

Sweet Potato Hash

Serves 4

Ingredients

¼ cup vegetable oil

2 cups frozen or fresh bell peppers and onions, chopped

2 medium sweet potatoes, peeled and cut into small cubes

1 teaspoon garlic powder

½ teaspoon salt

1 teaspoon cumin, optional

1 teaspoon red pepper flakes, optional

Directions

Heat oil in a skillet over medium-high heat.

Add bell peppers and onions and cook until tender, about 5 minutes.

Add remaining ingredients and reduce heat to medium.

Cook for 20-25 minutes; stir often to prevent sticking.

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