

Sweet Potato and Kale Hash

A nutritious and flavorful breakfast hash with sweet potatoes, kale, and the subtle taste of Rooibos Vanilla Chai tea.

PREP TIME: 15 minutes

COOK TIME: 20 minutes

2 T olive oil
2 med sweet potatoes, diced
1/2 C onion, diced
1 C fresh kale, chopped

1/2 C brewed Rooibos Vanilla Chai tea,
cooled
4 lg eggs
Salt and pepper to taste

HEAT THE OLIVE OIL in a large skillet over medium heat.

ADD THE SWEET potatoes and cook until tender.

ADD THE ONION and cook until translucent.

STIR IN THE KALE and cook until wilted.

POUR IN THE ROOIBOS Vanilla Chai tea and cook until the liquid is mostly evaporated.

MAKE FOUR WELLS in the hash and crack an egg into each well.

COVER THE SKILLET and cook until the eggs are set to your liking.

SEASON WITH SALT and pepper before serving.