

Kale with White Beans and Garlic (“366 Delicious Ways to Cook Rice, Beans, and Grains”
Andrea Chesman)

Yield: 4 servings

A mess ‘o greens Italian style. Be sure to serve with plenty of bread to sop up the delicious pot liquor.

1 cup dried cannelloni or Great Northern beans, soaked overnight
6 cups water or broth
1 onion, halved
2 sprigs fresh thyme or 1 Tbsp dried
1 ½ lbs kale, stems removed and chopped
salt and freshly ground black pepper
¼ cup extra virgin olive oil
8 large garlic cloves, sliced
¼ tsp hot red pepper flakes (optional)

Drain the beans. In a large saucepan, combine the beans with the 6 cups fresh water or broth, onion, and thyme. Cover and bring to a boil. Then reduce the heat and simmer, partially covered, until the beans are tender, approximately 1 ½ hours. Skim off any foam that rises to the top of the pot. Do not overcook the beans.

Remove and discard the onion and sprigs of thyme. (At this point the beans can be refrigerated for up to 1 day before continuing the recipe.) Bring the beans to a boil and add the kale and salt and pepper to taste. Simmer, stirring down the kale every few minutes, until the kale is tender, about 10 minutes.

Meanwhile, heat the olive oil in a small heavy pan over very low heat. Add the garlic and cook until tender, stirring occasionally and guarding against overbrowning the garlic, about 10 minutes. Mash the garlic with a fork. Add the hot pepper flakes (if using). Pour over the beans and greens and serve immediately.