



---

## Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

---

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](#)

---

*If Veterans don't help Veterans, who will?*

---

**Note:**

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



## ***Hash Browns***

- 2 Large potatoes, baking variety
- 2 Tbsp onion, finely chopped
- 1 Clove garlic, finely minced
- 1/2 Tsp thyme, fresh, (or 1/4 teaspoon dried)
- 1/8 Tsp pepper, black

- 1) In a saucepan, cook potatoes in boiling water to cover until tender. Drain, allow to cool slightly, then peel and shred.
- 2) Combine potatoes, onion, garlic, thyme and pepper in a bowl and toss to mix.
- 3) Spray a 10-inch non-stick skillet with vegetable cooking spray and place over medium heat until hot.
- 4) Pack potato mixture into preheated skillet and cook for 6 to 7 minutes or until browned on the bottom.
- 5) Invert potato patty onto a plate. Slip potato patty browned side up into skillet and cook for 6 to 7 minutes or until browned. Cut into wedges.

Makes 4 Servings