



4 servings

🕒 25 minutes

Lentil Turnip Mushroom Hash Recipe



Ingredients

- 2 C cooked lentils,
- 1 C chopped onions
- 1 1/2 C chopped turnips
- 2 C chopped cabbage
- 2 C vegetable, unchicken or mushroom broth
- 2 C chopped mushrooms
- 2 cloves garlic
- 2 tsp dried thyme
- 1 tsp dried sage
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 Tbsp walnut paste, optional

Technically a "hash" has meat and potatoes with a jumble of other ingredients. This hash substitutes lentils for animal products and turnips for potatoes. The turnips lower the glycemic index and blood sugar spikes without losing the flavor.

Method

1. In a medium-hot deep skillet, sear the onions and turnips for 2 minutes. Add cabbage. Add broth 1 tablespoon at a time to keep from sticking to pan or burning. Cook for 3 minutes.
2. Add mushrooms and garlic plus 1/2 of broth. Cook for 3 minutes.
3. Add 1/2 cup of water, lentils and herbs. Add more broth for desired consistency.
4. Once all vegetables are fairly cooked, turn down heat and simmer for 10 minutes. Add walnut paste and stir in for thicker consistency.. Add black pepper to taste.

Note: You can use dry lentils instead of cooked. Add another 2 cups of water and cook for 15 minutes. You can also swap out the herbs for equal amounts of curry, cumin, garam masala, and 1/2 teaspoons of turmeric and mustard. When I do this I may swap the turnips for butternut squash.

How to make Walnut Paste: In a small food processor, process 2 cups walnuts into creamy butter. Add 1/2 cup of water and process into a thick paste. Add more water for thinner consistency.

Abbreviations: C = cup; oz = ounce; Tbsp = tablespoon; tsp = teaspoon

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