

Beefy Sweet Potato Hash



35-40
MINUTES



MAKES 4
SERVINGS



9
INGREDIENTS

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.

KEY MESSAGES

Beefy Sweet Potato Hash is an easy breakfast solution. This recipe is fast, a good use for leftovers and a satisfying way to start the day.

Eating a protein-rich breakfast, such as one including high quality protein like beef, can help adolescents feel full longer and prevent cravings.

This recipe is also great for batch cooking. Double or triple the recipe for a nourishing breakfast all week.

Demo Check List

GROCERY LIST

- 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** (optional - recommended for demo)

EQUIPMENT LIST

- 2 large cutting boards**
- 1 non-stick skillet, with lid**
- 1 plastic or wooden spoon**
- 1 small rubber spatula**
- 1 small whisk**
- 1 small spoon**
- 4 tiny clear glass bowls**
- 3 small clear glass bowls**
- 1 medium clear glass bowl**
- 1 white hero plate**
- Measuring cups**

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)	¼ cup water
1 large sweet potato , unpeeled, cut into ½-inch cubes	1 Tbsp. vegetable oil
1 medium yellow onion , chopped	2 Tbsp. reduced-fat or regular sour cream
1 Tbsp. taco seasoning mix	1 tsp. hot pepper sauce
	Fresh cilantro , chopped
	Corn or flour tortillas (optional - see step 4 for other options)

Introduction

Beefy Sweet Potato Hash will give you the protein you need to get through your morning. Research has shown that eating 25-30 g of protein at each meal may help you eat fewer calories throughout the day by reducing snacking.

You can also make this recipe ahead of time and freeze it in portions for quicker morning meals.

DEMONSTRATION

- 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.**
 - Have leftover raw veggies like broccoli, bell peppers or tomatoes? Throw those in to add some color and boost your daily servings of vegetables.
- 2 **Meanwhile, combine sour cream and hot sauce in small bowl. Set aside.**
 - For a lower fat option with little difference in flavor, substitute nonfat Greek yogurt for the sour cream.

BEEFY SWEET POTATO HASH

- 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.**
 - 1 ½ tsp. each cumin and chili powder may be substituted for taco seasoning.
 - Because over ¾ of the meat case is lean, it is easy to find a great tasting and healthy beef cut everyone will enjoy.
 - The high quality protein in beef has been shown to help you feel full longer.
- 4 **Garnish with cilantro, as desired. Serve with sour cream mixture.**
 - Beefy Sweet Potato Hash can be served by itself or used in one of these delicious breakfast creations:
 - Tacos:** Evenly divide hash mixture into eight warmed 6 to 7-inch corn tortillas. Garnish with cilantro and serve with sour cream mixture.
 - Burritos:** Evenly divide hash mixture, as desired, into four warmed 10-inch flour tortillas. Top with cilantro and sour cream mixture. Fold burrito-style for an on-the-go breakfast.
 - Beef and Egg Sweet Potato Hash:** Prepare recipe as directed. Top hash with egg, cooked as desired. Garnish with cilantro and serve with sour cream mixture.
 - Pizza:** Simply spread on your favorite pizza crust, top with cheese and bake until hot and cheese is melted.

Closing

This recipe is an excellent source of protein, iron, vitamin B12, zinc and selenium, as well as a good source of vitamin B6 and niacin. The protein and nutrients help fuel your brain and body for less than 330 calories per serving.

This recipe is not only great for breakfast, it is also perfect for lunch, dinner or snacks! Double or triple your recipe to have on hand during the week.

You can feel good knowing that beef is providing many nutrients to help your body perform at its best.

For more easy, breakfast time solutions, visit BeefLovingTexans.com/recipes.