

Millet Hash with Sweet Potatoes

Ingredients:

1 Wellness Forum Health Millet "Meatloaf" mix
1 large yellow onion, diced into ½ inch pieces
1 large poblano pepper, diced into ½ inch pieces
1 large sweet potato, peeled and diced
½ teaspoon sea salt
Black pepper to taste
4 Tablespoons whole wheat pastry flour
6 Tablespoons nutritional yeast
2 cups vegetable broth

Directions:

- Prepare the "Meatloaf" according to package instructions. Set aside and let cool while you prepare the remaining ingredients
- Heat a large skillet over medium high heat. Add the onions and bell peppers and sauté 4-5 minutes.
- Add the sweet potato, season with salt and pepper and cook, covered over medium low heat, until the sweet potatoes are tender, for 8-10 minutes.
- Add 2 to 3 tablespoons of water if needed to keep the vegetables from sticking.
- Add the flour and nutritional yeast and cook 2 minutes.
- Add the vegetable broth and cook until thickened.
- While the sweet potato mixture cooks, divide the prepared millet loaf in half. Set one half aside for other uses.
- Take the second half and chop coarsely.
- Stir the millet loaf gently into the sweet potato mixture and let cook 5 minutes more.