

Greens and Beans Recipe

2 tablespoons olive oil
1 chopped onion
2 cloves garlic, sliced
1/4 teaspoon red pepper flakes
Salt and freshly ground black pepper
2 cups kale, washed, stems trimmed and chopped
1 (15- ounce) can cannellini beans, drained
3/4 cup chicken stock

Heat olive oil over medium heat in a large Dutch oven.
Add onion and garlic slices. Sauté until tender about 3 minutes.
Add the red pepper flakes and salt and pepper; stir until fragrant.
Add the kale and let sauté until it cooks down slightly. Add the beans and the chicken stock.

Cover and let cook for 10 minutes.