

Tex-Mex Sweet Potato Hash

INGREDIENTS:

1 lb beef, turkey, or other ground meat

3 T taco seasoning (see recipe below)

1 medium sweet potato, cut into cubes

1 red bell pepper, diced

¼ cup red onion, diced

1 cup mushrooms, chopped

1 cup spinach, roughly chopped

Optional toppings: fresh cilantro, green onion, avocado, jalapeno, fried egg

PROCESS:

Place sweet potato on baking sheet, drizzle with olive oil, ghee, or butter then sprinkle with salt and pepper. Roast at 425 degrees for 20-30 minutes.

In large skillet, add meat and taco seasoning. Brown meat.

Add bell pepper, onion, mushrooms to skillet, cook until vegetables are tender.

Fold in spinach and cook until wilted.

Stir in roasted sweet potato.

Serve with additional toppings if desired.

Taco Seasoning:

2 T Chili powder

2 T paprika

½ tsp. Cumin

½ tsp. Sea salt

½ tsp. Garlic powder

ENJOY!

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