SOUTHWESTERN HASH

Add some color to your plate with this delicious blend of veggies and beans, flavored with your favorite taco seasoning.

1 pound small red potatoes, cut into 1/2-inch cubes
1 tablespoon olive oil
1 small onion, diced
1 green pepper diced
3 cloves garlic, minced
2 tablespoons taco seasoning
1 (15-ounce) can diced tomatoes, drained and rinsed
1 (15-ounce) can black beans, drained and rinsed
1/3 cup chopped fresh cilantro leaves
4 eggs

1. Place the potatoes in a large non-stick skillet. Cover with water, bring to a boil, and cook until the potatoes are tender, about 5 minutes. Drain and set potatoes aside.

2. Dry the skillet with a paper towel. Add the oil and heat over a medium-high heat.

3. Add the onions and peppers and cook until vegetables have softened, about 6 minutes.

4. Stir in the potatoes, garlic, and taco seasoning.

5. Add the tomatoes and beans and simmer for 5 minutes or until heated through.


7. Transfer the hash onto serving plates. With the heat off, wipe out the pan again. Spray it with cooking spray, turn heat to medium-low and cook the eggs, sunny-side up, or over-easy.

8. Put an egg on top of each mound of hash. Serve with hot sauce.