



#### KITCHEN TOOLS

- Cooktop or hot plate
- Pan
- Spoon

#### YOU WILL NEED

- Cooking Oil
- 3 potatoes
- 1 onion
- 1 bell pepper
- 1 zucchini
- 1 cup mushrooms
- ½ teaspoon garlic powder or 1 diced garlic clove
- Salt and Pepper

#### OPTIONAL

- Sausage or Diced Bacon

## THE ICEBOX QUEEN

Priscilla Carruthers 817.915.1686  
priscilla.carruthers@gmail.com

### BREAKFAST HASH<sup>1</sup>

feeds four – 30 minutes

If cooking with optional sausage or bacon, brown in pan. Remove from pan into serving dish, and drain all but one tablespoon of oil. You will use this as your cooking oil for hash.

Peel and dice potatoes. Dice onion, pepper, zucchini, and mushrooms.

Heat 1 tablespoon cooking oil in pan. Saute potatoes over medium heat about 10 to 12 minutes, until potato can be pierced with fork. Add onion, pepper, zucchini, and mushrooms to pan, and saute another 10 minutes. Add garlic, and saute another minute. Add salt and pepper to taste.

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<sup>1</sup> Cooking Video is at [CaldwellFoodPantry.com](http://CaldwellFoodPantry.com)