



# Smoky Black Bean, Potato & Avocado Hash

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<http://coconutandberries.com/2013/10/29/smoky-black-bean-potato-avocado-hash/>

## Method:

Boil potatoes for 5 minutes, or until almost tender. Drain and set aside.

Meanwhile, heat a large pan over medium heat with the olive oil. Add the onion, cook 1-2 minutes, add peppers and cook a further 2 minutes. Add potatoes along with spices and a generous pinch of salt and cook, stirring occasionally for 5-10 minutes until vegetables are fairly soft.

Add the beans and continue to cook for a couple of minutes to allow them to warm through and soak up the flavours. Add the liquid smoke (if using) and the juice of half a lime.

Serve with your choice of toppings.

## Smoky Black Bean, Potato & Avocado Hash:

**Serves:** 1-2

### Ingredients:

- 1 Medium Potato, peeled and diced
- 1/2T Olive Oil
- 1/2 Onion, diced
- 1 Clove of Garlic, minced
- 1/2 Red Pepper, diced
- 1/2 Green Pepper, diced
- 1/2t Smoked Paprika
- 1/2t Cumin
- 1/2t Chili Powder
- 3/4C (1/2Can) Cooked Black beans
- 1/4t Liquid Smoke (optional)
- 1/2 Lime

**To serve-** at least one of the following:  
avocado, fresh coriander, chopped green onions, nutritional yeast, cashew sour cream, extra lime.