

# ROASTED GARBANZO BEANS & GARLIC WITH SWISS CHARD

Based on a recipe from Epicurious. This recipe leaves you with a cup or so of fennel-scented oil which can be used for salad dressing, hummus, etc.



## Ingredients

### *Garbanzo Beans:*

- *1 cup dried Garbanzo beans (or two 15-oz. cans garbanzo beans, see note below)*
- *10 Garlic cloves, peeled*
- *Half a small Onion, sliced*
- *3 small Bay leaves, preferably fresh*
- *1 teaspoon Fennel seeds*
- *Salt & Pepper*
- *1 ¼ cups extra-virgin Olive Oil*

### *Chard:*

- *2 bunches Swiss chard, center stems cut out and discarded, leaves coarsely torn*
- *Salt & Pepper*
- *Half a small Onion, chopped*
- *6 Garlic cloves, peeled and chopped*
- *3 small bay leaves, preferably fresh*

## Directions

### Garbanzo beans:

- 1.** Rinse beans and place in a small pot with water to cover. Soak 8 hours or overnight. Add a big pinch of salt and bring to the simmer, skimming any foamy scum that rises. Reduce heat and simmer until tender, adding more water if necessary. Cooking time will be 1-1/2 hours or more depending on how fresh the beans are.
- 2.** Preheat oven to 350°F. Drain the beans, reserving broth. Combine them with garlic, sliced onion, bay leaves, and fennel in 8x8x2-inch glass baking dish. Sprinkle with salt and pepper. Pour oil over beans and cover dish with foil.
- 3.** Roast until garlic is tender, about 45 minutes. Drain beans, reserving oil. Discard bay leaves.



### Chard:

- 4.** Wash the chard leaves and dry them in a salad spinner. Bring a large pot of lightly salted water to a boil.
- 5.** Add chard and cook until just tender, about 5 minutes. Drain in a colander and refresh under cold water. Squeeze the mass of chard with your hands, then in a clean towel to extract as much water as possible. Chop and set aside.

*\*Note: everything up to this point can be prepared ahead of time.*

### Finish:

- 6.** Heat several spoonful of the reserved oil in large skillet over medium-high heat. Add chopped onion and sauté until tender. Add garlic and bay leaves and sauté until fragrant.
- 7.** Add chopped chard and stir for several minutes, adding more oil if necessary, until chard is heated through and the pieces begin to separate.



**8.** Add garbanzo beans and a little of their reserved liquid. Toss over medium heat until warmed through, moistening with more oil and/or liquid by tablespoonful if needed, about 5 minutes.

**9.** Season with salt and pepper and serve.

*\*Note: If using canned garbanzo beans, drain well, discarding liquid, and proceed with the roasting. Substitute vegetable stock, or some of the chard blanching water, for the bean broth in the final dish.*