



*I love that this recipe is so simple,
filling, satisfying and delicious, AND it
doesn't break the bank!*



Ground Turkey Hash

Ingredients

- ½ lb. ground turkey (or ground beef)
- ½ small yellow onion, diced
- ½ small poblano pepper, diced
- ½ small red bell pepper, diced
- Olive oil, as needed
- Salt and pepper, to taste
- 2 tsp. Italian seasoning
- 2 ½ c. frozen hash browns (cubes, not shredded)
- Vegetable oil, as needed
- Handful of fresh spinach or Swiss chard, chopped

Method

Drizzle about 1 to 2 Tbsp. of olive oil in large, deep skillet on stove top over medium heat. Add ground turkey, onion, poblano pepper and bell pepper. Season with salt and pepper. Stir and cook until meat is browned and cooked thoroughly.

Remove half of meat mixture to a plastic container and let cool a little before storing in the refrigerator for later use.

In separate skillet, heat vegetable oil over medium heat and add hash browns. Season with salt, pepper and Italian seasoning. Cook and use a spatula to turn potatoes over in the pan while mashing them slightly with the back of spatula (add a little more oil, if necessary).

About mid-way through, stir in handful of chard or spinach and continue cooking until potatoes are cooked and browned.

Remove potatoes from heat and add to remaining meat mixture. Stir well to combine. Remove from heat and serve hot. (Add a little sour cream on top, if desired).