



CHATTANOOGA AREA  
**FOOD BANK**

# SWEET POTATO HASH

(gluten free, dairy free)

Category – Entree / Prep Time – 10 min / Cook Time – 25 min

## Ingredients:

- 1.5 lbs Sweet Potatoes (~2 medium sweet potatoes)
- 8oz Breakfast Sausage (Substitute breakfast sausage for plant-based protein for a vegetarian / vegan option.)
- 1 Onion
- 1 Bell Pepper
- ½ TBS Oil
- 1 tsp Salt
- ½ tsp Black Pepper
- ½ tsp Garlic Powder
- ½ tsp Smoked Paprika

## Directions:

- Wash, peel, and dice the sweet potatoes.
- Dice the onion and the bell pepper and set aside.
- In a skillet, crumble the breakfast sausage and cook over medium heat. Cook the sausage until it's almost completely browned. Add the diced onion and continue cooking until the sausage is fully browned. Remove the sausage and onions to a separate plate and set aside.
- In the same skillet, add the oil and the diced sweet potatoes. Cook over medium heat for 10–12 minutes. Stir occasionally. Don't worry if the sweet potatoes are not fork tender during this time as they will continue to cook.
- Add the diced bell pepper, salt, black pepper, garlic powder, and smoked paprika to the skillet. Stir together with the sweet potatoes. Cook for 3–5 minutes.
- Add the cooked sausage and onions back to the skillet and combine with the sweet potatoes and peppers. Cook for 1–2 minutes.

### Nutrition Per Serving (6 servings)

Carbs: 26g / Fat: 10g / Fiber: 4g / Protein: 8g / Cal: 227 kcal

