



Weston Gardens In Bloom, Inc.

## Greens and Beans Soup

### Ingredients

(Serves 4)

1 small bunch of Kale  
4 leaves of Collard Greens  
4 leaves of Swiss Chard  
4-5 cloves of crushed garlic  
1 cup of chopped shallots  
2-4 cups of water  
1 T olive oil  
1 t ground cumin  
1 t freshly ground cinnamon  
1/2 t turmeric  
1/2 t cayenne (or to your taste)  
1.5 cups of cooked garbanzo beans  
1 cup firm yogurt - room temperature  
salt to taste



**Garnish** - 1/2 cup of shredded mango

### Procedure

1. Heat the oil in a saucepan and sauté the garlic and shallots along with the salt and spices until tender - about 5 -6 minutes.
2. Add the greens and sauté for 2-3 minutes.
3. Toss in the garbanzo beans along with the water and cook for 12-14 minutes.
4. Stir in the yogurt along with the cayenne and maybe even a dash of black pepper.
5. Serve topped with the shredded mango.



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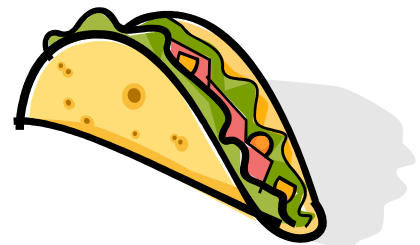


## Braised Greens Veggie Tacos

### Ingredients

(6 – 7 Tacos)

- 6 ounce bunch Swiss chard and 6 ounce bunch Kale, washed
- 1 1/2 tablespoons olive oil
- 1 large white or red onion, sliced 1/4 inch thick
- 3 garlic cloves, finely chopped
- 1 teaspoon red pepper flakes
- 1/2 cup chicken or vegetable broth, or water
- 12 corn tortillas, warmed with in the microwave
- 1 cup crumbled queso fresco (or feta, or goat cheese)
- Store-bought salsa or hot sauce



### Procedure

1. Heat the oil in a large (12 inch) skillet over medium high, add the onion and cook until golden but still a bit crunchy, 4-5 minutes.
2. Meanwhile, slice the greens crosswise into 1/2 inch slices.
3. Add the garlic and chili flakes to the onion and cook for an additional minute, then add the broth or water, a large pinch of salt, and the greens. Reduce heat to low and braise, covered, for about 5 minutes or until the greens are nearing tender, but not quite finished.
4. Remove the cover from the greens and cook off the moisture until it is nearly dry. Season with salt if necessary.
5. Fill each taco—two tortillas thick—with a tongful of the greens, a spoonful of salsa, and the queso fresco.