

BETTY'S SAUSAGE AND SWEET POTATO HASH

Cullen has been known to pick up a spatula from time to time to give William a break from cooking. He has his little helpers make a salad or cook up some greens to go along with this dish, a favorite that his wife Betty used to cook. It makes her memory come alive for him when he prepares it, and he's willing to share it with us in her honor. This is Betty's original recipe, which Cullen increases to account for the many mouths to feed Below.

2 lbs. sweet potatoes (about 2 large ones), peeled, cut into ½ inch chunks
½ lb. bulk pork sausage (you can also remove casings from regular sausages)
2 bell peppers (choose your color! Cullen likes red), cut into ½ inch chunks
2 cloves of garlic, sliced thin (Cullen uses more – it's a taste thing)
1 onion, chopped coarsely
1 tablespoon ground cumin
Vegetable oil, salt and pepper

Cook the potatoes in boiling water until almost tender (4 minutes or so). Drain and set aside.

In a large skillet (non-stick or cast iron, if you have one), cook the sausage, breaking it up as you do – it should take about 10 minutes to brown it. Drain on paper towels.

Heat some oil in the skillet and cook peppers, onion, and garlic until soft, about 5 minutes.

Toss the sausage and potatoes into the skillet with the veggies, add cumin, salt and pepper, and cook together for 5 minutes.