

White Bean, Rice and Kale Stew

Equipment Note: Requires a large skillet with a lid.

Ingredients:

1 tablespoon oil
1 onion, chopped
1/2 green, red, or yellow bell pepper, chopped
1 clove garlic, minced
2 1/2 cups chicken broth or water
1 teaspoon salt
1 cup uncooked rice
4 cups kale, stemmed and roughly chopped
2 cups white beans, canned or freshly cooked

Directions:

1. Heat the oil in a large skillet over medium-high heat.
2. Add onions, peppers, and garlic. Cook until the onions are translucent.
3. Add the chicken broth or water to the pan; stir, scraping bottom of pan to release any browned pieces. Bring the liquid to a boil.
4. Add the salt and rice to the pan; stir once and then reduce the heat to low and cover. Cook without removing the lid for 15 minutes.
5. Add the kale to pan and stir once. Cook, with the lid on, for 3 to 5 minutes more. Check the rice and kale for tenderness. If more cooking time is needed, cook another 5 to 10 minutes and check again.
6. When the rice and kale are tender, remove the lid and add the white beans. Cook until the beans are heated through and serve.

Irish Colcannon

Serves 4 to 6

Ingredients:

4 medium to large potatoes, diced
3 cups green cabbage, roughly chopped
2 tablespoons oil
1/2 teaspoon each salt and pepper
2 cups chopped green onions, white and green parts
2 cloves garlic, minced
1/4 cup butter (1/2 stick)
1/2 cup cream, half and half, or whole milk
1/4 teaspoon nutmeg (optional)
Extra butter and sour cream, optional

Directions:

1. Heat the oven to 375 degrees.
2. Toss the potatoes and cabbage with oil and spread on a baking sheet. Sprinkle with salt and pepper. Bake, stirring occasionally, until the potatoes and cabbage are tender and beginning to brown slightly.
3. Meanwhile, in a medium skillet, melt the butter over medium heat and cook until the onions are softened. Add the garlic and cook one minute longer. Turn off heat and allow onions to cool slightly. Add the cream to the pan and stir, scraping the bottom to loosen any browned bits.
4. Once the potatoes and cabbage are cooked, move to a large pot or bowl, being sure to include any browned bits from the baking sheet. Pour the onion and cream mixture over the potatoes. Add nutmeg. Using a potato masher, mash potatoes and cabbage, leaving the mixture lumpy. Check the seasoning and add extra salt and pepper if necessary.
5. Serve hot, topped with more butter and sour cream, if you choose.

Liz's Go-To Collards

Ingredients:

1 bunch of collards
1 onion, sliced
1 tablespoon oil (or two strips of chopped bacon, chicken fat, or any seasoning meat)
1/2 cup water
1 teaspoon of salt or seasoning salt, 1/2 teaspoon red chili flakes, 1/2 teaspoon sugar, and 1 tablespoon of vinegar (any kind)

Directions:

1. Chop 1 bunch collards and soak in a sink of fresh cold water; drain.
2. Heat the oil or seasoning fat in a medium pot over medium heat.
3. Add 1/2 cup water and collards, stir around in pot.
4. Add 1 teaspoon of salt or seasoning salt, 1/2 teaspoon red chili flakes, 1/2 teaspoon sugar, and 1 tablespoon of vinegar (any kind).
5. Cover the pot and cook for an hour on medium low, stirring occasionally and adding water if needed. Cool and enjoy. Even better the next day!

Spicy Sweet Potato and Kale Sauté

Ingredients:

2 large sweet potatoes, cut into 1-inch cubes
3 tablespoons oil, divided
2 cloves garlic, minced
2 teaspoons chili powder
1 teaspoon cumin
1 bunch Kale—stems removed and torn into small pieces
Juice from 1/2 lime
1 tablespoon cilantro, chopped (optional)
Salt and pepper to taste

Directions:

1. Heat the oven to 375 degrees.
2. Place the sweet potatoes on a baking sheet and drizzle with 1 tablespoon oil. Roast for 30 minutes, tossing once halfway through cooking. Set potatoes aside.
3. Heat the remaining oil in a large skillet over medium heat. Add garlic, chili powder, and cumin. Cook and stir until fragrant.
4. Add the kale to the pan and cook until wilted.
5. Add the sweet potatoes, lime juice, and cilantro. Toss. Add seasonings and serve.

Saucy Lentils and Kale

Equipment Note: Requires a large skillet with a lid.

Ingredients:

2 tablespoons oil
1 cup chopped onion
1 cup chopped celery
1 cup chopped carrot
1/2 pound (8 ounces) red split lentils
1 cup pasta sauce
3 cups vegetable or chicken stock
1 bunch Kale, torn into small pieces

Directions:

1. Heat the oil in a large skillet over medium heat.
2. Add the onions, celery, and carrots; cook until softened, about 10 minutes.
3. Add the lentils, pasta sauce, and stock to the skillet. Bring to a boil and then lower to simmer.
4. Simmer with the lid on until the lentils are tender, about 30 to 40 minutes.
5. When lentils are cooked, add the kale and gently stir. Cook until kale is wilted.
6. Serve immediately.

Collard Greens and Black-eyed Peas with Crispy Bacon

Equipment Note: Requires a large pot with a lid.

Ingredients:

4 strips bacon, cooked crisp, crumbled, and set aside
1 tablespoon oil
4 cloves garlic, roughly chopped
1 large onion, chopped
1 large bunch collards, chopped into strips (about 5 cups raw)
1 teaspoon salt, 1/4 teaspoon crushed red pepper, 1 bay leaf
1 tablespoon red wine vinegar
1 teaspoon sugar
1/2 cup water
14 ounces cooked black-eyed peas (about 2 cups)

Directions:

1. In a large pot, heat the oil over medium heat.
2. Add the garlic and onion; cook until the onion is translucent.
3. Add half the chopped greens, salt, red pepper, bay leaf, vinegar, sugar, and water and stir. Add more greens as they continue to wilt until all have been added. Stir each time.
4. Add the black-eyed peas, cover, and reduce heat to simmer for 10 to 15 minutes, checking occasionally and adding more water if necessary.
5. Serve in a bowl topped with the crumbled bacon.