



Beet Greens



INGREDIENTS

- 1 pound beet greens
- 1 strip of thick cut bacon, chopped
- 1/4 cup chopped onion
- 1 large garlic clove, minced
- 3/4 cup of water
- 1 Tbsp granulated sugar
- 1/4 teaspoon crushed red pepper flakes
- 1/6 cup of cider vinegar

METHOD

Wash the greens in a sink filled with cold water. Drain greens and wash a second time. Drain greens and remove any heavy stems. Tear leaves into bite-sized pieces. Set aside.

In a 3 qt saucepan, cook bacon until lightly browned. Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Continue cooking until mixture boils. Add greens, reduce heat. Cover and simmer for 10-15 minutes (up to 30 minutes for kale or collard greens). Stir in vinegar. (For kale or collard greens continue cooking additional 20 to 25 minutes or until desired tenderness.)

Serves 4.

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