

## Greens & Beans Millet Bowl



### Makes:

6 servings, as entrée

### Utensil:

Saladmaster Food Processor  
1 Qt./9 L Sauce Pan with Cover  
12" Chef's Gourmet Skillet  
small mixing bowl

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### Recipe:

### Contributed By:

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### Recipe Description:

For an easy meal-in-a-bowl, use the nutritious powerhouses of beans and greens, and layer fluffy cooked millet seasoned with herbs and broth. Millet, a gluten free seed, is easy to digest, cooks up quickly, and has an impressive nutritional profile: it is a rich source of iron, calcium and B-vitamins, and is very mild in flavor.

1 cup  
millet, rinsed well and drained  
(200  
g)  
2 cups  
water or vegetable stock  
(475  
mL)  
½ teaspoon  
salt  
(3  
g)  
¼ teaspoon  
oregano, dry  
(1  
g)  
½ cup  
red onion, julienned, use Cone #2  
(80  
g)  
3 cloves  
garlic, peeled, shredded, use Cone #1  
1 ½ cups  
corn, fresh cut off of cob, or frozen  
(246  
g)

4 cups  
kale, stems removed, washed and chopped into small pieces  
(268 g)  
2 tablespoons  
tomato paste  
(33 g)  
1 teaspoon  
cumin, ground  
(2 g)  
 $\frac{1}{2}$  cup  
water  
(120 mL)  
15 ounces  
pinto beans, kidney beans or black beans, drained and rinsed well  
(425 g)

### Optional toppings

sharp cheddar cheese, shredded, use Cone #1

### Directions:

- avocado, pitted, peeled and diced      salsa
1. Rinse millet and drain well. Place millet, stock or water, salt, basil and oregano in sauce pan and stir to combine. Turn heat to medium and cover. When Vapo-Valve™ clicks, reduce heat to low and cook for 15 minutes or until liquid is absorbed. Turn heat off and let millet rest for 10 minutes with the cover on.
  2. While millet is cooking, preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, place onions in pan and sauté for 2 minutes.
  3. Add garlic and sauté for an additional 2 minutes.
  4. Add corn and kale, toss to combine and cover. When Vapo-Valve™ clicks, reduce heat to low and cook for 5 minutes.
  5. In small bowl combine tomato paste, cumin and water. Add to vegetables in skillet, cover and cook for 7 minutes. Taste and adjust seasonings if needed.
  6. Fluff millet with fork to separate grains. Layer a portion of millet on bottom of individual bowl, top with greens and beans and top with grated cheese, avocado or salsa. Or you may let diners add their own toppings.

### Tips:

- Substitute chopped kale for spinach, Swiss chard, dandelion greens, escarole or other heartier greens.
- Layer and pack millet bowl into a preheated thermos for a nutritious to-go lunch.

### Nutritional Information per

#### ▼ Serving

**Calories:** 342  
**Total Fat:** 4g  
**Saturated Fat:** 1g  
**Cholesterol:** 1mg  
**Sodium:** 1070mg  
**Total** 65g  
**Carbs:**  
**Dietary Fiber:** 13g  
**Sugar:** 3g  
**Protein:** 15g