

Main Course

Beans and Greens

**Vegan, Gluten-Free*

Known as Italian poor man's food, this dish is fit to feed a king! It's such a delicious and nutritious dish that's so easy to make. And the beans and kale, are giving you a great dose of calcium.

You'll Need

- 4 large garlic cloves, thinly sliced
- 3 tablespoons extra virgin olive oil
- Pinch red pepper flakes
- 1 can or 1 ½ cups cooked cannellini beans (reserving 1/3 cup liquid)
- 1 ½ pounds of chopped kale
- Salt and pepper to taste

Directions

- In a medium pot, sauté sliced garlic and red pepper flakes in oil on low heat until aroma is released.
- Add the chopped kale and sauté until all kale is completely wilted.
- Next add beans and simmer until they're heated through but still firm.
- Add salt and pepper to taste.
- Serve with a nice piece of bread.

Play with your Food

- Serve topped with parmesan cheese.
- Serve topped with crumbled hot Italian sausage.
- If you want the dish to be more like a soup add a bit of water or more bean juice.



Medwell Kitchen Tested