

Hash

Serves 4-6

This is not as much a recipe as a guide. Hash is a great way to use leftover potatoes, throwing in whatever veggies you have on hand. Using a flavorful grain sausage is a great way to practice a plant-based diet. Vary the flavorings to suit your fancy: ginger, garlic and soy sauce for Asian; basil, garlic and marjoram with olive oil and balsamic vinegar for Mediterranean; cumin, turmeric and cayenne for an Indian flare. *Be creative!*

- 2 med. cooked potatoes, diced
- 1 Tbsp. Canola oil
- 1 sweet onion, diced
- 1 cup greens – kale, spinach, mustard greens, de-stemmed, chopped
- 1 bell pepper, chopped
- ½ lb. grain meat sausage, such as Field Roast, diced. The flavor of sausage chosen will set the flavor stage.
- 1 med. fresh tomato, diced
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. extra-virgin olive oil for flavor – optional. Add after cooking.

I like to pre-cook my potatoes, so I only need to use a little oil to brown them. Heat Canola oil in skillet, add potatoes – turning to brown on all sides. Add diced sausage, onion, pepper, greens, tomatoes and sauté until tender. Add more delicate greens, such as spinach, last to not over cook. Add vinegar during cooking to keep from burning and add another layer of flavor. Great served with crusty whole grain bread or topped with an egg.

