

Chili Chard

Number of Servings: 2

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

1 tbsp olive oil
1 medium onion, minced
3 cloves garlic, minced
1 15oz can crushed tomatoes
1/2 cup water
1 15oz can northern beans
1 tbsp chili powder
1 tsp cumin
cayenne pepper
1 bunch swiss chard, chopped

Instructions

Prep the chard by first soaking it in water, then remove most of the main stem, as it is tough and would take longer to cook. Stack up the chard, and slice into finger width slices using a sharp knife. I find it easier to take several leaves together, roll them and then slice the roll, similar how you would chiffonade fresh basil.

Fry the onion and garlic in oil, before adding tomatoes, beans, water and spices. Cook mixture for 10 minutes, add more water if necessary. Add sliced chard on top and cover for 3 minutes. Stir chard into mixture and cook until softened.