

ANCHOR DAY CASSEROLE



INGREDIENTS

- Sweet potatoes
- 20 eggs (preferably organic, cage free)
- Organic ground turkey or beef
- Organic salsa
- Raw Greens - spinach / kale / cilantro / parsley

STEPS

1. Have a baking pan to enter the above ingredients
2. Cut up sweet potatoes thinly and create a base at the bottom of the baking pan
3. Brown meat then add over sweet potatoes
4. Mix the 20 eggs and pour over the meat
5. Add organic salsa as desired (I add it heavy for extra taste)
6. Add greens of choice on the very top
7. Bake at 400 degrees for 40 minutes and check for a completely cooked casserole