



Side Dish

LIVE WELL
ALABAMA

#EatBetter

Sweet Potato Hash

Helpful Hints

Serve this recipe as a side dish with breakfast or dinner to boost your vitamin A, fiber, and potassium.

Do not give up if your child does not like a new vegetable. Serve it again or in a new way. Kids are more likely to eat veggies they have been served many times.



Follow Us   

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! www.aces.edu

New August 2017, FCS-2196

©2017 by the Alabama Cooperative Extension System. All rights reserved.

Sweet Potato Hash

Serves 4

Ingredients

¼ cup vegetable oil
2 cups frozen or fresh bell peppers and onions, chopped
2 medium sweet potatoes, peeled and cut into small cubes
1 teaspoon garlic powder
½ teaspoon salt

1 teaspoon cumin, optional
1 teaspoon red pepper flakes, optional

Directions

1. Heat oil in skillet over medium-high heat.
2. Add bell peppers and onions. Cook until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20 to 25 minutes. Stir often to prevent sticking.