

# Spicy Breakfast Stew



## Cooking Time

20

## Yields

3

## Ingredients

2 organic chorizo chicken sausages, finely chopped  
4 pieces crispy nitrate-free bacon, chopped  
1½ tsp extra-virgin olive oil  
1 onion, sliced  
Optional: 1 handful spinach  
1 can organic diced tomatoes  
2 tbsp tomato paste  
½ cup organic chicken stock  
1 tsp chili powder  
Optional: ½ tsp smoked paprika  
1 garlic clove  
Dash Himalayan sea salt  
Dash freshly ground pepper  
Optional: ½ tsp red pepper flakes  
3 organic eggs  
2 tsp vinegar

## Directions

### For the Stew:

Heat oil and garlic in a medium-sized pot  
Add sliced onions and sauté for 5 minutes until translucent  
Add in chopped sausage and cook, mixing often, until sausage is fully cooked  
In a pan or in the microwave, cook bacon until crispy; pat and set aside  
Add diced tomatoes, tomato paste, chicken stock, and spices into the pot and mix  
Add spinach (if desired), reduce heat to a simmer

### For the Poached Egg:

Heat 3 cups water and add in a dash of vinegar  
Crack 1 egg into a ramekin  
Right before boiling, use a spoon and swirl the water  
Drop the egg into the water (don't freak, it'll look a little crazy for a minute)  
Carefully spoon out poached egg and serve over stew

**Notes** \*Source - [Paleomg.com](http://Paleomg.com)

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