

# 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***

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

## 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.&nbsp;
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