

HAM WITH POTATOES & ONIONS

DIRECTIONS:

1. Heat oil in a Dutch oven over medium-high heat. Add onions and cook 6-8 minutes or until onions are translucent and browned. Stir occasionally.
2. Stir in the potatoes and 1½ cups of water, cook over medium-high heat, uncovered for 8-10 minutes, or until potatoes are tender and all the liquid has evaporated. Stir occasionally.
3. Remove from heat, stir in the ham, salt, and pepper. Cover and let stand for 10 minutes to absorb flavors.
Optional: top with sour cream.

Serves 4: Makes 6 cups; 1½ cups per serving.

Recipe Provided by Nancy Hughes



YOU WILL NEED:

- 2 tablespoons canola oil (or other oil)
- 2 cups onion, chopped
- 1 ½ lb. potatoes, cut into ½-inch cubes
- 2 (5 oz.) cans diced ham, drained
- ¼ teaspoon black pepper
- ½ teaspoon salt
- ½ cup light sour cream (optional)

Cooking Tips:

- *To minimize tears when chopping onions, always use a sharp knife. As soon as you cut an onion in half, turn the halves down so the exposed cuts are away from you.*
- *Makes an excellent breakfast dish as well.*

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