



LeiHall Farm Recipes

Rhonda's Greens & White Beans

This is cooked regularly during all seasons at our farm, often a meal alone. The greens used may be any available during the season or based on personal taste. As far as the beans go, I personally like the canned beans cooked without the pork but my mother prepares the greens with the canned beans cooked with the pork. She says it adds flavor and creaminess!

3-4 cups of fresh washed chopped greens- Kale, Turnip, Mustard, Chard or other Greens (My favorite is kale for this recipe)

3-4 cloves fresh garlic

1 Teaspoon of salt

2 Tablespoon of Extra Virgin Olive Oil

16 oz fresh cooked white beans and sauce or one can of White (Navy, Great Northern, Fava, or Cannellini) beans-(My favorite is Great Northern)

Slice garlic, add salt using and let sit about 15 minutes. Then, using a mortar and pestle, make a garlic paste. Pull or cut greens from stems. Discard stems. Coarsely chop greens. Sauté the garlic paste in the olive oil using a large skillet or WOK until light brown. Add chopped greens and stir-fry until greens have turned dark green, about 5 minutes. Add about a half-cup of water, cover pot and simmer greens on low for 15 minutes. Drain of excess water and add beans. Stir until heated through and serve.