

Lentil Sweet Potato Breakfast Hash

Web Recipe · Breakfast · GF

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

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

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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