



Sweet Potato Hash

Serves 8

Ingredients:

3 large sweet potatoes, diced into small cubes
3 tbsp. olive oil
2 1/2 cups sweet onion, coarsely chopped
2 green peppers, coarsely chopped
2 jalapeno peppers, finely diced (remove seeds for less heat)
4 cloves of roasted garlic, finely chopped
2 tsp. salt
2 tsp. fresh ground pepper
1 tsp. ground cinnamon
1 tsp. ground allspice
2 tbsp. fresh basil, chopped
2 tbsp. fresh parsley, chopped

Directions:

Bring large pot of water to a boil and add diced sweet potato. Boil for 5-8 minutes, until potato cubes are cooked through. Drain the water and set the sweet potato cubes aside to dry while you cook the pepper and onions.

In a large cast iron skillet, heat 1 tbsp. of oil and add the onion, garlic, green peppers and jalapeno. Stir often and saute until the onion becomes translucent, about 5 minutes.

Drizzle another tbsp. of oil to the skillet then add the cubed sweet potatoes, salt, pepper, cinnamon, allspice and fresh herbs, combine well. Keeping the skillet at medium heat, arrange the hash in a single layer and continue cooking until potatoes, onions and peppers have slightly browned.

I Don't Cook, But My Boyfriend Does!