

Hearty Greens with White Beans

Prep Time: 10 min

Cook Time: 20-30 min

Servings: 4 - 6



The aroma of onions and garlic gently simmering with hearty greens and creamy white beans will call you to the dinner table, the delicious flavors and textures will keep you there. Hearty Greens and White Beans can be a main course served with rice or quinoa, tossed with pasta or paired with chicken or sausage. This dish is delicious and tastes great with any greens you choose!

Ingredients

- 2 15 oz cans white beans (cannellini), drained and rinsed
- 2 bunches collard greens, Swiss chard, or kale (washed, stems removed, and roughly chopped)
- 1 onion, chopped
- 2 garlic cloves, minced
- 4 Tbsp oil
- 1 cup stock, broth or water
- salt & pepper, to taste
- 3 Tbsp Parmesan cheese (optional)

Steps

1. Place oil in large sauté pan over medium heat. Add onions and garlic and gently cook until translucent, about 5 minutes.
2. Add greens and stock, cover, reduce heat to medium-low and cook until greens are tender, wilted, and bright green. Depending on green choice cook time can range from 8-15 minutes.
3. Add beans to onion and greens, bring to a boil and then reduce heat to low. Let simmer, mashing some of the beans with wooden spoon to thicken liquid. Heat through, 5-10 minutes. Season with salt & pepper.
4. Spoon the beans and greens into bowls, and garnish with the Parmesan cheese, if using. Serve immediately and enjoy!