

# Quick Beans & Greens

Makes 4 servings | Protein • Vegetables

## Ingredients

- 1 14-ounce can collard greens or spinach
- 1 15-ounce can white beans or black-eyed peas
- 1-1½ cups low-sodium broth
- ¼-½ teaspoon garlic powder
- ¼-½ teaspoon onion powder
- ½-1 cup diced ham (optional)
- Salt and black pepper to taste

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Combine all ingredients in a large skillet or saucepan.
3. Cook for 15-20 minutes, until heated through and flavors are combined.
4. Serve with cornbread or whole-grain bread.

## Variation

**Fresh Greens-** Swap out canned greens for fresh greens. Use 1 pound of fresh greens (collard greens or spinach). Roughly chop greens. Sauté in 1 Tablespoon of oil until soft and wilted. Then add remaining ingredients and follow recipe.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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