

## GREENS AND BEANS

*Adapted from Cooking Light*

### Ingredients

- 2 slices bacon
- 1 cup chopped carrots
- ½ small onion, chopped
- 2 garlic cloves, minced
- ¼ teaspoon salt
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ½ teaspoon crushed red pepper flakes
- 2½ cups low sodium chicken or vegetable broth
- 2 (15 ounce) cans chickpeas, liquid drained
- 4 cups fresh kale, chopped (remove and discard center rib)

### Instructions

In large saucepan or Dutch oven, cook bacon until crisp. Remove bacon and set aside. In the pan with the bacon drippings, add carrots and onion and cook until they start to soften, about 4 minutes.

Add garlic and cook for another minute and then add salt and spices. Add in the broth, plus one cup of water and bring to a boil. Simmer for 20 minutes and then add the beans and kale. Cover and simmer for another 10 minutes or until the kale is tender.

Crumble bacon and garnish each portion by dividing the bacon evenly among all the servings.

### Notes:

- To make this vegetarian, omit the bacon and use 2 tablespoons olive oil to sauté the vegetables; opt for vegetable broth.
- You can also substitute other greens, like collards or escarole, in place of kale.

**Yield:** 4 servings



### **NUTRITION FACTS PER SERVING**

CALORIES: 320

PROTEIN: 19 grams

SODIUM: 650 milligrams

CARBOHYDRATE: 41 grams

FIBER: 11 grams

FAT: 11 grams

SATURATED FAT: 2 grams