



VEGAN BREAKFAST HASH

November 1

World Vegan Day

INGREDIENTS

- 3 Cups Diced Potatoes
- 1 Cup Diced Onion
- 1 Cup Diced Bell Pepper
- 1 Cup Diced Zucchini
- 2 Cups Diced Mushrooms
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Cumin Powder
- ½ Teaspoon Smoked Paprika
- Salt and Pepper (to taste)
- 2-3 Tablespoons Cooking Oil

DIRECTIONS

1. In a large pan over medium heat, add oil and diced potatoes. Stir potatoes and oil together and cook for about 10 minutes or until they begin to crisp and are softer when poked with a fork.
2. Chop the remaining ingredients into bite-sized pieces and add to the pan along with the spices. Give it a good stir and continue cooking for 5-10 minutes, or until veggies are soft.
3. Serve immediately.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	½ Cup	½ Cup	½ Cup