

Sweet Potato Hash Browns

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Yield: Serves 4

So, do you want to know the secret to truly amazing, mind blowing, crazy good hash browns? Make them with sweet potatoes! (And butter) I love potato hash browns as well as anyone, but oh my gosh. Sweet potato hash browns? WOW. And so simple. Grating the sweet potatoes will save you a trip to the gym (use the large holes of a box grater), but after that, all you have to do is fry them in a bit of butter and sprinkle with salt and pepper. That's it. Nothing more. Just grated sweet potatoes, butter, salt and pepper.

Ingredients

- ½ pound sweet potato (about half of a large sweet potato), peeled and grated through the large grates of a box grater
- 4 Tbs butter
- salt & pepper

Melt 2 Tbs of butter in a cast iron pan on medium high heat. (If you don't have a cast iron pan, use a thick-bottomed skillet.) Note that you want the heat high enough so that the butter bubbles, but not so high that it browns or burns before you put the sweet potato in the pan.

Working in batches if necessary (use 2 Tbs of butter per batch), scoop large spoonfuls of grated sweet potatoes into the pan forming small mounds. Gently press to spread the mounds out a bit. Sprinkle with salt and pepper.

Cook undisturbed until they are nicely browned on one side, about 4 to 5 minutes, then carefully turn them over with a metal spatula to brown on the other side, 4 to 5 minutes more.



When done, place on a cookie sheet in a warmed oven to keep warm until ready to eat. Serve with fried eggs and bacon!