

BREAKFAST POTATO HASH

SERVE: 4

TOTAL TIME: 30 MIN

INGREDIENTS

1 Tbsp oil

2 medium potatoes, washed and diced into small cubes

1/2 large onion, finely diced

2 cloves garlic, finely minced

1 cup of diced veggies (i.e. red bell pepper, zucchini, mushrooms, corn)

1/2 can beans, drained and rinsed

2 handfuls of greens (i.e. kale, spinach, arugula)

1 Tbsp spices (i.e. smoked paprika, dried oregano, chili powder, harissa, curry powder)

Salt and pepper, as desired to taste

DIRECTIONS

In a large pan over medium heat, add in the oil. Add the cubed potatoes and cook, undisturbed, for 5 minutes. Flip and cook, undisturbed, for 5 more minutes.

Add in the onions and cook for 3 minutes more.

Add the garlic, veggies, and spices and continue cooking until the potatoes are fork-tender, about 10 minutes.

Mix in the greens and beans and cook for 2 more minutes or until the greens have softened and the beans have warmed.

Adjust seasonings to taste and add salt and pepper as needed. Serve with a garnish of fresh herbs, a fried/scrambled egg, sliced avocado, and/or whole wheat toast/tortilla.

Store leftovers in an airtight container in the fridge and enjoy within 4 days.

