

Haggen®
KIDS
 Cooking
CLUB 



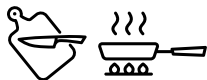
SERVES: 3-4

PREP TIME: 20 MIN

COOK TIME: 25-30 MIN

SKILL LEVEL:  

REQUIRES USE OF:



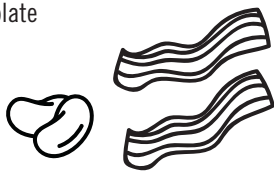
GREENS & BEANS & THINGS

INGREDIENTS:

- 6-8 chicken thighs
- salt and pepper
- 1 tablespoon extra virgin olive oil
- 2 tablespoons butter
- 1 medium onion, thinly sliced
- 1 tablespoon fresh rosemary, finely chopped
- 6 garlic cloves
- 2 teaspoons bacon, cooked and crumbled
- 4 cups of chicken stock
- 1 cup orzo pasta
- 1 (14 ounce) can of northern beans, drained and rinsed
- 1 (14 ounce) can cannellini beans, drained and rinsed
- 2 cups fresh greens, such as kale, arugula or spinach

ITEMS TO GATHER:

- apron
- measuring cups
- measuring spoons
- cutting board
- chef's knife
- colander
- tongs
- wooden spoon
- large Dutch oven with lid
- fine mesh splatter guard
- plate



GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

On a plate, season chicken liberally with salt and pepper on both sides. Then add the olive oil to the Dutch oven and heat over medium-high.

Using tongs, add chicken to the Dutch oven and sear until the chicken browns, about 5 minutes per side; you are just browning the outside of the chicken right now and will finish cooking the chicken in later steps. Turn off the heat to the Dutch oven and move it to an area on the stove top that is not hot.

Using tongs, remove the browned chicken from Dutch oven and return to the plate. Add the butter to the Dutch oven and allow it to melt in the residual heat. Return the Dutch oven to the heat. Add the onions to the melted butter; stir to coat them with butter and season with salt and pepper. Cook, on medium-high heat, until the onions have softened, about 3–4 minutes, stirring occasionally.

Next, add the rosemary, whole garlic and bacon to the onions. Cook just until fragrant, less than 1 minute. Pour in a little bit of the chicken stock, only about 1/4 cup, to help lift up any fond on the bottom of the Dutch oven. Quickly scrape the bottom of the Dutch oven with a wooden spoon and add the uncooked orzo. Stir the orzo with the wooden spoon to evenly distribute the orzo across the bottom of the Dutch oven. Using tongs, add the chicken in a single layer, along with any juices on the plate, on top of the orzo. Carefully pour in the remainder of the chicken stock to the Dutch oven. Bring to a boil, then reduce the heat so the stock just starts to simmer. Cover and simmer for 15 minutes.

Stir in the beans and the fresh greens. Cover the Dutch oven and cook for an additional 5 minutes. The northern beans will break down and thicken the sauce while most of the cannellini will retain their shape. Remove and discard the whole garlic cloves. Serve immediately.

ENJOY!

LEAFY GREENS:



Kale



Arugula



Spinach



Broccoli



Swiss Chard



Collard Greens



Romaine Lettuce



Mustard Greens



Dandelion Greens



Bok Choy