



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Kielbasa, Pepper, Onion and Potato Hash ♦♦

Kielbasa, Pepper, Onion and Potato Hash is a hearty and flavorful dish that combines the smoky and savory flavors of kielbasa sausage with the sweetness of bell peppers and onions. The dish is made by sautéing the kielbasa, peppers, onions, and potatoes together until they are cooked through and slightly crispy. This dish is perfect for breakfast or brunch, but can also be enjoyed as a satisfying dinner option. It is easy to prepare and requires minimal ingredients, making it a great option for a quick and delicious meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g kielbasa sausage

200 g Bell peppers

| | |
|--------|--------------|
| 150 g | Onions |
| 500 g | potatoes |
| 2 tbsp | olive oil |
| 1 tsp | salt |
| 1 tsp | black pepper |

Directions

Step 1

Cut

Slice the kielbasa sausage into thin rounds.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cut

Dice the bell peppers, onions, and potatoes into small pieces.

Prep Time: 10 mins

Cook Time: 15 mins

Step 3

Heating

Heat olive oil in a large skillet over medium heat.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Frying

Add the sliced kielbasa sausage to the skillet and cook until browned.

Prep Time: 5 mins

Cook Time: 8 mins

Step 5

Remove the kielbasa from the skillet and set aside.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Frying

Add the diced bell peppers, onions, and potatoes to the skillet.

Prep Time: 5 mins

Cook Time: 10 mins

Step 7

Season with salt and black pepper to taste.

Prep Time: 1 mins

Cook Time: 2 mins

Step 8

Frying

Cook the mixture until the potatoes are tender and slightly crispy.

Prep Time: 10 mins

Cook Time: 15 mins

Step 9

Heating

Add the cooked kielbasa back to the skillet and heat through.

Prep Time: 2 mins

Cook Time: 3 mins

Step 10

Serving

Serve hot and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 18 g

Protein: 20 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 20 g | 117.65% | 117.65% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 40 g | 72.73% | 80% |
| Fibers | 6 g | 15.79% | 24% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Sugars | 4 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 8 g | N/A | N/A |
| Saturated Fat | 4 g | 18.18% | 23.53% |
| Fat | 18 g | 64.29% | 72% |
| Cholesterol | 40 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 100 mg | 111.11% | 133.33% |
| Vitamin B6 | 20 mg | 1538.46% | 1538.46% |
| Vitamin B12 | 25 mcg | 1041.67% | 1041.67% |
| Vitamin E | 10 mg | 66.67% | 66.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 800 mg | 34.78% | 34.78% |
| Calcium | 6 mg | 0.6% | 0.6% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 900 mg | 26.47% | 34.62% |
| Zinc | 15 mg | 136.36% | 187.5% |
| Selenium | 20 mcg | 36.36% | 36.36% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet Paleo Diet The Whole30 Diet Atkins Diet Ketogenic Diet
Low Carb, High Fat (LCHF) Diet South Beach Diet Zone Diet Ornish Diet
Nutrisystem Diet TLC Diet (Therapeutic Lifestyle Changes) Nordic Diet
Okinawa Diet Alkaline Diet Macrobiotic Diet Intermittent Fasting 5:2 Diet
16:8 Diet Warrior Diet OMAD (One Meal a Day) Diet Body for Life Diet
Low FODMAP Diet Slow Carb Diet Vegetarian Diet Vegan Diet
Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet
Lacto-Ovo Vegetarian Diet Fruitarian Diet Engine 2 Diet Blood Type Diet
Ayurvedic Diet Traditional Chinese Medicine (TCM) Diet The Acid Reflux Diet
Gluten-Free Diet Low Glycemic Index Diet Low Sodium Diet
The Fast Metabolism Diet Nutrient Timing Diet The 80/10/10 Diet
The Gerson Therapy The Swiss Secret Diet The Scarsdale Diet
The Cabbage Soup Diet The Hallelujah Diet The Mayo Clinic Diet
The Beverly Hills Diet The Hollywood Diet The Lemonade Diet
The Grapefruit Diet The Rice Diet The Sleeping Beauty Diet
The Baby Food Diet The 3-Hour Diet The French Women Don't Get Fat Diet
The Cookie Diet The F-Plan Diet The Israeli Army Diet The Air Diet
The Breatharian Diet The Werewolf Diet The Five-Bite Diet
The Negative Calorie Diet The Ice Cream Diet The Master Cleanse Diet
The Subway Diet The SlimFast Diet The Cambridge Diet The Shangri-La Diet
The Best Life Diet The 3-Day Diet The CICO (Calories In, Calories Out) Diet
The Eat-Clean Diet The Peanut Butter Diet The Bulletproof Diet
The Carnivore Diet The Dukan Diet The HCG Diet The Optavia Diet
The Pritikin Diet The Starch Solution Diet The Vertical Diet The GOLO Diet
The Gut and Psychology Syndrome (GAPS) Diet
The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet
The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet
The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)
The PCOS (Polycystic Ovary Syndrome) Diet
The SIBO (Small Intestinal Bacterial Overgrowth) Diet
The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet
The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet
The Hypothyroidism Diet The Hyperthyroidism Diet
The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet
The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet
The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet
The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet
The Low Purine Diet The High-Fiber Diet The Low-Fat Diet
The High-Protein Diet The Low-Protein Diet The High-Calcium Diet
The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet
The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet
The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet
The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet
The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet
The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet
The Acne Diet The Migraine Diet The Celiac Disease Diet
The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet
The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet
The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet
The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet
The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet
The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet
The Chronic Urticaria Diet The Dysphagia Diet
The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet
The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Course

Sauces & Dressings Main Dishes Side Dishes Salads Soups Snacks

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest

Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter

Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Cooking Method

Grilling

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Difficulty Level

Medium

Visit our website: healthdor.com