



Serves 4

Preparation Time: 20 minutes

Cook Time: 25 minutes

INGREDIENTS:

1 cup white beans, soaked (see notes)*

1 medium onion, diced

6 cloves garlic, minced, half reserved

½ to ¾ cup low-sodium vegetable broth

1 bunch greens such as kale or collards, chopped, to equal 4-6 cups

3 cups diced heirloom tomatoes or 1 large can unsalted diced tomatoes, drained

Pinch of red pepper flakes, or diced hot pepper, if desired

½ teaspoon salt (optional)

Black pepper, to taste

White Beans with Greens, Garlic and Tomato

You get the colors of the Italian flag, along with fresh flavors in this dish.

By Jill Nussinow, RD

1 Pressure Cooker Method:

Drain the beans and set aside. Heat the pressure cooker over medium heat. Add the onion and sauté for 2 to 3 minutes. Add the garlic and sauté another minute. Add the beans and broth and lock the lid on the cooker. Bring to high pressure over high heat and then reduce the heat. Cook for 5 minutes. Remove from the heat and let the pressure come down naturally. Carefully open the lid, tilting it away from you.

Add the greens and stir. Lay the tomatoes on top of the green and beans mixture. Add the pepper flakes or hot pepper now, if using, along with the remaining garlic. Bring to high pressure again for 2 minutes. Remove from the heat and let the pressure come down naturally. Carefully open the lid and add salt and pepper, to taste. Serve hot over quinoa, other whole grain or pasta or as a side dish.

2 Stovetop Method:

Dry sauté the onions and half the garlic and then add the beans and broth to cover (it will be closer to 1 cup or more). Cook, simmering, until the beans are done, adding liquid as necessary to keep beans covered. Drain off most of the broth, leaving about ¼ cup in the pot.

Add the greens, tomatoes, pepper flakes, if using, and the remaining garlic. Simmer for up to 10 minutes until the greens are cooked and the tomatoes start to break down. Season to taste. Serve hot over quinoa, other whole grain or pasta or as a side dish.

Notes: If fresh shelling beans are available, use them. If not, soak your beans overnight or do a quick soak and then cook them quickly in the pressure cooker. No, pressure cooker? It takes much longer on the stovetop but can be done.

Find this recipe and more in the [Forks Over Knives Recipe App](#).