



Collards, Beans 'n Taters - a meal in itself! The secret is in the sauce...

- from Denise's Kitchen

Ingredients:

- 2 generous tbsp of organic coconut oil
- 1 tbsp of organic minced garlic
- 1 medium to large organic onion, chunked so you can taste it!
- 1 medium organic red bell pepper, chopped
- 2 cups of organic red cabbage, chopped
- 1 bunch of organic collards, chopped
- 2 medium organic red potatoes, bite-sized with skin on
- 1 (15 oz) can of organic red kidney beans, drained
- 1 (15 oz) can of organic cannellini beans, drained
- *FYI, Earth Fare has a good variety of organic canned beans.
- 2 generous tbsp of organic brown sugar
- 6 tbsp of light tasting oil (I like grape seed.)
- 4 tbsp of organic apple cider vinegar
- 2 generous tsp of sea salt
- 1 tsp of black pepper
- 1 generous tbsp of grainy dijon mustard (inglehoffer is best!)

Directions:

In large fry pan (as shown), saute onion, red pepper, cabbage & garlic in coconut oil for about 5-10 min. It's okay to brown the onions a little. Add the collards and cook another 5 min. Add the potatoes and cook another 5-10 min. until they (and the cabbage) are somewhat tender. Add the beans & stir. Whisk together your last 6 ingredients: brown sugar, oil, vinegar, salt, pepper & mustard to make your special sauce. Pour over your vegetables, stir and simmer another 5 min. The aroma will make your mouth water! You're ready to serve & dig in! Serve with simple salads & yummy whole grain bread. Love it!