



### **Ingredients:**

- 2 Sweet Potatoes
- 1 teaspoon Olive oil
- ¼ teaspoon Salt (or to taste)
- 2 Red onions (yields approx 2 cups)
- 3 Eggs



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Preheat your oven to 450°. Peel and cube your sweet potatoes. Place in roasting tray. Add olive oil and salt. Bake for 30-45 minutes, until they're nicely browned.

Meanwhile, slice up the red onions and place in a cast iron skillet over low flame. Patience is key to caramelizing these onions. They take a long time, but are well worth it. They will get sweet and caramel in color as they soften, like they are almost melting. This will take approximately 30 minutes. Once the sweet potatoes are done, add them to the skillet with the onions and mix together. Then form 3 little wells with the mixture in the pan. Crack an egg into each well and add salt. Place skillet in a 450° oven for about 20 minutes or until eggs are cooked through to your liking. Your hash should be a glorious bright orange color. The egg will give it a wonderful richness and taste!