

Beans and Greens



Recipe by: moongardens.org

Ingredients

2 large garlic cloves, thinly sliced

3 tbsp. extra virgin olive oil

1 pinch red pepper flakes

1 can or 2 cups cooked Cannellini beans (save 1/3 cup liquid).

1 1/2 lbs. of chopped kale or Swiss chard

Salt and Pepper to taste



Directions

In a medium pot, sauté sliced garlic and red pepper flakes in oil on low heat until the garlic starts to brown. Add the beans including the liquid.

Next, add the chopped kale/Swiss chard and simmer until they're cooked, but still firm. Add salt and pepper to taste. Drizzle a little extra virgin olive oil on the top of each bowl and serve.

If you want it to be more like a soup add a bit more water. You can serve with a nice piece of bread or simply by itself. Enjoy!

For any comments or suggested ingredients for upcoming recipes, please email us at moongardens.org@gmail.com