

Dairy to Hash Browns

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Videos courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [Dairy Farmers of Manitoba](#)



<https://youtu.be/9b7F8xorHQU>

Dairy Farmers Making Healthy Choices

When you own livestock their needs often have to come before your own, and that commitment to animal care has been evident on all the farms we've visited. Manitoba dairy farmers, Chad & Michelle, enjoy their daily work in the barn with the help of their children, Ty & Callie. They are lifelong learners who are passionate about dairy nutrition, genetics and sustainability, but they also make time for off-farm interests. Cycling, skiing, snowboarding, hockey and figure skating keep this farm family moving.



Dairy products help build strong bones, teeth and muscles, help our blood clot, and make sure our nerves work well. Consumption of dairy foods is also associated with reduced risk of cardiovascular disease and type 2 diabetes.

All milk sold in Canada has vitamin D added to it. Vitamin D is important in helping the body absorb calcium. A calcium-rich diet is important for all age groups. How much dairy your body requires depends on your age, with teens and seniors requiring more servings.

LEARN MORE:

[snapAG: Dairy Cows](#)

[snapAG: Dairy in Your Diet](#)

[snapAG: Milk Pasteurization](#)

[Dairy Farmers of Manitoba](#)

Easy Cheesy Hash Brown Bake

Ingredients

- 1 pkg frozen hash browns, thawed
- 1 Tbsp canola oil
- 2 cups sour cream
- 2 cans cream of low sodium mushroom soup
- ½ cup butter, melted
- ¼ cup onion, minced
- 1 tsp salt
- 1 tsp black pepper
- 2 cups shredded Canadian Cheddar cheese
- ½ cup shredded Parmesan cheese
- ¼ cup chopped green onion

Method

1. Preheat oven to 350°F. Grease a 9X13-inch baking dish.
2. Heat a large frying pan over medium heat. Add oil and cook thawed hash browns stirring every 2-3 minutes until golden brown, about 10 minutes.
3. In a large bowl, mix hash browns and all remaining ingredients except the Parmesan cheese and green onion.
4. Transfer hash brown mixture to the prepared baking dish.
5. Sprinkle Parmesan cheese on top.
6. Bake at 350°F (175°C) for 1 hour.
7. Garnish each serving with fresh green onions.



https://youtu.be/Q1et_I6mLYw

Servings **6 - 8** | Total time **1 hour 15 min**

Grown by Manitoba Farmers

Notes: Don't have frozen hash browns on hand? Substitute with 2 pounds of freshly chopped, pre-cooked potatoes.