

Rustic Potato & Vegetable Hash



This recipe is a great template for whatever vegetables and spices you have on hand. The possibilities to customize the flavor are endless!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
1 medium	Onion, yellow or red, diced small
1 medium	Bell Pepper, diced small (red or green)
1 medium	Potato, diced small (sweet or white)
2 cloves	Garlic, chopped small
¼ tsp	Kosher Salt
2 tsp	Oregano, dried
2 cups	Kale, destemmed, cut into 1-inch ribbons
To taste	Black Pepper, ground

CHEF'S NOTES

Starting the cooking process on the stove is a great way to jump start the process, while the oven preheats. Finishing in the oven allows you to give your attention to other last-minute steps while the oven finishes the dish.

If you do not have an oven-safe sauté pan, you can either finish cooking on the stovetop or transfer the mixture to an oven-safe baking pan.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the oven to 400°F.
2. Heat an oven-safe sauté pan over medium heat. Once hot, add the olive oil and then the onion. Sauté the onion until golden brown, about 2 minutes. Add the bell pepper and sauté until softened, about 2 more minutes.
3. Add the potatoes to the pan. Sauté until the potatoes start to brown, about 5 minutes. Add the garlic, salt, and oregano. Continue to sauté for another 5 minutes, allowing the potatoes to soften.
4. Add the kale to the vegetable mixture, tossing to combine. Put the pan in the oven and leave until the potatoes and vegetables are fork tender, and the kale is soft, about 5-10 minutes. Remove from oven and add black pepper to taste.

Nutrition Facts

4 servings per container

Serving Size 1 cup cooked (124 g)

Amount per serving

Calories 90

% Daily Value *

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 14g 5%

Dietary Fiber 3g 9%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 40mg 3%

Iron 0.9mg 5%

Potassium 400mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

