Squash, Apple and Turkey Sausage Hash
(Soft & Bite-Sized)

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THICK & EASY® — Hormel

IDDSI LEVELS ⑥

INGREDIENTS

	2 Servings	6 Servings	12 Servings
Pork sausage, seasoned, raw	6 oz (raw weight)	1 lb. 2 oz. (raw weight)	2 lb. 4 oz. (raw weight)
Dried, minced onion	1 tsp	1 Tbsp	2 Tbsp
Butternut squash, diced to 1/2" cubes	1 1/4 cup	3 3/4 cup	7 1/2 cup
Apple, peeled, cored and diced to 1/2" pieces	1 cup	3 cups	6 cups
Broth (chicken or beef)	1 cup	3 cups	6 cups
THICK & EASY® Instant Food & Beverage Thickener Item: 17938	1 1/2 tsp	1 Tbsp	2 Tbsp
Spinach, fresh, finely minced	1/4 cup	3/4 cup	1 1/2 cups
Salt & pepper	To taste	To taste	To taste

NUTRITION

Serving Size: about 1 cup

Calories: 340

Total Fat: 23g

Saturated Fat: 8g

Cholesterol: 60mg

Sodium: 740mg

Total Carb: 19g

Dietary Fiber: 4g

Sugars: 8g

Added Sugars: 0g

Protein: 15g

Vitamin D: 0% DV

Calcium: 4% DV

Iron: 10% DV

Potassium: 15% DV

DIRECTIONS

1. Spray pan with cooking spray.
2. Add sausage and dried, minced onion and cook until meat is browned and no longer pink. Use a spoon or spatula to break up sausage into 1/2" pieces.
3. Remove meat mixture from pan; set aside.
4. Pour broth into hot pan; bring to a boil and stir to loosen any remaining meat pieces from bottom of pan.
5. Add diced butternut squash and bring to a boil. Reduce heat; cover and simmer for 2-3 minutes.
6. Add diced apple; cover and simmer for additional 3-4 minutes or until both the squash and apple pieces are fully cooked and softened.
7. Add finely diced spinach and stir to combine.
8. Season to taste with salt and pepper.
9. Sprinkle **THICK & EASY® Instant Food & Beverage Thickener** over mixture in pan and stir to thicken any remaining broth.
10. Hold hot for service at 135˚F.
11. Portion about 1 cup of per serving.

*Nutrition calculated using Nectar (Level 2) varieties of milk and coffee

Hormel **HEALTH LABS**
NOURISHMENT WHEN YOU NEED IT MOST®