

Treasure Barrel

10 Minute Grab & Go Breakfast Bowls Recipe

3 min Prep time	**7 min** Cook time	**10 min** Total time
2 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Bowls

- [ ] 1 tablespoon olive oil or butter
- [ ] 2 cups pre-cooked diced potatoes (from the refrigerated or frozen section)
- [ ] 1 cup pre-cooked turkey sausage crumbles
- [ ] 1/4 teaspoon garlic powder
- [ ] Salt and freshly ground black pepper, to taste
- [ ] 2 large eggs

Optional Toppings

- [ ] 1/4 cup shredded cheddar cheese
- [ ] 1/2 avocado, sliced
- [ ] 1 tablespoon chopped green onions or chives
- [ ] Your favorite hot sauce

Instructions

1. First, let's get your skillet ready. Place a medium non-stick or cast-iron skillet over medium-high heat and add your olive oil or butter. Let it get nice and hot until the butter is melted and foamy or the oil shimmers. This is key for getting a great crisp on the potatoes. Swirl the pan to coat the bottom evenly, then carefully add the diced potatoes. Let them sit for a moment to get that initial sizzle—that sound is the start of something good!

2. Once the potatoes are in the pan, spread them into a single layer. Let them cook, undisturbed, for about 2-3 minutes. This is how you get those beautiful golden-brown, crispy bits. After they've had a chance to sear, add the turkey sausage crumbles, garlic powder, a pinch of salt, and a few grinds of black pepper. Stir everything together gently and continue to cook for another 2 minutes, until the sausage is heated through and the potatoes are crispy all over. The kitchen should be smelling amazing right about now.

3. Now it's time for the eggs. Using your spoon, create two little wells or empty spaces in the potato and sausage mixture. Crack one egg into each well. This is my favorite way to do it because the egg whites seep into the nooks and crannies and everything cooks together. Reduce the heat to medium-low, season the eggs with a tiny bit more salt and pepper, and cover the pan with a lid. Let them cook for 2-3 minutes, or until the whites are set but the yolks are still runny and beautiful.

4. Carefully remove the lid—watch out for any steam! Your breakfast bowls are ready. Use a spatula to scoop one portion of the potato, sausage, and egg mixture into each bowl. Be gentle so you don't break that gorgeous yolk just yet. Now is the time to add your favorite toppings. A sprinkle of cheese, some creamy avocado slices, a dash of green onions… whatever makes your heart sing. Serve immediately and enjoy that first perfect bite.

Nutrition per serving

420 kcal	26 g	22 g	25 g
Calories	Protein	Carbs	Fat

Tips & notes

- For even faster mornings, you can pre-portion the cooked potato and sausage mixture into individual microwave-safe containers. In the morning, just microwave for 60-90 seconds while you fry a fresh egg on the stovetop.
- Don't be afraid to play with the spices! A pinch of smoked paprika or red pepper flakes in with the potatoes adds a wonderful warmth and depth of flavor. This simple bowl is like my favorite one-bowl banana bread; a perfect base for creativity.
- The quality of your pre-cooked potatoes matters. Look for ones with minimal ingredients. I find that the simple refrigerated ones tend to get crispier than some of the heavily seasoned frozen varieties, but honestly, use what you love and can find easily.