



## BREAKFAST TACO SCRAMBLE

October 4

National Taco Day

### INGREDIENTS

- 1 Tablespoon + 1 Teaspoon Olive Oil (divided)
- 2 Cups Sweet Potato (peeled and chopped in ½-inch pieces)
- 1 Cup Diced Red Bell Pepper
- 1 Cup Diced Red Onion
- 1 Pound Ground Beef (20% or leaner)
- 3 Tablespoons Taco Seasoning
- 1 Tablespoon Corn Starch
- ¼ Tablespoon Water
- 6 Eggs (beaten)
- ½ Cup Salsa
- ½ Cup Chopped Avocado
- Sea Salt and Ground Pepper (to taste)

### DIRECTIONS

1. In a large skillet, heat oil over medium. Add sweet potatoes, peppers, onions, ½ teaspoon sea salt, and ¼ teaspoon of black pepper to the oil. Sauté the mixture until potatoes have softened, about 8 minutes. Transfer to a bowl and set aside.
2. Add beef to the skillet and continue to cook over medium heat until browned. Add taco seasoning, corn starch, and ¼ cup water. Continue to cook until the sauce has thickened. Remove the beef from the pan to a bowl and set aside.
3. Heat the remaining oil in the same pan, still over medium heat. When the oil is hot, add eggs and additional salt and pepper to taste. Cook the eggs until they are cooked to your desired consistency, then remove from the heat.
4. Combine the sweet potato mixture, the seasoned beef and eggs. Top with salsa and avocado evenly. These can be served immediately or refrigerated for up to 5 days.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

### MEAL TYPE

 Lunch/Supper

### YIELD

7 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	1 Cup	1 Cup	1 Cup