

Sweet Potato Hash with Mushrooms

- 2 medium sweet potatoes, peeled and cut into ½ inch cubes
- ½ teaspoon salt
- 1 tablespoon butter
- 2 cups Shiitake or Cremini mushrooms, sliced
- 1 tablespoon grapeseed oil
- ½ red onion, diced
- Optional: 1 Fresno chili or jalapeno, diced (seeds removed)
- 2 to 3 cloves garlic, minced
- 1 red bell pepper, chopped
- Salt and pepper to taste
- 2 tablespoons fresh cilantro, minced
- 1 tablespoon grapeseed oil
- 4 to 8 eggs
- Ketchup and/or Sriracha sauce for serving

To par-boil the sweet potatoes place them in a medium-sized pot and cover with water, add the ½ teaspoon of salt, stir. Bring to a boil, uncovered, and boil for 2 to 3 minutes. The potatoes should be slightly tender, but not completely cooked. A fork should go about ⅓ of the way into the potato. Once they are par-boiled immediately drain them in to a colander and rinse them in cold water to stop the cooking process. Set aside.

While the sweet potatoes are coming to a boil, sauté the mushrooms. Heat a large, heavy-bottomed skillet over medium-high heat. Melt the butter. Add the mushrooms and sauté them for about 10 minutes, stirring occasionally. They should be browned and tender. Remove the mushrooms into a dish and set aside.

Heat the grapeseed oil in the heated skillet, add the onion and the Fresno chili or jalapeno (optional). Sauté until tender, about 3 minutes. Add the garlic and sauté for 1 minute more. Add the red bell pepper and the par-boiled sweet potatoes. Season with a healthy pinch of salt and pepper. Sauté for about 10 to 15 minutes, stirring occasionally. You will know the potatoes are done when they are fork-tender and slightly caramelized. Add the mushrooms back into the hot pan and allow to heat for 2 minutes.

Remove the pan from the heat and stir in the cilantro. Taste-test and add more salt and pepper as needed. Transfer the sweet potato mixture onto a serving platter or individual plates.

Return to the skillet, heat over medium-high heat. Add a tablespoon of grapeseed oil. Crack as many eggs as you plan to use into the skillet. Cover and cook for about 3 to 5 minutes, or until the egg white has set and the yolk is still runny. NOTE: you can cook your eggs any way you prefer, but I recommend eggs that have runny yolks for this recipe so that the potatoes can soak everything up.

Serve the eggs over the potato hash mixture with a side of ketchup and Sriracha sauce (optional).