

# TURKEY HASH

## Ingredients

- 1-1.5 lbs ground turkey
- 2 medium sweet potatoes, diced
- 5 cloves garlic, diced or pressed
- 2 shallots, diced
- 1 bell pepper, diced
- 1 green apple, diced
- 1-2 cups chopped kale
- 2 tsp each Salt, pepper, ground sage, mixed
- 2 tbsp olive oil



## Directions

- Brown turkey in a shallow frying pan with a little oil over medium heat. Add 1-2 tsp of mixed seasoning.
- Add chopped bell peppers, sweet potatoes, shallots and garlic. Add 1-2 tsp more seasoning. Cook until just softened. (Add a couple of tbsp water as needed when food begins to stick to the bottom of the pan.)
- Add chopped kale and apple. Add remaining seasoning. Cook until kale begins to soften and wilt.
- Turn off heat and serve immediately.