

MORNING SCRAMBLE

The innards of the recipe serving 2 people ...

- * 12 oz Just Egg
- * 14 oz Impossible Spicy Ground Sausage
- * 8 oz Sliced Baby Bella Mushrooms
- * 8 oz Baby Spinach
- * 1 medium size chopped Red Onion
- * 3 chopped Garlic cloves
- * Olive Oil
- * Salt and Pepper



What to do with the innards of the recipe...

- 1 - Dust a non stick pan with a some salt while it is heating over medium heat
- 2- Then add some olive oil to coat your pan
- 3 - Add your ground sausage and start to brown few a couple of minutes
- 4 - Throw in the sliced mushrooms, chopped red onion and chopped garlic cloves
- 5 - Once the innards are all cooked up to your liking, stir in the egg
- 6 - Stir in the spinach into the scramble until cooked

What I do while cooking the innards...

- * I add salt and pepper to the innards every time I add to the pan.
- * When I add the egg I constantly stir it while it cooks so it's fluffy and not burned to the pan.
- * When I add the spinach I add a little olive oil on the leaves when it's in the pan.
- * I wash my pan as soon as I am done cooking with it.

What I serve it with...

- * I love a cup of coffee, glass of orange juice, and a bagel with the morning scramble. If I have time and want to spoil myself, I'll make home made biscuits and gravy instead of the bagel. I always top it off with whatever hot sauce I am craving at the time.

About the vegan options in the recipe...

* Impossible Spicy Ground Sausage /// I use this because it's the only vegan sausage I have found that has the same taste and texture of what my grandmother would buy from the local butcher at R & A Market. The smell of the spices cooking up bring me right back to her kitchen every time.

* Just Egg /// Honestly, even if I wasn't vegan, I'd rather eat Just Egg than eggs.