

Breakfast Potato Hash

Yield: about 24 (2/3 cup) servings

Ingredients	Measure		Nutrition per Serving	
	24	-1 cup		
Unsalted butter	1 oz (2 Tbsp)		Calories	240
Diced potatoes	9 lb (1 gallon + 2 cups)		Total Fat g	6
Diced red onions	1 1/3 lb (3 cups)		Saturated Fat g	2
Diced green chile peppers	1 lb (2 cups)		Cholesterol mg	220
Water	3 cups		Sodium mg	270
Med-Diet[®] Low Sodium Vegetarian Vegetable Broth	3½ oz (½ cup)		Carbohydrate g	38
Top Kick[™] Low Sodium All Purpose Seasoning	¼ cup		Fiber g	5
Diced tomatoes	1¼ lb (3 cups)		Sugar g	3
Large eggs	24		Protein g	10

Preparation

1. In large skillet, melt butter. Add potatoes, onions and chile peppers. Sauté, stirring frequently, until browned.
2. Add water, vegetable broth and all purpose seasoning; stir until blended. Stir in tomatoes. Cover skillet; cook 5 minutes or until potatoes are fork tender.
3. Meanwhile, fry or poach eggs needed for service.
4. Transfer 1 portion potato hash to serving plate. Top with cooked egg. Repeat as needed with remaining hash and eggs.

Variation

Turkey Potato Hash - Stir 6 cups (3 pounds) shredded turkey breast in along with the tomatoes.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet [®] Low Sodium Vegetarian Vegetable Broth	6 – 16 oz	35.1 gal	2192623
Top Kick [™] Low Sodium All Purpose Seasoning	12 – 5 oz	1704	8631594