



---

## Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# *Crispy Potatoes with Green Beans and Eggs*

**Prep Time:** 10 mins

**Cook Time:** 30 mins

**Total Time:** 40 mins

## **Ingredients**

- 1 cup(s) beans, green, fresh or cooked, cut into 1-inch pieces
- 2 tablespoon oil, olive, extra virgin
- 5 cup(s) potato(es), cooked and diced, or 2 pounds boiling potatoes, peeled and cut into 1/2-inch dice
- 2 clove(s) garlic, minced
- 1/8 teaspoon pepper, red, crushed
- 1/2 teaspoon salt
- pepper, black ground, to taste
- 4 large egg(s)
- 1 pinch paprika, (optional)

## **Preparation**

- 1) If using fresh green beans, cook in a large saucepan of boiling water until crisp-tender, about 3 minutes. Drain and refresh under cold running water.
2. Heat oil in a large nonstick or cast-iron skillet over medium heat until hot enough to sizzle a piece of potato. Spread potatoes in an even layer and cook, turning every few minutes with a wide spatula, until tender and browned, 15 to 20 minutes for raw potatoes, 10 to 12 minutes for cooked.
- 2) Stir in the green beans, garlic, crushed red pepper, salt and pepper.
- 3) Crack each egg into a small bowl and slip them one at a time into the pan on top of the vegetables, spacing evenly. Cover and cook over medium heat until the whites are set and the yolks are cooked to your taste, 3 to 5 minutes. Sprinkle the eggs with paprika, if desired, and serve immediately.

