



Serves 4

Preparation Time: 20 minutes

Cook Time: 10 minutes

INGREDIENTS:

1 leek (white part only), finely chopped

1 red bell pepper, seeded and diced

3 cloves garlic, peeled and minced

2 teaspoons minced rosemary

1 large turnip, peeled and diced

1 medium sweet potato, peeled and diced

Zest and juice of 1 orange

2 cups cooked white beans, or one 15-ounce can white beans, drained and rinsed

1 cup chopped kale

Salt and freshly ground black pepper to taste

Vegetable White Bean Hash

Making hash is a great way to use whatever vegetables you have left over from the night before. But in the case of this delicious recipe, it seems unfair to consider it just a dish of leftovers.

From *Forks Over Knives - The Cookbook*

Find this recipe and more 30-minute meals in the *Forks Over Knives Recipe App*.

By Del Sroufe

- 1 Place the leek and red pepper in a large saucepan and sauté over medium heat for 8 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.
- 2 Add the garlic and rosemary and cook for another minute.
- 3 Add the turnip, sweet potato, orange juice and zest, and the beans and cook for 10 minutes, or until the vegetables are tender.
- 4 Add the kale, season with salt and pepper, and cook until the kale is tender, about 5 minutes.