

# Brisket Hash & Eggs

Breakfast-for-dinner has never been more fun. It all starts with a brisket hash cooked up with plenty of vitamin-rich sweet potatoes and a medley of colorful peppers. Topped with a fried egg, it's comfort food you'll just love.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Eggs (1 per serving)

Olive Oil

Salt & Pepper

### 4 MEEZ CONTAINERS

Sweet Potatoes

Onions & Garlic

Beef Brisket

Pepper Medley

## Make The Meal Your Own

**If you ordered the carb conscious version**, you received butternut squash instead of the sweet potatoes reducing the **carbs per serving to 24g**. In step 1 replace the sweet potatoes with the butternut squash and reduce the cooking time to 6 to 8 minutes.

## Good to Know

**Family favorite!**

Makes a **great breakfast** or dinner!

**Health snapshot per serving** – 355 Calories, 16g Protein, 14g Fat, 5 Freestyle Point

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Beef Brisket, Sweet Potatoes, Red Peppers, Yellow Peppers, Cubanelle Peppers, Green Peppers, Red Onion, Fresh Garlic, Black Pepper.

meezmeals

### 1. Cook the Veggies and Brisket

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they soften and start to brown, about 10 minutes.

Lower the heat to medium and add the **Pepper Medley** and **Onions & Garlic**. Continue cooking until the onions are translucent and peppers just start to blister, about 4 to 6 minutes.

### 2. Cook Brisket

Add the **Beef Brisket** to the skillet and cook until the brisket is warm, about 2 minutes. Remove the brisket and veggies from the skillet and place on serving plates.

### 3. Make the Eggs

Wipe out the skillet and return it to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, crack the eggs into the skillet and cook until the whites are opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste.

### 4. Put it All Together

Place the cooked egg on top of the brisket and peppers and enjoy!

*The beef brisket is fully cooked, so you just need to warm it up.*

*We suggest a sunny-side-up egg, but you can prepare the egg any way you want!*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**