

Savory Living Recipe - Breakfast Bean and Veggie Skillet

Total cooking time - 5-7 minutes

Step 1 - Sauté aromatics in olive oil

- I like chopped onions and diced garlic
- Can use scallions, leeks, shallots instead of onions

Step 2 - Add raw vegetables

- Sliced and chopped
- Mushrooms, tomatoes, tender greens (spinach, baby arugula), zucchini, peppers (red, yellow and orange are especially good)
- Tomatoes are great - they add juice and help bring the flavors together

Step 3 - Add cooked vegetables (if using)

- Leftovers from other meals
 - Hearty cooked greens (kale, collard greens), broccoli, asparagus etc.

Step 4 - Add beans

- Can of package of beans - rinsed and drained

Step 5 - Add flavorings (choose herbs and spices based on taste)

- Work to balance flavors - add a bit of salt, an acid note (splash of lemon, lime or vinegar), and dash of heat (black pepper, cayenne). The vegetables should provide the sweetness.
- If you're going to add cheese - think "garnish" and add it at the end - right before you serve. This will let you experience the cheese and use less.

Variations

- Basic - salt, pepper, splash of cayenne pepper (brings out flavor), splash of fresh lemon juice (brings out flavor)
- Greek - feta cheese, oregano, balsamic vinegar
- Mexican - cilantro, salsa, cheddar, lime
- Serve with a cooked egg - soft boiled, fried, egg substitute or white scrambled