Scramble

- 1 onion chopped
- 2 cloves garlic chopped
- 1 whole bell pepper
- Black beans
- 1 sweet potato pre-baked
- Spinach
- 1 dozen eggs
- 1 ½ tbsp. chili powder
- 2 tsp. smoked paprika
- ¼ tsp. oregano
- 1 tsp. salt
- 2 tsp. cumin

Sauté the onion, garlic, and bell pepper in olive oil for 10-12 minutes. Whisk the eggs and add to the pan. Add in the rest of the ingredients and spices. Serve and enjoy!

Healthy Living for Wellness of Body, Mind and Spirit