

# Healthy Recipe of the Month

## November



### Sweet Potato Hash

**PREP TIME:**

15 minutes

**TOTAL TIME:**

55 Minutes

**SERVINGS:**

4-6 Servings

**INGREDIENTS:**

- 4 slices thick-cut bacon, chopped
- 6 green onions
- 2 lbs sweet potato, peeled and cut into  $\frac{3}{4}$ - inch pieces
- 1 red bell pepper, roughly chopped
- 1  $\frac{1}{2}$  tsp kosher salt
- 1  $\frac{1}{2}$  tsp paprika
- 1 tsp cumin
- $\frac{1}{4}$  tsp garlic powder

**DIRECTIONS:**

1. Cook the bacon in a large cast iron skillet over medium heat, stirring occasionally until crisp and rendered, 8 to 10 minutes. Meanwhile, thinly slice the green onions, keeping the white and light green parts separate from the dark green parts. Set aside.
2. Using a slotted spoon, transfer the bacon to a paper towel lined plate, reserving drippings in the skillet. Add the sweet potatoes, bell pepper, and green onion

whites and light greens to the skillet. Cook, stirring occasionally, until just beginning to soften, about 10 minutes. Stir in 1/2 cup of water, salt, paprika, cumin, and garlic powder. Cover and cook, stirring occasionally, until the potatoes are mostly tender, 8 to 12 minutes.

3. Uncover and increase heat to medium-high. Cook, stirring occasionally, until potatoes are tender and browned in spots, and all the liquid has evaporated, 5 to 7 minutes. Stir in the reserved bacon and reserved green onions.

#### **NUTRITIONAL INFORMATION:**

Calories 219

Fat 7g

Saturated fat 2g

Trans fat 0g

Cholesterol 13mg

Sodium 477mg

Carbohydrates 28g

Fiber 6g

Sugar 8g

Protein 6g

Vitamin D 0mcg

Calcium 63mg

Iron 2mg

Potassium 650mg

<https://www.thepioneerwoman.com/food-cooking/recipes/a40734463/sweet-potato-hash-recipe/>