



SWEET POTATO HASH

DIRECTIONS:

1. Heat olive oil in a medium skillet. Add the onions and sweet potatoes and cook for 7 minutes.
2. Add the bell pepper, sausage, salt, pepper, and cumin. Cook for an additional 7 minutes, stirring occasionally or until done.

YOU WILL NEED:

- 2 cups sweet potatoes, peeled and cubed
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 1 cup spicy smoked sausage, chopped and cooked
- ½ teaspoon cumin
- 2 tablespoon olive oil
- salt and pepper to taste



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