

An Invitation

Skill level for this recipe is novice and curious (& hungry)

The invitation for this, and all my recipes, is to be present to it's healing and nourishment from start to finish. To be present to the experience of sourcing, washing, prepping, the scent and feel of the ingredients, the sounds and smells of what creating this sensual, rich, and deeply nourishing, seasonal dish offers...a full body experience. Because it's not only what we create that can have the healing we're seeking, but the process of cooking, and connecting to our nourishment, are all part of how we integrate these nutrients into our body (digestion), so we can go out there and continue to be awesome. The ingredients offered here are interchangeable based on flavor preferences or seasonal veg (if that's your thing). I found this version to be especially flavorful and earthy, with a rich mineral saltiness, and a festival of textures. This recipe makes 5 generous, satisfying servings

Beans and Greens and In-betweens

1 monster bowl of organic mixed greens (5 handfuls when coarsly chopped) - kales, rainbow chard, collards, endive, spinach, escarole, beet greens (I used 2 types of kale, rainbow chard and collards)

1 large organic white onion or 2 lg shallots (fine chop)

1 bunch chopped parlsey (no stems, fine chop)

4 cloves garlic, finely chopped

1 lemon juiced

1 C veggie or chicken stock

5 T organic dairy butter (or plant based)

some good sea salt and EV00 (extra virgin olive oil)

Non-dairy 'cheesy bean sauce'

2 ½ cups cannellini beans

½ cup plant based milk

⅓ cup nutritional yeast + 1 tsp dijon mustard

1 tsp each garlic powder, onion powder and lemon juice

pinch of salt and pepper

Good music & a friend (human or furry)

Get your playlist going and **grab your biggest saute pan (borrow from a friend if you don't yet own one, that's cool, things come when they're meant to)**, heat on medium high, drizzle bottom with evoo and 2 T butter (reg or plant if using)

Add the onion, saute with a pinch of salt and pepper, moving it around the pan occasionally for about 6 minutes. Add greens (a little at a time - they will cook down and you can add more) and ½ cup broth - allow to heat through, folding the greens on each other slowly, with intention, until all are in and reducing for about 5 minutes, reduce heat.

Stir in garlic, ¼ c. broth, 1T lemon juice, salt and pepper to taste, and allow to heat through without losing all it's vibrant color, for a few more minutes. Add in 1 cup of the beans, gently fold, cover and remove off heat.

In a bullet or blender, combine the remaining 1 ½ c. beans, nutritional yeast, plant milk, spices and lemon. Pulse on high until smooth, adding more milk as needed to achieve 'saucy' consistency. You can also add a little olive oil for extra richness.

To serve; top a generous 1 c. serving of the greens with the delightful beany sauce - trust me -it's something.

Lean over your beautiful bowl, cradle it in your hands, close your eyes, say grace, and breathe in the earthy richness. Savor, chew, enjoy, share, thank your friend for stirring. Share with them how much you love them.

