

Greens and beans soup



Recipe credit

Team Nutrition CACFP Multicultural Recipe Project.

About this recipe

Serves

6

Serving size

2/3 cup

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1 tablespoon canola oil
- ½ cup onions, fresh, peeled, ¼" diced
- 2 /3 cup sweet potatoes, fresh, peeled, ½" diced
- 2½ cups garbanzo beans (chickpeas), low-sodium, canned, drained, and rinsed; or garbanzo beans, dry, cooked (2½ cups = 14 oz)
- ½ teaspoon paprika, dried, ground
- ½ teaspoon cinnamon, dried, ground
- ½ teaspoon ginger, dried, gound
- ½ teaspoon cumin, dried, ground
- 1 teaspoon thyme, dried, ground
- ½ teaspoon salt, table
- ¼ teaspoon black pepper, ground
- 5 cups collard greens, raw, stems removed, chopped into long thick strips (chiffonade), packed
- ¼ cup salsa, tomato, traditional (not chunky)
- 2 cups water

Directions

1. Heat oil in a medium stockpot on medium-high. Add onions and sweet potatoes; sauté until onions are soft. Do not brown.
2. Add garbanzo beans (chickpeas) and dried spices. Continue cooking, stirring frequently, for 1 minute or until seasonings have fully coated the vegetables.
3. Add collard greens, and cook for 1 minute, stirring frequently.
4. Add salsa and 1 cup of water. Bring to a boil.
5. Reduce heat to medium, and simmer covered for 25–30 minutes or until soup has thickened and sweet potatoes are tender. Check frequently to make sure stew is not sticking to the bottom of the pot. Add more water if needed. Heat to 140 °F or higher for at least 15 seconds.
6. Serve 2/3 cup.

Tips and variations

- Tips for Soaking Dry Beans

- 1 lb dry garbanzo beans (chickpeas) = about 2½ cups dry or 6¼ cups cooked garbanzo beans (chickpeas).
- Overnight Method: Add 1¾ qts cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.
- Quick-Soak Method: Boil 1¾ qts of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.
- Tips for Cooking Dry Beans
 - Once the beans have been soaked, add 1¾ qts water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
- Use cooked beans immediately

Nutritional info

Calories

134

Total fat

4 g

Saturated fat

0 g

Cholesterol

20 g

Sodium

375 mg

Total carbohydrates

20 g

Dietary fiber

6 g

Protein

6 g

Total sugar

4 g

Allergens

Soy

View other recipe categories

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)