Sweet Potato Hash

Source: Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD, and Robyn Webb

This recipe is a healthful spin on an old breakfast favorite. Enjoy with fruit.

About the Recipe

198 Calories · 4 g Protein · 7 g Fiber
Breakfast
Gluten-free · Nut-free

Sweet potatoes are loaded with vitamin A, fiber, and potassium.

If you follow a gluten-free diet, double check the veggie broth to make sure it doesn't contain gluten.

Ingredients

Makes 4 Servings

- 2 lb (900 g) sweet potatoes, peeled and cut in 1/2-inch (1.3-cm) pieces
- 1/4 c (60 mL) low-sodium vegetable broth
- 3 garlic cloves, minced
- 1 small onion, chopped
- 1 small red bell pepper, chopped
- 1 small green bell pepper, chopped
- 1 tbsp (15 mL) sweet paprika
- to taste Iodized salt
- to taste freshly ground black pepper

Directions

1. Place sweet potatoes in a large saucepan and cover with water. Simmer for about 15 to 17 minutes until tender. Drain and set aside.
2. Heat broth in a large skillet over medium heat. Cook garlic, onion, and bell peppers for about 4 minutes.
3. Add paprika, salt, and black pepper and continue to cook for 5 minutes, until vegetables are soft. Add the sweet potatoes and cook to heat through. Add additional salt or pepper to taste if needed.

Nutrition Facts

Per serving

Calories: 198
Fat: 0.7 g
    Saturated Fat: 0.1 g
    Calories from Fat: 2.8%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrate: 46 g
Sugar: 15 g
Fiber: 7 g
Sodium: 105 mg
Calcium: 76 mg
Iron: 2.2 mg
Vitamin C: 74 mg
Beta-Carotene: 22,197 mcg
Vitamin E: 3 mg