

Hearty Greens N' Beans

PREP TIME: 10 minutes (plus 8 hours to soak beans)

TOTAL TIME: 60-90 minutes, includes cooking beans* (plus 8 hours to soak beans)

Servings: 4



Ingredients

2/3 cup dried beans, ~2 cups cooked (we used a variety of heirloom beans, however any dried bean would work)

3 Tbsp extra virgin olive oil

2 small red onions, diced

2 large or 4 small cloves garlic, minced

1 tsp stone ground mustard

1/2 cup dry white wine

1 cup low sodium vegetable stock

1/2 tsp salt

1/4 tsp cracked black pepper

1/2 large bunch kale, de-stemmed and chopped

3 small endive, chopped

2 Tbsp fresh parsley, chopped

Shaved Parmesan to taste (~2 oz or 1/2 oz per dish)

Pre-soak beans in room temperature water for 8 hours or overnight. Drain and rinse beans, cover with water in a large pot, and gently boil for at least one hour* or until soft. In a medium sauté pan set to medium heat, add olive oil and chopped onion and sauté until translucent and golden on the edges, ~10 minutes. Add minced garlic and mustard to the pan and continue cooking for 2-3 minutes. Add wine to de-glaze the pan, then add the vegetable stock and turn the heat down to a simmer. Add the cooked beans, chopped kale and endive, and salt and pepper then simmer for 3-5 minutes or until the greens are somewhat wilted and bright green in color. Remove from the heat, add chopped parsley and shaved Parmesan and serve immediately. This dish is best eaten the same day it is cooked.

*Cooking times will vary depending on the beans used and may take 1-3 hours to fully cook