

Hash Brown Hot Dish



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Description : Growing up in MN I ate a lot of tater tot hot dish. This recipe is a healthier recreation of that!

Prep Time : 10 minutes

Cook Time : 50 minutes

Total Time : 60 minutes

Sauté Ingredients

- 1 medium yellow onion, chopped
- 3 cloves garlic, minced
- 1 cup mushrooms, sliced

Cashew Cream

- 1/2 cup raw cashews
- 1 cup water
- 2 tbsp miso paste
- 2 tbsp nutritional yeast (optional)

Hashbrown Bake

- 2 cups frozen green beans*
- 5-6 cups shredded frozen hashbrowns
- 1 tsp thyme
- pinch salt and pepper

Full Recipe Link

<https://highcarbhannah.co/recipes/hash-brown-hot-dish/>

Instructions

1. Place a saucepan over medium heat and add in your onion, garlic and mushrooms with 2-3 tbsp of water or vegetable broth. Saute until fragrant (about 7-8 minutes).
2. In the meantime preheat your oven to 350 degrees. Take your cashews, nutritional yeast, water, and miso and blend together until super smooth. If you do not have a vitamix or high speed blender you may need to soak your cashews first. I always blend cashew creme for a minute to make it really smooth.
3. When your onion mix is done sauteing transfer to a round pie dish or 9x9 nonstick baking pan. Spread it across the bottom of the pan and add in your green beans on top. Pour your cashew cream over this and sprinkle on your thyme and a little salt and cracked black pepper. Then spread out the hashbrowns over top and add a pinch more salt and black pepper. Cook uncovered in the oven for 45-50 minutes. Once its done let it sit for 15 minutes to cool and then cut it like a pie and serve. *I used french style green beans for this recipe which are a bit thinner but regular green beans or even canned green beans will work just fine. If you are using canned just make sure to rinse well.

