

## Side Dish

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# Garbanzo Beans and Greens

Cooking Light

**Servings: 41**

**Preparation Time: 10 minutes**

**Start to Finish Time: 45 minutes**

**2 center-cut bacon slices**

**1 cup carrot, chopped**

**1/2 cup onion, chopped**

**2 cloves garlic, minced**

**1 teaspoon paprika**

**1/4 teaspoon kosher salt**

**1/2 teaspoon ground cumin**

**1/2 teaspoon crushed red pepper**

**2 1/2 cups fat-free low-sodium chicken broth**

**1 cup water**

**2 cups (15 oz) garbanzo beans, rinsed and drained**

**4 cups fresh kale, chopped**

**1/2 cup plain 2% reduced-fat Greek yogurt, 4**

**4 lemon wedges (optional)**

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon from pan with a slotted spoon, and crumble.

Add carrot and onion to drippings in pan; cook for 4 minutes, stirring occasionally.

Add garlic and cook for 1 minute, stirring constantly. Add paprika, salt, cumin and red pepper; cook for 30 seconds, stirring constantly.

Stir in chicken broth, water and beans; bring to a boil. Reduce heat and simmer for 20 minutes, stirring occasionally.

Add kale to bean mixture. Cover and simmer for 10 minutes or until kale is tender, stirring occasionally.

Ladle about 1 1/4 cups of kale mixture into each of four bowls, and top each serving with two tablespoons of yogurt.

Sprinkle with bacon and serve with lemon wedges.

Yield: water

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Per Serving (excluding unknown items): 38 Calories; 1g Fat (14.0% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.