

# Sweet Potato Hash Browns

Prep: 5 mins

Cook: 8 mins

Total: 13 mins

Servings: 6 servings

Yield: 6 hashbrowns

If you are ready to shake up your weekend breakfast routine, why not try making hash browns with sweet potatoes! They are crisp and delicious just like your traditional hash browns, but with the added nutrition that comes from sweet potatoes. This recipe for sweet potato hash browns is simply seasoned with salt and pepper, but you can customize the recipe by adding chopped shallot, onion, or garlic, or you could mix in some garlic powder, chili powder, or cayenne pepper.

Serve sweet potato hash browns with your favorite breakfast foods. They taste great with a sunny-side-up egg and crisp bacon. They can be made into round patties as shown here, or more freeform in the skillet for a rustic, diner-style look.

## Ingredients

- 2 cups peeled and shredded sweet potato, from 1 medium sweet potato
- 2 tablespoons extra-virgin olive oil, divided use
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

## Steps to Make It

1. Gather the ingredients.
2. Using a vegetable peeler, peel the skin off of the sweet potato.
3. Shred the sweet potato by hand using a coarse side of a box grater, or shred in the food processor fitted with the shredding blade. (If using the food processor, the sweet potato might need to be cut into lengthwise pieces to fit in the food processor tube.)
4. In a large bowl, combine the shredded sweet potato with 1 tablespoon of the olive oil, the salt and pepper.
5. Heat the remaining 1 tablespoon oil in a large cast-iron skillet over medium-high heat.
6. Using a 1/3 cup measure to scoop, form patties in the pan.
7. Flatten each patty with a spatula.
8. Cook the patties, turning once until nicely browned on both sides, 6 to 8 minutes total. Repeat with remaining shredded sweet potato mixture, adding additional olive oil to the pan if necessary. Enjoy immediately with your favorite breakfast foods.

## How do you make sweet potato hash browns from scratch?

It is quick and easy, especially when the food processor does most of the work! Simply follow the directions in this recipe.

## Can you freeze shredded sweet potatoes?

Yes, cooked sweet potato hash browns can be frozen for up to 3 months.

## Can I prepare sweet potatoes ahead of time?

Yes, cooked sweet potato hash browns can be stored in an airtight container in the refrigerator for up to 3 days.

## Is it OK to soak sweet potatoes in water?

Yes, soaking sweet potatoes in water will help remove some of the excess starch and result in a crisper hash brown.

## Are sweet potatoes starchy?

Sweet potatoes are soft, starchy root vegetables.

## How do you shred sweet potatoes? Can you grate sweet potato in a food processor?

Sweet potatoes can be shredded by hand using a coarse cheese grater or they can be shredded in the food processor fitted with the shredding blade.

## Do you peel sweet potatoes before cooking?

The skin of sweet potatoes is edible, so they can be cooked with the skin on. For this recipe it is best to peel the potatoes first so the hash browns can form a nice patty.