

Vegetable Hash

I just wing this one and add in whatever I have/want, but here's what I usually include:

In a large skillet pan sauté the following until tender:

- 1 tablespoon coconut oil
- 1-2 potatoes diced unpeeled
- 1-2 sweet potatoes diced unpeeled
- Broccoli stalk diced
- 1 onion diced
- 1 red pepper diced
- Shredded or diced carrots
- Worcestershire sauce to taste
- Salt and pepper to taste
- 1 cup of chopped kale or spinach for the last few minutes
- 1 cup of cooked quinoa
- A tablespoon of hemp seed