

- “Cousins”

*Collard Greens
& Cabbage*

Ingredients

- 1 tablespoon butter
- 1 cup diced Spanish onion
- ¼ cup diced carrots
- 2 quarts water
- 1 tablespoon chicken base
- 1½ pounds frozen chopped collard greens
- 1½ pounds green cabbage, chopped
- 1 tablespoon Cajun seasoning
- ½ teaspoon Italian seasoning
- 1 tablespoon Southern seasoning (or onion powder, sage, black pepper and cayenne to taste)

COOKING UP CHANGE®

Students Transforming the Future of School Food

“Cousins” Collard Greens & Cabbage

Preparation

- 1 Melt butter in a large pan. Sauté onions and carrots until vegetables are tender. Set aside.
- 2 Bring water and chicken base to a boil in a stock pot and add collard greens, cooking until tender, approximately 10 minutes.
- 3 Add onion and carrot mixture; cover and simmer for an additional 10 minutes.
- 4 Add cabbage and Cajun and Italian seasonings; cover and simmer for an additional 10 minutes.
- 5 Turn off heat and add Southern seasoning.
- 6 Serve and enjoy!

Prep Time: 15 Min Total Time: 1 Hr Serves: 8