

RECIPE

# BeanZ & GreenZ Soup



Ready in **1hr 30min ... ish**

Serves **Many people**

## Ingredients

- 36 Oz (by wt) Collard Greens (remove stems > 1/8th in diameter)
- 2 Medium Onions (beware Psychic Onions), Cut into thin half rings
- 6 - 8 Cloves Garlic (Minced)
- 1 x 14.5 Oz Can Diced Fire Roasted Tomatoes (Muir Glen)
- 1 x 14 Oz Can **Rotel** Fire Roasted Tomatoes
- ½ x 14.5Oz Can Crushed Tomatoes (Muir Glen)
- ½ lb -ish Smoked Pork Belly or Bacon. Cut into 1/2in pieces.
- 1 x 32Oz (by wt) Box (6C - ish) of Swanson's Low Sodium Chicken Broth
- 1 x 15 Oz Can Black Beans
- 1 x 15 Oz Can Kundalini or Cannellini Beans
- 1 x 15 Oz Can Dark Red Kidney Beans
- 2 - 3 tsp Ground Cumin
- 2 tsp Pink Himalayan Salt
- 1 - 2 tsp Ground Black Pepper
- Libero interdum auctor

## Preparation

1. **Prepare Collards**
  - Using unbagged, bunches:
    - Rinse to remove grit
    - Remove stems with 2 slashes of a chef's knife
  - Using bagged:
    - Sort pieces with lg stems out
    - Remove stems conserve leaves

2. **Slice 2 onions**

- Cut off ends.
- Slice along width.
- Cut slim (< 1/8th in) half-moon slices.

3. **Mince 6 Cloves Garlic.** You want something fairly fine. Use fresh, not brined (pre-minced) garlic.

4. **Fry Smoked Pork Belly / Bacon.**

- Slice Pork strips into ½ in pieces (Lardons).
- Heat the pot over medium high heat until about 300F( 5 - 8 min).
- Add Pork Lardons.
- Scrape bottom of pan (always away from your body!) every 2 - 5 min.
- Cook for 10 - 15 min or until crispy.

5. **Remove Pork Lardons**

- Using wire basket strainer or slotted spoon, remove Pork onto paper towel lined plate/bowl to drain.
- Conserve 2TB grease in the pan.
- Pour excess hot grease into coffee cup or tin can placed securely in sink drain.
- Do not pour grease down drain!

6. Saute Onions & scrape up yummy bits from pot.

7. Add Spices & Garlic. Sautee 30 sec, actively stirring.

8. Stir in various tomato products while scraping bottom and sides of pot clean.

9. Stir in Chicken Stock.

10. Add Pork Lardons.

11. Return to simmer.

12. Slowly add collards to pot, stirring gently.

13. Return to simmer.

14. Close lid & Cook until tender: 15 - 25 min

15. Gently (like folding meringue) stir in beans.

16. Cook Covered until Collards are 'silky' or 15 - 20 min.

17. Cook uncovered, stirring gently every 2 - 5 min until liquid reduces by 1/4th, or about 10 - 15 min total.

## Tips

Fry / Bake up some more Bacon to sprinkle on top of each bowl along with a tiny bit of Apple Cider Vinnegar.

Never add sugar, as doing so is simply wrong.