

Yukon Gold and Sweet Potato Breakfast Hash

Servings: 6

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

4 small Yukon gold potatoes

4 small sweet potatoes

1 tablespoon of butter

1 tablespoon avocado oil

1.5 teaspoon garlic powder

1 teaspoon paprika

1 teaspoon sea salt

1/2 teaspoon pepper

1. Peel sweet potatoes and dice into 1/2-inch cubes.
2. Wash Yukon gold potatoes, leaving skin intact and slice into 1/2 cubes.
3. Heat 12-inch cast iron or nonstick skillet to high heat. In a separate bowl toss potato with 1 tablespoon avocado oil, garlic, salt, pepper, and paprika. Add 1 tablespoon of butter to hot pan. Distribute potatoes in on layer, making sure that one side of each potato is in contact with pan to promote crispness. Cover with lid and let cook untouched for 7-8 minutes.
4. Remove lid and flip potatoes, avoid over stirring as this will cause potatoes to lose their shape. Leave pan uncovered and cook over medium heat stirring minimally.