



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.
- 6. Stir** in cilantro.
- 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.



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