

Enjoy this meat-less meal recipe from Greentown Grows

Easy Beans and Greens

Healthy cooking doesn't get much easier and tastier than this. Children who shy away from anything green will enjoy this when made with their favorite seasonings. We have served samples at a food pantry and watched all ages surprised how simple basic ingredients can be transformed into a dish loved by all. For the vegetable adverse in your home, chopping up the leafy greens smaller will make this more agreeable to their palate.

A versatile dish which can be seasoned with a variety of spices. Use Italian seasoning, Herbs de Provence, chili powder, creole...the possibilities are endless. Serve over the whole grain or potato of your choice!

1 tablespoon extra-virgin olive oil (use less or omit for low fat or fat free cooking)

½ onion diced

3 garlic cloves, thinly sliced

1 large bunch greens* (such as spinach, mustard greens, kale, or collard green; about 1 pound), thick stems removed, spinach left whole, other greens cut into 1-inch strips

1 cup (or more) vegetable or chicken broth or water

2 cups diced tomatoes* OR 1-14 ounce can diced tomatoes

1 15-ounce can white beans, rinsed, drained (use cannellini or small white beans)

Pepper

Seasonings of your choice

Red wine vinegar as needed

Heat 1 tablespoons oil in large nonstick skillet over medium heat. Add onion and garlic; stir until garlic is pale golden, about 1 minute. Add greens by large handfuls; stir just until beginning to wilt before adding more, tossing with tongs to coat with oil.

Add 1 cup broth, cover, and simmer until greens are just tender, adding more broth by the tablespoonful if dry, 1 to 10 minutes, depending on type of greens. Add beans; simmer uncovered until beans are heated through and liquid is almost absorbed, about 2 minutes. Stir in 1 teaspoon vinegar. Season with salt and pepper, and more vinegar if desired.

This recipe can be made in the Instant Pot using soaked dried beans. Cook beans in unsalted water or broth with garlic and some of the seasoning until just tender then add remaining ingredients for 2-3 minutes at pressure with a quick release. Adjust salt and other seasoning to taste.



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