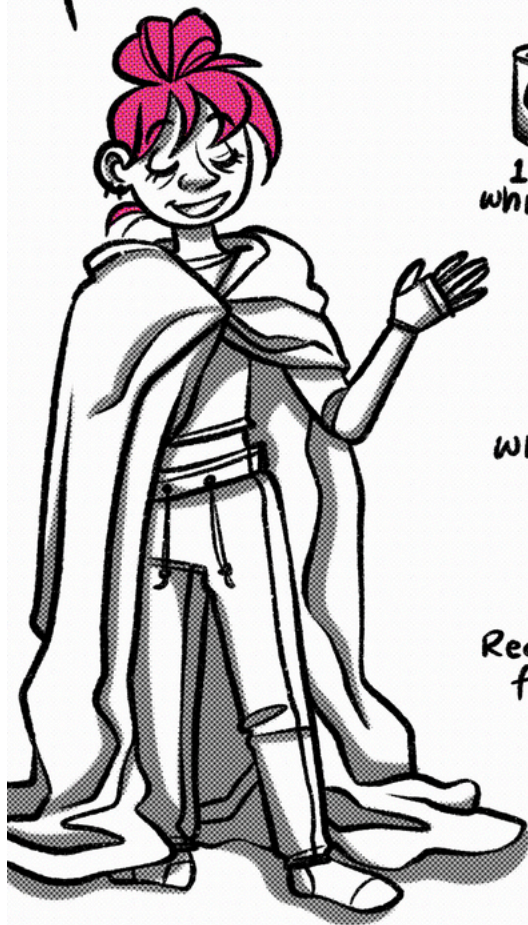


Cold? Yes. Hungry? Also yes.
In need of a cozy meal?
Yes x 1,000.

Lucky you, I've
got a recipe for
you. Welcome back to
Flow Life Skillz.

flow

I call this one "beans n' greens."
Sound healthy? It's Cos it IS.
BUT, it's also yummy. Trust.
Here's the ingredients...



1 can
white beans

+



1 LARGE
yellow onion

+



1 bag of pre-
chopped kale



white rice

+



chicken
stock

+



Garlic



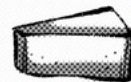
Red pepper
flakes

+




1 Lemon

+



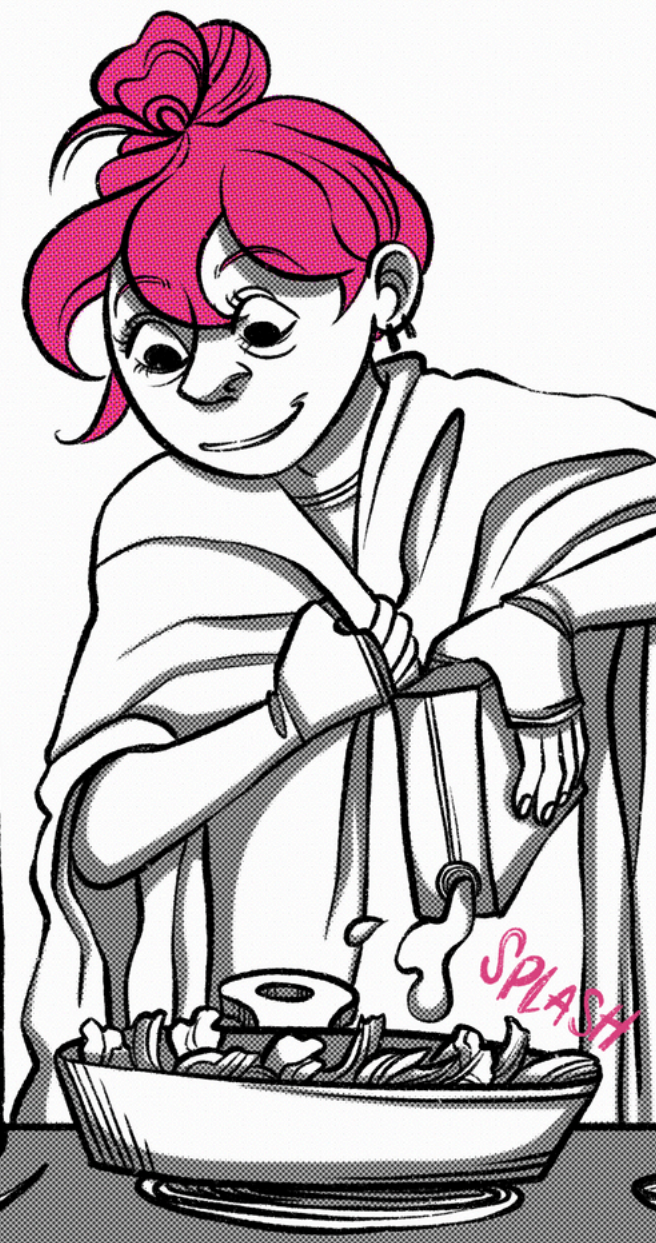
Parmesan
cheese

A black and white comic-style illustration of a woman with bright pink hair tied in a bun. She is wearing a white top and is leaning over a white rice cooker. She is holding a measuring cup in her right hand, pouring liquid into the rice cooker, and a rectangular container in her left hand. The rice cooker has a lid with some rice visible inside. The background is a simple grey gradient.

First, you wanna
get your rice going.
while you cook.
1 cup rice to 2 cups
liquid!

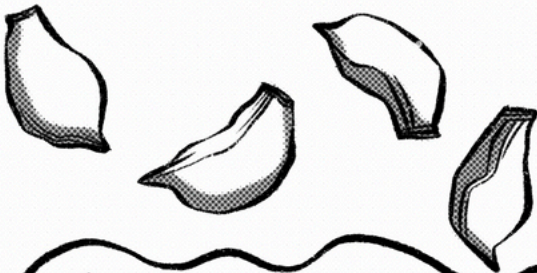
To make it extra
flavorful, use chicken
broth instead of water
in your rice cooker.

Then, chop up your onion while your pan heats up. You want to keep it in sort of long stringy pieces. Toss 'em in the pan with some olive oil, and some chicken stock to soak up that flavor. Let those go for a sec, then throw about 3/4 of your bag of kale in there too. Let it all cook down, adding stock, salt, and pepper as it goes.



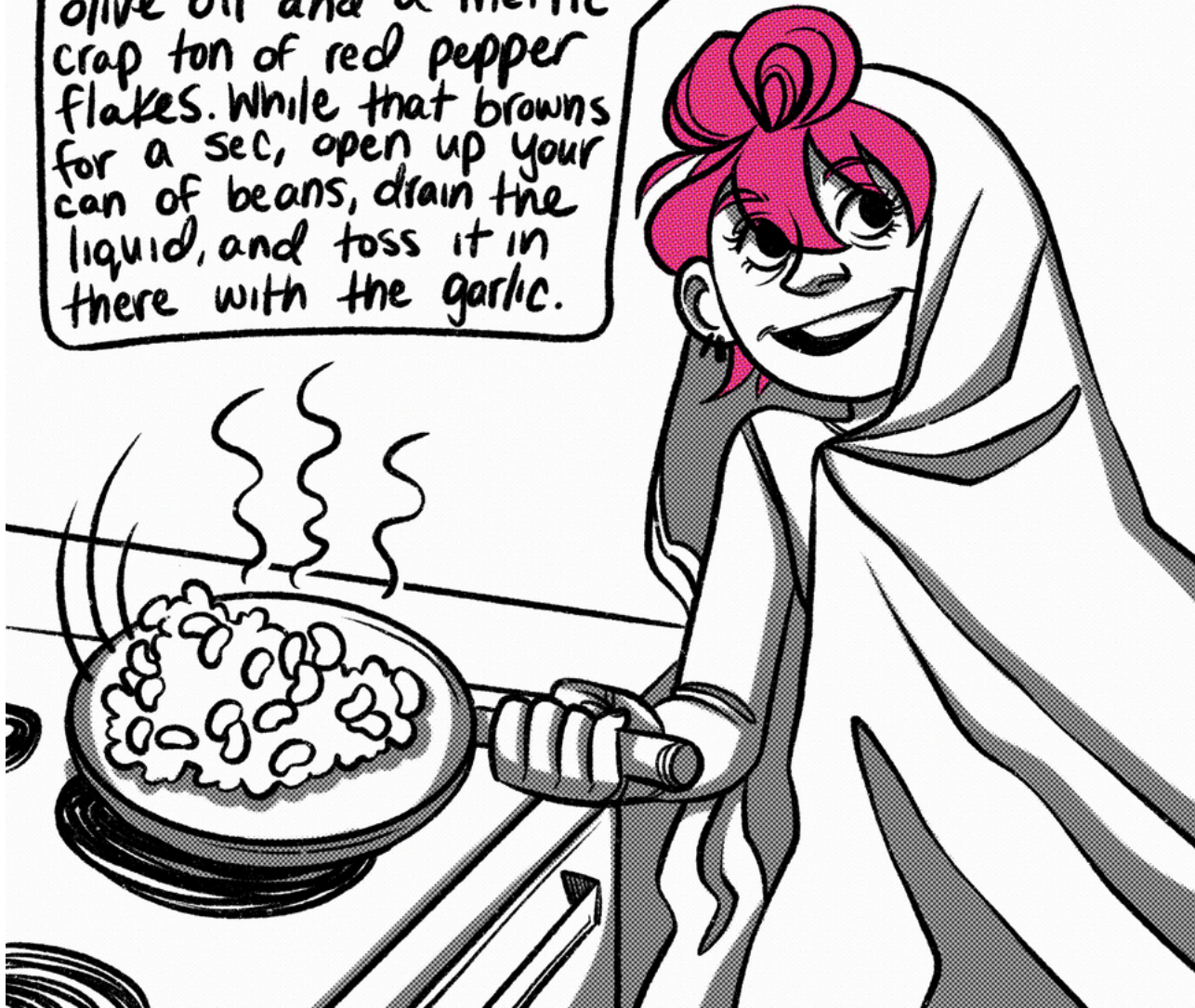


Then, you wanna chop up like, so much garlic. I have no specific amount, measure with your heart.



(my heart likes a lot of garlic!!!)

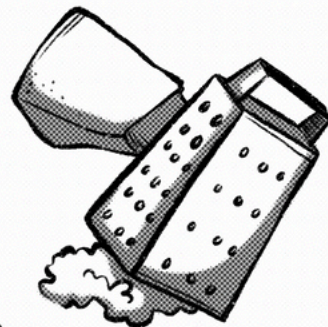
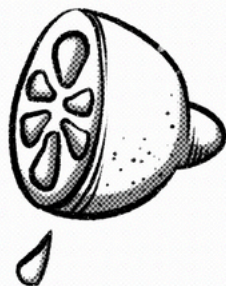
In another pan, toss that garlic in with some olive oil and a metric crap ton of red pepper flakes. While that browns for a sec, open up your can of beans, drain the liquid, and toss it in there with the garlic.



Once your veggie pan is cooked down enough, your rice is done, and your beans are heated all the way through (which should be roughly all the sameish time), you're ready to **ASSEMBLE YOUR BOWL!!**



lemon juice +
parmesan cheese



BEANS



Onions + Kale



Hefty rice
helping



Dig in and enjoy
the Coziest meal
ever!!

