

Beans 'n Greens (with Swiss Chard)

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-swiss-chard-recipe>

Ingredients:

- 1 pound black eyed peas Dried
- water
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 onion large, chopped
- 3 garlic cloves minced
- 1 teaspoon dried thyme leaves
- 3 bay leaves
- 1 bunch Swiss chard chopped, I used about 3 cups
- salt
- pepper

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 15 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 5 grams
8. Sodium: 440 milligrams
9. Sugar: 2 grams

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