

Hearty Slow Cooker Breakfast Hash

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Servings: 4

8 to 10 frozen fully-cooked breakfast sausage links
4 cups diced red potatoes
4 medium carrots, diced
2 green onions, thinly sliced
2 tablespoons extra-virgin olive oil
1 tablespoon red wine vinegar
5 teaspoons snipped fresh dill, divided
1 teaspoon Kosher salt
1/2 teaspoon ground pepper, divided
1/4 teaspoon crushed red pepper flakes
2 tablespoons crumbled feta cheese
1 tablespoon butter
4 large eggs
2 tablespoons maple syrup

Preparation Time: 25 minutes

Cook Time: 5 hours

In a skillet over medium heat, cook the sausages until heated.

In a three-quart slow cooker, combine the potatoes, carrots, green onions, olive oil and vinegar. Add three teaspoons of dill, salt, 1/4 teaspoon pepper and the red pepper flakes. Arrange the sausages on top of the vegetable mixture.

Cook, covered, on LOW until the vegetables are tender, five to six hours.

Transfer the vegetables to a platter. Sprinkle with feta cheese. Top with the sausages.

In a skillet, heat the butter over medium-low heat. Break the eggs, one at a time, into a small bowl. Slip into the skillet. Cook until the whites are completely set. Arrange the eggs over the vegetables. Sprinkle with the remaining dill and pepper. Drizzle with maple syrup.

Per Serving (excluding unknown items): 232 Calories; 16g Fat (60.3% calories from fat); 8g Protein; 15g Carbohydrate; 2g Dietary Fiber; 224mg Cholesterol; 649mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.