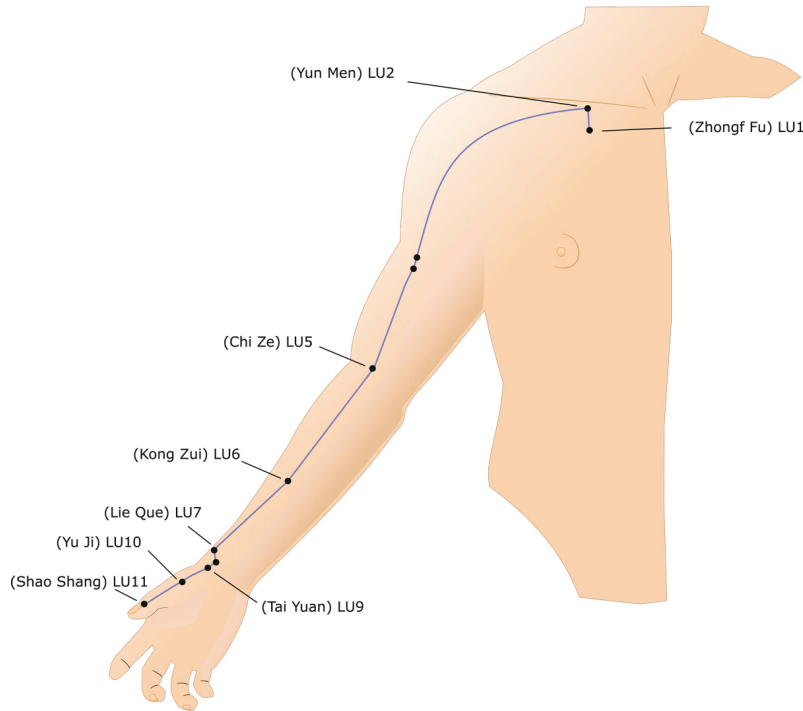




Lung Meridian



Sweet Potato Hash

Serves 3-4

- 1 lb ground Turkey or Beef
- 1 large sweet potato, peeled and cubed (3/4 to 1 inch)
- 1/2 Med head of green cabbage, thinly sliced/shredded
- Dried onion flakes
- Dried pepper flakes to taste
- Salt/pepper to taste
- 2-3 Tbsp avocado or olive oil

Brown the ground meat with seasonings and oil on medium heat until almost cooked, with a bit of pink remaining. Add the sweet potato cubes and shredded cabbage and toss well to distribute ingredients. Cover and reduce heat to Med-low and cook until sweet potatoes are desired firmness, approximately 10-15 minutes. This recipe is easily done in an instant pot using the simmer setting, and then switching to pressure for 5-10 minutes.

**Recipe courtesy of Russ Swift*