

KAMALA'S UNBURDENED BY WHAT HAS BEAN CASSEROLE

INGREDIENTS



- 1 tablespoon olive oil
- 1 small red onion, diced
- 1 stalk celery, diced
- ¼ cup chopped carrot
- 2 cloves garlic, minced
- 1 (15 ounce) can fire-roasted diced tomatoes (not drained)
- 1 tablespoon brown sugar
- 1 teaspoon kosher salt
- 1 teaspoon chili powder
- 1 teaspoon dry mustard
- ½ teaspoon smoked paprika
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper (omit for a mild dish, or increase for a spicier dish)
- 1 (16 ounce) can vegetarian baked beans, not drained
- 1 (16 ounce) can pinto beans (or other beans of choice), drained and rinsed
- 5 ounces greens (such as collard greens, turnip greens, kale, or baby spinach), stems removed and chopped
- ¼ cup water
- 1 teaspoon apple cider vinegar
- 1 teaspoon soy sauce or tamari (or I use Worcestershire sauce for a non-vegetarian option)
- 2 cups (about 8 ounces) grated Colby Jack cheese (or sub with grated cheddar cheese)
- Optional garnish: chopped fresh parsley or other herbs; sliced green onion

DIRECTIONS

1. Preheat oven to 400°F. In a large cast iron skillet (or other oven-proof skillet) over medium-high heat, heat the oil.
2. Add the onion, celery, and carrots. Cook, stirring occasionally, until the vegetables start to soften, about 5-7 minutes.
3. Add the garlic and cook for 1 more minute.
4. Stir in the tomatoes (with their juices), brown sugar, kosher salt, chili powder, dry mustard, smoked paprika, cumin, and cayenne. Add the beans; bring to a simmer. Stir in the greens, water, vinegar, and Worcestershire sauce; cook until the greens are tender, about 5-7 minutes for heartier greens like collards and kale, or almost instantly for baby spinach.
5. Remove from the heat. Taste and season with salt and pepper, if necessary. Sprinkle cheese on top.
6. Transfer the skillet to the oven. Bake for 5-10 more minutes, until the cheese melts and the filling is hot and bubbly. If you like the top more browned and crisp, place it under the broiler for 1-2 minutes (don't walk away – keep an eye on it)!