

## Sausage and Sweet Potato Hash

### INGREDIENTS:

- 3 lbs. sweet potatoes
- 2 tsp. garlic powder or minced garlic
- 1 tsp. onion powder
- 1 tsp. chili powder
- 1 tsp. sea salt
- 1 tsp. freshly ground pepper
- 4 T. butter or coconut oil
- 1 lb. sausage

### PROCESS:

- Preheat oven to 425° F.
- Scrub potatoes. Chop or shred them.
- Place in a rimmed cookie sheet.
- Sprinkle with all of the seasonings.
- Dot generously with butter or coconut oil.
- Bake at 425° F for about 30 minutes or until cooked.
- Stir a couple of times during cooking to mix in butter or coconut oil.
- While the potatoes are cooking brown the sausage in a large skillet.
- When the potatoes are done add them to the browned sausage. Mix together.
- Place in a storage container in the refrigerator. Individual servings can be scooped out and heated up anytime.

ENJOY!

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