



# Braised Mustard Greens with Red Beans

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 8 servings | Serving Size:  $\frac{3}{4}$  cup

## Ingredients

- $\frac{1}{4}$  cup raw unsalted nuts (e.g. peanuts, walnuts, almonds), roughly chopped
- 1 tablespoon olive oil
- 1 medium onion, finely diced (about 1 cup)
- 1-2 cloves garlic, minced (about 1 teaspoon)
- 1 tablespoon curry powder
- 1 teaspoon ground black pepper
- $\frac{1}{2}$  teaspoon salt
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 2 bunches mustard greens, destemmed and torn into 1- to 2- inch pieces (about 8 cups)
- 1 (15-ounce) can no-salt-added kidney beans, drained and rinsed
- 3 thinly sliced scallions (green onions; about  $\frac{1}{3}$  cup)

## Recipe Notes

- Substitute another hearty leafy green, such as kale or collard greens, for the mustard greens if desired.

## Directions

- Heat a large sauté pan or skillet over medium heat.
- Add the nuts to the pan and cook, stirring frequently, until fragrant and lightly toasted, about 2-5 minutes. Remove the nuts from the pan and set aside.
- Add the oil to the now-empty pan and place over medium heat. Heat the oil until it is shimmering.
- Add the onion and sauté until softened, about 3-5 minutes.
- Add the garlic, curry powder or turmeric, black pepper, and salt. Sauté until fragrant, about 1-2 minutes.
- Add the tomatoes with their juice. Stir to combine.
- Add the mustard greens to the pan and cook, tossing or stirring occasionally, until they begin to wilt, about 1-2 minutes. Work in batches if needed.
- Reduce the heat to medium-low and cover the pan with a lid. Cook until the greens are tender, about 7-10 minutes.
- Add the beans, scallions, and toasted nuts. Stir to combine.
- Serve warm.

Nutrition Facts Per Serving: Calories: 85 | Total Fat: 4 g | Saturated Fat: 0.5 g  
Sodium: 175 mg | Total Carbohydrate: 10 g | Dietary Fiber: 4 g | Protein: 5 g

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