**Southwestern Breakfast Bowl**

This Southwestern breakfast bowl is a hearty and healthy Paleo option for the first meal of the day. People with large appetites will also be grateful for this filling dish, which keeps you fuller,

longer. Pile on the veggies and eggs to make a quick and easy heaping breakfast bowl that is packed with nutrients and flavor.

**ingredients**

2 large sweet potatoes, peeled and diced

Extra virgin olive oil, for drizzling

Salt and pepper, to taste

1 tsp chili powder

2 strips bacon

1/2 medium yellow onion, diced

1/2 green bell pepper, diced

1/2 red bell pepper, diced

1 small jalapeno, seeded and diced

2-3 cups fresh spinach

2 eggs

1 tsp ghee

1 avocado, pitted and diced, optional

**directions**

1. Preheat the oven to 375 degrees F. Place the diced sweet potatoes on a rimmed baking sheet and drizzle with olive oil. Sprinkle with salt, pepper, and chili powder. Bake for 15-20 minutes, turning once.

2. Meanwhile, cook the bacon in a skillet over medium heat. Remove to a paper towel-lined plate and crumble. Add the onion, bell peppers, and jalapeno to the skillet and sauté for 5-6 minutes until soft. Lastly add in the spinach and cook until wilted.

3. In a separate skillet, melt the ghee. Cook the eggs to desired doneness, seasoning with salt and pepper.

4. To assemble, divide the sweet potatoes between two bowls. Top with the veggie mixture, followed by the egg, crumbled bacon, and avocado if using.