

Turkey Sausage Sweet Potato Hash

A spicy sweet medley of ground turkey sausage, roasted sweet potatoes, roasted brussels sprouts, and apples tossed together for a mouth-watering hash

Yield:

8 servings

Ingredients:

Sausage Ingredients:

2 pounds lean (93/7) ground turkey

2 teaspoons salt

2 teaspoons ground black pepper

1 teaspoon cayenne pepper

1/2 teaspoon granulated garlic or garlic powder

1 teaspoon fennel seeds, crushed

4 teaspoons ground sage

2 teaspoons dried thyme

1/4 teaspoon ground cloves

1/4 teaspoon ground nutmeg

1/4 teaspoon ground allspice, optional

2 tablespoons maple syrup (or more to taste), optional

2 cups peeled and diced apples

2 pounds sweet potatoes, peeled and diced (or cut into fries)*

1/4 cup oil

1 teaspoon salt

1 pounds brussels sprouts, washed (cut these in half if bigger than bite-size)

2 tablespoons oil

1/2 teaspoon salt

1/4 cup maple syrup (add in step 6)

Instructions:

1. Combine sausage ingredients in a large bowl and mix well. Refrigerate for a few minutes while you prepare the veggies, or up to a couple days, if you're planning ahead.
2. In another bowl, toss together the diced sweet potatoes, 1/4 cup oil, and 1 teaspoon salt. Spread mixture onto a baking sheet that has been greased or lined with parchment paper or a silicone baking mat.
3. In yet another bowl, toss together the brussels sprouts with 2 tablespoons oil and 1/2 teaspoon salt. Spread mixture onto another baking sheet or a 9×13-inch pan that has been greased or lined with parchment paper or a silicone baking mat.
4. Preheat oven to 400 degrees F. Bake both pans of vegetables for 30-40 minutes, stirring once or twice during baking. Vegetables are done when they are soft inside. Test with a fork for doneness; one pan may be done sooner than the other.
5. While vegetables are baking, cook the sausage mixture in crumbles in a large heavy pan over medium heat until done.
6. When the vegetables and meat are completely cooked, toss everything together in a big bowl, stir in the maple syrup, and serve hot.



This recipe is from Tammy's Recipes.