

SOUTH-OF-THE-BORDER BEEF HASH

Total preparation and cooking time: 30 minutes

- 1 pound ground beef**
- 3 cups frozen potatoes O'Brien**
- 1-1/2 cups prepared thick-and-chunky salsa**
- 1 can (4 to 4-1/2 ounces) chopped green chilies**
- 1/2 cup shredded Mexican cheese blend**

1. Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Pour off drippings.
2. Stir in potatoes. Cook 5 minutes, stirring occasionally. Stir in salsa and chilies; continue cooking 8 to 10 minutes or until potatoes are lightly browned, stirring occasionally. Sprinkle with cheese. Let stand 5 minutes

Makes 4 servings.

***Nutrition information per serving, using 75% lean ground beef:** 422 calories; 19 g fat (9 g saturated fat; 7 g monounsaturated fat); 87 mg cholesterol; 999 mg sodium; 33 g carbohydrate; 3.7 g fiber; 28 g protein; 6.6 mg niacin; 0.7 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 3.9 mg iron; 20.3 mcg selenium; 6.2 mg zinc.*

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.

***Nutrition information per serving, using 95% lean ground beef:** 365 calories; 11 g fat (6 g saturated fat; 3 g monounsaturated fat); 88 mg cholesterol; 945 mg sodium; 36 g carbohydrate; 2.8 g fiber; 31 g protein; 7.8 mg niacin; 0.7 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 4.3 mg iron; 20.0 mcg selenium; 6.4 mg zinc.*

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