



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Greens and Beans

Adapted from Cooking Light

2 slices bacon
1 cup chopped carrots
1/2 small onion, chopped
2 garlic cloves, minced
1/4 tsp kosher salt
1 tsp paprika
1/2 tsp ground cumin
1/2 tsp crushed red pepper flakes
2 1/2 cups low sodium chicken or vegetable broth
2 (15oz) cans of garbanzo beans, drained from their liquid
4 cups chopped fresh kale (center rib removed and discarded)

Instructions:

Cook bacon in a large saucepan or Dutch oven until crisp; remove the bacon and set aside. In the pan with the bacon drippings, add the carrots and onion and cook until they start to soften, about 4 minutes. Add garlic and cook for another minute and then add in the salt and spices. (Turn the heat down if the garlic starts to brown too quickly.) Add in the broth, plus 1 cup of water, and bring to a boil. Simmer for 20 minutes and then add the beans and kale; cover and simmer for another 10 minutes or until the kale is tender. Crumble bacon and garnish each portion by dividing the bacon evenly among all the servings.

Notes:

-You can substitute any greens (collards, escarole, etc.) if kale is not your thing.
-To make this vegetarian friendly, nix the bacon and use 1-2 tbs of canola or olive oil to sauté the vegetables. (And use vegetable broth in place of the chicken broth.)

Yield: 4 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 315 calories

PROTEIN: 19 g

SODIUM: 645 mg

CARBOHYDRATE: 41 g

FIBER: 11 g

FAT: 11 g

SAT FAT: 2.5 g

MAKE IT A MEAL:

Entree: 1 serving greens and beans

Starch: 1 whole wheat roll (90 calories)

Fruit: 1 whole orange (65 calories)

Vegetable: tomato cucumber salad (half a tomato cut into wedges plus 6 cucumber slices tossed in vinegar, seasoned with salt and pepper) (20 calories)

GROCERY SHOPPING LIST

Bacon

Carrots

Onion, Garlic

Kale, Tomatoes, Cucumber, Oranges

Canned garbanzo beans

Low sodium chicken (or vegetable) broth

Whole wheat rolls

Condiments: paprika; cumin; kosher salt; crushed red pepper flakes

USE OF LEFTOVERS

- The remaining soup can be frozen in individual containers and reheated as needed.