

Go For Green® Color and Sodium Level: **Green and Low**

Name: **Southwest Breakfast Skillet (full scratch)(vegan)**

Description: Sweet potatoes sauteed with vegan sausage, Bell peppers, onion, jalapeno, roasted corn, topped tomato.

Serving Size: 1 serving

Portion Weight: 7.37oz

Portions: 24

Measures	Ingredients	Prep
1/4 cup	OIL BLEND VEGETABLE 90 / EVO 10	
1 lb, 8 ozw	SAUSAGE VEGAN PATTIES FZ	THAWED, DICED 1/2"
1 qt, 2 cup	Roasted Sweet Potatoes	M10094
15 ozw	VEGETABLE FRESH ONION YELLOW	TRIMMED, DICED 1/2"
15 ozw	VEGETABLE FRESH Bell PEPPER GREEN	SEEDED, DICED 1/2"
15 ozw	VEGETABLE FRESH Bell PEPPER RED	SEEDED, DICED 1/2"
9 ozw	VEGETABLE FRESH PEPPER CHILI JALAPENO	SEEDED, MINCED
3 cup	Roasted Corn	M10072
1 lb, 2 ozw	VEGETABLE FRESH TOMATO 6 X 6	CORED, DICED 1/2"
30 oz can	Black beans	drain and rinse

Cook Time	0 Hrs. 0 Mins.
Cook Temp	Convention: °F Standard: °F
Internal Temp	°F - °F
Serving Temp	140 °F - 160 °F
Hold Time	0 Hrs. 0 Mins.

1. Roast sweet potatoes. Set aside.
2. Roast corn. Set aside.
3. Crumble and cook vegan sausage patties. Set aside.
4. Sauté onion, green pepper, red pepper, jalapeno peppers in oil.
5. Add roasted corn and roasted sweet potatoes to sautéed vegetable mixture.
6. Add black beans and vegetarian sausage. Mix well. Heat to serve.
7. Top with fresh chopped tomatoes.

Alternatives: May substitute roasted corn with equal amount of canned corn, drained.

#### Directions:

##### FOR 1 SERVING

1. In saute pan over high heat, heat 1/2 tsp oil. Add the following:

- 2-oz spoodle vegan sausage patty
- 2-oz spoodle Sweet Potatoes
- 1-oz spoodle onion
- 1-oz spoodle green pepper
- 1-oz spoodle red pepper
- 1 tsp jalapeno
- 1-oz spoodle Roasted Corn
- 1-oz spoodle tomato

Stir-fry until vegetables are tender-crisp and sausage is browned, 2 to 3 minutes.

##### TO PLATE 1 SERVING:

1. On serving plate, layer the following:
  - 6-oz spoodle stir-fry mixture

2. Serve immediately.

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Sugars*</b>	<b>Fat</b>	<b>Saturated Fat</b>	<b>Sodium</b>	<b>Cholesterol</b>	<b>Calcium</b>	<b>Fiber</b>
192	26.4 g	8.1 g	6.0 g	7.3 g	2.2 g	143 mg	0 mg	78 mg	6 g