

CARAMELIZED SWEET POTATO APPLE HASH BROWNS

INGREDIENTS:

2 cups peeled and diced sweet potato (about 1 large or two medium potatoes)
1 large Pink Lady or granny smith apple, diced (peeling optional)
2 Tbsp plus 2 tsp coconut oil (separated)
1/2 tsp fine grain sea salt
1/2 tsp ground cinnamon

DIRECTIONS:

- 1) Heat a large, seasoned cast iron pan over medium heat and add 2 tablespoons of the coconut oil.
- 2) Once the pan is heated, add the diced sweet potatoes and sprinkle evenly with the sea salt and stir/toss to coat the potatoes
- 3) Cover the pan for about 2 minutes. Uncover and stir. Lower the heat a bit if the potatoes are starting to brown too much. Cover and cook for another 2-4 minutes until the potatoes are soft.
- 4) Uncover the pan and continue to cook, stirring, until the potatoes are light brown all over.
- 5) Add the diced apples plus the 2 teaspoons coconut oil and stir to combine.
- 6) Cook over medium heat, stirring occasionally, for another 5 minutes or until the apples and potatoes are brown. Adjust the heat as necessary to avoid burning.
- 7) Once apples and potatoes are toasty, remove from heat and stir in the cinnamon. Let cool a bit and then serve warm.

<http://www.paleorunningmomma.com/caramelized-sweet-potato-apple-hash-browns/>