

Sides/Sauteed Kale

- A: 1/3C olive oil
3c garlic, sliced
- B: 1 bunch kale, stemmed & chopped
1/2C vegetable stock
- C: 2T red wine vinegar
salt & pepper
red pepper flakes
1. Heat (A) in pan over medium heat, oil first then add garlic and cook.
 2. Raise heat to high, add (B), and toss. Cover for 5 minutes until kale wilts.
 3. Season with (C) and serve.
- Servings: 4



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