**Bitchin’ Breakfast Hobbit Bowl**Rise and shine like a proper Hobbit! This bowl is everything you crave at breakfast: tender pearl barley, warm baked beans, buttery mushrooms, blistered tomatoes, plump sausages, and a perfectly fried egg. Tied together with a generous drizzle of Creamy Garlic Bitchin’ Sauce — it’s rustic, satisfying, and guaranteed to fuel your next unexpected adventure.

**Serves:** 1
**Prep Time:** 10 minutes
**Cook Time:** 30 minutes
**Calories:** ~650 per bowl

### **Ingredients**

* ½ cup pearled barley, cooked
* ½ cup baked beans (we love HeyDay!)
* 1 small vine of tomatoes
* 2 eggs, fried to your liking
* 2 breakfast sausage links
* ⅓ lb mushrooms (button, crimini, oyster, shittake — you pick!)
* 1 tbsp butter
* 1 tbsp fresh parsley leaves

**Saucy Superstar**

* ¼ cup Creamy Garlic Bitchin’ Sauce

### **Instructions**

**1. Cook the barley:**Prepare according to package directions until tender. Fluff with a fork and keep warm.

**2. Cook the sausages:**Pan-fry or bake your sausage links according to the package instructions until golden and cooked through.

**3. Warm the beans:**Heat up your favorite baked beans in a small pot over medium heat.

**4. Sauté the mushrooms & tomatoes:**Roughly chop mushrooms. Sweat them in a skillet over medium heat, then add butter and cook until soft and lightly browned. Add the whole tomato vine to the same pan and cook until the skins just begin to blister.

**5. Fry the eggs:**In a separate pan, fry your eggs to your preferred doneness — sunny side up, over easy, or all the way!

**6. Assemble the bowl:**Spoon the cooked barley into your bowl and top with warm baked beans. Drizzle half the Creamy Garlic Bitchin’ Sauce over the beans. Arrange the sausages on one side, the blistered tomatoes on the other, and nestle the sautéed mushrooms around. Place the fried eggs in the center, give it another squeeze of Creamy Garlic Bitchin’ Sauce, and finish with fresh parsley leaves.