



SAVORY SWEET POTATO HASH

 @Gleanersfan

WATCH RECIPE VIDEO HERE



Ingredients:

1 bell pepper, chopped

1 bunch green onions, sliced

1 medium onion, diced

2 lbs sweet potatoes, peeled & cubed

2 tbsp fresh herbs, *optional*

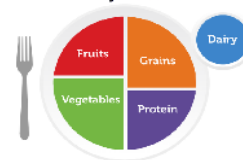
1/4 cup vegetable oil

1 tsp cumin

1/2 tsp kosher salt

1/2 tsp red pepper flakes, *optional*

Color your meal!



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Directions:

1. Cook Heat oil over medium-high heat in large frying pan.
2. Sauté sweet potatoes until they begin to soften, about 5 minutes.
3. Add bell peppers, onions, cumin, salt, and red pepper flakes, if using, reduce heat to medium.
4. Sauté for 20-25 minutes, stir occasionally to brown all sides of the sweet potatoes.
5. Garnish with fresh herbs, if using. Serve.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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