

## Vermont Morning® Savory

## Corned Beef Hash®

Instead of potatoes, substitute whole grain **Vermont Morning®**. Better nutritional, remarkable texture and traditional flavors!

Prepare the beef brisket per instructions on the package. When cooked, allow it to cool. Remove all the outside layers of fat that you can. Chop the corned beef into small chunks or if you prefer a less precise look, shred the brisket with two forks, cutting the long strands into smaller bits. Set aside 2 cups corned beef.

1/4 cup green pepper diced into ½ inch dice  
1 cup onion chopped into ½ inch dice  
1 clove garlic minced  
Sauté in a little butter or oil in a non-stick pan  
Mix in the corned beef

While sautéing, prepare **Vermont Morning®** as usual, substituting broth for water.  
1 cup Vermont Morning multi-grain hot cereal - dry  
1 1/3 cups broth (beef or vegetable)

Mix the cooked **Vermont Morning®** into the vegetables and meat mixture in the pan separating the grains into small bits as you continue cooking. Sauté like hash, letting some of it brown and crisp, turn it and repeat until it is cooked to your liking. Season with salt & pepper, Worcestershire sauce to taste. Serve topped with poached eggs, on toast, or as a side dish.

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