

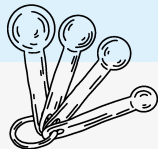


# Recipes for Change



**Kale  
and  
Beans**

# Kale and Beans



## Ingredients

- Two bunches of kale
- 3 tablespoons of olive oil
- 1 tablespoon of curry power
- 1 can of cannellini beans

1. Start by putting one onion in a large pan with 3 tablespoons of olive oil. Cook until slightly browned.
2. Meanwhile take two bunches of kale and peel the leaf away from the stem.
3. When onions are browned add 1 tablespoon of curry power.
4. Add kale to the curry onions
5. When the kale and onions form a shaggy coagulated mass (kale reduced)
6. Add one can of cannellini beans (any bean will do) with the juice from the can include.
7. When beans are fully integrated serve with eggs, rice, biscuit or just plain!