

Beets and Sweet Potatoes Hash

Adapted from *generationfoodie.com*

Provided by the Auburn Interfaith Food Closet

RECIPE TYPE: Main dish

SERVES: 3-4

PREP TIME: 10 minutes COOK TIME: 20 minutes



INGREDIENTS:

- 2-3 small sweet potatoes, washed and cut into ½ inch cubes
- 2-3 large beets, washed, peeled and cut into ½ inch cubes
- 2-3 cups beet greens (can substitute chard or spinach), washed and chopped
- 1 medium yellow onion, sliced
- 2 cloves garlic, sliced thinly
- 1 tablespoon olive oil
- 1 tablespoon fresh rosemary (or 1 teaspoon dried), washed, stemmed, and chopped
- Salt and pepper, to taste
- 4 eggs, optional

DIRECTIONS:

1. In a large pot, boil 1 cup of water and add sweet potatoes and beet cubes. Boil for 2-3 minutes, until fork tender. Drain and set aside.
2. Heat olive oil in a large frying pan over medium heat. Sauté onion and garlic for 3-4 minutes, until softened.
3. Add sweet potatoes, beets, and rosemary and stir to mix. Continue to sauté for 7-8 minutes, until potatoes and beets are browned.
4. Add greens and toss thoroughly. Continue to cook for 2-3 minutes, until greens are wilted and stems are softened.
5. Season with salt and pepper. Serve warm with poached or fried eggs, if desired.



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