



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Collard Green**

Collard Green and Kidney Bean Soup

Ingredients:

1 bunch collard greens, stems removed, roughly chopped
1 Tbs ground cumin
1 Tbs olive oil
1 large onion, chopped
15 oz canned red kidney beans, rinsed and drained
6 cups water or vegetable stock
2 Tbs olive oil
1 Tsp cinnamon
4 large cloves garlic, minced
1/3 cup lemon juice

Directions:

Heat the olive oil in a Dutch oven or large pot over medium heat. Stir in the onion. Cook slowly until translucent, about 6 minutes, stirring occasionally. Add the garlic, and cook until garlic is slightly roasted. When you see the garlic begin to caramelize (turn slightly brown) and give off a roasted aroma, it's ready. Now add the cumin, cinnamon, and about a teaspoon salt. Cook the onion and seasonings for another 2 minutes. Pour in water or stock. Add the chopped collard greens, cover, and simmer until the greens are tender, about 20 minutes. Add the beans and cook for another 5 minutes. Stir in lemon juice before serving. Add more salt if needed.