

Potato Hash with Mustard Cream Sauce

Serves: 4 Total Time: 20 minutes

Ingredients:

- 4 tbsp olive oil
- 2 lg potatoes, cubed (red or yukon gold work best)
- 1 can (15oz) chickpeas or beans, drained and rinsed
- 1 can corn, drained and rinsed
- ½ onion, chopped
- ½ cup other vegetables, chopped (raw, canned, frozen or leftover, use whatever's on hand!)
- 1 tsp dried thyme (optional)
- salt & pepper to taste

For the sauce:

- 2 tbsp mustard
- 4 tbsp mayonnaise (substitute greek yogurt for a healthier version)
- 1 tbsp pickle brine, lemon juice, or cider vinegar
- A pinch of sugar (optional)

Directions:

1. In a large skillet, heat olive oil over high heat. Add potatoes and stir to coat in oil. Cover and let cook for 5-6 minutes, stirring occasionally, until potatoes are almost tender and browned on all sides.
2. Remove the lid and add canned beans, corn, onion, thyme, and other vegetables. Season with salt and pepper to taste. Stir until well combined, then let cook without stirring for 3 minutes, until ingredients have had a chance to brown on the bottom. Toss briefly and let cook for another 3 minutes.
3. Meanwhile, in a small bowl whisk together sauce ingredients. Add 1-2 tbsp cold water, until the sauce is just thin enough to drizzle.
4. Transfer potato mixture to a serving bowl or plate and drizzle with sauce to serve.

Quick Tips:

- Include meat if you want: sausage, chicken, ham, or even a little ground beef can be added for a bigger meal. Better yet, top with a fried egg!
- Substitute sweet potatoes for the regular potatoes, or make use of pre-cooked leftover potatoes.
- If you have any fresh herbs, chop them up and sprinkle a healthy portion on top for added flavor.

Emily's Turkey Chili

Serves: 6-8 Total time: 30 minutes

Ingredients:

- 1 lb ground turkey
- ½ cup tomato sauce
- 3 cans (15oz each) beans (mix it up with cannellini, black beans, kidney beans, or lentils)
- 1 small can of tomato paste
- Salt, pepper, & chili powder to taste
- 1 onion, chopped (if you don't have an onion, try 2-3 tsp onion powder and 1 tsp garlic powder)

Optional toppings: shredded cheese, sour cream or plain greek yogurt, guacamole.

Directions:

1. In a medium pot over medium-high heat, cook ground turkey until well browned, breaking it up into small pieces with a spoon.
2. Add tomato paste and stir until it's evenly mixed in. Add tomato sauce and stir again, then add beans and spices.
3. Add water ¼ cup at a time and turn heat up to high until it's bubbling and thick. Repeat this process, adding about a full cup of water and stirring each time to help flavors meld.
4. Taste and season with more salt, pepper, and chili powder as needed. Serve with your choice of optional toppings.

Quick Tips

- Once cooled you can keep this chili in the fridge up to one week, or portion and freeze up to 3 months.
- This recipe is even better the next day since all the ingredients have a chance to marinate together further.
- Use chili leftovers as a topping for baked potatoes or tacos, or as a filling for burritos and quesadillas.