

RECIPE

SWEET POTATO HASH

INGREDIENTS

2 medium sweet potatoes
1 pound of ground turkey
1 can of corn
1 can of black beans
Shredded sharp cheddar cheese
Shredded mozzarella cheese
Salt
Pepper

DIRECTIONS

- Peel and dice sweet potatoes and cook in a skillet with olive/coconut oil until they are easy to mash. Make sure to occasionally stir the sweet potatoes so they don't stick to the skillet. If need be, add some more oil to help keep it from sticking.
- Meanwhile, brown the turkey in a skillet.
- Drain the black beans and corn.
- Slightly mash the sweet potatoes in the skillet
- Mix the turkey in with the sweet potatoes and continue to mash it all together.
- Stir in the corn, black beans, and cheese- You can use however much or little cheese you prefer- however much you want to use for taste!
- Spice with a little salt and pepper and ENJOY

Healthy Tip: A cooked egg is SO great over this hash, also, for a little extra protein!

****Make ahead, refrigerate & reheat for a quick & easy meal!****