



Red Flannel Hash

(ADAPTED FROM EMMA CHRISTENSEN, KITCHN)

Yield: Makes 4-6 servings

Ingredients

- 1 onion, thinly sliced
- 1 tsp salt
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- ½ tsp black pepper
- 3-4 red potatoes, diced small
- 3 beets, peeled and diced
- ½ head cabbage, core removed and thinly sliced
- 4-6 large eggs
- 1 tbsp olive oil

Instructions

Heat one tablespoon of olive oil in a large skillet over medium-high heat. Add the onions and ½ teaspoon of salt, and cook until the onions become soft and translucent, about 5 minutes. Stir in the garlic, herbs and ½ teaspoon of black pepper. Stir until the garlic becomes fragrant, about 30 seconds.

Add the potatoes, beets and another ½ teaspoon of salt. Stir everything together, cover the pan and turn the heat down to medium. Cook for 10-12 minutes, stirring every few minutes, until the beets are tender. As you stir, be sure to scrape the bottom of the pan every so often to work in the browned bits from the pan.

When the beets are tender, stir in the cabbage. Cover and cook for another 3-5 minutes, until the cabbage is wilted.

At this point, you can serve the hash right away or you can turn down the heat and let it simmer for as long as a half an hour. You can also take the hash off the heat completely and re-heat it when you're ready to serve.

5 minutes before you're ready to serve, crack the eggs around the circumference of the pan. Cover the pan and let the eggs poach for 5 minutes for runny yolks or 7 minutes for firm yolks. Scoop onto plates and serve.

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Description

This dish is a creative spin on a traditional breakfast hash. The combination of herbs, beets, potatoes and onions creates a tasty and comforting breakfast side. The cabbage lightens the carbohydrate content compared to a traditional breakfast hash, and also provides an extra crunch to this dish.



Farmers Market Finds

- Beets
- Green Cabbage
- Potatoes
- Onions
- Garlic
- Eggs



Grocery Store Grabs

- Olive Oil
- Dried Oregano
- Dried Thyme
- Salt & Pepper

Substitutes

Could use tofu in place of eggs.

Could use 1-2 medium-sized sweet potatoes in place of red potatoes.

Could use fresh herbs vs. dried.

Pairs with

This breakfast-inspired recipe would pair well with a fresh fruit, such as sliced bananas, sliced apples, cinnamon applesauce or a fruit salad. It would also pair well toast and sausage (or vegetarian alternative).