

Lauri's Hot Salad

Ingredients

- 1 bunch **Swiss chard**, stems removed, leaves chopped (any greens you like or have on hand will work here)
- 1/2 small head green or **purple cabbage**, thinly sliced or chopped
- 1 can (15 oz) **navy beans**, drained and rinsed (any beans you have on hand will work!)
- ½–¾ cup **chicken broth** (enough to keep it damp, not soupy)
- 2 Tbsp olive oil
- 1 small onion, thinly sliced (red yellow or white onion all work)
- 2 cloves garlic, minced
- Salt and black pepper, to taste
- Pinch red pepper flakes (optional)
- Optional seasonings: a pinch of oregano or thyme

Method

1. Heat olive oil in a large skillet over medium heat.
2. Add onion and cook until softened and lightly golden, 5–7 minutes.
3. Add garlic and cook 30 seconds until fragrant.
4. Add purple cabbage and a splash of chicken broth. Cook 5–8 minutes, stirring, until cabbage begins to soften.
5. Add Swiss chard and navy beans. Season with salt, pepper, and optional red pepper flakes.
6. Pour in remaining chicken broth. Cook, stirring gently, until greens are fully wilted, beans are heated through, and the mixture is **moist but not liquidy**.
7. Taste and adjust seasoning. Serve warm with a crusty bread.

Notes

- It should look glossy and damp, not dry and not soupy.
- Simple food that is quietly nourishing.