Sweet Potato Black Bean Hash

Yields: 4 servings

Ingredients

- Cooking Spray
- 3 cups diced sweet potatoes (about 2 large potatoes)
- ¹/₂ yellow onion, diced
- 1 red bell pepper, sliced
- 1/8 tsp. each salt and pepper
- ¹/₂ Tbsp. paprika
- 1 tsp cumin
- 2 cups spinach
- 1 15-oz. can black beans



Directions:

- 1. Spray a large pan with cooking spray on medium heat.
- 2. Add sweet potatoes, onion, bell pepper, and seasonings and stir.
- 3. Cook for 10 minutes, occasionally stirring.
- 4. Add spinach and cook for an additional five minutes.
- 5. Lastly, add the black beans and stir until all ingredients are well-blended.

Serve up with eggs and avocado or on its own. Enjoy!

Nutrition Information: (Per Serving)

1/4 Recipe Only

215 Calories1 g Fat44 g Carbohydrate10 g Protein

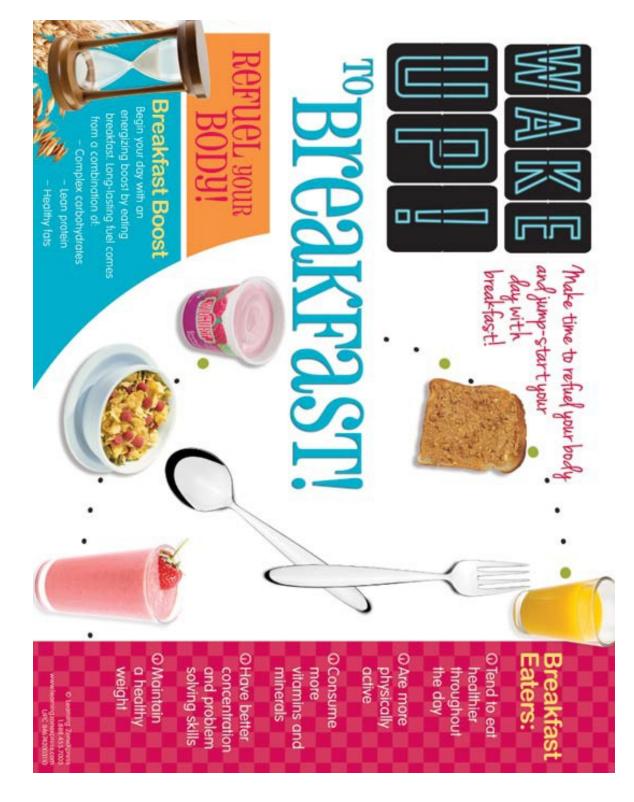
<u>1/4 Recipe + 1 Egg</u> 295 Calories 6 g Fat 44 g Carbohydrate 17 g Protein <u>1/4 Recipe</u> + <u>1/4 Avocado</u> 295 Calories 8 g Fat 44 g Carbohydrate 11 g Protein <u>1/4 Recipe + 1 egg</u> + 1/4 Avocado

365 Calories 13 g Fat 44 g Carbohydrate 18 g Protein

Recipe From:

https://www.buzzfeed.com/jodyduits/this-very-healthy-breakfast-will-make-you-feel-refreshedand?utm_term=.yk20R1yBl#.abmaj065n Nutrition information derived from MyFitness Pal

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