

## Cap'n Waldo's Potato/Veggie Breakfast Goodie

4 or 5 medium sized potatoes – peeled and diced in ½ inch cubes.

1/3 diced yellow onion

1/3 chopped green Bell Pepper

1/3 chopped red Bell Pepper

1/2 carrot finely chopped

4 cloves of Garlic minced ( or whatever your little heart desires).

Salt, (potatoes usually require a bunch of salt) about a tablespoon.

Coarse ground Black Pepper, a healthy teaspoon or so.

1/2 cup broccoli tops, chopped coarsely

4-5 pieces of crispy thick bacon

4 eggs

1 cup shredded medium sharp cheddar cheese

Crazy Mother Pucker's Groovy Garlic

Crazy Mother Pucker's Habitual Jalapeno

Combine potatoes, yellow onion, green bell pepper, red bell pepper, garlic, salt & pepper into a large microwavable bowl. Cover dish and nuke on HIGH for 13 minutes. Remove from microwave and stir about half way through and continue cooking. When done, add broccoli tops.

Fry thick sliced bacon to crispy. Chop 'em up. Put about 2 tablespoons of bacon drippin's into a 9 inch cast iron frying pan and heat up pan to medium. Swirl bacon drippin's around to coat the bottom and sides of the pan. Spoon into the fryin' pan the cooked mixture of potatoes and other goodies.

Beat eggs in a bowl and add salt, pepper, and chopped bacon, stir. Add in cheese, and mix thoroughly. Pour egg mixture over potato/veggies in the pan and spread around evenly. Don't pack down. Keep it loose. Cover, turn flame down low, and let cook for about 15 to 20 minutes.

Cut the goodie into 4 pieces. Apply Crazy Mother Pucker's Groovy Garlic, or Habitual Halapeno Hot sauce as to your personal preference. Serve a quarter piece to your sweetie with some avocado and/or tomato slices, toast, and nice glass of milk. Yum yum!!