

Bacon and Sweet Potato Hash

This recipe makes 2 servings



Ingredients

3 slices bacon, cut into small pieces
1 medium sweet potato, peeled and cut into ½ in or smaller dice
1 shallot, diced
2 garlic cloves, minced
3 lg Tuscan kale leaves, stemmed and chopped
1/2 tsp salt
1/4 tsp freshly ground black pepper

Directions:

1. In an 8- or 9-inch cast-iron skillet, cook the bacon over medium-high heat for about 5 minutes, or until crispy.
2. Remove the bacon from the skillet and set aside, leaving about 2 tablespoons of bacon grease in the pan.
3. Add the sweet potato, shallot, and garlic to the skillet. Cook over medium heat for about 10 minutes, or until the sweet potato is softened.
4. Stir in the kale and cook for 1-2 more minutes, until combined and slightly wilted.
5. Add the salt and pepper, and stir to evenly season.
6. Line a tray with parchment paper and spread the mixture evenly across the tray.
7. Place the tray in the freezer and freeze until completely solid.
8. Freeze Dry (My cycle time was 24 hours)

Rehydration:

Start by adding about 1/3 cup of hot water per serving to the freeze-dried hash in a skillet or shallow pan. Cover and let it sit for 5 to 7 minutes, allowing the ingredients to absorb the moisture. Stir gently and add more hot water a tablespoon at a time if any parts remain dry, then heat in a skillet for 3 to 5 minutes to restore texture and flavor.

Notes:

This hash pairs perfectly with rehydrated eggs. To prepare one egg, simply mix about 2 tablespoons of [freeze-dried egg](#) powder with 2 tablespoons of cold water. Adjust the quantity based on how many eggs you'd like to make.

Nutritional Value Per 1 serving

Calories: 230 Protein: 7 g Fat: 13 g Carbohydrates: 22 g Sugar: 4 g Fiber: 3.5 g