

# Ground Beef & Sweet Potato Hash

Serves 4

## Ingredients:

- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 2 medium sweet potatoes, peeled and diced
- 1 small onion, chopped
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1/2 tsp cumin
- Salt and pepper
- 1 tbsp olive oil
- Optional: fried egg and fresh parsley for topping



## Method:

1. In a large skillet, heat olive oil. Add sweet potatoes and cook for 5–7 minutes until slightly softened.
2. Add onion and bell pepper. Sauté for another 3 minutes.
3. Push veggies to the side, add ground beef. Cook until browned.
4. Stir in garlic, paprika, cumin, salt, and pepper. Cook everything together until sweet potatoes are fork-tender.
5. Top with a fried egg and parsley if desired.

