

# Lentil Sweet Potato Breakfast Hash

Web Recipe · Breakfast · GF

**380 cal · 22g protein · 52g carbs · 10g fat · 4 servings**

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## Ingredients

- 1.5 cups cooked green lentils
  - 2 medium sweet potatoes peeled and diced
  - 1 medium red bell pepper diced
  - 1 medium yellow onion diced
  - 3 cloves garlic minced
  - 2 cups fresh kale chopped
  - 2 tbsp olive oil
  - 1 tsp smoked paprika
  - 1 tsp cumin
  - 1/2 tsp chili powder
  - salt and pepper to taste
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## Instructions

1. Peel and dice sweet potatoes into 1/2-inch cubes.
  2. Heat olive oil in a large skillet over medium-high heat. Add sweet potatoes and cook 8-10 minutes, stirring occasionally, until golden and tender.
  3. Add diced onion and bell pepper. Cook 3-4 minutes until softened.
  4. Add garlic, smoked paprika, cumin, and chili powder. Stir for 30 seconds until fragrant.
  5. Add cooked lentils and chopped kale. Cook 3-4 minutes until kale is wilted and lentils are heated through.
  6. Season with salt and pepper. Serve hot.
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