

SWEET POTATO HASH

<u>Amount</u>	<u>Measure</u>	<u>Ingredient--Preparation method</u>
1/4	cup	vegetable oil
1	each	onion - Diced
6	cups	sweet potatoes - diced
2	teaspoons	salt
1	cup	brown sugar
2	teaspoons	vanilla
2	cups	pecans chopped
3/4	stick	butter

Pour the oil into a large skillet and place over high heat. Add the onion and sauté, stirring, 2 to 3 minutes.

Add the potatoes and salt lower the heat to medium-high and cook, stirring occasionally, for 25 to 30 minutes, or until the potatoes are fork tender and some are browned.

The potatoes will begin to stick as they cook. Just continue to turn with a spatula.

When potatoes are just about fully cooked add brown sugar and vanilla and stir until it becomes thickened. Add butter and melt thoroughly.

Per Serving (excluding unknown items): 317 Calories; 16g Fat (44.0% calories from fat); 2g Protein; 43g Carbohydrate; 3g Dietary Fiber; 23mg Cholesterol; 641mg Sodium. Exchanges: 1 1/2 Grain (Starch); 0 Vegetable; 3 Fat; 1 Other Carbohydrates.