

Sweet Potato Hash

Serves 4-6
Prep time: 15 minutes
Cook time: 45 minutes



INGREDIENTS

- 2 large sweet potatoes
- 1 bell pepper, chopped
- 1 onion, chopped
- 1/4 teaspoon garlic powder
- 4 Tbs cooking oil
- 1/4 tsp dried thyme
- Salt and pepper (to taste)
- Optional: eggs and baby spinach

DIRECTIONS

1. Wash sweet potatoes and chop into small pieces. Heat large skillet.
2. Heat oil in skillet. Add sweet potatoes and salt.
3. Stir potatoes, add onion, and continue to cook.
4. Stir hash then add bell pepper. Once potatoes are browned, cover skillet with lid.
5. Stir occasionally and check potatoes with fork for tenderness. Season with garlic, pepper and thyme.
6. When potatoes are tender, fold in spinach to wilt. Sprinkle salt on top if desired.
7. Crack eggs and put on top of hash. Cover and turn heat off. Let cook until whites solidify.



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