



**Many Hands Organic Farm and
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Creamy Swiss Chard with Red Kidney Beans

From: Mary Blake

This recipe is from 1,000 Vegetarian Recipes. It's called Creamy Swiss Chard with Cranberry Beans; I substituted Red Kidney beans for the cranberry beans.

Ingredients:

- 1-½ T vegetable oil
- ½ c. finely chopped onion
- 4 c. bite size pieces of Swiss chard
- 1-½ c. cooked cranberry beans (cooked from dry; or canned, drained)
- ½ c. sour cream
- ¼ t. salt or to taste
- ⅛ t. pepper

Directions:

1. In a large skillet heat the oil on medium high heat, add the onions, cook, stirring until translucent about 2 minutes.
2. Add the Swiss chard, cook stirring until wilted about 3 minutes.
3. Add the beans, cook stirring until heated through.
4. Remove from heat, stir in the sour cream, salt and pepper.