

SWEET POTATO HASH

MAKES: 6 servings (1 cup each)

INGREDIENTS

- 3 medium (1 lb) sweet potatoes, cubed
- 1 medium onion, diced*
- 1 medium apple, diced
- 1 lb ground pork**
- 4 eggs
- 1 teaspoon dried parsley
- 1 teaspoon ground cumin
- 1/2 teaspoon pepper

*Add any extra veggies that you have on hand, such as bell peppers, kale, or spinach. **Use ground chicken, turkey, or beef instead of pork. You can also used sliced sausage.

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DIRECTIONS

Wash sweet potatoes and boil whole for 5 minutes in a large pot of water.

Note: You can also cook in the microwave for 8 minutes on high. Make sure to pierce with a fork first so they do not explode. Let potatoes cool and then cut into cubes.

In a large skillet, cook the ground pork over medium high heat for about 10 minutes until browned and cooked through. Set aside on a plate. Then add onion and apple to the pan and sauté for about 5 minutes in the remaining fat from the sausage. If there is not much fat remaining, add 1 to 2 teaspoons of oil.

Finally, add the cooked sausage and sweet potatoes back to the pan. Mix in spices. Then crack the eggs and quickly stir so eggs are evenly mixed. Cover and cook on medium low heat for about 4 to 8 minutes until the eggs are cooked through. Then serve.

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