

Broad Beans with Sautéed Greens and Pumpkin Naan Bread

Catherine Brown, plant-based chef and culinary nutritionist at [A Seat at My Table](#)



Here's what you'll need for 4 servings:

- 1 lb Gigante or another broad bean
- 2 large bunches (8 cups) beet greens with stems or other dark leafy green
- 2 tsp olive oil (optional) OR 2 Tbsp water or veg stock
- 2-3 large cloves of garlic
- 2 large bay leaves
- 2 tsp fennel seeds
- 2 tsp dried Greek oregano
- salt & pepper to taste
- zest and juice from 1 large lemon

The Process:

1. Put the beans in a sauce pot and cover with enough water to cover 2" above the beans. Cover and soak 12-24 hours, changing the water at least once, preferably 2-3 times.
2. Drain the beans, cover with enough fresh water to cover an inch above the beans. Add the dried seasonings, except the salt. Cover and cook over medium heat until they just begin to boil. Immediately reduce heat to low. Gently simmer until tender throughout, adding more water as needed. A gentle simmer will keep the beans intact. If you prefer to make these in an instant pot, follow your manufacturer's directions for dried beans.
3. While the beans are cooking, prepare the greens. If using beet greens or chard, separate the stems from the leaves, wash and drain, keeping them separate. If using kale, destem. Add kale stems to your compost bucket. If your greens are a bit wilted, soak them in icy cold water for a bit while the beans are cooking.
4. Zest the lemon, set aside. Squeeze the juice into a small bowl, remove any seeds.

5. When the beans are tender, add salt & more pepper to taste. Remove bay leaves, keep beans hot.
6. Remove greens from water, drain thoroughly but don't dry. The small amount of excess water will help them cook.
7. Finely chop the garlic, set aside.
8. Heat a large skillet over medium heat. Chop the stems first into small pieces, set aside. Roughly chop the greens.
9. When skillet is hot, add the oil (if using) or a Tbsp of water or veg stock. Add the stems first, sautéing for about a minute, then add the garlic and lemon zest, sautéing for a minute more. Last, add the greens and sauté until bright green and tender, 2-3 minutes (depending on what kind of greens you're using). Remove from heat immediately to prevent overcooking. Season with salt and pepper to taste.
10. To serve, add the lemon juice to the pot of beans, taste and adjust seasoning, if needed. Divide the beans between four bowls. Split the greens evenly between the bowls, arranging off to one side. Serve with Pumpkin Naan Bread, if desired.

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	340
	% Daily Value*
Total Fat 3.8g	5%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 769mg	33%
Total Carbohydrate 58.8g	21%
Dietary Fiber 18.1g	65%
Total Sugars 5.7g	
Protein 22g	
Vitamin D 0mcg	0%
Calcium 225mg	17%
Iron 7mg	37%
Potassium 1350mg	29%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	
<small>Recipe analyzed by verywell</small>	