

## **Vegetable Hash**

2 slices bacon chopped  
½ tbsp coconut oil/butter/ coconut ghee  
1 cup ½ inch dice Yukon Gold potatoes  
1 cup ½ inch dice parsnips  
1 cup ½ inch dice peeled rutabagas  
1 cup ½ inch dice carrots  
¼ cup ½ inch dice bell pepper  
¼ cup ½ inch dice onion  
3 garlic cloves, minced

Heat pan on medium heat. Once pan is hot, fry the bacon in the pan until brown. Add the onion, garlic and bell pepper and sauté until tender. Add the coconut oil until melted and then toss potatoes, rutabagas, carrots and parsnips. Sprinkle generously with salt and pepper. Cook vegetables until tender and browned, stirring and turning occasionally, about 15 minutes.