

Beans and Greens - GF, CF, SF

Ingredients:

1 head mustard greens or kale
1 package frozen spinach
1 inch grated fresh ginger
2 tsp cumin
1/2 squeezed lemon
salt to taste
pepper to taste
1-2 cups vegetable broth
1-2 Tbs oil
1 can black beans (or 1 cup soaked over night)
brown rice or millet (however much you think you need to make)
Optional arrowroot to thicken if desired

Directions:

If you are soaking and cooking your own beans allow appropriate time.

Start cooking your rice or millet so it will be ready when the beans and greens are.

Clean and rough cut the greens. Add them to a pot on med heat with the spinach, lemon, salt and pepper. Cook it down.

Remove from the heat and pour into a blender with the veg. broth. Set aside for a minute.

In a pot large enough for the greens fry the ginger in oil for about a minute stirring constantly. Add the cumin stir for 30 seconds. (I'm lazy, I rinse and use the same pot as I cooked the greens in)

Add the greens to the cooked ginger and cumin and stir it all together. Let it cook on the stove on low-med heat. You want it to cook down so it is sort of thick. You can add arrowroot to speed the process.

In a new pot or pan heat up 1 can of black beans. I like to add a bit of cumin or sometimes some diced onion but they can be plain.

I like to make this a layered dish with brown rice or millet on the bottom the green stuff in the middle and the beans on top. Sometimes I skip the rice and millet and just eat the beans and greens.

submitted by: Ashley 07/09

