

# Bison Sweet Potato Hash

Cook Time 40 minutes  
Serves 2



## Ingredients

- 2 medium sweet potatoes peeled cut into 1/2-inch cubes
- 1 lb. bison cut into 1/2-inch cubes
- 1 yellow bell pepper diced
- 2 large leeks cleaned and sliced\*
- 3 cups arugula chopped
- 2 garlic cloves minced
- 2-3 jalapeno peppers finely chopped
- 2 TBSP coconut oil
- 1/4 cup chicken stock
- 1/2 TSP cumin
- 1/4 cup salted pepitas
- Sea salt
- Black pepper

## Instructions

1. Toast the pepitas in a large, dry, cast-iron skillet and bring to medium heat. Stirring constantly, until the seeds are browned, about 10 minutes. Set aside pepitas.
2. Return the skillet to medium high heat and add the coconut oil. Cook sweet potatoes in a single layer. Cook for 5 minutes then stir for 5 minutes, until sweet potatoes start are tender.
3. Add the cubed bison, leeks, yellow and jalapeno peppers, garlic, and cumin to the skillet. Cook about 7-8 minutes, until the vegetables are tender and the bison is no longer pink.
4. Add chicken stock and arugula. Cook until the arugula is wilted, about 4-5 minutes.
5. In a separate skillet fry your eggs and add layer on top of hash.
6. Season with salt and pepper. Sprinkle the toasted pepitas on top and serve.

\*To clean the leeks, remove green area, thinly slice, submerge in cold water, gently stir, let sit for 5 minutes, remove from water and pat dry.

Whole30 / Gluten-Free / Paleo / Dairy-Free