

Generous German Potato 'n Beaniewurst Hash + Sparkling Fruit Schorle



generous german potato 'n beaniewurst hash

drain+rinse+pulse

Drain 1 **15-oz can of pinto or kidney beans** and rinse them under cold water. Add to a mixing bowl and pulse with an immersion blender OR mash by hand with a potato masher. Mixture should be slightly chunky.

measure+mix

Add **1½ tsp poultry seasoning, 2 tsp tomato paste, 1 tsp paprika, ½ tsp salt,** and **¼ C all-purpose flour** to the beans. Mix well!

crack+separate+whisk+mix

Crack **1 egg** and separate the yolk and the white. Whisk the white (discard the yolk or save for tomorrow's breakfast) and add egg white to the beans. Mix again.

crumble+pan-fry

With floured hands, take small pieces of the beanie mixture and crumble them so that they resemble small pieces of sausage. Heat **2 T of olive oil** in a skillet and pan-fry beanie crumbles until crisp! Then remove crumbles from pan and set aside while you make the rest of the recipe.

::recipe continued::

Family Fun Recipes

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shred+squeeze+slice+mix

Using a food processor or a box grater, shred **2 Russet potatoes**. Add potatoes to a colander, sprinkle with **1 tsp salt**, and squeeze to remove the liquid. This step will help the potatoes get crispy in the skillet. Thinly slice **2 green onions** and mix in with the shredded potatoes. Transfer potatoes and onions to a mixing bowl.

pan-fry+flip

Heat **2-3 T olive oil** in your skillet. Once oil has heated, add shredded potatoes and green onions in an even layer across the skillet. Pan-fry for several minutes until bottom potatoes are crispy and golden brown, then flip and cook the other side.

measure+whisk+add+mix

While hashbrowns are pan-frying, measure and add **1½ T sugar**, **2 T white/apple cider vinegar**, **1 tsp salt**, and **a pinch of ground black pepper** to a small mixing bowl. Whisk! Then add to the shredded potatoes in the skillet once they're crispy and golden brown. Add the beanie crumbles back to the skillet, mix, and allow to heat through before serving.



sparkling fruit schorle

measure+pour+stir

Measure and pour **2 C fruit juice** and **2 C sparkling water** into a pitcher. Add **ice**, stir, then divide into glasses and enjoy!

::continued::



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shopping list

German Potato 'n Beaniewurst Hash

- 1 15-oz can pinto or kidney beans
- 1 ½ tsp poultry seasoning
- 2 tsp tomato paste
- 1 tsp paprika
- 1½ tsp salt
- 1 egg
- ¼ C All-purpose flour + more for dusting
- 2 Russet potatoes
- ¼ C + 2 T olive oil
- 1½ T sugar
- 2 T white/apple cider vinegar
- Pinch black pepper

Sparkling Fruit Schorle

- 2 C fruit juice (any flavor)
- 2 C sparkling water
- Ice

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What's a Wurst?

“Wurst” (pronounced “Vorst”) is German for “sausage.” It’s believed that sausages were early inventors’ way of utilising as much meat from the animal as possible, and also as a way of preserving the meat. Sausages are typically fermented, which means they’ve been cured and treated to last longer.

What's a Schorle?

Schorle is a very common drink in Germany made by diluting wine or juice with sparkling water or lemonade in a 50/50 ratio. The most common version is made with apple juice and sparkling water; it’s called Apfelschorle. Any type of juice can be used to make a Schorle!

The Surprise Ingredient: Potatoes!

- ★ Potatoes are the #1 vegetable crop in the world!
- ★ The potato has been a staple ingredient in the German diet since the 17th century, when King Frederick was known to give seeds to citizens and demonstrate how to plant them for food.
- ★ Scientists believe the very first potatoes were cultivated 8,000 years ago by hunter gatherers near Lake Titicaca - high in the Andes Mountains, on the border of Peru and Bolivia.
- ★ Potatoes don’t grow from seeds like other vegetables and fruits. Instead, they grow from “seed potatoes” which sprout and form roots underground.
- ★ 1 cup of cooked potatoes contains 32% of a DV of Vitamin B6, which is a major antioxidant (antioxidants help clear the body of harmful substances.) We need B6 to help our brains and hearts: this vitamin helps us learn better, keeps our moods high, our brains sharp, and helps us pay attention.
- ★ Potatoes are rich in carbohydrates, which makes them a good source of energy. They have high content of vitamin C and potassium, and protein that is well matched to human needs.

Time for a laugh!

What do you call a baby potato? A small fry!

What is the most powerful potato in the galaxy? Darth Tater.

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