

## Sweet Potato & Collard Green Hash for a Hearty Healthy Skillet Meal

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**TIME**  
**5 min**

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**ChefManiac**

### INGREDIENTS

1 tablespoon olive oil  
1 medium onion, chopped  
2 cloves garlic, minced  
1 large sweet potato, peeled and diced into 1/2-inch cubes  
1 teaspoon smoked paprika  
1/2 teaspoon cumin  
Salt, to taste  
Freshly ground black pepper, to taste  
1 bunch collard greens, washed, stems removed, and leaves thinly sliced  
1/4 cup vegetable broth or water  
Pinch of red pepper flakes  
Optional for serving:  
Fried or poached eggs  
Avocado slices  
Hot sauce

### DIRECTIONS

1. SautØ the onion and garlic: Heat the olive oil in a large skillet over medium heat. Add the chopped onion and cook for about 5 minutes, until softened.
2. Add the minced garlic and cook for another minute, just until fragrant.
3. Cook the sweet potatoes: Add the diced sweet potatoes to the skillet.
4. Sprinkle in the smoked paprika, cumin, salt, black pepper, and red pepper flakes if using. Stir well so the sweet potatoes are evenly coated.
5. Cook for 10 to 12 minutes, stirring occasionally, until the sweet potatoes begin to soften and brown slightly.
6. Add the collards: Add the thinly sliced collard greens to the skillet and pour in the vegetable broth or water.
7. Stir everything together.
8. Cover and steam: Cover the skillet and cook for about 15 minutes, stirring occasionally, until the collards are wilted and tender and the sweet potatoes are fully cooked through.
9. If the pan seems dry, add another small splash of broth or water.
10. Uncover during the last couple of minutes so any extra liquid can evaporate.
11. Adjust and serve: Taste and adjust with more salt and pepper if needed.
12. Serve hot on its own or topped with eggs, avocado slices, or hot sauce.

## SWAPS & NOTES

Sweet potatoes should be diced fairly evenly so they cook at the same rate.

Smaller cubes help them soften faster and brown more nicely in the skillet.

Collard greens are hearty and flavorful, which makes them great for this recipe, but if you need a substitute, kale can work too.

The final texture will be a bit different, but still delicious.

### TIPS FOR SUCCESS

Cut the sweet potatoes into small, even cubes so they cook through without taking too long.

Do not skip covering the skillet once the collards go in.

That steam is what helps soften the greens and finish cooking the hash.

If you want a little more browning on the potatoes, give them time to sit in the pan between stirs instead of moving them constantly.

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