

K's Kitchen: Hash that makes you sweat

By Kathryn Reed

If you don't like spicy, stop reading.

This is so good I just wanted to keep eating, albeit with a sip of wine and water in between bites.

I couldn't find adobo sauce on its own in a local grocery store, but I didn't try any of the Hispanic stores. I used the sauce from a can with chipotles. Cut back the amount and the heat will be reduced, or add more for a super kick.

The intensity of the dish did not increase the next day. It was better, though, or maybe I was getting used to the spiciness.

I also couldn't find the cheese in a crumbled format, but it crumbles easily.



Spicy Veggie Hash

2 T olive oil

3 C sweet potato, peeled and diced

2 T oregano, chopped

$\frac{3}{4}$ tsp kosher salt, divided

$\frac{1}{2}$ tsp ground cumin

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{4}$ tsp ground red pepper

7 garlic cloves, minced

$1\frac{1}{4}$ C water, divided

1 C green beans, cut into 1-inch pieces

1 T adobo sauce

1 15.5 ounce can black beans, drained

$\frac{1}{2}$ C queso fresco, crumbled

1 plum tomato, diced

Add oil to large skillet over medium-high heat. Add potato, oregano, and half teaspoon salt. Add cumin, cinnamon, red pepper, and garlic. Add half cup water; cover and cook over reduced heat until potato is soft.

In separate pan bring three-quarters cup water to a boil in a saucepan. Add remaining salt and green beans; cook for about 7 minutes. Stir in adobo sauce and black beans.

Place half cup potato mixture in four bowls; top each with equal amount of bean mixture, cheese, and tomato.