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| Cuban Inspired Sausage Skillet  **Ingredients:**   |  |  | | --- | --- | | 12 links  20 oz  10 oz  5 oz  16 oz  12 oz  1 TB  To taste  A few | Breakfast Sausage ($4-5)  Black Beans ($1.80)  Sweet Potatoes ($1.39)  Frozen Seasoning Blend or Onions ($1.20)  Sliced Mushrooms ($2.00)  Broccoli ($2.99)  Cumin  Salt  Sliced Jalapeños and a bit of brine  Olive Oil | |  |  |   **Directions:**  Using a baking sheet pan (9x13) add some oil to the bottom. Be sure to drain all of your frozen/thawed ingredients before you use them. Add your onion, mushrooms, broccoli, and sweet potatoes to the pan. Next add your drained black beans, your seasonings, and jalapeños. Blend together with some olive oil and try to make it level across the pan. Lastly, you’re going to add the breakfast sausages. You should prick the sausages with a fork before cooking so the juices  add flavor to your dish. Cover your dish with foil for the first 20 minutes. Total cooking should be between 30 to 40 minutes at 350 degrees or until your broccoli and meat are cooked. | Logo  Description automatically generated |