



## Sweet Plantain Hash & Eggs

**Servings:** 4

**Prep Time:** 15min

**Cook Time:** 30min



### Ingredients

- 1/3- cup vegetable oil or more
- 3 -4 large ripe plantains/sweet potato
- 2 cups tinned black beans
- ½ medium onion diced
- 1 teaspoons smoked paprika
- 1 teaspoon minced garlic
- 3 cups diced tomatoes
- 1 small Pepper diced
- ½ teaspoon cumin optional
- Cayenne pepper
- 2 teaspoons bouillon powder optional
- 2 Tablespoons parsley
- Salt and pepper to taste
- Cooking spray
- 3-4 Large Eggs

### Directions

1. Preheat Oven to 200 Degrees C. Using a sharp knife cut both ends off the plantain. This will make it easy to grab the skin of the plantains. Slit a shallow line down the long seam of the plantain; peel only as deep as the peel. Remove plantain peel by pulling it back. Dice plantains (medium to large dice or cut according to preference).
2. Spray a baking sheet and place plantains on them in a single layer; spray lightly over the plantains using the canola oil spray and bake at 200 degrees C, turning plantains frequently – for about 12 -20 minutes or till plantains turn slightly brown.
3. **Plantain Hash:** Next add about ¼ cup or more oil in a skillet followed by onions, garlic, cumin, smoked paprika, cayenne, black beans , sweat for about a minute.
4. Then add bell pepper, diced tomatoes, bring to a simmer, and add beans bouillon powder and cayenne pepper
5. Cook for about 7-10 minutes, stirring occasionally to prevent burning burn. Adjust for seasoning, and then sprinkle with parsley.
6. Crack about 3-4 eggs or more over the top of the hash in different spots. Add a little extra salt and pepper to the eggs if you wish. Place the skillet in the preheated oven on the top rack and bake at 200 degrees C or until the eggs are cooked to preference
7. Remove from oven, transfer to a plate and serve with more hash plantains, avocados and/or bread.