

Preventing Women's Heart Disease Through Education



CAROL For Heart

Potato Hash

Servings: 4

- 1 tablespoon olive oil
- 2 ounces smoked sausage, finely diced
- 1 large yellow onion, peeled and diced
- 2 pounds russet potato, peeled and cubed
- 1 plum tomato, cored and diced
- 1 cup low sodium vegetable broth
- 2 tablespoons fresh parsley, minced
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper

- Add potatoes to a saucepan and cover with cold water. Bring to a boil over medium-high heat; reduce heat and simmer until tender. Drain potatoes; set aside.
- Bring a large nonstick skillet to medium heat and add the oil.
- Saute the sausage and the onion until golden brown, about 5 to 7 minutes.
- Add the reserved potatoes and cook until lightly browned, about 5 minutes.
- Add the tomatoes and vegetable broth; simmer until most of the liquid has evaporated, about 10 minutes.
- Season with parsley, salt, cumin and cayenne pepper. Serve immediately.

Per Serving (excluding unknown items): 285 Calories; 8g Fat (24.9% calories from fat); 10g Protein; 45g

Recipe courtesy of: Denis Chiappa • Carlow Cookery • www.carlowcookery.com

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