**INGREDIENTS**

- 3/4 Cup Kidney beans
- 1 lb. fresh kale water to cover
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 stalks celery, chopped
- 4 sprigs parsley, chopped
- 1 tablespoon tamari soy sauce
- 3/4 cup cornmeal
- 1/4 cup oil
- 1/4 teaspoon thyme
- 1/4 teaspoon basil
- 1 teaspoon chopped chives

**INSTRUCTIONS**

**Step 1** – Cook kidney beans according to preferred method. Drain and reserve liquid for soup.

**Step 2** – Wash kale and trim away tough ends and heavy ribs. Chop coarsely and cook in water to cover along with onion, garlic, celery, parsley and soy sauce, until tender (or 30 mins). Drain and set aside.

**Step 3** – Bring kale cooking liquid to a boil, stir in cornmeal and cook in the top of a double boiler, until soft and all liquid has been absorbed (20 mins).

**Step 4** – Preheat oven to 350F. Combine kale, beans, cornmeal, oil and herbs, turn into an oiled loaf and bake for 20 minutes in preheated oven.

**Total:** 1 hour & 30 mins  
**Yield:** 6 servings