

The Ultimate One-Pan Sausage and Potato Breakfast Skillet Recipe

2 links (Kielbasa, Andouille, or Beef), sliced into rounds.



TIME
3-4 min

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INGREDIENTS

Eggs: 6 large, fresh eggs.
Smoked Sausage: 2 links (Kielbasa, Andouille, or Beef), sliced into rounds.
Baby Potatoes: 2 cups, halved (I prefer Yukon Gold or Red Bliss for their creamy texture).
Bell Peppers: 1/2 red and 1/2 yellow, sliced into strips for color and sweetness.
Cooking Fat: 2 tablespoons of high-quality olive oil or unsalted butter.
Seasoning: Sea salt and freshly cracked black pepper.
Garnish: Freshly chopped chives or green onions.
Optional Aromatics: 1/2 teaspoon garlic powder and 1/2 teaspoon smoked paprika.

DIRECTIONS

- 1. Crisp the Potatoes:** Start by heating 1 tablespoon of olive oil in a large cast-iron skillet over medium heat. Add your halved baby potatoes, cut-side down. Let them sit undisturbed for 3-4 minutes to develop a deep golden-brown crust. Toss and continue cooking until they are fork-tender (about 8-10 minutes total).
- 2. Brown the Sausage and Peppers:** Push the potatoes to the edges and add the sliced sausage and bell peppers to the center. Sprinkle with salt, pepper, garlic powder, and smoked paprika. SautØ until the sausage is slightly caramelized and the peppers have softened.
- 3. Create the Egg Pockets:** Push the entire mixture to one side of the pan. Add the remaining tablespoon of oil or butter to the empty side. Carefully crack the 6 eggs into the space. Season the whites with a pinch of salt and pepper.
- 4. Cook to Perfection:** Lower the heat slightly. Cook until the egg whites are fully set but the yolks are still beautifully runny (sunny-side up). If you prefer the tops of your yolks a bit more "set," place a lid over the skillet for 1-2 minutes to trap the steam.
- 5. Garnish and Serve:** Remove from heat immediately. Sprinkle the fresh chives or green onions over the top. Serve it right out of the skillet for that rustic, home-cooked feel!

SWAPS & NOTES

The Sausage: If you want a leaner profile, turkey sausage or chicken apple sausage works beautifully.

For those who love heat, use a spicy Chorizo.

The Potatoes: If you are in a rush, you can use frozen cubed hash browns, but fresh baby potatoes provide a much better "bite" and

crust.

Low Carb Option: Swap the potatoes for cauliflower florets or radishes (which lose their pepperiness and soften like potatoes when sautéed!).

TIPS FOR SUCCESS

Don't Overcrowd: Use a large enough skillet (12-inch is best).

If the pan is too crowded, the potatoes will steam rather than crisp.

The Cast Iron Advantage: A seasoned cast-iron skillet provides the best heat retention and gives the sausage those delicious charred edges.

Room Temp Eggs: Pull your eggs out of the fridge 15 minutes before cooking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-one-pan-sausage-and-potato-breakfast-skillet-recipe/>