

RECIPE

Hero Vegetable: CARROTS

Carrot Chorizo Hash

Ingredients:

1 lb carrots, diced
1 lb potatoes, diced
1 cup kernel corn
1 onion, diced
½ a green bell pepper, diced
8 oz Mexican chorizo, casing removed
1 tsp cumin
Salt and pepper to taste¼ cup plus 2Tbs vegetable oil

Directions:

Preheat your oven to 350F. Line a baking sheet with parchment paper and set aside. In a medium sized bowl, combine the ¼ cup vegetable oil, carrots and potatoes. Sprinkle with salt and pepper. Transfer the carrots and onions to the parchment lined baking sheet spreading the pieces out to a single layer. Bake for 15-20 minutes then set aside to cool slightly.

Heat the 2 tablespoons oil in a large frying skillet. Sauté the onions and bell pepper until onion is translucent. Add the Mexican chorizo, cumin, and a sprinkle of salt and pepper. Break up the chorizo and cook until it turns a deeper shade of red and releases its own oils. Add in the carrots and potatoes, stirring to incorporate with the onions, bell pepper, and chorizo. Sprinkle with corn and remove from heat.