



# Veggie Hash



## Ingredients



- 3 medium potatoes
- 6 brussel sprouts
- 1 bell pepper
- 1 carrot
- 2 Tbsp butter
- Salt and pepper to taste
- 1/2 onion



## Directions



1. Chop potato, bell pepper, carrot and onion.
2. Shred brussel sprouts.
3. Sauté the potatoes until they are tender.
4. Add remaining ingredients.
5. Sauté all ingredients for 5 minutes
6. Enjoy!

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# Fast Facts



This Recipe Provides



Fiber



Vitamin A

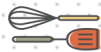


Protein



Vitamin C

Cooking Tips



- This recipe goes really well in a breakfast burrito!
- If you want to increase the protein, add sausage or eggs!

Nutrition Facts



## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.9mg	4%
Potassium 0mg	0%
Vitamin A	50%
Vitamin C	130%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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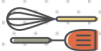


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