

Beans and Greens



Recipe developed by Chef Spencer Musselman

Ingredients

- 1 tablespoon oil
- 1 large onion, sliced thinly
- ½ cup chopped ham (optional)
- 2 teaspoon garlic, chopped
- ½ teaspoon thyme (optional)
- 2 Bunches of Greens (Chard, Collards, Mustard, Kale, Spinach), cut into strips - combinations work great
- Few dashes of hot sauce or sprinkle of red pepper flakes
- Dash cider vinegar
- 2 cups chicken stock
- Squirt of mustard (brown or Dijon are great)
- 2 cans beans, drained

Directions

1. Over medium heat, heat up oil and add onions. Saute for about 8 minutes, or until the onions are translucent, tender, and starting to turn golden.
2. Add in the chopped ham, garlic, crushed red pepper flakes or hot sauce, kosher salt, black pepper, and dried thyme. Stir for 1 minute, or until fragrant.
3. Add about 1/3 of the greens and use tongs or spoon to toss with the hot mixture until the greens wilt, and change color, and shrink a bit. Repeat this until all of the greens are incorporated into the pan.
4. Add the chicken stock and vinegar, and combine. Bring to near boil over medium high heat then reduce heat. Simmer until the greens are tender about 5-10 minutes.
5. Finally, add the drained and rinsed beans to the mixture and toss. Continue cooking just until the beans are heated through.