

Breakfast Potato Hash

DEVELOPED BY: Chefs Anita, Carolyn, Patty and Maria at Northern Michigan University

Servings: 5 Serving Size: 4oz

Ingredients	Quantity	Measure
Avocado oil	1	Tablespoon
Medium Yukon gold potatoes	3	Each
Onion, finely diced	½	onion
Garlic, finely minced	2	Cloves
Red bell pepper, diced	½	Each
Vegan breakfast sausage	½	Cup
Black beans, drained and rinsed	8	Ounces
Kale, chopped	2	Cups
Old Bay seasoning	1	Teaspoon
Salt		To taste
Pepper		To taste
JUST egg	24	Ounces
Cilantro, finely chopped		garnish

Preparation

1. Wash and dice the potatoes into a 1/2" cubes. Add them into a medium pot and cover them with water. Bring the pot to a boil and cook for 5 minutes. Drain.
2. In a large cast iron skillet over medium heat, add in 1 tablespoon of oil. Add in the cubed potatoes and spread them out into an even later. Cook for about 4-5 minutes without stirring, or until browned.
3. Add in the onions garlic, bell peppers, vegan sausage, and old bay, and continue cooking until the potatoes are cooked through, about 8-10 minutes.
4. Mix in the kale and black beans. Allow it to cook for 2 more minutes or until the kale has softened and the beans have warmed.
5. Remove from heat and adjust seasonings as needed. Season with salt and pepper to taste.
6. Serve with a garnish of fresh cilantro or parsley and avocado, along with a side of toasted bread. Enjoy!

