

## Quick Chard Stew



Serves 4

2 lbs. swiss chard  
2 cloves garlic, crushed  
Pinch red pepper flakes  
1 can San Marzano tomatoes  
1 can cannellini beans, rinsed and drained  
Olive oil

Parboil the chard for 5-6 minutes and drain well. Set the chard aside. Heat oil in a wide heavy skillet and add garlic and red pepper. Cook until golden, then add tomatoes and boil the mixture for about 3-5 minutes. Add the canned beans and cook another 3 or so minutes. Finally, add the parboiled chard and simmer the stew on low for 6-8 minutes. Serve hot over toasted garlic bread.

Watch the recipe here.

[http://www.youtube.com/user/TotallyVegetarian#p/search/2/rrZizCjix\\_Y](http://www.youtube.com/user/TotallyVegetarian#p/search/2/rrZizCjix_Y)

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