

# Potato Hash

## Ingredients

- 2 large potatoes, peeled and diced
- 1 medium onion, diced
- 1 green bell pepper diced
- 1 red bell pepper, diced
- 1 cup frozen corn kernels, thawed
- 1 tsp poultry seasoning
- 1/4 cup chopped fresh parsley or cilantro
- freshly ground pepper to taste



## Directions

1. Cook the potatoes in water to cover until just tender, about 5 minutes.
2. Drain and set aside.
3. Place the onion and green and red bell pepper in a saucepan with a small amount of water.
4. Cook, stirring frequently, until just tender, about 4 minutes.
5. Add corn and cook 1 additional minute.
6. Remove from heat.
7. Add the cooked potatoes, poultry seasoning, fresh parsley or cilantro, and pepper.
8. Mix well.
9. Place the mixture in a large nonstick skillet.
10. Cook, stirring frequently, over medium heat until the potatoes brown slightly, about 10 minutes.
11. Serve with your favorite salsa or barbecue sauce.

Prep: 20 minutes; Cook: 15 minutes; Serves:4

**Source:** Dr. McDougall's Health & Medical Center Website