



C.S. Sweet Potato Hash

Servings

8

Calories

36

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

10 cups Mann's Sweet Potato Cubes

1 large yellow onion, diced

2 teaspoons thyme, minced

½ cup heavy cream

1 each teaspoon salt & pepper

2 tablespoons parsley, chopped

1 clove garlic, chopped



The Method

In a large pot bring 2 quarts of salted water to a boil. Add Mann's Sweet Potato Cubes and cook until tender, 6-8 minutes. Remove from heat and strain. In large nonstick sauté pan, heat 1 tablespoon olive oil. Add onions, garlic and thyme and cook for 1 minute. Add cooked Mann's Sweet Potatoes and sauté for 3 minutes. Add salt, pepper then crème. Simmer another 4 minutes and add chopped parsley, check seasonings and serve hot. Try with ½ rotisserie chicken and sugar snap peas for complete tasty meal.

Nutrition Facts

Serving Size: 319g | Servings: 8

Amount Per Serving

Calories 290 | Calories from Fat 50 | Total Fat 6g (sat fat 3.5g trans 0g) | Cholesterol 20mg | Sodium 450mg | Total Carbohydrate 59g | Dietary Fiber 10g | Sugars 15g | Protein 4g | Vitamin A 810% | Vitamin C 15% | Calcium 8% | Iron 8%