

Quick & cozy BEANS & GREENS

with sausage

1/25

Let's do Lunch

Ingredients

- 2 links of italian-style sausage (veggie, chicken, pork, etc)
- 1 can of chickpeas
- 2 full-sized carrots
- 1 bunch of lacinato kale or a 1/2 bunch of curly kale
- heat safe oil
- one clove of garlic or 1/2 tsp garlic powder
- red pepper flakes to taste
- a small pinch of salt
- lemon juice
- Plain yogurt to top (optional)

Directions

1. Heat oil in a skillet
2. Peel carrots, remove ribs from kale, and smash garlic; chop all
3. Add carrots, salt, and red pepper to the hot skillet
4. Cook carrots for a few moments until they begin to soften
5. Add sausage and cook
 - a. If it's fully cooked, heat until it starts to brown
 - b. If it's raw, cook it most of the way
6. Add chickpeas and let them warm up
7. Add kale and cook until wilted
8. Remove from heat and squeeze lemon juice over everything
9. Top with yogurt if desired and enjoy!