

## Beef

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# Spanish Beef Hash

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**Servings: 6**

**Preparation Time: 40 minutes**

**Cook time: 30 minutes**

**1 pound ground beef**  
**2 cups sweet yellow, green and red pepper, chopped**  
**1 small onion, chopped**  
**3 cloves garlic, minced**  
**2 small potatoes, peeled and cut into 3/4-inch cubes**  
**2 medium tomatoes, chopped**  
**1 can (8 oz) tomato sauce**  
**2/3 cup pitted green olives, chopped**  
**1/2 cup fresh mushrooms, sliced**  
**1/2 cup dry red wine or beef broth**  
**1 tablespoon hot sauce**  
**1 tablespoon Worcestershire sauce**  
**1 1/2 teaspoons reduced-sodium soy sauce**  
**1 teaspoon pepper**  
**1/2 teaspoon salt**  
**1/2 teaspoon dried oregano**  
**1/4 teaspoon cajun seasoning**  
**hot cooked rice**

In a Dutch oven, cook the beef, peppers, onion and garlic over medium heat until the meat is no longer pink. Drain.

Add the potatoes, tomatoes, tomato sauce, olives, mushrooms, red wine and seasonings.

Bring to a boil. Reduce heat and simmer, uncovered, for 30 to 35 minutes or until the potatoes are tender.

Serve with rice.

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Per Serving (excluding unknown items): 320 Calories; 22g Fat (61.1% calories from fat); 15g Protein; 16g Carbohydrate; 3g Dietary Fiber; 64mg Cholesterol; 759mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.