



DIRECTIONS

1. Cook protein

Heat 1 tbsp oil in a large skillet over medium heat. Add meat and cook until fully browned. Season lightly with salt and a portion of herbs. Remove and set aside.

2. Sauté base vegetables

Add remaining 1 tbsp oil (and a bit of rendered fat if desired). Add sweet potatoes and onion. Cook ~5 minutes. Add mixed vegetables and sauté 8–12 minutes until tender-crisp.

3. Add apple + greens

Stir in apple and spinach/kale. Cook 3–4 minutes until softened and wilted.

4. Finish

Return meat to skillet. Add remaining herbs, salt, and cinnamon. Stir well and adjust seasoning.

Kitchen Notes

Great for meal prep—stores 3–4 days refrigerated

Flavor improves with deep browning on vegetables

Easy One-Pan

Sweet Potato Hash

Yield: ~4 servings (easily double for meal prep)

INGREDIENTS

Cooking fats & protein

- 2 tbsp coconut oil or avocado oil
- 1 lb ground meat (turkey, chicken, beef, or pork) or nitrate-free sausage (casings removed and crumbled or sliced coin-size)

Vegetables & fruit

- 2 medium sweet potatoes, chopped
- 1/3 cup chopped onion or green onion (optional but recommended)
- 1 1/2 cups mixed vegetables (choose any combination):
- Brussels sprouts (halved or quartered)
- Broccoli florets
- Cauliflower florets
- Asparagus, cut into 1" pieces (thicker pieces holdup better)
- 1 apple, chopped
- 1–2 cups spinach or baby kale

Seasonings

- 1 tsp dried rosemary
- 1 tsp dried sage
- Dash of cinnamon
- 1 tsp sea salt (plus more to taste)

