

BEYOND HUNGER

Vegetarian Mustard Greens

Yes, these greens are vegan and taste delicious! The smoked paprika in this recipe gives a meaty flavor that pairs well with greens and the olive oil provides the richness that this dish deserves. Any greens can be substituted for the mustard greens. Try pre-washed and chopped bagged greens for easier prep.

Yields: 3 cups cooked

Serving Size: ½ cup

Ingredients:

- 1 large **onion**, peeled and sliced thin
- 2 cloves **garlic**, peeled and sliced thin
- 2 tbs **olive oil**
- 2 cups of **low-sodium vegetable broth** (or water)
- 1 bag (1 pound) chopped **mustard greens** (or collards/turnip greens or spinach)
- 1½ tsp **smoked mild paprika**
- Salt and pepper to taste
- 1/8 tsp **crushed red pepper flakes** (optional)
- 1 tsp **sugar** (optional)

Instructions:

1. Cut the peeled onion in half through the root end. Cut each half into thin slices. Slice the peeled garlic.
2. In a pot large enough to hold the greens, heat olive oil until shimmering. Add sliced onions and garlic and sauté on medium heat for 5 minutes, stirring frequently.
3. Add broth and bring to a boil. Add greens, a couple handfuls at a time, stirring until wilted. Once all greens have been added and wilted, add smoked paprika, salt, and pepper to taste, crushed red pepper flakes and sugar if using. Mix well.
4. Place lid on pot and bring greens up to a simmer. Simmer greens for 30 minutes, and up to 90 minutes, until greens reach desired consistency. There should be very little liquid left in the pot.
5. Taste greens and adjust for seasonings and olive oil. It tastes delicious with sweet potato cornbread.

Per Serving: Calories 82kcal, Carbohydrates 8.5g, Protein 2.8g, Saturated Fat 0g, Sodium 118mg, Fiber 3.3g, Added Sugars 3.3g

This recipe was adapted from BudgetBytes.com.