



Braised Greens & Beans

Fall Winter **Spring** Summer

NUTRITION INFORMATION

SERVING SIZE: 3/8 cup

Amount per Serving	
Calories	78 kcal
Protein	4.33 g
Carbohydrate	13.05 g
Total Fat	1.67 g
Saturated Fat	0.25 g
Cholesterol	0 mg
Vitamin A	7785.64 IU
Vitamin C	61.83 mg
Iron	1.62 mg
Calcium	93.84 mg
Sodium	93.09 mg
Dietary Fiber	2.99 g

EQUIVALENTS: 3/8 cup provides 1/4 cup dark green vegetable and 1/8 cup beans/legumes or .5 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

“I would like to think that the work that I do on a daily basis is helping to shape future generations to make better food choices and to think more critically about where their food is coming from and how it is processed.”
— KORTNEE BUSH

Braised Greens & Beans • 48 servings ($\frac{3}{8}$ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Dark leafy greens, such as kale or Swiss chard	5 lb 4 oz	9 large bunches	1 Remove tough stems from greens and coarsely chop.	<ul style="list-style-type: none"> Use diced onions in place of the green onions if you'd prefer.
Green onions		3 bunches	2 Trim green onions and cut into 2-inch pieces.	
Olive oil		$\frac{1}{4}$ cup	3 Heat oil in 10-qt brazier over medium heat. Add the onions and cook, stirring constantly, until softened and starting to brown, 3 to 5 minutes. Add the greens and water. Cook, stirring frequently, until wilted, 3 to 5 minutes.	
Water		1 cup		
Great Northern beans, canned, rinsed and drained		$1\frac{1}{2}$ qt	4 Add beans, chili powder, garlic powder, onion powder, cumin, salt and pepper. Cook, stirring often, until beans are heated through, about 5 minutes. (Add water as necessary to achieve the desired doneness of the kale.) Stir in vinegar just before serving.	
Chili powder		1 Tblsp + 1 tsp		
Granulated garlic		1 Tblsp + 1 tsp		
Onion powder		1 Tblsp + 1 tsp		
Ground cumin		2 tsp		
Kosher salt		2 tsp		
Ground black pepper		1 tsp		
Balsamic vinegar		3 Tblsp		

