



Copyright 2021. The Food Fairy. All rights reserved.

Smoky Beans and Greens over Quick Grits

Serves 4

Ingredients:

- 1 TBSP extra virgin olive oil
- 1 yellow onion, chopped
- 1 tomato, chopped
- 1 cup quick cooking (not instant) grits
- 1½ tsp smoked paprika
- ½ tsp salt
- 1 TBSP butter (optional)
- 8oz kale or collard greens, stemmed and chopped
- 4½ cup reduced sodium vegetable broth
- ½ cup vegetarian sausage, chopped (optional)

Preparation:

1. Heat a large, heavy skillet over medium heat and add olive oil. When oil shimmers, add onion and saute until they are translucent, about 3 minutes, then add tomato and continue to saute for 2 more minutes.
2. Meanwhile, in a large saucepan, bring 4 cups of broth to a boil, and stir in the grits, 1 tsp smoked paprika, and salt. Reduce heat and simmer, stirring occasionally until the grits are thick and creamy, 5 to 7 minutes (check package directions). Remove from heat and stir in butter if desired.
3. While the grits are simmering, to the sauteed onion and tomato add kale or collards, ½ tsp smoked paprika, and remaining ½ cup of broth. Cover and cook for about 3 minutes until greens are wilted. Add beans and optional sausage and continue to saute for 5 more minutes, stirring occasionally. Add salt and black pepper to taste.
4. Serve the beans and greens over the grits.



Food Fairy Note:

If you like your beans spicy, stir in ¼ tsp (or more) cayenne pepper with the smoked paprika in step 3.

Inspired by a recipe from More Quick-Fix Vegan by Robin Robertson