

Turkey Hash

Prep Time **10 min**

Cook Time **30 min**

Makes **5 servings**

2 T oil or water

1 medium onion, diced

2 cloves garlic crushed or minced

2 tsp fresh rosemary, minced, if available

2 tsp dry sage or poultry seasoning

3 medium carrots, diced- optional

1 pound ground turkey

1 tsp brown sugar or molasses

4 large yellow skinned potatoes (or equivalent)

1 cup water

6-8 large kale leaves, chopped

¼ cup balsamic vinegar

salt and pepper to taste

Warm 2 T oil or water in a 6 quart heavy-bottomed pot or large frying pan.

Add onions, garlic, herbs, and optional carrots and cook on medium until onions are getting translucent.

Add ground turkey, brown sugar, salt and pepper, and stir into onions, brown for a few minutes.

Add potatoes, stir well. Add water and cook covered until potatoes are soft enough to cut easily with a fork. Stir periodically and add a ¼ cup of water at a time as needed to keep potatoes from sticking.

Add chopped kale and balsamic vinegar and cover immediately. Cook for about 5 more minutes, until kale is soft. Taste and add more salt/pepper as needed.

Serve. Add a few splashes more balsamic vinegar to each serving to taste as desired.

