

CHICKPEA BREAKFAST HASH

AN EASY TO MAKE, HEALTHY CAMPING MEAL USING
INGREDIENTS YOU CAN BUY IN BULK!

1 TABLESPOON OIL
1 SQUASH OR ZUCCHINI
1 RED ONION
1 BELL PEPPER
1 (15 OZ) CAN CHICKPEAS

1/2 TEASPOON CUMIN
1/4 TEASPOON CORIANDER
1/8 TEASPOON CINNAMON
1/2 TEASPOON SALT
2 EGGS

1. HEAT OIL IN A SKILLET ON MEDIUM-HIGH HEAT UNTIL SIMMERING. ADD CHOPPED ONIONS, PEPPERS, AND ZUCCHINI AND SAUTE UNTIL SOFTENED. ADD DRAINED CHICKPEAS AND SPICES AND COOK UNTIL VEGGIES ARE COOKED THROUGH AND BROWNEED.
2. MOVE VEGGIES AND CHICKPEAS TO THE SIDES OF THE SKILLET AND ADD A LITTLE OIL TO THE EMPTY SPACE. CRACK THE EGGS INTO THE SPACE AND COOK TO YOUR LIKING.
3. PULL THE SKILLET OFF THE HEAT AND ENJOY!

WANT MORE RECIPES? FIND THEM HERE:

[HTTPS://WWW.FRESHOFFTHEGRID.COM/ONE-POT-CAMPING-MEALS.](https://www.freshoffthegrid.com/one-pot-camping-meals)