

Breakfast Vegetable Hash

Serves 4

Adapted from Vegetable Hash by Martha Rose Shulman, NY Times

Ingredients

- 1 slice bacon
- 4 cups finely diced vegetables (potatoes, onions, bell peppers, & celery work well)
- 1 large tomato or 1 (15 ounce) can diced tomatoes
- Salt to taste
- $\frac{3}{4}$ teaspoon garlic powder
- 2 teaspoon sweet paprika
- 2 tablespoons ketchup
- Black pepper, to taste

Directions

1. Heat a large non-stick skillet over medium-high heat. Add the bacon. Cook until the bacon is crisp and golden. Remove from pan and chop into small pieces.
2. Add the 4 cups of mixed diced vegetables and a generous pinch of salt to the hot pan with the bacon "oil". Cook, stirring often, until the vegetables begin to soften, about five minutes.
3. Stir in the tomatoes and combine well with the vegetables. Continue to cook, stirring often, for 15 minutes until the vegetables are crisp tender.
4. Add garlic powder, paprika, and ketchup; 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. Add the bacon back to the pan. 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 scrambled or fried egg to make it a complete meal.

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