

# Recipes

## Greek Gigantes

PREP TIME: 15 minutes (if the giant beans are cooked)

COOKING TIME: 35 minutes

TOTAL TIME: 50 minutes

YIELD: 2 servings

### Ingredients:

- 1 Tbsp EVOO (Extra Virgin Olive Oil)
- ½ onion, sliced into moon-shaped slivers (the size of the broad beans)
- 2 garlic cloves, minced
- 1 15-ounce can no salt tomato sauce or diced tomatoes with juice
- 1 Tbsp tomato paste
- 1 tsp turmeric
- ½ tsp black pepper
- 1 tsp oregano
- 1 tsp fresh or dried thyme
- 1 15-ounce can giant or butter beans or 10-ounce package dried beans, cooked
- 2 cups finely chopped greens (spinach, swiss chard, or lacinato kale)
- ½ small serrano pepper, deseeded and finely chopped (for heat, optional)
- Salt, to taste
- ½ cup chopped parsley, for garnish

### Directions:

1. Heat a Dutch oven or heavy deep pan on high heat.
2. Add the EVOO and onions; cook for 2 minutes.
3. Add the garlic and cook for another minute.
4. Add the chopped tomatoes, tomato paste, and spices and cook for 10 minutes.
5. Then add the beans, cover with a lid. Lower heat to medium-low and cook for about 20 minutes until the flavors mix and the color deepens.
6. During the last 5 minutes of cooking, stir in greens and serrano pepper for heat (optional).
7. Add salt to taste. Serve in a deep bowl with chopped parsley as garnish.

\*Serve with a slice of crusty 100% whole-wheat sourdough bread or brown rice.

