

# WHITE GREENS & BEANS

with Metechi Garlic  
Serves 3-4



## INGREDIENTS

2 cans White Beans, keep the liquid!

½ large Onion, Sliced

8 slivers Metechi Garlic

1T fresh Thyme, off the stem

2c chopped Kale, packed

1t Salt

1/2t Pepper

Juice from ½ Lemon

3T Olive Oil, Separated

## NOTES:

Never throw out your bean water! The canning liquid is filled with nutrients and flavor that help bring body and thickness.

Pair with raw veggies & toast and dip into it like a hummus. Spread it on toast with an egg and get a protein filled breakfast. Serve beside your dinner main course too!

## DIRECTIONS

1. In a saute pan, heat 2T olive oil. Add onions when the oil is hot and cook 3-4 minutes on medium.
2. Add the garlic, thyme, salt and pepper and continue cooking until the onions are translucent.
3. Pour in the white beans with their canning liquid and simmer for 7 minutes. If your beans get dry, add a little hot water to thin them out again.
4. Fold in the kale to the beans and cook for an additional 2 minutes.
5. Remove from heat and squeeze your lemon into the beans. Stir well.
6. Place into your serving dish and top with the remaining 1T olive oil.

