

From the kitchen of David and Jennifer Deaven

\$id: white_bean_green, v 1.1 2021/12/13 04:14:52 deaven Exp \$

Servings: 10

Serve.

1. Add (A) to pot, saute over medium heat until onions are just browning on edges. Add (B) and saute until fragrant.
2. Add (C), bring to boil, reduce to simmer and cook covered for 25 minutes.
3. Add (D) and cook until greens are soft. Add (E) and serve.

Soup/White Bean Green

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- A: 3T olive oil
1 onion, diced coarse
2 carrots, diced (or 1 giant)
- B: 1T tomato paste
1t cumin seed, ground
1/2t red pepper flakes
3c garlic, sliced thin
- C: 10oz turkey breast, cooked and chopped
1T ginger root, grated (or minced candied ginger, or 1t powder)
1t salt
1qt chicken stock
1 1/2C white beans, cooked (22min 20#, or 30oz canned)
- D: 1 bunch greens, chopped (any of kale, mustard, collard, spinach)
3/4C parsley, chopped
2T basil
- E: 3T lemon juice



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