INGREDIENTS

- 1 15-oz can kidney beans, drained and rinsed (or other bean if you prefer)
- 4 green onions, washed and cut up into rounds
- 1 Tablespoon soy sauce
- 1 Tablespoon olive oil (or oil of choice)
- ¼ cup water

DIRECTIONS

1. Place all ingredients in small pan, bring to a boil, then turn down and simmer a few minutes until onions are cooked.

2. Serves 3 as a side or 2 larger portions

Options

Add ½ teaspoon cumin or ginger.
Add vegetables (such as carrots, kale, or other greens cut into medium-sized pieces) and cook approximately 5 minutes until vegetables are just tender.
Add a little more water if cooking with additional vegetables.

NOTES

------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------