**Home Sweet Potatoes**

**2 servings  
25 minutes**

* 1 large sweet potato, diced
* 3 cloves garlic, minced
* 1/2 shallot, minced
* 1/2 red onion, diced
* 2 tbsp coconut oil

spiced with:

* 3 tsp chili powder
* 2 tsp garlic powder
* 2 tsp onion powder
* 2 tsp fresh ground black pepper
* 2 tsp himalayan salt
* 2 tsp thyme
* 2 tsp cayenne
* 2 tsp sage
* 2 tsp cajun or chipotle

1. Proportionally dice the potato into the same size and shape.
2. Prepare the onion, garlic, and shallot.
3. Prepare the skillet with coconut oil and apply medium heat.
4. Once the oil has heated, add potatoes.
5. Add the onion, garlic, and shallot after roughly 5 minutes.
6. Garnished the potato mixture with spices. Allow for them too cook at least 5-10 more minutes until the desired texture is reached.

*Tips:*

* Watch the potatoes. It is easy to neglect a stove on heat. If over-cooked, they will become mushy or burnt.
* This recipe pairs well with eggs.