



Smothered Beans with Leeks and Collard Greens



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 1 pound collard greens chopped
- ☐ 1 cup cannellini beans dried
- ☐ 0.3 cup pinto beans dried
- ☐ 3 garlic cloves thinly sliced
- ☐ 2 cups leeks thinly sliced (2 large)

- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon teaspoon oregano dried fresh chopped
- ☐ 1.5 teaspoons sea salt divided
- ☐ 1 quart water

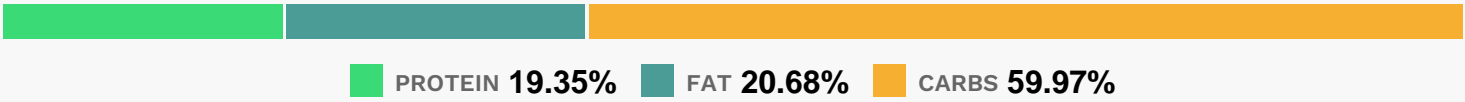
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Sort and wash beans; place in a large saucepan. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain beans.
- ☐ Add 1 quart water and return beans to pan. Bring to a boil over medium heat. Reduce heat, and simmer, partially covered, for 30 minutes. Cool.
- ☐ Drain beans in a colander over a bowl, reserving cooking liquid; set beans aside.
- ☐ Add enough water to cooking liquid to equal 3 cups; set aside.
- ☐ Heat the oil in a Dutch oven over medium-high heat.
- ☐ Add leeks, oregano, 1 teaspoon salt, and garlic; saut 5 minutes or until leeks are tender. Reduce heat to low; cover and cook 10 minutes, stirring occasionally.
- ☐ Transfer leek mixture to a large bowl; add greens. Toss well to combine.
- ☐ Place half of greens mixture in bottom of Dutch oven; top with beans.
- ☐ Spread remaining greens mixture over beans.
- ☐ Sprinkle with 1/2 teaspoon salt and pepper.
- ☐ Pour reserved liquid over greens. Cover and simmer over medium heat 1 hour or until beans are tender, stirring once. Uncover and stir in tomatoes; simmer 10 minutes.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:3.17, Inflammation Score:-10, Nutrition Score:24.773478217747%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 181.22kcal (9.06%), Fat: 4.43g (6.81%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 19.38g (7.05%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 528.23mg (22.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Vitamin K: 268.88µg (256.08%), Vitamin A: 3338.52IU (66.77%), Folate: 237.52µg (59.38%), Manganese: 1.04mg (51.8%), Fiber: 9.52g (38.08%), Vitamin C: 29.37mg (35.6%), Calcium: 225.41mg (22.54%), Magnesium: 89.04mg (22.26%), Copper: 0.42mg (21.02%), Potassium: 726.84mg (20.77%), Vitamin E: 2.81mg (18.74%), Vitamin B6: 0.37mg (18.71%), Vitamin B1: 0.28mg (18.56%), Iron: 3.24mg (18.02%), Phosphorus: 168.29mg (16.83%), Vitamin B2: 0.18mg (10.52%), Selenium: 6.1µg (8.71%), Vitamin B3: 1.69mg (8.47%), Zinc: 0.99mg (6.63%), Vitamin B5: 0.64mg (6.38%)