



# CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

**Sweet Potato Mash with Sausage**  
Hearty Carbohydrates & Protein

[www.consciousrewire.com](http://www.consciousrewire.com)

# Sweet Potato Mash with Sausage

Hearty Carbohydrates & Protein

## What This Supports

Supports recovery energy, protein intake, and satiety.

## Why It Works

Sweet potatoes provide fuel while sausage and bacon add protein and fats.

## Ingredients

Sweet Potato Mash

Ingredients:

medium sweet potatoes

-2 cups baby tomatoes

bunch Italian parsley

butter chicken chicken sausages

2 kg bacon ends

5 cup broth

Salt

5 bunch asparagus

red Thai chilies

## Directions

. Place sausages in skillet with a lid with a little bit of broth. Cook until done and set aside.

. Place broth in medium sauce pan with chopped chilies and bacon ends and cook until half done. Add in shredded sweet potato and chopped parsley and asparagus. Stir and cook on low until desired tenderness. Salt to taste.

. Remove from heat and add in chopped sausages and quartered baby tomatoes.

## Best Use

Well suited for post-training meals.

## Food Notes & Safety

Cool promptly and store safely.

### Storage & Reheating

Refrigerate up to three days.