

# Kale, Beans and Potatoes

Barb Rehler

## Ingredients

1 to 2 bunches of Kale

1/4 cup olive oil

1 to 2 cloves garlic,  
minced

1 cup of water (or more  
if necessary)

1 or 2 potatoes, cubed  
and cooked

1 can of beans (your  
favorite), rinsed and  
drained

salt and pepper, to taste

1 teaspoon to 1  
tablespoon hot sauce

## Directions

Wash kale and strip leaves from the large stems. Blanch and drain.

Place olive oil in a large stew pot; add garlic, kale, and water.

Simmer until kale is almost done.

Add salt and pepper to taste.

Add cooked potatoes and rinsed beans.

Continue to simmer until heated through.

For extra spice, add hot sauce before serving.

## Comment

I sometimes add hot Italian sausage . . . lots of flavor!