

# Herbal Legacy Recipes

## Greens with pinto beans



Originally, this Southwestern dish was made by the Pueblo Indians with wild greens. More contemporary recipes call for spinach or chard instead.

### INGREDIENTS:

- 1 pound spinach or Swiss chard
- 1 1/2 tablespoons distilled water or broth
- 2 or 3 cloves garlic, minced
- 3 scallions, white and green parts, finely chopped
- 1 cup cooked pinto beans
- 1 teaspoon chili powder
- Salt and freshly ground pepper to taste

### DIRECTIONS:

1. Stem and wash the greens. If you're using chard, make sure to trim the thicker mid-ribs as well. Steam the greens in a tightly covered pot until wilted. The spinach will be done as soon as it wilts, but the chard needs to steam longer. It will be done when it turns a dark green. Drain the greens and finely chop them.
2. Heat the broth or water in a large skillet. Add the garlic and sauté over low heat until it just begins to turn soft. Add the scallions and sauté just until they soften a bit. Stir in the greens, beans and seasonings. Cook, covered, over low heat for 5 minutes, or just until everything is well heated through. Throw in a pinch of salt and toss.
3. Serve with sprouted grain tortillas and a big southwestern salad.

Serves 4 to 6

Adapted from <http://vegkitchen.com>

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<http://www.herballegacy.com/Recipes.html>

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