

SMOKY SWEET POTATO HASH



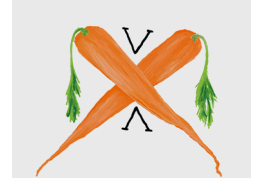
SERVES: 4

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

TOTAL TIME: 45 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.

INGREDIENTS

1 TBSP raw, unrefined coconut oil

4 cups sweet potato, peeled and cubed

2-3 garlic cloves, minced

1 medium yellow onion, diced

1 tsp smoked paprika

1/2 tsp turmeric

1/2 tsp celtic sea salt

1 red bell pepper, diced

1 green bell pepper, diced

1 cup cremini mushrooms, diced

Pepper, to taste

METHOD

Prepare vegetables. Place a large skillet or wok over medium-high heat.

Add coconut oil to coat the pan. Add onion, garlic, sweet potato, and spices.

Stir well, then allow mixture to cook for 25-30 minutes, stirring only occasionally. Sweet potato should be tender with crisp edges.

In the last 10 minutes of cooking, add the bell peppers and mushrooms, stirring to combine. Remove from heat and serve immediately with desired toppings!

OPTIONAL TOPPINGS: CHIPOTLE CASHEW CREAM**, AVOCADO TOAST, GREEN ONIONS, CHERRY TOMATOES, CILANTRO

NOTES:

*If sweet potato mixture begins to stick severely, add water, 1 TBSP at a time. Avoid adding liquid when possible as this will yield a crispier hash!

****Chipotle cashew cream:** 1 cup raw cashews, soaked 2 hours, drained, 1 tsp apple cider vinegar, 2 tsp lemon juice, 1 TBSP chipotle pepper in adobo, sauce only, 1/2 tsp salt, 3/4 - 1 cup water to thin. Blend together until smooth and creamy.

NUTRITION:

Serving Size: 1/4 of recipe Total Calories: 199 Total Fat: 5 g Sodium: 292 mg

Potassium: 606 mg Carbohydrates: 34 g Fiber: 6 g Sugar: 10 g Protein: 4 g

Vitamin A: 384% Vitamin C: 55% Calcium: 8% Iron: 8% (Percent Daily Value)