



Maple Leather Company & GreatBags® presents...

Selections from our “Mucho Easy” Recipe Collection

Cranberry Beans and Kale

We found this recipe on the label of Bob's Red Mill Cranberry (dried) Beans (dried beans) and it is now our favorite cold weather soup. If you don't want to cook dried beans from scratch, or can't find Bob's Cranberry beans, substitute some good quality canned beans and it should taste every bit as good. We skip the cornmeal and substituted ketchup for tomato paste, but love the hearty flavors with just a little bit of spicy kick. Makes 6 servings.

- 1 Onion large-sized, chopped
- 1 tsp Black Pepper (Medium Grind)
- 1/2 Lemon's Juice
- 1 tsp Ground Cumin
- 1/2 cup Water
- 1/2 cup Medium Grind Cornmeal
- 1 lb Kale chopped
- 2 tsp Red Onion crushed
- 1 can Tomato Paste (6oz can)
- 3 cups Cranberry Beans cooked
- 6 cups Vegetable Broth
- 6 Garlic cloves, minced

Directions

Cook Cranberry beans following directions on package, or substitute canned beans.

Place all ingredients except water, lemon juice and cornmeal in pot and simmer until the kale is tender. Mix the cornmeal, water, and lemon juice into a paste and pour it slowly into the simmering stew. Simmer another 15 minutes.

For more “Mucho Easy” recipes, visit www.mapleleather.com/recipes