

Beefy Sweet Potato Hash

Total Recipe Time: 35 to 40 minutes

Makes 4 servings

Ingredients

- 12 ounces cooked beef (such as steak, roast or pot roast), cut into ½-inch cubes (about 2½ cups)
- 1 large sweet potato, unpeeled, cut into ½-inch cubes
- 1 medium yellow onion, chopped
- 1 tablespoon taco seasoning mix
- ¼ cup water
- 1 tablespoon vegetable oil
- 2 tablespoons reduced-fat or regular dairy sour cream
- 1 teaspoon hot pepper sauce
- Chopped fresh cilantro

Instructions

1. Combine sweet potatoes, onion and taco seasoning in large non-stick skillet over medium heat. Add water. Cover and cook 8 to 10 minutes or until crisp-tender and water has almost evaporated, stirring once. Stir in oil; continue cooking, uncovered, 4 to 6 minutes or until potatoes are tender and begin to brown, stirring occasionally.
2. Meanwhile, combine sour cream and hot sauce in small bowl. Set aside.
3. Add beef to potato mixture. Continue to cook 5 minutes or until beef is heated through, stirring occasionally, adding 1 to 2 tablespoons water, if needed to avoid sticking.
4. Garnish with cilantro, as desired. Serve with sour cream mixture.



Cook's Tip

1½ teaspoons each cumin and chili powder may be substituted for taco seasoning.

Nutrition information per serving: 329 calories; 10 g fat (3 g saturated fat; 4 g monounsaturated fat); 63 mg cholesterol; 387 mg sodium; 33 g carbohydrate; 5.4 g fiber; 26 g protein; 3.0 mg niacin; 0.3 mg vitamin B6; 2.6 mcg vitamin B12; 3.7 mg iron; 26.1 mcg selenium; 5.6 mg zinc; 4.7 mg choline.

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