

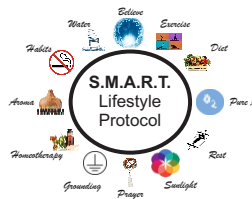


# Greens & Bean

Prep Time  
10 mins

Cook Time  
30 hr

Total Time  
40 mins



**Course:** Lunch/Dinner

**Cuisine:** World

**Keyword:** Salad

**Servings:** 2 Servings

## Ingredients

- 2 tablespoons Bragg's Liquid Aminos or organic soy sauce
- 1 teaspoon Bragg's organic sprinkle or Italian seasoning
- 1 teaspoon Celtic sea salt
- 1 teaspoon Onion powder
- 1 teaspoon Thyme
- 1 cup washed super bean mix
- 4 cup chopped leafy greens
- 2 cups diced mushrooms
- 1 diced onion
- 1 tablespoon crushed garlic
- 1 cups water

## Instructions

In a pot on the stove on high heat:

1. Add 3 tablespoons water.
2. Add the onion and the garlic. Cook until the onion starts to get translucent. Stir often.
3. Add the mushrooms and cook it down.
4. Add the leafy greens and add the remaining water. Cook it down with the lid on. Stir occasionally.
5. When the leafy greens is cooked down, add the beans. Add 1 teaspoon thyme, 1 teaspoon onion powder, 1 teaspoon Bragg's organic sprinkle or Italian seasoning, 2 tablespoons Bragg's liquid aminos or organic soy sauce and 1 teaspoon Celtic sea salt.
6. Stir well and bring to a boil again.
7. Turn the heat to medium. stir again and then let it simmer for 5 minutes.
8. On top of a bed of cooked whole grain sorghum, dish up the greens and beans and cover it with the cheese sauce. Enjoy!

