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| Cuban Inspired Sausage Skillet **Ingredients:**

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| 12 links20 oz10 oz 5 oz16 oz12 oz1 TBTo tasteA 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)CuminSaltSliced Jalapeños and a bit of brineOlive Oil |
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**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 |