

Easy Cannellini Bean Stew with Swiss Chard and Tomatoes

4 servings

2 bunches Swiss chard, large stems and leaves separated

1/4 cup extra-virgin olive oil

3 garlic cloves, thinly sliced

1/4 teaspoon crushed red pepper

1 cup canned tomatoes, chopped

One 16-ounce can cannellini beans, drained and rinsed

Celtic sea salt and fresh pepper to taste

Balsamic vinegar

- One at a time, grasp the stems in one hand and strip the leaves off with the other.
- Cut the stems into thin 2" pieces
- Cut the leaves crosswise into 2" strips
- Bring a saucepan of water to a boil. Add the stems and simmer over moderate heat 3 minutes. Add the leaves and simmer 2 minutes more until tender.
- Drain the greens and gently press out excess water.
- In a large deep sauté pan, heat the oil on medium low. Add the garlic and crushed red pepper and cook until the garlic is golden, 1 minute.
- Add the tomatoes and bring to a boil. Add the beans and simmer over moderately high heat for 3 minutes.
- Add the chard and simmer over moderate heat until the flavors meld, and chard is tender, 2 minutes.
- Season the stew with salt and pepper.
- Serve with a splash of apple cider vinegar