

Sweet Potato Hash

Ingredients:

- 2 large sweet potatoes, cubed (about 4 cups)
- 1 c water
- 1 T plus 1 t canola oil
- 8 ounces ground chicken or turkey sausage
- 1 small yellow onion, diced
- 1 bell pepper, cored and diced
- 2 cloves garlic, minced
- 4 large eggs

Directions:

1. Place water and sweet potatoes in a skillet and bring to a boil over high heat. Reduce heat to low and cook 20 minutes, stirring occasionally, until sweet potatoes have absorbed water.
2. Add oil, sausage, and vegetables to the skillet. Cook another 20 minutes, stirring occasionally, until vegetables are tender.
3. Divide hash onto four dishes. Return the skillet to the stovetop. Reheat skillet over medium-high heat. When hot, add the remaining teaspoon of oil.
4. Cook each egg individually about 3-5 minutes a piece, until whites are solid and yolks begin to thicken. Flip egg and cook 1 additional minute.
5. Top each serving of sweet potato hash with an egg and serve immediately.

Makes 4 servings.



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