

Smoked Sausage Hash

1 PACK SMOKED LINK SAUSAGE (CUT INTO ROUNDS)

1 LARGE ONION, CHOPPED

4 MEDIUM POTATOES (CHOPPED INTO 3/4" CUBES)

3 LARGE CARROTS (CHOPPED INTO 3/4" INCH CUBES)

SALT & PEPPER

1/4 CUP CHOPPED SWEET PEPPER (OPTIONAL)

1/2 TSP. RED PEPPER FLAKES (OPTIONAL)

In a large non-stick pot, skillet or braiser (make sure it has a lid) add the sausage (only) and cook on medium heat while prepping vegetables. Cut onion first and add it to the pot with sausage. Cut carrot next and add to pot with the lid on and time 5 minutes. Chop potatoes while waiting. When carrot timer goes off, add potatoes and peppers (if using),

Place the lid on top and cook on med/low for 5 minutes. Open & stir (turn), then put the lid back on and time 5 minutes again.

When potatoes have been in a total of 10 minutes with the lid on, the hash is ready to serve. Enjoy with summer veggies and cornbread!