

## Spicy Corned Beef Hash with Chorizo



### INGREDIENTS (Serves 4)

- 3 tablespoons unsalted butter
- 1 cup onion, finely chopped
- 2 cups cooked corned beef (½ pound), chopped
- 3 cups cooked potatoes, cubed small (Shortcut: use frozen potatoes)
- ½ cup cooked chorizo, medium chopped, casing removed
- 4 eggs (optional)
- Salt and pepper

### PREPARATION

1. Heat butter in a large (14-inch) cast iron or non-stick skillet over medium heat. Add the onion and cook a few minutes, until translucent.
2. Mix in the chopped corned beef, chorizo and potatoes. Stir and spread evenly over the pan. Turn heat to medium low and press down on the hash mixture with a spatula.
3. Shake, but don't stir, the hash mixture. Let it brown like a giant potato pancake, being careful not to burn the butter.
4. Once browned, use the spatula to flip over sections in the pan so they can brown on the other side, pressing down with the spatula as needed. (Add more butter to the pan if the hash is sticking.)
5. Continue to cook in this manner until the hash is nicely browned and looks lightly crisped.
6. Remove from heat, stir in some freshly chopped parsley. Add plenty of freshly ground black pepper, and salt to taste.

*Vegetarian option:* Substitute chopped stir fry vegetables and a tablespoon (or more) of Cajun spices for the corned beef and chorizo.

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## SHOPPING LIST

### Produce

1 onion

Potatoes (fresh or frozen)

### Meat/Poultry/Seafood

½ pound corned beef (cooked)

Chorizo

### Refrigerated/Frozen

Unsalted butter

Eggs (optional)

## SERVING SUGGESTION

Top each portion with a fried or poached egg and serve with toast or an English muffin. Try it with a little warm chili sauce, Creole mustard sauce or roasted corn and tomato salsa! Serve alongside a creamy soup and crusty bread.

## NUTRITIONAL INFORMATION

Per Serving: 247 calories, 19 g fat, 70 mg cholesterol, 3 g carbohydrates, 2 g dietary fiber, 16 g protein 169 mg sodium

*The nutritional values and information provided are approximations.*

*This Rush Hour Recipe courtesy of:*

National Cooperative Grocers Association

