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Sweet Potato, Beef, and Roasted Veggie Hash

Roasted vegetables and sweet potatoes are delicious and easy to make, adding a host of vitamins and minerals to your daily diet. Anytime you cook these items, make extras to use as snacks or as sides to protein-based meals. Make a little extra ground beef, too, for quick meals.

Prep Time: 15 min. Cook Time: 60 min.

Ingredients

1 head cauliflower broken into florets
1 head broccoli broken into florets
3 cups halved Brussels sprouts
1 lb. okra
3-4 small sweet potatoes
3 tbsp olive oil
Salt and pepper to taste
Garlic to taste

Directions: Roasted Veggies and Sweet Potatoes

1. Preheat oven to 450 degrees F.
2. Wash and pat dry the cauliflower, broccoli, Brussels sprouts, and okra. Place together in large bowl.
3. Prick sweet potatoes with a fork, wrap in tin foil, and set aside.
4. Pour olive oil and spices over the top of the veggies and mix well.
5. Spread vegetables over one or two large baking sheets, spreading them out as much as possible.
6. Place vegetables in oven and roast for approximately 25-35 minutes, tossing two or three times throughout the process. At the same time, place the foil-wrapped sweet potatoes directly onto the oven rack to cook along with the vegetables.
7. Remove the baking sheets from the oven when vegetables are cooked through and are starting to brown up and get crispy around the edges. Set aside.

8. Reduce the heat in the oven to 350 degrees F, and continue baking the sweet potatoes for another 30 minutes. When cooked through, remove from oven and set aside.

Hash Ingredients (per serving)

1 sweet potato
1/2-1 cup roasted veggies
1/2 cup ground beef
1 tsp olive oil
3 tbsp diced red onion
Salt and pepper to taste
garlic to taste
cumin to taste
paprika to taste
chili powder to taste

Hash Directions

1. Heat the olive oil in a skillet over medium-high heat. Add ground beef and diced red onion, cooking thoroughly. Season to taste and remove from heat.
2. Cut sweet potatoes in half and place one potato in each meal prep container. Use a fork to mash the flesh.
3. Add roasted veggies and ground beef to each container and mix with sweet potato.
4. Refrigerate container or keep in cooler until you're ready to eat. Heat in a microwave for 1-1/2 to 2 minutes or until heated through.
5. Leftover roasted veggies can be packed separately as snacks or combined with extra ground beef or other protein to create new meals.