

Southwestern Sweet Potato Hash

Serves 2

1 Tbsp. canola oil, plus a little extra for eggs
1 large sweet potato, peeled and chopped into 1/2" cubed
1/2 medium onion, thinly sliced
1/2 bell pepper, chopped
2 cloves garlic, minced
~1/4 cup water (or liquid of your choice)
1/2 cup black beans
1 tsp. chili powder*
1/4 tsp. cumin
1/8 tsp. cayenne
2 eggs
Chopped cilantro (optional)

Heat the canola oil in a large skillet over medium-high heat. Add the onion, bell pepper, and potatoes and cook for about 5 minutes, stirring occasionally. Stir in the garlic, and then add the water, beans, spices, and salt to taste. Cover the pan with a lid, reduce the heat to medium-low, and cook until potatoes are tender (adding more liquid if necessary). Spoon the hash onto plates.

Wipe out the skillet and add a little oil or butter to the pan. Crack the eggs into the hot oil and fry to your liking. Top the hash with the fried eggs and sprinkle with cilantro, if desired.

*I use [hot chili powder](#) because we like the spice. Made with that, and the cayenne, this does make for a spicy hash, so depending on your preference, you may want to reduce one or both.