

Southern Collard Greens

Collards are loaded with vitamin A, vitamin C, and calcium, and so delicious when prepared properly.



PREP TIME

15 mins

COOK TIME

1 hr

TOTAL TIME

1 hr 15 mins



COURSE

Dinner, Gluten Free, Lunch, Sides, Vegetables



SERVINGS

4 servings

CALORIES

119 kcal

INGREDIENTS

- 2 c Onion chopped
- 2 cloves garlic minced
- 2 oz Upton Natural's Bacon about 4 slices, chopped
- 1 lb Collard Greens chopped
- 4 c vegetable broth
- 1 tsp liquid smoke
- 1/4 c apple cider vinegar
- 1 tsp red chili flakes

INSTRUCTIONS

1. Heat a large stock pot to medium-high heat and spray with non-stick spray.
2. Add the Upton's bacon to the pot and sauté for about 4 minutes until it starts to crisp.
3. Add a little bit of veggie broth and toss in the onion and garlic and continue to sauté for about 7 minutes, until onions are translucent.
4. Add the remaining broth, liquid smoke, vinegar and chili flakes.

5. Stir before adding all of the chopped collards, stirring as you add them to incorporate all ingredients.
6. Bring the pot to a boil, and then reduce heat to low-medium and simmer for about an hour, or until you reach the desired tenderness.

NUTRITION

Nutrition Facts

Southern Collard Greens

Amount Per Serving

Calories	119	Calories from Fat	9
% Daily Value*			
Fat	1g	2%	
Saturated Fat	0.1g	1%	
Polyunsaturated Fat	0.3g		
Monounsaturated Fat	0.1g		
Sodium	392mg	17%	
Potassium	379mg	11%	
Carbohydrates	22g	7%	
Fiber	6g	25%	
Sugar	7g	8%	
Protein	8g	16%	
Vitamin A	7650IU	153%	
Vitamin C	66mg	80%	
Calcium	190mg	19%	
Iron	0.2mg	1%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!