



Cowboy Hash and Eggs, Texas Toast and Salsa

READY IN

ready

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35 min.

SERVINGS

servings

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4

CALORIES

calories

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866 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 3 slices hickory bacon smoked chopped
- ☐ 3 tablespoons butter divided
- ☐ 2 teaspoons coarse salt and pepper (recommended: Montreal Steak Seasoning)
- ☐ 4 slices bread thick cut white thick
- ☐ 4 extra large eggs
- ☐ 1 clove garlic
- ☐ 1 bell pepper diced green seeded

- ☐ 0.5 teaspoon several drops hot sauce cilantro leaves fresh chopped for garnish (recommended: Tabasco)
- ☐ 4 servings hot sauce (recommended: Tabasco)
- ☐ 1 jalapeno seeded finely chopped
- ☐ 12 medium mushrooms quartered
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 0.5 medium onion red chopped
- ☐ 0.5 medium onion red finely chopped
- ☐ 8 small potatoes red
- ☐ 4 servings variety of salsa that you may have in your pantry is a substitute here as yellow store bought well fine
- ☐ 4 servings salt
- ☐ 2 cups cheddar cheese smoked shredded
- ☐ 3 medium tomatoes yellow seeded chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave

Directions

- ☐ Chop all veggies for hash. Pierce potatoes with a fork and cook on high in microwave 5 minutes.

- ☐ Remove potatoes from microwave oven and cool for 5 minutes.
- ☐ While potatoes are working, add chopped bacon to a large skillet over medium high heat and brown until crisp.
- ☐ Remove to paper towels to drain, wipe pan and return to heat.
- ☐ Preheat your broiler to high. Preheat a nonstick griddle pan for frying eggs over medium heat.
- ☐ Chop or wedge potatoes.
- ☐ Add oil to the skillet which you returned to the heat, then potatoes. Begin to brown and crisp potatoes, 2 minutes on each side. Use this time to chop your salsa ingredients.
- ☐ Combine salsa in a small bowl and season with salt.
- ☐ Back to the hash: add the mushrooms to potatoes. Brown mushrooms a minute or 2, then add peppers and onions and season mixture with grill seasoning blend or salt and pepper, then hot sauce. Cook 3 to 5 minutes longer until veggies are just tender and potatoes are cooked through. Turn off heat and add bacon back to the pan.
- ☐ Combine bacon with the veggies then add cheese to the pan to evenly cover the mixture. Tent the skillet with foil to gently melt cheese over vegetables and potatoes and to retain heat.
- ☐ Add a couple pats, 1/2 tablespoon butter, to preheated griddle pan. Crack extra large eggs on to griddle and fry to desired doneness. Eggs may, of course, be scrambled as well. As you like!
- ☐ Place thick cut bread under broiler and toast 6 inches from heat on both sides.
- ☐ Place 2 tablespoons butter in a small cup with a clove of garlic and ground cayenne pepper or a few drops of hot sauce. Melt in microwave for 30 seconds.
- ☐ Brush toast with garlic cayenne butter and sprinkle with parsley.
- ☐ Remove from broiler.
- ☐ Transfer vegetable and bacon hash to plates. Top each portion with a single fried egg or arrange the fried eggs evenly over the platter.
- ☐ Serve with Texas garlic toast and serve the salsa on the side to compliment either menu item.

Nutrition Facts



■ PROTEIN 15.47% ■ FAT 49.39% ■ CARBS 35.14%

Properties

Glycemic Index:85.44, Glycemic Load:10.32, Inflammation Score:-9, Nutrition Score:41.317391063856%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 866.28kcal (43.31%), Fat: 48.41g (74.47%), Saturated Fat: 21.58g (134.9%), Carbohydrates: 77.52g (25.84%), Net Carbohydrates: 68.77g (25.01%), Sugar: 10.5g (11.66%), Cholesterol: 298.29mg (99.43%), Sodium: 1232.42mg (53.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.11g (68.22%), Vitamin C: 64.62mg (78.32%), Selenium: 49.75µg (71.07%), Phosphorus: 707.45mg (70.74%), Potassium: 2111.23mg (60.32%), Vitamin K: 61.57µg (58.64%), Calcium: 555.61mg (55.56%), Vitamin B2: 0.94mg (55.2%), Vitamin B6: 1.03mg (51.59%), Manganese: 0.87mg (43.66%), Vitamin B3: 8.43mg (42.17%), Copper: 0.79mg (39.59%), Vitamin B1: 0.58mg (38.62%), Folate: 151.76µg (37.94%), Fiber: 8.74g (34.98%), Vitamin A: 1658.87IU (33.18%), Vitamin B5: 3.24mg (32.39%), Zinc: 4.84mg (32.28%), Magnesium: 125.18mg (31.29%), Iron: 5.57mg (30.95%), Vitamin E: 3.09mg (20.6%), Vitamin B12: 1.22µg (20.32%), Vitamin D: 1.63µg (10.89%)