



Brussel Sprouts and Sweet Potato Hash

Description



Make it tonight! Our Brussel Sprouts & Sweet Potato Hash recipe is a tasty side dish that adds color and nutrition.

Ingredients:

- 4 C. brussel sprouts, shredded
- 1 sweet potato, grated
- 2 shallots, minced
- 3 T. [The Olive Tap's 100% Extra Virgin Olive Oil](#) (any favorite flavored oil would be delicious too!)
- 2 t. No-Salt Seasoning

- 1 t. The Olive Tap's [Himalayan Pink Salt](#)
- 1 T. The Olive Tap's [Aceto Balsamico di Modena 4 Leaf Quality](#)

Directions:

1. Heat the oil in a cast iron pan over medium heat.
2. Add shredded brussel sprouts, grated sweet potato, minced shallots, seasoning, and salt.
3. Saute (stirring every so often) until the mixture starts to brown.
4. Add the balsamic and saute about 5-10 minutes longer.

An Olive Tap Original Recipe by Melanie, Long Grove

Recipe originally appeared at <https://theolivetaprecipes.com/recipes/brussels-sprout-and-sweet-potato-hash/>

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