

## Super Simple Garlic Beans and Greens

### Total Time

Prep: 5 min. Cook: 15 min.  
Makes 4 servings

### Ingredients

2 15.5 oz cans white beans  
1 13.5 oz can of spinach or 10 oz frozen spinach  
6 garlic cloves, minced  
2 Tablespoons olive oil  
1 cup chicken stock



### Directions

1. If using frozen greens, defrost and squeeze excess liquid out before using. If using canned spinach, rinse and squeeze excess liquid before using.
2. Add the oil, garlic, and greens to a skillet. Fry over medium-low heat for 3-5 minutes, until the greens are wilted and the garlic is fragrant.
3. Add the beans and stock. Cover and cook 10 minutes. and toss gently to combine.

### Tips:

If you are salt sensitive, look for low sodium cans of beans or drain the beans and rinse them. The Bean Institute reports that draining and rinsing canned beans can reduce their sodium content by more than 40%.

Fresh spinach or kale can also be used for the "greens".

Add red pepper flakes if you like spice.

Many people like to serve garnish with grated parmesan cheese.

### Shopping List

2 15.5 oz cans white beans  
1 13.5 oz can of spinach or 10 oz frozen spinach  
6 garlic cloves  
1 box chicken stock

The items with an asterick (\*) are fresh items which should not be provided in the bag being sent to the Helping Hands Food Pantry. Be sure to purchase and include a Price Chopper or Hannaford gift card for ingredients in the recipe for those items and to purchase a gallon of milk and a loaf of bread. Staple the gift card to the printed recipe.