

**EXTRA
BONUS**

Sausage Potato Hash

Prep Time: 20 minutes | Total Time: 50 minutes | Servings: 5

Serving Size: 1 Cup; Serving; Calories 593; Total Fat 33g; Saturated Fat 10g; Cholesterol 64mg; Sodium 928mg; Total Carbohydrate 54g; Dietary Fiber 0g; Protein 18g

Equipment Needed:

- Large nonstick skillet

Ingredients:

- 2 tablespoons olive oil
- 3 large potatoes, peeled and cubed
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon pepper, or to taste
- 1 small onion, chopped
- 1 lb Italian sausage
- 1/2 red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 3 cloves garlic, minced
- 1/4 tsp red pepper flakes



Instructions:



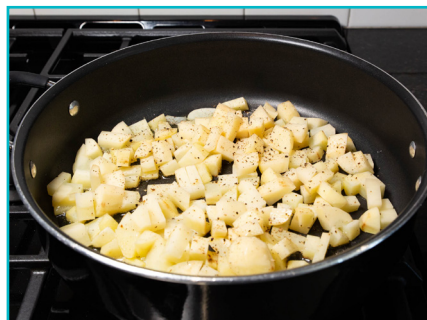
1. Brown sausage in nonstick skillet. Remove from skillet and drain excess liquid. Set aside.

***Note:** Use a spicy sausage for more of a kick.



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Instructions Continued:



2. Add the olive oil to the skillet and heat over medium heat. Add the cubed potatoes, season with salt and pepper and cook for 7 to 10 minutes, until they're about halfway cooked through, stirring occasionally.



3. Add the onion and cook for another 3 minutes, stirring occasionally.



4. Add the sausage, bell peppers, garlic and red pepper flakes to the skillet and stir.



5. Reduce the heat, and continue cooking until potatoes are cooked through, another 10 minutes. You can also cover the skillet. This will cook the potatoes a bit faster. Taste for seasoning and adjust with salt and pepper if needed.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](#) [#Indiana4H](#)

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Extension - Lawrence County

