



Sweet Potato Hash

Time: 25 Minutes

- 1½ Tbl. olive oil
- 1 lb. purple sweet potatoes, cubed
- 2 cloves of garlic, chopped
- ½ red onion, chopped
- 1 green bell pepper, chopped
- ½ tsp. salt
- ¼ tsp. ground black pepper

1. Heat the oil in a pan or skillet at medium heat. Add the potato cubes, cover with a lid and cook for 10 minutes, stirring occasionally. Peel the potatoes before cutting if you wish.
2. Add all the remaining ingredients, stir and cook uncovered over medium-high heat for 10-15 minutes or until tender and golden brown.

From simpleveganblog.com



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Simple Baked Apples

Time: 30 Minutes

- 3 medium apples, peeled and cut into chunks
- 1 Tbl. butter or coconut oil, melted
- 1 tsp. cinnamon

1. Preheat the oven to 350 degrees.
2. Put the chunks of apples in a small or medium baking dish. Mix the melted butter (or coconut oil) and cinnamon together and pour over the apples. Toss well to coat the apples evenly.
3. Bake in the oven for about 25 minutes, until the apples are soft. Stir them once while they are baking.

From happyhealthymama.com



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