

Garbanzo Beans and Greens

From – myrecipes.com

2 center-cut bacon slices
1 cup chopped carrot
½ cup chopped onion
2 garlic cloves, minced
1 tsp paprika
¼ tsp kosher salt
½ tsp ground cumin
½ tsp crushed red pepper
2 ½ cups fat-free, lower-sodium chicken broth
1 cup water
2 (15 oz) cans garbanzo beans, drained & rinsed
4 cups chopped fresh kale
½ cup plain 2% reduced-fat Greek yogurt
4 lemon wedges (optional)

- Cook bacon in a Dutch oven over medium heat until crisp.
- Remove bacon from pan, using a slotted spoon, and crumble.
- Add carrot and onion to drippings in pan. Cook for 4 minutes, stirring occasionally.
- Add garlic. Cook for 1 minute, stirring constantly.
- Add paprika, salt, cumin and red pepper. Cook for 30 seconds, stirring constantly.
- Stir in chicken broth, water and beans. Bring to a boil. Reduce heat and simmer for 20 minutes, stirring occasionally.
- Add kale to bean mixture. Cover and simmer for 10 minutes or until kale is tender, stirring occasionally.
- Ladle about 1 ¼ cups bean mixture into each of 4 bowls.
- Top each serving with 2 Tbsp yogurt.
- Sprinkle with bacon and serve with lemon wedges if desired.



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