



CUBAN HASH RECIPE

I discovered this dish at the divine Victor's 1959 Cafe in Minneapolis, and reverse engineered and tinkered with it over time to make it into this hearty, sweet dish that's perfect for cold days on the trail. This is an Instant Pot recipe.

Serve with steamed rice and fried plantains.

INGREDIENTS

Serves 4 people

3 tablespoons extra-virgin olive oil	1/2 cup sliced pitted green olives
1 teaspoon cumin seeds	1/3 cup raisins
4 small potatoes, cubed	1 tablespoon dried oregano, crumbled
2 teaspoons capers	1/4 cup Worcestershire sauce
1 small sweet onion, chopped	One 15-ounce can tomato sauce
4 garlic cloves, minced	1/2 cup beef stock
1 1/2 pounds ground beef chuck	Salt
	Freshly ground pepper

DIRECTIONS

Set your Instant Pot to Saute and let it warm up.

Pour in the olive oil, then add the onions and cook until they are soft. Add the Beef and brown it. Add the garlic and cook for 30 seconds.

Hit the Keep Warm button on the Instant Pot then add the rest of the ingredients and stir them all together.

Set the Instant Pot to Manual, select High Pressure and set the timer to 18 minutes. Throw on the lid and let it cook. When it's finished cooking, let the pressure release and you're ready to go!

MACROS

Calories - 467

Fat - 25g

Carbohydrates - 36.4g

Protein - 26.2g