



## Savory Sweet Potato Hash

If the sweet potatoes you grew up with were buried under brown sugar and marshmallows, this savory hash is your chance to meet them again. It is hearty, richly seasoned, a little spicy, and full of satisfying texture—proof that sweet potatoes do not need another layer of sweet piled on top to be delicious.

Pair it with chicken and your favorite green veggie (I like this with asparagus) for an easy hearty meal.

Watch the full demo on my YouTube channel.

Choose organic ingredients whenever possible.

### Ingredients

- ½ cup vegetable broth
- 4 cups peeled and cubed sweet potatoes  
*I used a Japanese sweet potato, which has white flesh rather than orange.*
- 1 tablespoon ghee (clarified butter)
- 1 yellow onion, chopped
- ½ red onion, chopped
- ½ red bell pepper, chopped
- 1 jalapeño, diced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon dried thyme
- 2 cloves fresh garlic, grated or finely chopped  
*Or use 2 teaspoons jarred garlic or 2 frozen Dorot garlic cubes.*
- Salt and black pepper, to taste

### Instructions

1. Heat the vegetable broth in a large skillet over medium heat. Add the cubed sweet potatoes and cook until they begin to soften but are not fully cooked. Remove them from the skillet and set aside.

2. In the same skillet, melt the ghee. Return the sweet potatoes to the pan, then add the yellow onion, red onion, red bell pepper, and jalapeño. Stir until everything is evenly coated in the melted ghee.
3. While the vegetables are cooking, add the garlic powder, onion powder, and dried thyme. Stir well so the seasonings are evenly distributed.
4. Continue cooking until the onions become translucent and the sweet potatoes are tender.
5. Season with salt and black pepper. Stir again and cook for another 2 to 3 minutes.
6. Add the fresh garlic and cook for another 3 to 5 minutes. Once you can smell the garlic and the potatoes are cooked through, the hash is ready.

Voilà. A savory sweet potato dish that leaves the marshmallows and brown sugar on the grocery store shelf, where they belong.

Bon appetit.