Soul On The Road

Shopping List

3 sweet potatoes
½ cup of shredded carrots
½ cup of spinach
½ cup of bell pepper
2 green onions
2 tablespoons of brown sugar
1 teaspoon of garlic powder
Salt & Pepper to taste
2 tablespoons of dijon mustard
½ cup of honey

Cooking Instructions

1. Peel/Skin sweet potatoes,
2. Boil until soft or cook them in the oven at 375 degrees for 20 minutes.
3. Dice sweet potatoes and mix all ingredients in a large bowl.
4. Serve hot or cold.
**Cooking Instructions**

1. Mix ingredients in an oven safe skillet on medium heat for 10 minutes

2. Bake as a casserole on 350 for 10 more minutes

3. Or continue to fry like a hash brown in the skillet for 10 minutes

**Shopping List**

- 2 tablespoons of vegetable or olive oil
- 1 bag of frozen diced potatoes or hash brown potatoes
- 2 teaspoons of garlic powder
- 1 bag of kale chopped
- 1 red bell pepper diced
- 1/2 yellow bell pepper diced
- 1/2 onion diced
- 1 cup of almond milk
- 1 cup of non-dairy cheese grated
- salt and pepper to taste
THIGH LUV

5 servings 30 minutes

INGREDIENTS

Pack of thighs (skin on or off)
2 TS oil
1/2 stick of butter
2 tsp. garlic
½ Cup brown sugar
2 TS apple cider vinegar
1 TS Mustard
S & P to taste
Lime to taste
Cilantro
Green onion

DIRECTIONS

Grill chicken until done then cool. Slice up your chicken and in medium saucepan add all of the ingredients starting with oil and butter. Let the remaining of your ingredients cook down with the chicken. Using your green onions and cilantro last its flavor time!

Enjoy..... #FlavorKing ♡