

# **Sweet Potato Bacon Skillet (Natural Version)**

## **Ingredients**

- 1 medium sweet potato, peeled and cubed
- 1/4 cup chopped red onion
- 1 garlic clove, minced
- 1/2 cup natural uncured turkey bacon or mushroom slices (for vegan version)
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- Sea salt to taste
- Optional: chopped kale or spinach for added greens

## **Instructions**

1. In a large skillet, heat olive oil over medium heat.
2. Add bacon (or mushrooms) and cook until slightly crisp.
3. Add sweet potato, onion, garlic, paprika, and salt. Stir to combine.
4. Cover and cook for 15–20 minutes, stirring occasionally, until potatoes are tender.
5. Add greens during the last 2–3 minutes if using. Serve warm.

## **Benefits**

Comforting, protein-rich (or plant-based), great for liver and digestion, full of flavor.