

Vegetable Hash

Serves 4

Adapted from Vegetable Hash by Martha Rose Shulman, NY Times

Ingredients

- 2 tablespoons oil
- 1 medium onion, finely diced
- 4 cups finely diced vegetables (potatoes, carrots, bell peppers, celery work well)
- 1 (15 ounce) can diced tomatoes, drained
- Salt to taste
- 1 teaspoon cumin
- 2 teaspoon sweet paprika
- 2 tablespoons ketchup
- Black pepper, to taste

Directions

1. Heat oil over medium heat in a large non-stick skillet. Add the onion. Cook, stirring often, until onion begins to soften, about three minutes.
2. Add the 4 cups of mixed diced vegetables, canned tomatoes, and a generous pinch of salt. Cook, stirring often, until the vegetables begin to soften, about five minutes.
3. Stir in the cumin and paprika and combine well with the vegetables. Continue to cook, stirring often, for 15 minutes until the vegetables are crisp tender.
4. Add ketchup, and continue to cook, stirring for another five minutes.
5. Press the vegetable mixture down into a flat layer in the pan. Continue to cook on one side for five minutes. A crust should form on the bottom. Stir, then press down again and cook for another five minutes until a crust forms again. Stir, taste, and add more salt, if needed. Add pepper, stir, and remove from heat.

Note: The vegetables should be thoroughly tender and mixture nicely browned. Serve this dish as is or add in a fried egg to make it a complete meal.

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