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## Sweet Potato Hash

Ready In: 40 minutes

Serves: 6

This savory and sweet side dish is sure to be a breakfast favorite.

### Ingredients

- »  $\frac{1}{4}$  cup Vegetable Oil
- » 1 cup Bell Pepper *frozen or fresh, chopped*
- » 1 cup Onion *frozen or fresh, chopped*
- » 2 pounds Sweet Potatoes *peeled and cut into small cubes (about 2 medium sweet potatoes)*
- » 1 teaspoon Cumin *ground*
- » 1 teaspoon Salt
- » 1 teaspoon Red Pepper Flakes

### What you'll need

- » Measuring cups
- » Measuring spoons
- » Cutting board
- » Sharp knife
- » Large skillet
- » Spatula or spoon
- » Stovetop

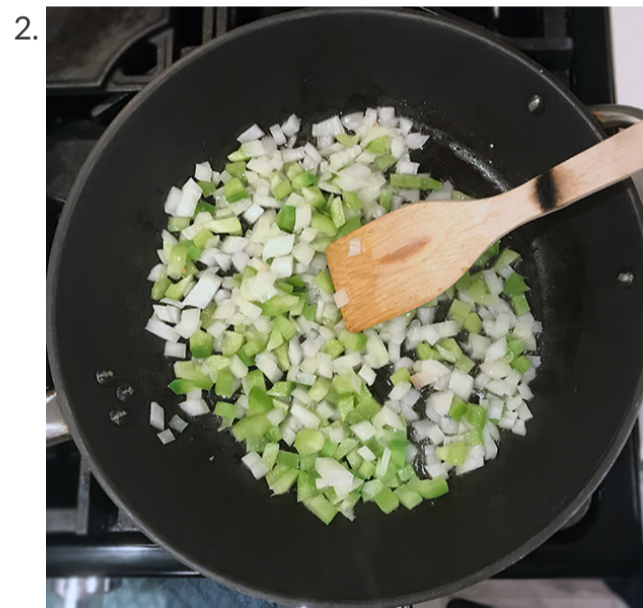


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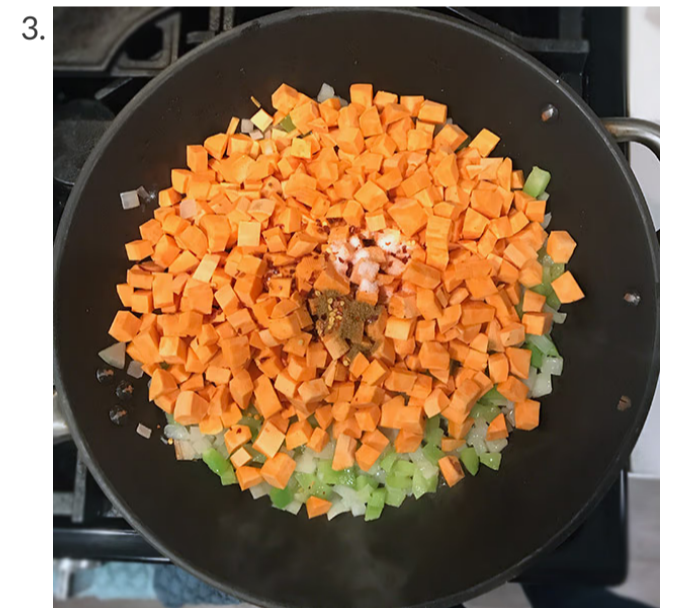
### Directions



Heat oil in a large skillet over medium-high heat.



Sauté bell peppers and onions until tender, about 5 minutes.



Add remaining ingredients and reduce heat to medium.



Cook for 20 to 25 minutes, stirring every 2 to 3 minutes. Sweet potatoes may begin to stick to the skillet, but continue to stir

gently until they cook through. Serve while hot.

<b>Nutrition Facts</b>	
Serving Size 1.00 cup	
Serving Per Container 6	
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Amount Per Serving	
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<b>Calories 244</b>	
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	<b>% Daily Value*</b>
<b>Total Fat 9 g</b>	<b>12%</b>
Saturated Fat 1 g	5%
<b>Sodium 407 mg</b>	<b>18%</b>
<b>Total Carbohydrate 38 g</b>	<b>14%</b>
Dietary Fiber 4 g	14%
<b>Protein 3 g</b>	
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	