

Tropical Black Beans & Collards

Prep Time: 15 minutes | Cook Time: 20 minutes

INGREDIENTS:

- 2 tablespoons olive oil
- 1 medium onion – chopped
- 3 garlic cloves – minced
- 3 celery ribs - diced
- 1½ cups carrots
– sliced or use shredded carrots
- 2 15 oz. cans low salt black beans
- 1½ teaspoons chili powder
- ¼ teaspoon allspice
- 1½ teaspoons smoked paprika
- ¼ teaspoon pepper
- 1 teaspoon salt
- 1lb Natures Greens Collard Greens
(half of this 2lb bag)*

In large stockpot on medium-high heat add olive oil, onion and garlic. Sauté for 3-5 minutes. Add celery and carrots and sauté for 3-5 minutes. Add black beans, chili powder, allspice, smoked paprika, pepper and salt. Stir to combine. Add collard greens and stir to combine. Cover and simmer for 15-20 minutes. Stir often. Lower heat if beans start sticking to bottom of pot. Serve hot.

Serves 6-8.

*Use remaining greens to try a simple sauté or add collard greens to your favorite pasta dish

Sweet and Savory Kale

Prep Time: 5 minutes | Cook Time: 20 minutes

INGREDIENTS:

- 2 tablespoons olive oil
- ½ medium onion-chopped
- 3 cloves garlic-minced
- 2 tablespoons Dijon mustard
- 1 tablespoon sugar
- 1 tablespoon cider vinegar
- 1¼ cups chicken stock
- 1 1lb bag Nature's Greens Kale
- ⅓ cup sliced cranberries
- ¼ cup sliced almonds-optional
- Salt and pepper to taste

In a large stock pot, heat olive oil on medium high heat. Add onion and garlic; sauté until onion softens, stirring often, about 5 minutes. Stir in mustard, sugar, cider vinegar and chicken stock. Bring to a boil on high heat. Add kale, cover, and cook 5 minutes stirring often. Add cranberries and continue cooking on medium high heat, stirring often. The liquid should reduce by about half and cranberries will get plump in about 10 minutes. Season with salt and pepper. Sprinkle with almonds, if desired.

Serves 4-6

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