



## Grandma Helen's Slumgolean

(Poor Man's Hash)



### Ingredients per two people:

- 2 TBSP Canola or Vegetable oil
- 1 TBSP Butter
- 6 oz of whatever meat you want (optional, I usually choose bacon if I have it, or breakfast sausage. I have seen dad use ham and smoked sausage before.)
- 1 potato of any size, shredded, sliced, or diced
- 1/8 cup of sliced or diced onion
- 1/8 cup bell pepper (Optional)
- 1 slice of whole wheat or white bread, torn into small pieces
- Salt, pepper, red pepper flakes, garlic, rosemary, and paprika all to taste
- 1 egg, beaten
- 1 handful (About 1/2 cup) of cheese of choice (Optional)

1. Coat the bottom of your skillet with both oil and melted butter, the oil is to help with the smoking point and the butter is for flavor.
2. Start browning your meat if you are using any, then add your potatoes, cooking at a medium high heat
3. When the potatoes have browned a little, add the vegetables, making sure they brown but don't burn. Add seasonings.
4. Add the bread and you want it to be a nice tidbit of toast.
5. When your bread has toasted and all the rest look good to your tastes, put in the egg, turn off the heat and scramble. It only takes a minute or less for the egg to be at a soft scramble. Add cheese on top if desired, it should be melted by the time you serve.
6. Serve and enjoy.