

# Black Bean & Potato Hash

Contributed by Hopelink Harvest volunteer: Lil K.

For more recipes: [www.hopelink.org/need-help/food/healthy-recipes](http://www.hopelink.org/need-help/food/healthy-recipes)

## Ingredients:

- 1 tablespoon olive or vegetable oil
- 1 medium onion, chopped
- 2 garlic cloves, finely chopped or ¼ tsp garlic powder
- 1 large sweet or white potato, cooked but not mushy
- *Optional:* 1/2 teaspoon dried thyme and dried oregano
- Salt and pepper to taste
- 1 (15-ounce) can black, kidney or other beans, drained and rinsed
- *Optional:* add up to 1 cup other cooked vegetables (corn, peas, parsnips, spinach, carrots, kale, etc.)
- 1 tomato, chopped or salsa

## Method:

1. Heat oil in large skillet over medium-high heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook for 1 minute, then stir in cooked potato, optional thyme and oregano, and salt and pepper to taste.
2. Place beans in bowl and mash with a fork. Add mashed beans to skillet and stir to combine with onion mixture. Add other cooked vegetables as desired and stir to combine. Cook, turning frequently, pressing the spatula down on the mixture until the bottom is lightly crisped and browned when turned, about 10 minutes.
3. Serve hot. Top with chopped fresh tomato or salsa. Enjoy!

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