

# Beefy Sweet Potato Hash

## INGREDIENTS

12 oz. **cooked lean beef** (such as steak, roast or pot roast), cut into ½-inch cubes (about 2 ½ cups)

1 large **sweet potato**

1 medium **yellow onion**

1 Tbsp. **taco seasoning mix**

1 Tbsp. **vegetable oil**

2 Tbsp. reduced-fat or regular **dairy sour cream**

1 tsp. **hot pepper sauce**

**Fresh cilantro**

**Corn or flour tortillas**



## PREPARATION

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 for 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 Tbsp. water, if needed to avoid sticking. Cook once, eat twice by using leftover lean Chuck Roast. ④ Garnish with cilantro, as desired. Serve with sour cream mixture. *Serves 4.*

**Nutrition information per serving** (excluding tortillas; using Chuck Shoulder pot roast): 329 Calories; 90 Calories from fat; 10 g Total Fat (3 g Saturated Fat; 4 g Monounsaturated Fat); 63 mg Cholesterol; 387 mg Sodium; 33 g Total Carbohydrate; 5.4 g Dietary Fiber; 26 g Protein; 3.7 mg Iron; 3 mg Niacin; 0.3 mg Vitamin B6; 2.6 mcg Vitamin B12; 5.6 mg Zinc; 26.1 mcg Selenium; 4.7 mg Choline.

**This recipe is an excellent source of Dietary Fiber, Protein, Iron, Vitamin B12, Zinc, and Selenium. It is a good source of Niacin and Vitamin B6.**

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