

Corned Bean Hash

VEGAN + GLUTEN FREE + NUT FREE



Ingredients:

- 2 tablespoons sunflower oil (or other high heat oil)
- 1 cup onion, diced
- 1 cup cooked kidney beans, mostly mashed
- 1 cup potatoes, diced into 1/2 in. chunks
- 1/4 cup tahini
- 1-2 tablespoons Braggs liquid aminos or soy sauce
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 tablespoon water

Instructions:

Heat oil in a cast iron skillet on medium/ high heat. Add chopped onions and cook until they soften and brown slightly. Separately, mash your kidney beans. They should still be a little chunky, just mashed enough to bind things together.

When the onions are ready, throw in the kidney beans, potato, tahini, liquid aminos, and water. [*Remember: liquid aminos/soy sauce are SALTY. Start with 1 T. and add more as needed!] Stir to combine.

Cover and cook on medium heat for about 15-20 minutes, until potatoes soften, stirring occasionally to prevent sticking. If anything does stick, add a little water to the pan (about 1 tsp as a time) to help loosen things up.

Once its ready, remove the cover and cook several more minutes on each side, letting both sides get a little browned and crispy.

Serve straight from the skillet- its best piping hot!