

Spinach and Beans

For a quick and healthy meal, try this hearty dish. Serve with crusty Italian bread for an added treat.

- 1 pkg. frozen spinach
- 1 – 8 oz. can Red Beans
- 2 – 8 oz cans Diced Tomatoes
- ½ onion, sliced
- 1 clove garlic, minced
- 2 Tbsp. Olive Oil
- Salt and Pepper to taste
- ¼ tsp. Crushed red pepper flakes

Defrost the spinach and wring it out in a towel to remove most of the water then set aside.



In frying pan add 2 Tbsp Olive Oil and sliced onion and sauté for 2 minutes. Add the garlic and cook for another minute – you don't want to burn the garlic. Next add the two cans of diced tomatoes along with the spinach to the pan and let simmer. Drain and rinse the red beans and add to the mixture. Add the red pepper flakes, salt and pepper and let simmer for 20 minutes.

Serves 4