

Vegetable Hash

Prep Time **10 min**

Cook Time **30 min**

Makes **5 servings**

2 T oil or water
1 medium onion, diced
2 cloves garlic crushed or minced
2 tsp fresh rosemary, minced, if available
2 tsp dry sage or poultry seasoning
4 medium carrots, diced
½ pound diced mushrooms
1 tsp brown sugar or molasses

4 medium yellow skinned potatoes (or equivalent)
½ cup water

2 cups (or 15oz can) cooked beans such as canellini, kidney, whatever you like or have on hand

6-8 large kale leaves, chopped
¼ cup balsamic vinegar
salt and pepper to taste

Warm 2 T oil or water in a 6 quart heavy-bottomed pot or large frying pan.

Add onions, garlic, herbs, carrots, and mushrooms.

Cook on medium until onions start getting translucent.

Add brown sugar, salt and pepper, and stir into onions.

Add potatoes, stir well. Add water and cook covered until potatoes are soft enough to cut easily with a fork.

Stir periodically and add a ¼ cup of water at a time as needed to keep potatoes from sticking.

Add cooked beans, chopped kale, and balsamic vinegar and cover immediately. Cook for about 5 more minutes, until kale is soft and beans are warmed through. Taste and add more salt/pepper as needed.

Stir gently (try not to mash the beans) and serve. Add a few splashes more balsamic vinegar to each serving to taste if desired.