

KALE WITH BLACK BEANS AND TOMATOES

INGREDIENTS

- 1 bunch of kale
- 2 t olive Oil
- 1 Large onion
- 5 large (or 6 medium) plum tomatoes
- 2 Garlic cloves, halved lengthwise
- 1 can (15 oz.) Black beans, rinsed & drained
- 1 ½ c fat-free, reduced-sodium chicken or vegetable broth
- Salt & pepper to taste

DIRECTIONS

1. Slice off the tough, central stem of each kale leaf. Cut the leaves into half-inch strips. Rinse in a colander and shake well.
2. In a large pot, heat oil over medium-high heat. Sauté onion about 4 minutes. Add kale and mix until wilted, about 3 minutes.
3. Add tomatoes and garlic. Cook, stirring, until tomatoes soften slightly, about 3 minutes.
4. Add beans and broth. Bring to a boil, reduce heat and simmer until kale is tender, about 30 minutes.
5. Season to taste with salt and pepper. Serve as a side dish or over brown rice for a main course.



-- Courtesy University of Maryland Extension, Baltimore County