

# Morning Hash Browns – Vegan – SOS

Prep Time: 10 minutes  
Cook Time: 20 minutes  
Total Time: 30 minutes

Serving Size: 2  
Calories per serving: 212  
Fat per serving: 0

## Ingredients

- 4 large potatoes, diced
- 1 red onion, diced
- 1 green bell pepper, diced
- 1 tablespoon granulated garlic
- 4 tablespoons vegetable broth, Trader Joe's Low Sodium
- 1 tablespoon oregano
- 1 pinch black pepper
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## Instructions

1. Steam the diced potatoes until they are tender, about 10 minutes, and then set aside.
2. Place 2 tablespoons of low sodium vegetable broth in nonstick skillet over medium-high heat, and add garlic, onion and bell pepper. Stir frequently.
3. Add the cooked diced potatoes, black pepper, oregano, and 2 more tablespoons of the vegetable broth.
4. Cook, and turn gently until the potatoes are golden.

## Notes

Nutrition facts (per serving): Calories: 212, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 36mg, total carbohydrate: 49g, fiber: 6g, sugar: 2g, protein: 6g.