

Garbanzo Beans & Greens

Ingredients:

2 center-cut bacon slices
1 cup chopped carrots
1/2 cup chopped onion
2 garlic cloves, minced
1 tsp. paprika
1/4 tsp. kosher salt
1/2 tsp. ground cumin
1/2 tsp. crushed red pepper
2 1/2 cups fat-free, lower-sodium chicken broth
1 cup water
2 cans (15 oz.) organic chickpeas, rinsed and drained
4 cups chopped fresh kale or favorite green
1/2 cup plain 2% reduced-fat Greek yogurt
4 lemon wedges (optional)

Procedure:

1. Cook bacon in a Dutch oven medium heat until crisp. Remove bacon from pan using a slotted spoon, and crumble. Add 1 cup carrot and chopped onion to drippings in pan, and cook for 4 minutes, stirring occasionally. Add garlic, and cook for 1 minute, stirring constantly. Add paprika, 1/4 teaspoon salt, cumin and red pepper; cook for 30 seconds, stirring constantly. Stir in chicken broth, 1 cup water, and beans; bring to a boil. Reduce heat, and simmer for 20 minutes, stirring occasionally.
2. Add 4 cups kale to bean mixture. Cover and simmer for 10 minutes or until kale is tender, stirring occasionally. Ladle about 1 1/4 cups bean mixture into each of 4 bowls and top each serving with 2 tablespoons of yogurt. Sprinkle with bacon, and serve with lemon wedges, if desired.