

Anasazi Beans with Swiss Chard

Chef Kevin Clarke, Colorado Mountain College, Keystone, CO

Servings: 8 ½ C Portions

Description: Colorado version of an Italian classic of braised greens and beans. Great with any roasted or grilled item.

Procedure	Amount	Unit	Ingredient
<ol style="list-style-type: none"> 1. Mise en place: <ol style="list-style-type: none"> a. Important to have beans soak for a minimum of 12 hours. 2. Combine first four ingredients in a 2 quart pot, cover, and simmer until beans are tender. Keep warm (above 145 degrees) until ready to add to Swiss chard. May be prepared up to a day in advance. 3. In a 2 qt sauce pot sweat onion in olive oil over medium heat until translucent. 4. Add sliced rib section from the Swiss chard and cook approximately 5 minutes over low heat or until the rib section starts to become tender. 5. Add Swiss chard leaves and cook until the leaves turn bright green. 6. Add the cooked beans and (including the liquid) and cook over low heat until the greens are soft. They should still have a bright green color. 7. Just before service stir in lemon juice, oregano and season with salt and pepper and chile flake. 	1	C	Dove Creek Anasazi Beans, Dry (Soak overnight with 3 cups cold water then drain soaking water– Minimum 12 hours)
	2	Oz	Smoked Ham Hock, Small Dice
	1	TSP	Kosher Salt
	3	C	Beef Stock – (Canned broth is ok, make sure to get the low sodium version).
	1.5	Pounds	Colorado Swiss Chard – Remove rib and cut into ¼” slices, cut leaves into 1/4” ribbons across the width or short part of the leaf.
	¼	Cup	Colorado Yellow onion, small dice
	1	Tbs	Olive oil
	1	Tbs	Fresh lemon juice
	2	Tsp.	Chopped fresh Colorado Oregano
	2	Tsp.	Chile flake
	TT		Salt
	TT		Black Pepper

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Equipment: 2 – 2 qt. Sauce pots