

# Loaded Vegan Sweet Potato Hash

SERVINGS  
5

PREP TIME  
15 MIN

COOK TIME  
30 MIN

TOTAL TIME  
45 MIN

*This hearty plant-based skillet features roasted potatoes, garden veggies, & protein-packed black beans. It's a filling, wholesome, and nutrient-dense meal that is satisfying and simple.*



**ORGANIZING**  
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## Ingredients

## Directions

1

- 2 Medium Sweet Potatoes
- 2 Medium Idaho Potatoes
- Drizzle Olive Oil
- Nature's Seasons to taste (or salt & pepper)

### PREPARE ROASTED POTATO BASE

- Preheat your oven to 400° and line baking sheet with parchment paper.
- Peel and dice the sweet potatoes into uniform cubes.
- Dice the Idaho potatoes (peel them if preferred, though it isn't necessary).
- Place all potatoes in a large bowl and drizzle generously with olive oil.
- Season with Nature's Seasons (or salt & pepper) and toss to coat thoroughly.
- Spread the potatoes in a single layer on the prepared sheet and bake for 25–30 minutes until fork tender, turning once midway through.

2

- 1 Medium Onion
- 1 Bell Pepper
- 1 Package Sliced Fresh Mushrooms, 8 oz
- 1 Medium Zucchini

### PREPARE SKILLET VEGGIES

- Drizzle a bit of olive oil into a large skillet over medium heat.
- Slice the onion and dice the bell pepper, then add them to the skillet.
- Add the sliced mushrooms to the pan.
- Mix well and sauté for about 5 minutes, stirring occasionally.
- While the base veggies cook, dice the zucchini and add it to the skillet.
- Season with additional Nature's Seasons (or salt and pepper) to taste.
- Cook for another 5 minutes, stirring often, until the veggies are slightly charred but crisp-tender.

3

- 1+ Cup Cherry Tomatoes
- 1 Can Black Beans

### FINISH WITH TOMATOES & BEANS

- Halve the cherry tomatoes and add them to the skillet, sautéing for 1–2 minutes until they begin to shrivel.
- Drain and rinse the black beans, then stir them into the veggie mix.
- Once everything is heated through, remove the skillet from the heat.

### TO SERVE

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

- On individual plates, layer a base of roasted potatoes and top with the skillet veggie mixture.
- Garnish with fresh basil and a dash of your favorite hot sauce if desired.
- Season with extra salt and pepper to taste.