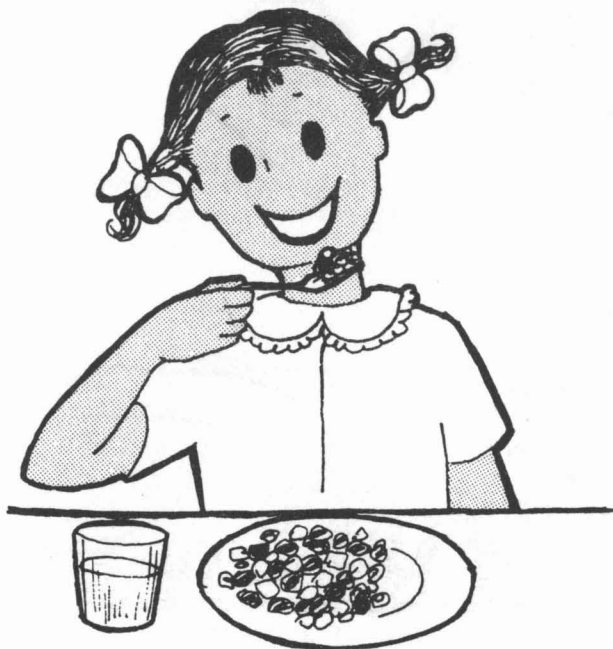


# MEAT HASH

It is good for dinner or supper.



This recipe makes enough for 6 people.

## WHAT YOU USE:

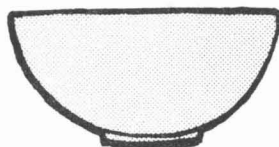
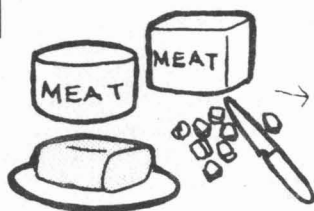
canned or leftover cooked meat  
white potatoes  
onion  
water  
salt

TEXAS A&M UNIVERSITY  
TEXAS AGRICULTURAL EXTENSION SERVICE  
J. E. Hutchison, Director, College Station, Texas

# MEAT HASH

Wash all fresh vegetables before you eat or cook them.

1

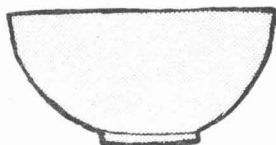
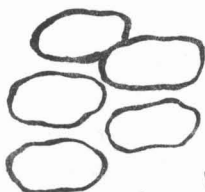


Canned or cooked  
meat, chopped

-  $1\frac{1}{2}$  cups.

Put in a bowl.

2

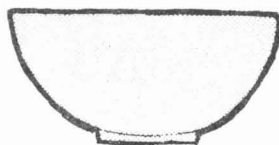


About 6 white  
potatoes, raw  
or leftover

peeled and  
- chopped.

Put in the bowl.

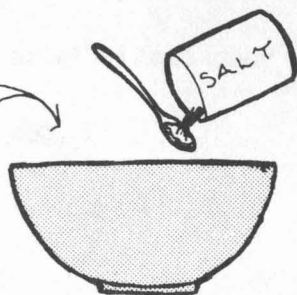
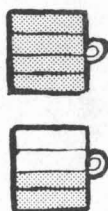
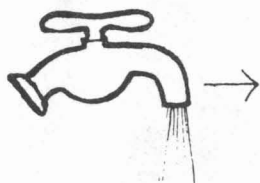
3



1 medium onion -  
peeled and  
chopped.

Put in the bowl.

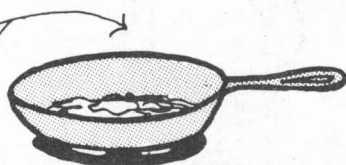
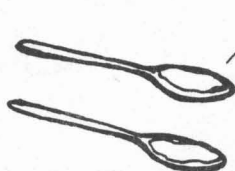
4



Water, milk, or  
juice from meat - about  
 $1\frac{1}{2}$  cups.

Put in the bowl.  
Add a little salt.  
Stir.

5



Fat

2 tablespoons.

Melt the fat in  
a frying pan.

6



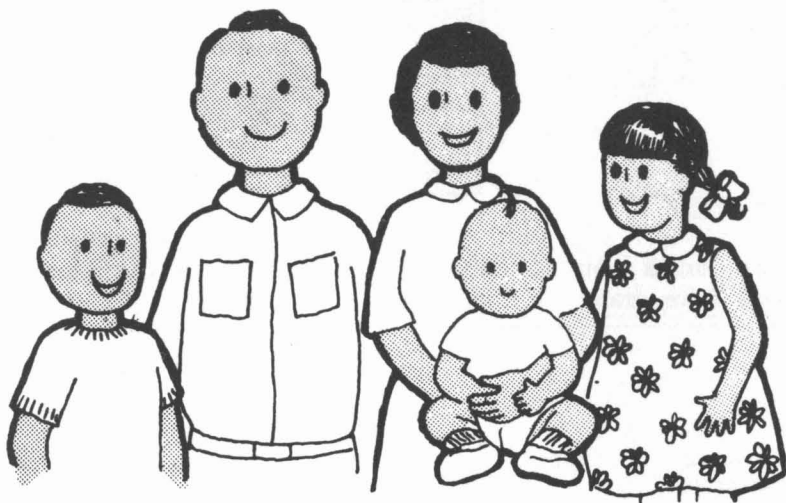
Put hash in frying pan.  
Cook slowly.

7



Stir until potatoes  
are brown and done.

**Your family is happier when you cook good food.**



**A GOOD DIET has meat, eggs, cheese or dry peas and beans every day. It also has fruits and vegetables. A good diet has milk and cereals.**

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