

Sweet Potato Hash



- 1–2 tbsp extra virgin olive oil
- 1 pound sweet potatoes (450 g), cubed
- 2 cloves of garlic, chopped
- 1/2 red onion, chopped
- 1/2 red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 1/2 tsp salt
- 1/4 tsp ground black pepper

1. Heat the oil in a skillet, add the sweet potato cubes, cover with a lid, and cook over medium heat for about 10 minutes, stirring occasionally. You don't need to peel the sweet potatoes if you don't want to.
2. Add all the remaining ingredients, stir, uncover, and cook over medium-high heat for about 10 to 15 minutes or until tender and golden brown.
3. Serve immediately and enjoy!
4. Keep the leftovers in an airtight container in the fridge for 3-5 days or in the freezer for up to 3 months.