

Sweet Potato Hash



This breakfast blend is a great source of fiber providing 20 grams of fiber per blend.

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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 970 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 46%

Protein: 19%

Fat: 35%

Make it for the whole family:

<https://www.cookinglight.com/recipes/southwestern-sweet-potato-and-egg-hash>.

Sweet Potato Hash

Ingredients

- 2 cups of fresh sweet potato, chopped
- ½ cup of green bell pepper, chopped
- ½ cup of spinach
- ½ cup of tomato, chopped
- ½ cup of black beans
- 2 ½ cups of 2% milk
- 2 hard boiled or cooked eggs
- 1 tablespoon avocado oil
- ½ teaspoon cumin
- ½ teaspoon chili powder

Preparation

1. Cut the sweet potato and green pepper into slices and place on a sheet pan. Lightly spray or coat with olive oil. Roast at 350°F for 30 minutes or until softened.
2. Let sweet potatoes and green pepper cool until it stops steaming.
3. Add all ingredients to the blender. Blend until completely smooth. Strain if necessary. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Measuring tools

- 1 cup
- ½ cup
- Tablespoon
- ½ teaspoon

Baking sheet

Can opener

Chef knife

Cutting board

Oven

Blender

Tips

Prepare a batch of hard boiled eggs ahead of time and store in fridge to use in recipes throughout the week.

Swap out the vegetables for other vegetables such as broccoli or sugar snap peas to add variety.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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