

Sweet Potato Veggie Hash

SERVINGS
4

PREP TIME
10-20 MIN

COOK TIME
25-30 MIN

TOTAL TIME
40 MIN

Hearty and flavorful, this plant based sweet potato veggie hash is made with a variety of potatoes, vegetables, and black beans for a satisfying and healthy whole food meal.



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Ingredients

Directions

1

- 2 Medium Sweet Potatoes
- 2 Medium Idaho Potatoes
- OR** approximately 2+ Cups Baby Potatoes
- Olive Oil
- Nature's Seasons (or salt & pepper)

POTATO BASE:

- Pre-heat oven to 400°.
- Peel and dice sweet potatoes.
- Dice potatoes (peel if desired, but not necessary).
- Place in bowl and generously drizzle with olive oil.
- Sprinkle with Nature's Seasons or salt & pepper to taste.
- Spread onto parchment lined cookie sheet and bake for approximately 25-30 minutes (depending on size of potatoes) until tender. Turning once midway through baking.

2

- 1 Medium Onion
- 1 Bell Pepper

VEGGIES:

- Drizzle oil in skillet over medium heat.
- Dice onion & pepper and add to skillet.

3

- 1 Medium Zucchini
- 8 to 16 oz Sliced Fresh Mushrooms **OR** 1 Can Sliced Mushrooms (approx 6 oz)

- While veggies are cooking, dice zucchini and add to skillet.
- Add mushrooms and cook another 3-5 minutes, stirring often. *You are looking for these to become a little charred but maintain a crisp tender texture.*
- Sprinkle with Nature's Seasons (or salt & pepper). Cook for about 3-5 minutes, stirring often.

4

- 1+ Cup Cherry Tomatoes
- 1 Can Black Beans

- Dice tomatoes and add to skillet, heating until they shrivel slightly, stirring often (about 1-2 minutes).
- Drain and rinse beans and add to pan, stirring in. When heated through, turn off heat.

5

OPTIONAL:

- Plant Based Sausage
- Vegan Cheese

OPTIONAL IF DESIRED:

- Prepare plant based sausage separately and add to skillet mixture.
- Sprinkle on vegan cheese, turn heat to low, cover, and heat until melted.

SERVE:

- Favorite Hot Sauce (if desired)
- Fresh Basil (if available)
- Salt & Pepper to Taste

- On individual plates, layer potato base then veggies on top.
- If desired, sprinkle with fresh basil and season with hot sauce.
- Salt & pepper to taste.