



Slow Cooker Ground Beef Hash

INGREDIENTS

- 1 lb 96% extra lean ground beef
- 12 oz frozen shredded hash browns (I use Season's Choice from Aldi or Great Value)
- 1 onion
- 1 cup beef broth
- 1 stalk celery, diced
- 1/4 tsp pepper
- 1/2 tsp salt
- 3 Tbsp onion soup mix
- 1/2 cup Velveeta shreds

NUTRITION FACTS

Serves: 4

Amount Per Serving

- Calories 405
- Total Fat 18 g
- Saturated Fat 4 g
- Cholesterol 60 mg
- Sodium 1352 mg
- Carbohydrate 29 g
- Dietary Fiber 4 g
- Sugars 2 g
- Protein 27 g
- myWW Blue: 6
- myWW Purple: 4
- myWW Green: 6

DIRECTIONS

1. Cook ground beef in pan with olive oil spray.
2. Combine all ingredients except cheese in slow cooker.
3. Cook on low 6 to 8 hours. Top with cheese for last 25 minutes.

MAKE AHEAD AND FREEZE DIRECTIONS

1. Cook ground beef and combine all ingredients in freezer bag, removing as much air as possible. Write instructions and date on bag.
2. Freeze up to 3 months.
3. Remove from freezer and unthaw overnight.
4. Dump bag into slow cooker.
5. Cook on low 6 to 8 hours.
6. Top with cheese for last 25 minutes.

This recipe can be found at:

<https://planningushealthy.com/ground-beef-hash>

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