

Savor Our Spring Harvest Recipe



Mustard Greens and Beans

Mustard Greens, raw – 2 bunches (like half a shopping bag full)

Bacon (optional flavoring) - 4 – 6 slices

Onion – 1 cup chopped

Garlic – 2 – 3 cloves

Beans (black, pinto, black eyed peas, whatever) - 1 pound

Vegetable Stock (or chicken) – 1 quart (beware of sodium here!)

Vinegar, Cider – 2 Tablespoons

Hot Sauce – 6 dashes

Salt and Pepper to taste

Sweat onion in bacon or add a little oil if necessary. Add garlic. While sautéing onions and garlic, remove tough stems from greens and tear into large pieces. Rinse greens and drain well. When onions are golden translucent, not brown, add stock, vinegar hot sauce, to pot. Add greens (may have to add part of them until wilted then add more). When greens are wilted add beans and cook until heated through.

Recipe supplied by Bloomfield Central School