



Chicken, Snap Bean, & Red Potato Hash

Prep Time: 20 minutes
Cook Time: 10 minutes
Yield: 3-4 Servings

INGREDIENTS

• **3 links chicken sausage, cut into bite-sized pieces**

3 fresh red potatoes

2 cups fresh snap beans, cut

1 red onion, sliced

¼ cup canola oil

4 tbsp TFA Seasoning Blend

DIRECTIONS

1. **Wash** produce thoroughly.
2. **Shred** red potatoes with skin on, hold in a bowl of cold water until ready for use.
3. **Snap off** the ends of the beans, cut into bite-sized pieces.
4. **Place** a skillet over medium heat and add canola oil.
5. **Sauté** chicken sausage, red onion, and snap beans together for 2 minutes.
6. **Drain** the shredded potatoes and press between dry paper towels to drain excess water, add to the skillet with seasoning blend.
7. **Sauté** in pan, stirring occasionally, until potatoes are thoroughly cooked.



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Recipe adapted from:
The Food Academy, LLC