

## Greens and Beans

Recipe courtesy The Neelys



Prep Time:	5 min	Level:	Serves:
Inactive Prep Time:	–	Easy	3 to 4 servings
Cook Time:	15 min		



### Ingredients

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

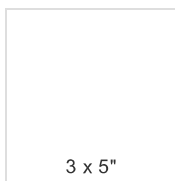
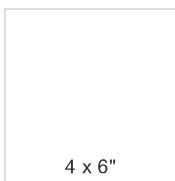
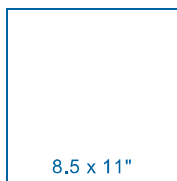
### Directions

Heat olive oil over medium heat in a large Dutch oven.

Add onion and garlic slices. Saute until tender about 3 minutes. Add the red pepper flakes and salt and pepper; stir until fragrant. Add the kale and let saute until it cooks down slightly. Add the beans and the chicken stock.

Cover and let cook for 10 minutes.

#### Print Sizes :



Print Recipe

