



FAST. EASY. FRESH.

# SOUTHERN-STYLE SKILLET HOME FRIES WITH BUTTER BEANS

**1.** Start by prepping your veggies. Peel and dice the **yellow onion**, de-seed and dice the **sweet bell pepper**, and dice the **yams** into ½-inch pieces (not too big or they will cook too slowly!). Drain and rinse the **butter beans**.

**2.** Next, heat 4 Tbsp. **olive oil** in a large pan over medium-heat. Add the **onion**, **bell pepper**, and a good pinch of **salt**. Sauté until the onion is translucent, about 3-5 minutes. Transfer the **onion** and **bell pepper** to a bowl and set aside.

**3.** In the same pan, add the remaining 2 Tbsp. **oil** over medium-high heat. Add the **yams** and season with **salt** again. Fry for two minutes, then cover the pan and continue to cook over medium-low heat for 8 minutes, stirring halfway through. Remove the lid and the potatoes cook a little longer, if needed, until they are tender.

**4.** Next, add the **cooked onion**, **bell pepper**, **butter beans**, and **Southern Spices** (**smoked paprika**, **fennel seeds**, and **red pepper flakes**). Taste, and season with **salt** and **pepper** as desired.

**5.** Right before serving, add roughly torn **parsley** and stir to combine. To serve, spoon the home fries into dishes and enjoy!



## Ingredients (4 Person Serving – 827 Calories Per Serving)

|                    |          |                   |               |
|--------------------|----------|-------------------|---------------|
| Olive Oil          | 6 Tbsp.  | Fennel Seeds      | 2 tsp.        |
| Yellow Onion       | 1        | Red Pepper Flakes | 1 tsp.        |
| Sweet Bell Peppers | 2        | Butter Beans      | 2 398 ml Cans |
| Yams               | 6 Medium | Fresh Parsley     | Small Bunch   |
| Smoked Paprika     | 4 tsp.   | Salt and Pepper   | To Taste      |

**30** Minute Cook Time!