

Corned Beef Hash

Makes 1 serving (1 protein, 1 vegetable or fruit)
22 grams protein
8 grams fat
195 calories

Ingredients

- Leftover corned beef from corned beef and cabbage
- Leftover cabbage, **Radish Relish** recipe, or **Marinated Apple Relish** (from our website)
- 1 tablespoon onion, minced
- 1 clove garlic, crushed and minced
- Pinch of fresh thyme
- Pinch of fresh oregano, chopped
- Sea salt and pepper to taste

Directions

1. Chop up corned beef into finely diced chunks.
2. Combine with finely chopped leftover cabbage or one serving of radish or apple relish and spices, and mix well.
3. Preheat non-stick or cast iron skillet.
4. Press corned beef mixture into pan firmly and cover.
5. Cook for approximately 5-6 minutes on medium heat until lightly browned.
6. Add a little beef broth or water to deglaze, mix and press down again, cooking for an additional 5-6 minutes.
7. Repeat as necessary until hot and lightly browned.

PHASE 3 MODIFICATION

Use butter to cook the corned beef mixture and add bell peppers and additional vegetables if you like (make sure they are not starchy vegetables).



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