

Garlicky White Beans and Kale

Adapted From – *The Cleaner Plate Club*

3 Tbsp olive oil
2 cloves garlic – minced
pinch crushed red pepper flakes - optional
6 stems kale – washed, stems removed and leaves chopped
3 cups cooked cannellini or other white beans
½ cup vegetable broth
1 Tbsp chopped fresh parsley - optional
salt & pepper

- Heat the oil in a large skillet over medium heat.
- Add the garlic and red pepper, if desired, and saute until the garlic begins to turn golden - about 3 minutes.
- Increase the heat to medium-high, add the kale, turning to coat it with the oil and saute just until the kale begins to wilt - about 3 minutes.
- Add the beans and vegetable broth to the pan and heat through.
- Sprinkle with parsley if desired.
- Salt and pepper to taste.



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