

ROOT VEGETABLE HASH

Prep Time: 15-20 mins

Cooking Time: 30 mins

Servings: 4



INGREDIENTS

- 3-4 small potatoes, diced small
- 2-3 yellow onions, diced small
- 2-3 medium beets, diced small
- 4 eggs
- 2-3 medium turnips, diced small
- 2-3 tablespoons olive oil (for roasting and a touch for frying eggs) *
- Salt and pepper to taste*

INSTRUCTIONS

**ingredients that are not provided by the Good Food Bus*

1. **Preheat Oven** : Preheat oven to 400.
2. **Peel Beets/Turnips** : Trim off the roots of the beets and turnips with a knife, then peel.
3. **Dice Beets/Turnips Into Cubes** : One at a time, using a knife, slice off ½" lengths of each one. This will leave you with ½" round discs that are the width of the initial veggie. Lay each disc flat on the cutting board, and cut into 3 or 4 equal lengths in one direction, turn the entire disc 90 degrees, then slice again. The end result will roughly resemble ½" cubes.
4. **Repeat** : Repeat steps 2-3 for each beet and turnip, then set aside.
5. **Dice Potatoes** : Without peeling potatoes, repeat step 3 for each potato, then set aside.
6. **Peel and Dice Onions** : Remove the stem and roots from each onion, the peel off the outer layer. Once each onion is peeled, repeat step 3 for each onion, then set aside.
7. **Prepare to Roast Vegetables** : Assemble all of the cubed vegetables onto baking sheets in a single layer. Drizzle the top with olive oil, then stir around with spatula until well coated and spread out again into a single layer. Sprinkle the tops with salt and pepper. (*Helpful Hint : For this amount of vegetables, 2 or 3 baking sheets should be used to reduce cooking time*).
8. **Roast Vegetables** : Roast vegetables in the oven for 30 minutes or until tender and edges begin to crisp. Stir vegetables every 8-10 minutes to prevent sticking and to ensure even cooking.
9. **Portion Vegetables into Bowls** : When vegetables are fully cooked, portion them by scooping into bowls with a spatula. Taste the vegetables and add more salt and pepper if needed.
10. **Fry Eggs** : Heat a medium sauté pan on medium-high heat and add a splash of olive oil once pan is hot. Swirl oil around the pan, then quickly crack in eggs, cooking two at a time. Sprinkle each with salt and pepper. Place on top of root vegetables. Repeat for remaining eggs. (*Helpful Hint : For over-easy, let egg cook on one side until the whites begin to set, about 10 seconds, then flip with a spatula and let cook for 10 more seconds. For over-medium or over-hard, cook longer on both sides*).

- > Breakfast sausage or bacon would accompany meal nicely, as would wedges of avocado or a bed of salad greens.
- > Good idea to leave egg yolks runny because acts as a yummy sauce when punctured into the roasted vegetables

FOR THE EXTENDED RECIPE, MEAL PHOTOS, AND HELPFUL HINTS—GO TO...

www.goodfoodbus.org/blog

goodfoodmoves@gmail.com

207-513-3849

[@goodfoodbus](https://www.instagram.com/goodfoodbus)

