



# HYPERFUEL HASH

## INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 3 medium sweet potatoes (peeled, cut into ½-inch cubes)
- 1 medium yellow onion (diced)
- 1 large red bell pepper (diced)
- 1 large yellow bell pepper (diced)
- 2 cloves garlic (minced)
- 1 pound lean cooked turkey (or plant based) sausage (diced)
- 2 cups mixed greens (baby spinach and/or kale)
- 1 tablespoon chili powder
- 1/4 teaspoon turmeric
- Salt & pepper to taste

## DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add the sweet potatoes and cook, covered, for 5 minutes. Uncover and cook, stirring frequently, until just tender (about 5-8 minutes).
2. Add garlic.
3. Add onion, bell peppers and chili powder, cook for 5 minutes. Stir in turkey sausage/protein. Cook for another 3 minutes.
4. Add greens and turmeric. Stir occasionally until greens are wilted and ingredients are well combined (~3 minutes).
5. Season with salt and pepper to taste. Serve warm.

## Why This is Mission-Ready Fuel:

This powerhouse hash brings the heat, the fuel, and the recovery support all in one pan. Packed with complex carbs, lean protein, and nutrient-dense greens, it's tactical fuel for the trooper who needs energy that lasts and ingredients that work as hard as they do.

- **Sweet Potatoes:** Complex carbs for sustained energy, plus potassium and fiber to support endurance and recovery.
- **Lean Turkey Sausage:** High-quality protein to rebuild muscle and keep you full between missions (or meetings).
- **Peppers & Onions:** Antioxidants and vitamin C to reduce inflammation and support immune readiness.
- **Mixed Greens:** Iron and micro-nutrients to support oxygen flow and cellular performance.
- **Garlic, Chili Powder & Turmeric:** A flavor-packed trio with anti-inflammatory power to help your body bounce back stronger.

This isn't just a hash—it's a skillet-sized strategy for performance nutrition. #HyperFuelHash #MissionReadyFuel

## NOTES

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