



## KALE & SWEET POTATO HASH

### Ingredients

- 1 bunch of Kale
- 2 med Sweet potatoes
- 1 tsp minced garlic
- 1/2 cup steamed broccoli
- 1/4 cup each of red and green bell pepper
- 1/4 cup onion
- 1/4 tsp salt and white pepper
- 1/4 cup vegetable broth
- sprinkle of cinnamon
- coconut oil spray

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### Instructions

1. preheat oven to 375
2. cut sweet potatoes into bite sized cubes
3. sprinkle lightly with cinnamon and a dash of salt
4. toss lightly with a 1-second spray of coconut oil spray and bake until tender and slightly browned
5. add a 3-second spray of coconut oil to a large saute pan over medium heat
6. add garlic, onions and bell peppers. saute for 2-3 minutes
7. add kale, salt and pepper and saute an additional 2 minutes
8. add broth, reduce heat to low, cover and cook for 5 minutes
9. remove cover, cook an additional 2 minutes, stirring constantly
10. add sweet potato once cooked, heat through and serve!

**Yummy, Vegan, and Restorative!**