

Sweet Potato & Sausage Hash



PREP TIME

10 mins

COOK TIME

15 mins



COURSE

Dinner, Lunch



SERVINGS

2

CALORIES

518 kcal

INGREDIENTS

- 2 c sweet potato cubed
- 1/2 tsp olive oil
- 2 link Field Roast Apple Sage Sausages (or homemade with Vegan Proteins' recipe)
- 10 oz brussel sprouts shaved
- 1 Tbsp apple cider vinegar
- salt and pepper to taste

INSTRUCTIONS

1. Place the sweet potato cubes in a microwave-safe dish and add $\frac{1}{4}$ inch (6 mm) of water. Cover the dish and microwave for 3-4 minutes (depending on your microwave). The sweet potatoes should be tender when pierced with a fork. Drain and set aside.
2. While the sweet potatoes are cooking, heat $\frac{1}{2}$ Tbsp of oil in a large skillet over medium heat. Add the sliced sausage and cook until it browns – 4-5 minutes. Carefully remove from pan and set aside.
3. Add the Brussels sprouts and saute until they begin to soften, 5-7 minutes. If you prefer them a little softer, after a few minutes add 1 Tbsp of water to help them steam and cook for 3-4 more minutes.

minutes. Stir in the apple cider vinegar.

4. Stir in the sweet potato cubes and sausage, and mix to combine.

5. Season with salt & pepper and serve.

NUTRITION

Nutrition Facts

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Amount Per Serving

Calories	518	Calories from Fat	126
% Daily Value*			
Fat	14g	22%	
Carbohydrates	65.3g	22%	
Protein	33.2g	66%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!