

# Sweet Potato Hash

Serves: 2-4

Total Cooking Time: 45 minutes

## Ingredients

1-2 peeled and cubed sweet potato cooked (bake at 375 for 30 minutes to soften)

1- bag of pre cooked beets in a bag

1 Tbsp coconut oil, melted

1 pound of grass fed beef or ground turkey

1 Onion, diced

1 Tbsp of garlic

Sea salt and pepper



## Directions

In a skillet over medium heat, cook turkey or beef until done. In a separate pan melt 1 tbsp of coconut oil, saute garlic and onion and season with salt and pepper.

Cook, stirring occasionally, until onions caramelize. Stir in cooked vegetables. Cook on medium heat until beets and sweet potatoes are slightly brown, then add in the ground meat.

Top with fresh sliced avocados, cilantro and enjoy.