

One Skillet Potato Hash



Prep: 10 minutes

Cook: 25-30 minutes

Yield: 4 servings

INGREDIENTS

Butter or high-heat oil (canola, avocado, vegetable oil)

Garlic and/or onion - red/white onion, green onions, chopped garlic, or garlic powder

Potatoes - any potato or any root vegetable. Russet potatoes, carrots, beets, turnips

Vegetables - broccoli, squash, peppers, tomatoes

Leafy greens - kale, spinach, turnip greens, carrot tops, chard

Spices (optional) - salt, ground black pepper, cumin, red pepper flakes, paprika, chipotles in adobo sauce

Protein (optional) - one or all of the following - beans (pre-cooked or canned), egg, meat (elk, venison, chicken, beef, pork), sausage (veggie sausage or meat sausage)



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OPTIONAL ADD IN'S

Add garlic to the potatoes or shredded cheese to the scramble.

INSTRUCTIONS

1. Shred or cube potatoes or your favorite root vegetable. Rinse potatoes and strain several times in a towel to remove excess starch. Chop or dice onion and garlic, if using.
2. Heat a pan over medium heat and add oil or butter once the pan is hot. If using meat, cook meat to preference in the pan first. Drain excess fat if desired.
3. Add chopped or shredded potatoes and cover. Cook potatoes and/or meat for 10 minutes or until cooked, on medium-low with the lid on, stirring lightly.
4. After potatoes start to get tender, add chopped onion or garlic. Add other spices, seasonings, and beans (if using) at this time as well. Cook on medium low without the lid for another 5-10 minutes or until potatoes and onions start to brown.
5. Add other vegetables if using i.e. tomatoes, peppers, broccoli.
6. Add other leafy greens and cook until tender. If using egg, either scramble eggs or crack eggs on top of the potatoes and then cook with the lid on. Add cheese if desired and heat with the lid on. Let cool and enjoy!

CHEFS NOTES

Only a skillet or pan is needed for this recipe! A lid is optional and helps to cook eggs, cheese, and to make potatoes more tender, but isn't necessary. Enjoy this meal for breakfast or dinner and make it with all of your favorite flavors and with ingredients you have available. This recipe can be vegan, vegetarian, dairy free, or packed with meat and cheese!