

Kale and Adzuki Beans

A great side dish, seasoned kale and adzuki beans also work well as a vegetarian main dish when served over rice.

Prep Time: 15 Minutes

Cook Time: 50 Minutes

Ready In: 1 Hour 5 Minutes

Yields: 6 servings

INGREDIENTS:

1 cup uncooked adzuki beans
1 tablespoon olive oil
2 cloves garlic, peeled and crushed
6 cups roughly chopped kale
2 tablespoons water
1/4 cup tamari
1 teaspoon ground cumin
1 teaspoon ground coriander
salt and pepper to taste

DIRECTIONS:

1. Place adzuki beans in a medium saucepan with enough water to cover. Bring to a boil, reduce heat, and simmer 30 to 45 minutes, until tender.
2. Heat olive oil in a medium skillet over medium heat, and saute garlic about 1 minute. Mix in kale and 2 tablespoons water. Season with tamari, cumin, and coriander. Thoroughly blend in adzuki beans. Reduce heat to low, cover, and simmer about 20 minutes, until kale is tender. Season with salt and pepper.

Information about Adzuki beans:

<http://www.adzuki.com/>