



@KICKCRAMPSASS

COLLARD GREENS W/ JACKFRUIT

SERVES 6: 8 OZ PORTIONS

INGREDIENTS

- 1/4 CUP VEGAN BUTTER (WE USE EARTH BALANCE)
- 4 BUNCHES OF COLLARD GREENS (MUSTARD OR CABBAGE)
- 1 RED ONION, DICED
- 14 OZ JACKFRUIT
- 1/4 CUP OF SPRING WATER
- 3 CUPS VEGETABLE STOCK
- 1 TABLESPOON BALSAMIC VINEGAR
- 2 TABLESPOONS APPLE CIDER (CIDER OR VINEGAR)
- 2 TABLESPOON VEGAN WORCESTERSHIRE SAUCE
- 2 TABLESPOON LIQUID SMOKE
- 6 DROPS (OR SHAKES) OF HOT SAUCE (OPTIONAL)
- ORGANIC GARLIC POWDER TO TASTE
- 1/4 TEASPOON ONION POWDER (OR TO TASTE)
- 1/4 TEASPOON THYME (OR TO TASTE)
- 1/4 TEASPOON BLACK PEPPER (OR TO TASTE)
- 1/4 TEASPOON CAJUN SEASONING (OR TO TASTE)
- 1/4 TEASPOON PAPRIKA (OR TO TASTE)
- 1/4 TEASPOON CUMIN (OR TO TASTE)
- 1/4 TEASPOON CHILI POWDER (OR TO TASTE)
- 1/4 TABLESPOON GINGER
- 1/4 TABLESPOON TURMERIC
- 1/2 TEASPOON CAYENNE PEPPER (OR MORE TO TASTE)

NUTRITION FACTS

- CALORIES: 120
- TOTAL FAT: 5.24G
- SATURATED FAT: 2.93G
- SODIUM: 292MG
- POTASSIUM: 444MG
- TOTAL CARBOHYDRATES: 17.48G
- DIETARY FIBER: 6.1G
- SUGARS: 9.65G (NO ADDED SUGAR)
- PROTEIN: 4.65G
- VITAMIN A: 4778IU
- MAGNESIUM: 38MG
- PHOSPHOROUS: 41MG
- VITAMIN C: 40.5MG
- CALCIUM: 308MG
- IRON: 2.56MG
- VITAMIN K: 5.5UG
- ZINC: 4.66MG
- VITAMIN E: 1.49MG

PROCEDURE

- 01** HEAT A LARGE SAUCEPAN OR CROCKPOT OVER MEDIUM HEAT. ADD THE WATER, ONIONS AND BALSAMIC VINEGAR, GINGER, TURMERIC, CUMIN, CHILI POWDER AND A LAYER OF SEASONINGS (EXCEPT FOR CAYENNE PEPPER). STIR FREQUENTLY UP TO 1 HOUR.
- 02** ADD JACKFRUIT, WORCESTERSHIRE SAUCE, LIQUID SMOKE AND ANOTHER LAYER OF SEASONING (EXCEPT FOR CAYENNE PEPPER). SAUTÉ, STIRRING FREQUENTLY FOR 10 - 15 MINUTES UNTIL THE JACKFRUIT IS TENDER.
- 03** CLEAN AND CUT GREENS. ADD TO THE POT WITH BUTTER, APPLE CIDER, HOT SAUCE AND REMAINING SEASONINGS. BRING TO A BOIL THEN BRING HEAT TO LOW TO MEDIUM-LOW HEAT. SIMMER FOR 30-34 MINUTES.
- 04** PAIR WITH YOUR FAVORITE MEALS. ENJOY!