



## Sweet Potato Hash

Adapted from Pam Anderson's [Meatless Meals](#)

- 2 tablespoons vegetable oil
- 1 to 1 1/2 pound (one medium or large) sweet potato, peeled and diced
- 1 large onion, diced
- 1 pound Brussels sprouts thinly sliced (stems trimmed, outer layer of leaves removed)

Heat the vegetable oil in a large frying pan over medium high heat. Add the sweet potato, onion, and Brussels sprouts and stir to coat with the oil.

Place a lid on the frying pan and reduce the heat to medium. Cook for approximately 10 to 15 minutes or until the vegetables have softened but your thickest vegetables are still just a bit firm. Remove the lid, stir the vegetables in the pan, increase the heat back to medium high and cook until the liquid evaporates and the vegetables begin to caramelize.

Once the vegetables have browned on the bottom, stir them gently to try and get the browned sides up. Continue cooking, without stirring, until the vegetables are as browned as you want them. Taste for seasoning and add kosher salt and black pepper to taste.

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