

Beets and Sweet Potatoes Hash

Recipe adapted from *generationfoodie.com*

Provided by the Auburn Interfaith Food Closet



RECIPE TYPE: Side dish (Main dish with eggs)

SERVES: 4

PREP TIME: 10 minutes COOK TIME: 20 minutes

INGREDIENTS:

- 2-3 small sweet potatoes, washed and cut into 1/2-inch cubes
- 2-3 large beets, washed, peeled and cut into 1/2-inch cubes
- 2-3 cups beet greens (or chard or spinach), washed and chopped
- 1 medium yellow onion, sliced
- 2 cloves garlic, thinly sliced
- 1 tablespoon vegetable oil
- 1 tablespoon fresh rosemary, washed, stemmed, and chopped (or 1 teaspoon dried)
- Salt and pepper, to taste
- 4 eggs (optional)

DIRECTIONS:

- 1 In a large pot, boil 1 cup of water. Add sweet potatoes and beet cubes. Boil 2-3 minutes, until fork tender. Drain, and set aside.
- 2 Heat oil in a large frying pan over medium heat. Sauté onion and garlic 3-4 minutes, until softened.
- 3 Add sweet potatoes, beets, rosemary, and stir to mix. Continue to sauté for 7-8 minutes, until potatoes and beets are browned. Add greens, and toss thoroughly. Cook for 2-3 minutes, until greens are wilted, and stems are softened. Season with salt and pepper.
- 4 Serve warm, with poached or fried eggs, if desired.



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