

March 2021

Greens and Beans

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Nutrition Facts- Calories: 195, Total Fat: 5 g,
Saturated Fat: <1g, Carbohydrates: 25g, Protein:
15 g, Fiber: 7g, Sodium: 213 mg

Ingredients

- 1 large head of escarole, washed and cut in chunks
- 2 cans of cannellini beans
- 3 cloves of garlic
- 1 quart of chicken bone broth
- 2 Tbsp. of extra virgin olive oil
- Parmesan Cheese (optional)
- Red Pepper Flakes (optional)



Time to table:

30-40 Minutes

Instructions

1. Mince the garlic and sauté for 30 seconds in the olive oil.
2. Add the escarole and sauté for 5 minutes.
3. Add the bone broth, bring to a boil then simmer for 20 minutes.
4. Add the beans with bean water and all and reheat.
5. Serve, add a sprinkle of grated parmesan or red pepper flakes if you'd like.

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