

Minestre and Beans

1 tbs olive oil

Red pepper flakes (to taste)

3 minced cloves of garlic

1 onion chopped

1 bunch fresh rainbow swiss chard washed and chopped

(any sturdy leafy greens such as escarole, turnip greens or kale would work)

Hint of nutmeg

2 cans of cannellini beans, rinsed and drained

Salt and pepper to taste

1 C vegetable or chicken broth

Parmigiano cheese

Crusty Italian bread

Heat olive oil in large pot over low heat. Add red pepper flakes, garlic and onions. Cook until translucent.

Add greens and a hint of nutmeg. Allow to wilt. Add cannellini beans and broth. Cover and bring up to simmer until greens are cooked down, and there is plenty of “pot liquor” juices in the pan. Approximately 12-15 mins.

Can be served as an appetizer on toasted crusty Italian bread, and topped with parmigiano cheese. Or serve in a big bowl with cheese on top and bread on the side to mop up the juices.

You can also add potatoes, tomatoes and browned sausage to make a more substantial meal.

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