Tomato and Dark Green Stew

Ingredients:
- 1 tsp grapeseed oil
- 1 large onion, diced
- 3 garlic cloves, minced
- 3 lbs. dark greens (stems removed) such as collards, kale, chards, spinach, etc.
- 1 28 oz. can of diced tomatoes, with juice
- 1 tsp of Italian seasoning
- 1 15 oz. can of garbanzo beans, drained and rinsed

Directions:
- In saucepan, heat oil over medium high heat, add onions and cook until onions begin to caramelize.
- Add garlic and 2 cup of greens to saucepan. Mix and stir until greens have wilted.
- Continue adding 2 cups of greens at a time until all of the greens have been added.
- Add tomatoes and Italian seasoning to pan and cook for 8-10 minutes or until greens are tender.
- Add beans and cook for 5-8 additional minutes or until beans are heated through.
- Season to taste.

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on 1/25/2013