

HALLOWEEN HASH

Sweet potatoes & black beans

3-4 T olive oil	salt & pepper
2 cans (15 oz ea) black beans, rinsed & drained	3 t dried thyme leaves
1 large onion, chopped	6 eggs, fried or poached
$\frac{3}{4}$ c crumbled goat cheese	1 red bell pepper, chopped
Thinly sliced chives or green onion tops	4 c cubed peeled sweet potatoes
8 oz Shiitake mushrooms, thinly sliced	12 slices bacon, fried crisp (opt.)

In a large skillet, heat oil over medium heat. Sauté onion and thyme until onion is tender, about 5 minutes. Add pepper and sweet potatoes, and sauté until potatoes begin to soften, about 8 minutes. Add mushrooms, sauté 5 minutes. Stir in beans and cook until sweet potatoes are tender, about 5 minutes. Season w/ salt & pepper.

Spoon mixture onto plate. Sprinkle with goat cheese. Top with egg, sprinkle with chives or scallion tops. Serve with two slices of bacon on side, if desired.

6 Servings.

Calories: 600, Carbohydrate: 63 grams, Protein: 30 grams, Fat: 26 grams.