



# Potato and Bell Pepper Hash

Yield: 4 servings

Serving size: 1 cup

## Ingredients

2 each	Potatoes, medium
2 each	Bell peppers
1 Tablespoon	Olive oil (or canola)
½ teaspoon	Garlic powder
½ teaspoon	Onion powder
½ teaspoon	Paprika
¼ teaspoon	Black pepper

## Equipment

- Chef knife
- Cutting board
- Sauté pan
- Mixing spoon

## Method

1. Dice potatoes and bell peppers into small, ½-inch, cubes.
2. Heat oil in a large sauté pan on medium-high heat until shimmering.
3. Add potatoes and sauté, stirring occasionally, for ~5-7 minutes.
4. Add bell peppers and spices and continue to cook for another 4-5 minutes until potatoes are golden brown and bell peppers have softened.

## Helpful Tips

- Enjoy as a side dish or crack eggs on top for a filling breakfast
- Add other diced vegetables like squash or onions as desired