

Harvest Hash

Serves 4-6



Ingredients:

- 2 medium sweet potatoes, diced small
- 1 large or 2 small apples, diced small
- 1 small onion, diced small
- 2 cloves of garlic, minced
- 3 Tbsp olive oil
- ½ bunch kale, leaves torn into very small pieces, stems chopped
- ½ bunch collard greens, leaves torn into very small pieces, stems chopped
- 3 Tbsp apple cider vinegar (or lemon juice or other vinegar of your choice)
- ¼ cup water
- Salt and pepper to taste

Instructions:

1. Heat 2 Tbsp of olive in large skillet over medium heat. Add sweet potatoes and cook, stirring occasionally, until soft, about 6 minutes. Season with salt and pepper.
2. Add garlic, onion, and chopped greens stems and stir to combine. Add additional Tbsp of olive oil if vegetables begin to stick to pan. Cook for 5 minutes, or until vegetables begin to soften.
3. Add torn greens to the pan and pour over ¼ cup of water and 2 Tbsp of vinegar. Stir to combine and cover with lid to braise. Cook for 8-10 minutes, stirring occasionally.
4. Once greens are wilted, season with salt and pepper and additional Tbsp of vinegar.
5. Remove from heat and add diced apples, stirring to combine. Add additional seasoning to taste. Serve and enjoy!

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