



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Sausage Hash

from *Reminisce Magazine*

Serves 4

- 1 pound bulk breakfast sausage
- 5 cups diced cooked potatoes
- 1 large sweet or yellow onion, diced small
- 2 cups mushrooms, sliced
- 2 tablespoons fresh chopped herbs such as chives, parsley, thyme, tarragon, or 2
teaspoons dried
- 3 tablespoons butter
- Sea salt and black pepper to taste

In a large skillet over medium heat, cook the sausage until no longer pink, drain fat and set meat aside. In the same skillet melt the butter and cook the potatoes and onion until the potatoes are lightly browned. Add the mushrooms and cook until most of their juice is released. Stir in the sausage, salt, herbs, and pepper and heat through.

This is a great “starter” recipe that you can vary to suit your family and use whatever veggies you have on hand. Bell peppers or zucchini are a tasty addition for color. Try it with sweet potatoes for a twist.

You can serve this for a main dish supper. If you want more protein, serve with a poached egg on top.

Fresh herbs are a wise addition to any dish you prepare. They add not only color and flavor, but each herb has a medicinal property along with vitamins, minerals, and antioxidants. Get in the habit of throwing in a handful of chopped herbs to salads, sides, and main dishes.

To make this dish vegetarian, substitute “Gimme Lean” Sausage or Oryana’s own homemade Soysage, in place of meat sausage. These products can be found near the tofu in the cheese refrigerator.