






MEXICAN SWEET POTATO HASH WITH BLACK BEANS AND SPINACH

This Sweet Potato Black Bean Hash Recipe is kicked up with Mexican spices. It's Whole30 friendly, paleo, and gluten-free. Perfect for a quick breakfast with an egg on top or easy dinner as a vegan taco filling.

 5 minutes
 30 minutes
 4 portions

INGREDIENTS

- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 2 medium sweet potatoes, peeled and cut into ½-inch cubes [about 4 cups]
- 1 large shallot, thinly sliced
- One 15-ounce can black beans, rinsed and drained
- 1 teaspoon sea salt
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 5 ounces baby spinach
- 1 tablespoon lime juice

COOKING METHOD

- 1° In a large non-stick skillet, heat the olive oil. Cook the potatoes over medium-high heat, stirring occasionally, until brown and tender, about 15 minutes. Turn the flame down if they begin to blacken. Add the shallot, black beans, salt, cumin, and chili powder. Sauté 3 minutes more, until the shallot is soft. Carefully fold in the spinach and cook until wilted. Drizzle with the lime juice.
- 2° black beans
- 3° Serve the hash warm with a fried egg on top.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [211 g]	% DRI
ENERGY	104 kcal	219 kcal	11 %
FAT	3 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	372 mg	785 mg	33 %
CARBOHYDRATE	15 g	31 g	10 %
SUGARS	2 g	4 g	—
FIBER	5 g	10 g	41 %
PROTEIN	4 g	9 g	—