



# SIMPLE, FRESH FARM BOX MEALS

JULY 24, 2023

*Simple recipes so we can eat well & support local agriculture*

## White Bean & Yam Hash w/Rainbow Chard

### YOU'LL NEED

- 2 tbs olive oil, coconut oil or ghee\*
- 1 large Yam (about 1 lb) - scrubbed & diced
- 1 red onion - diced
- Kosher salt
- 1 sweet bell pepper - diced
- 1-2 jalapeño or serrano chiles, finely diced (ribs & seeds removed first if you want less heat)
- 1 tsp minced garlic
- 1 tsp fresh rosemary - fine chop
- 1 tsp fresh sage - fine chop
- 1 tsp toasted ground cumin seed
- ½ tsp toasted ground coriander seed
- ½ tsp sweet smoked paprika
- Freshly ground black pepper
- 16 oz cooked white beans\*\* - I suggest cannellini, lima or great northern
- 1 bunch rainbow chard - sliced into ribbons, stems diced
- 1 cup shredded cabbage
- 1 tbs minced chives
- 1 tbs finely chopped parsley
- Aged sherry vinegar for drizzling
- Optional: ¼ cup freshly grated or shredded Parmigiano or vegan cheese

### ALL YOU HAVE TO DO

- In a large cast iron or stainless skillet, heat 1 tbs oil or ghee (or rendered pork fat) over medium-high heat until shimmering.
- Add diced sweet potato & a pinch of salt, & cook for 7-8 minutes, tossing occasionally, until nicely browned in spots & beginning to crisp.
- Add onion, bell pepper, chili, chard stems, & another pinch of salt. Continue to cook, stirring occasionally, until peppers begin to soften & onion is soft & translucent (about 5 minutes).
- Add remaining tbs of oil or ghee, garlic, thyme, sage, cumin, coriander, paprika, & 2-3 grinds of black pepper, toss or stir to combine, & cook for 1-2 more minutes.
- Add beans, chard leaves & cabbage, & cook until beans are heated through & chard & cabbage are wilted & tender, about 5 minutes.
- (You can add a tbs of water or stock & cover the pan with a lid to encourage wilting here if you'd like to.)
- Season to taste with salt & pepper, & divide among four plates or bowls.
- Garnish with chives & cheese, & finish each serving with a drizzle of good aged sherry vinegar. Dig in!

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