



CLASSIC BEANS & GREENS RECIPE

PREP TIME: 10 MINUTES **COOK TIME:** 30 MINUTES **TOTAL TIME:** 40 MINUTES

Ingredients

- 2 bunches of fresh kale or escarole, washed, trimmed & cut into chunks (some grocery stores have kale pre washed & cut already for a quicker healthy meal)
- 3 tbsp olive oil
- 5 garlic cloves, chopped into chunks or pressed for the garlic lovers
- 2 cups black beans or white cannellini beans, rinsed & drained
- 1/2 cup chicken broth (or more if you want it as a soup)
- Romano cheese, salt & pepper to taste
- Optional add ins: roasted sweet potatoes, crushed red pepper flakes, pieces of sausage or chicken

Directions

1. Boil the greens for 5 minutes to par cook. You may need to do it in batches to not overload the pot. Drain & set aside. Note: you can also just add the greens raw for those that like the green bitter taste but most prefer a bit boiled
2. While the greens are boiling, heat the oil over medium high heat
3. Add the garlic & stir the garlic often until it is golden (keep an eye on it, if it burns you'll have to clean the pan & start over again)
4. Add the beans & broth into the pan. Cook for a couple minutes stirring frequently
5. Add the greens & reduce the heat to medium low. Cook for 15-20 minutes uncovered, stirring periodically
6. Add a sprinkle of salt & pepper to your liking
7. Top with fresh Romano cheese & serve
8. Enjoy!!

