Depression-Era “Poor Man’s Meal”



Ingredients:

4 potatoes, diced

2 onions, diced

3 hotdogs or diced ham

2 Tablespoons olive oil

2 Tablespoon tomato sauce (optional)

½ cup water or broth

Salt, Pepper and Cajun seasoning, to taste

Preparation:

1. In a 12” sauté pan, add 1 Tablespoon of the olive oil.
2. Add the potatoes and onion, season with salt and pepper, and cook over med-high heat until browned, adding additional oil as needed.
3. Add the meat and tomato sauce, if using.
4. Add the water/broth to help soften the potatoes.
5. Cook over medium heat until potatoes are tender.
6. Serve.

NOTE:

I also like to throw in some chopped green-bell and hot, yellow peppers with the onions and potaoes, if I have any on hand. I’ve also made this with diced Canadian bacon. I bet regular, crispy-fried bacon would be REALLY good!