

Breakfast Beef Hash

INGREDIENTS:

- Home Fries (see below)
- 1 tsp coconut oil or duck fat
- 1 lb grass-fed beef
- Sea salt, to taste
- ½ Vidalia onion, chopped
- ½ fennel bulb, chopped
- 2 medium carrots, chopped
- 3 stalks celery, chopped
- Ground black pepper, to taste

PROCESS:

- Prepare Home Fries. While they are in the oven, make the beef hash.
- In a large skillet over medium heat, melt the coconut oil. Add ground beef, season with a pinch of salt, and cook until browned. Remove the ground beef from the skillet with a slotted spoon and set aside.
- Add the onion to the skillet and saute over medium heat until it starts to soften, about 2 minutes. Add the fennel, carrots, and celery. Season with salt and pepper. Continue to cook over medium to medium-low heat until the vegetables are tender and browned, about 10 minutes.
- Return the beef to the skillet and stir to combine with the sauteed vegetables. Reduce the heat to simmer to keep the hash warm until the potatoes have finished roasting.
- Remove the Home Fries from the oven, top with ground beef and vegetable mixture. Serve.

Home Fries:

- 3-4 potatoes, diced
- Olive oil, butter, or coconut oil
- 1 tsp paprika
- 1 tsp onion powder
- 1 tsp oregano
- 1 tsp sea salt
- ½ tsp black pepper

Preheat oven to 400 degrees F. Grease baking sheet. Place diced potatoes on baking sheet and dust with spice blend. Bake for about 30 minutes, stirring frequently.

ENJOY!

From: Make it Paleo II

