



Sparkle Kitchen

Firefighter Hash (serves 4)

Ingredients

- 1 pound sweet potatoes
- 1/2 large onion
- 1 tablespoon olive oil
- 1 clove garlic
- 1 cup water
- 1 bell pepper
- 1 teaspoon sweet Hungarian paprika
- 1/2 teaspoon salt
- 1 bunch kale
- 4 eggs
- Greek yogurt or sour cream, for serving

Directions

Dice the sweet potatoes and onion into 1 inch chunks. In a large skillet, heat the olive oil over medium heat. Add the onions and let them get about a two minute head start, then add the sweet potatoes.

Next, mince the garlic. Stir the garlic and the water into the potatoes and onions, and leave the mixture to cook while you prep the rest of your ingredients.

Then, dice the bell pepper and strip the kale leaves from their stems. Chop the kale leaves into ribbons and discard the stems.

When the potatoes are starting to get soft and most of the water has cooked off—this should take about 10-15 minutes, depending on your potatoes—add the pepper, paprika, and salt to the mixture. Then, add the kale and toss everything together as best you can. Turn the heat down to low and put a lid on the skillet to give the kale a chance to wilt.

While that's happening, heat a separate pan and fry four eggs. When the eggs are done and the kale is wilted down, put a large pile of hash onto each serving plate and top it with a fried egg. Serve with a dollop of Greek yogurt or sour cream. **Enjoy!**