

Simple Vegan Breakfast Hash

Adapted from *buildyourbite.com*

Ingredients for potatoes:

- 3 medium russet potatoes, peeled and diced
- 1 large sweet potato, peeled and diced
- 1 T. onion powder
- 1 T. garlic powder
- 1 t. dried thyme
- 2 t. salt
- Drizzle of olive oil (or omit and line glass dish with parchment paper)

Ingredients for skillet mixture:

- 1 medium onion, diced
- 5 cloves of garlic, finely diced or minced
- 1 t. olive oil (or omit and sauté in a little water)
- Sprinkle of salt

Instructions

1. Combine diced potatoes with spices and mix well. Bake in a glass pyrex dish at 450° for 40-50 minutes, stirring several times, until crispy.
2. Sauté skillet mixture. Cook for 5-8 minutes, or until browned.
3. Add crispy potatoes to skillet mixture, mix well and enjoy!

Did You Know? *Livestrong.com*

Glass pans tend to cook food faster than most metal pans. When you use a glass pan, the glass heats up gradually, but once it's hot, it tends to hold its temperature more steadily, according to the U.S. Department of Energy. This matters because when you're baking something, your oven goes through heating and cooling cycles. As your oven goes through a cooling cycle, a glass pan is better able to maintain its temperature. In turn, the foods you're cooking absorb the heat faster, and cook more quickly, according to the University of Nebraska Cooperative Extension.