

Sweet Potato & Pepper Hash



PREP TIME:
10 MINUTES

COOK TIME:
45-50 MINUTES

TOTAL TIME:
60 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4-6 Servings

Ingredients:

- 5-6 Cups Sweet Potatoes – Cleaned & Diced
- Large Red Onion – Chopped
- 1 Cup Orange or Yellow Pepper – Chopped
- 10 Garlic Cloves - Minced
- 2 teaspoons Himalayan Sea Salt
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- 1 teaspoon Dried Thyme
- 1 teaspoon Dried Rosemary
- ½ teaspoon Paprika
- 1/3 Cup Avocado Oil
- Cracked Black Pepper to Taste
- **Optional:** Add chopped kale.

Instructions:

1. Preheat oven to 425 degrees. Set aside a 13 x 9 roasting pan (I used stoneware).
2. In a large mixing bowl add the following: potatoes, onion, pepper, garlic, salt, garlic powder, onion powder, thyme, rosemary, paprika and cracked black pepper to taste. Lightly stir.
3. Add avocado oil and still until all are coated with oil.
4. Transfer to the roasting pan and place in oven. Set your timer to stir every 12-15 minutes to prevent burning. Allow to roast for 45-50 minutes or until desired doneness.
5. Serve with breakfast, lunch, or dinner.

***Try and use all organic ingredients if possible.**

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