

Sweet Potato Hash

Pamela Bray of No Worries

Serves 4

All 1/2" dice

2 garnet yams, peeled

1 red onion

1 pepper, color of choice

2 cloves garlic

1/2 tsp salt

1/4 tsp pepper

2-3 tsp smoked paprika (to taste)

Boil diced yams until barely tender, cool and dry

In a large Sauté pan, saute onion, pepper and garlic

Add the potatoes and spices, press firmly in pan on med/high heat to crust.

Yum. First introduced at the morning break on a Spring Work Day.