

Mexican Sweet Potato and Pepper Breakfast Hash

Yield: 50 servings

Serving Size:

10 ounces hash
6 ounces salsa
3 corn tortillas

Main Ingredients:

- 8 pounds yellow onion, diced
- 5 tablespoons garlic, finely chopped
- 10 pounds sweet potato, peeled and diced
- 4 pounds russet potato, diced
- 2 pounds red bell pepper, finely chopped
- 1 cup neutral-tasting high-heat oil (safflower or grapeseed oil)
- 2 tablespoons kosher salt
- 2½ teaspoons finely ground black pepper
- 2 tablespoons cumin
- 2 tablespoons dried oregano
- 3 teaspoons dried ground chipotle
- 3½ teaspoons agave
- ½ cup lime juice
- 2 #10 cans pinto beans, rinsed
- 2½ cups cilantro, roughly chopped, for garnish

Directions:

Preheat oven to 375 F.

Place onion, garlic, sweet potato, potato, bell pepper, oil, dried spices, agave, and lime juice in a large mixing bowl and toss to coat. Spread out evenly on parchment-lined baking sheets.

Roast for about 40 to 50 minutes, depending on size of dice, until sweet potato is soft.

Remove from oven and toss with pinto beans while warm. Set aside to cool.

For salsa, place mango, tomato, and onion in a large bowl. Stir in lime juice, sea salt, pepper, and hot sauce. Set aside to allow flavors to develop.

Serve hash warm, topped with cilantro, with salsa on the side. Serve tortillas, warmed, on the side. Serve with fruit or fruit salad, if desired.

Nutritional Analysis:

Calories: 471 • Fat: 7.9 g • Saturated Fat: 1 g • % Calories from Fat: 14.4% • Cholesterol: 0 mg • Protein: 14 g • Carbohydrate: 91 g • Sugar: 21 g • Fiber: 14 g • Sodium: 822 mg • Calcium: 176 mg • Iron: 3.3 mg • Vitamin C: 82 mg • Beta-Carotene: 9,095 mcg • Vitamin E: 5.9 mg • *Information is on a per-portion basis.*



- 150 corn tortillas
- Sliced fruit, berries, or fruit salad (optional)

Mango Salsa Ingredients:

- 8 pounds frozen mango, diced
- 2 pounds tomato, seeded and diced
- 1 cup red onion, finely diced (5 ounces)
- ½ cup fresh lime juice
- 2 tablespoons kosher salt
- 1 tablespoon finely ground black pepper
- 2 tablespoons hot sauce



Recipe inspired by Spork Foods