

Butternut squash and bacon breakfast casserole

Ingredients

4 cups butternut squash, cubed
6-8 slices of bacon
1 red bell pepper, julienne
1 large Spanish onion, sliced
2 vine tomatoes
2 Tbsp oil (olive or coconut)
3 eggs
1-2 Tbsp fresh parsley, minced
2 tsp paprika
½ cup Sundried tomatoes, diced
salt and pepper

Directions

1. Preheat oven to 450F
2. Take the butternut squash, slice of skin and cube. You will need about 4-6 cups of cubed squash
3. Place squash in boiling water with 1 tsp of salt to parboil for about 10-15 minutes until they begin to soften. You may need to extend boiling time
4. While squash is boiling slice onions into half-quarts and julienne your red bell pepper into thin strips. Once julienned slice in half so they are not too long
5. Chop tomatoes, garlic and sundried tomatoes
6. In a large saucepan or wok, cook bacon but not too crispy! Remove bacon and place on paper towel to remove excess oil (leave fat in pan)
7. Add 2 Tbsp of oil into bacon fat pan and cook onions for a few minutes before adding peppers, garlic and sundried tomatoes
8. Finally, add tomatoes and cook over a low heat for 10 minutes for the juices from the tomatoes to cook off and soften veggies.
9. When squash has softened add them to the pan with your veggies
10. Add your paprika, salt and pepper to taste
11. Transfer mix to an oven proof dish and crumble bacon over mixture
12. Using a spoon create 3 small craters and crack an egg into each crater
13. Bake casserole for 10-12 minutes until the eggs have set, ideally the eggs are still runny
14. Enjoy!