

Paleo Holiday Hash

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-hash-recipe>

Ingredients:

- 1/2 pound pork sausage bulk
- 1 sweet potato large, peeled and diced into 1/2" pieces
- 1 apple cored, peeled and diced
- 1/2 yellow onion medium, diced
- 1 tablespoon pure maple syrup
- dried cranberries Handful of organic
- hash seasoning mix Holiday, see below
- coconut oil as needed
- 1 teaspoon fennel seeds
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon sage
- 1/2 teaspoon onion powder
- 1/2 teaspoon allspice
- 1/2 teaspoon canela
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 40 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 5 grams
8. Sodium: 970 milligrams
9. Sugar: 27 grams

Thank you for visiting our website. Hope you enjoy Paleo Holiday Hash above. You can see more 16 holiday hash recipe Experience culinary bliss now! to get more great cooking ideas.