



Nutrition TEAM

with Kim Ross

Sweet Potato and Ground Turkey Hash

Recipe adapted from <https://midwestmodernmomma.com/ground-turkey-sweet-potato-hash/>

Ingredients:

- 3 small sweet potatoes, peeled and diced (about 3 cups)
- 1 pound ground turkey
- 1 cup bell peppers (any color)
- 1 red onion, diced
- ½ cup water
- ¼ cup cilantro, chopped
- 2 Tbsp coconut oil
- 1 ½ Tbsp ground cumin
- 1 Tbsp garlic, minced
- 1 Tsp chili powder
- 1 Tsp salt
- ¼ Tsp pepper



Prep time: 15 minutes

Cook Time: 20 minutes

Directions:

1. In a large skillet, heat coconut oil over medium-high heat. Add garlic and cook for 1 minute then add ground turkey. Cook the ground turkey until browned.
2. Add cumin, chili powder, salt and pepper. Mix well
3. Add chopped onion and bell peppers. Cook for 3-4 minutes. Add diced sweet potatoes and water. Stir and cover with a lid for approximately 6-8 minutes until the sweet potatoes are softened.
4. Remove pan from heat and top with fresh cilantro. You can also top with mozzarella cheese if you desire.