

## **Taco Taco Breakfast Hash**

**Serves 4**

### **Ingredients:**

1 batch **Wellness Forum Health's Taco Taco Mix** prepared according to package instructions

1 medium yellow onion, diced

1 medium red bell pepper, diced

1 large russet potato, scrubbed and diced

1 15-ounce can crushed tomatoes

1 teaspoon ground cumin

1 teaspoon mild chili powder

sea salt to taste

### **Instructions:**

- Sauté the onion and red bell pepper in a large skillet over medium heat for 8-10 minutes, until the onions are soft and lightly browned. Add water 1 to 2 tablespoons at a time as needed to keep the vegetables from sticking to the pan
- Add the diced potatoes and 1/2 cup water. Cover the pan and cook until the potatoes are just tender, about 8 minutes.
- Add the crushed tomatoes, ground cumin, chili powder and prepared Taco Taco mix to the pan.
- Simmer over medium-low heat for 15 minutes until much of the liquid has cooked out of the dish.
- Serve warm