



# SIMPLE, FRESH FARM BOX MEALS

NOV 21, 2022

*Simple recipes so we can eat well & support local agriculture*

## Southern Style Stew With Collard Greens & Potatoes

### YOU'LL NEED

- 1 diced yellow onion
- ½ cup celery
- 1 cup bell peppers
- 1 garlic
- 2 diced red skinned potatoes, unpeeled
- 1 cup diced tomatoes
- 1 cup vegetable broth
- 3 cups water
- 1 can black-eyed peas, or Beans of choice
- Collard greens chopped

### Spice/Herbs:

- thyme leaves, bay leaves, paprika, oregano, Salt & pepper
- top with hot sauce or your favorite soup toppings to jazz it up

### ALL YOU HAVE TO DO

- Place the Spice/Herb Ingredients
- Prepare all the veggies, set aside.
- In a large stock pot, add the yellow onion, celery, and green bell peppers, sauté for 5 to 7 minutes until the veggies start to soften. Then add the garlic and the Spice/Herb mix (except the bay leaves), stirring constantly for one minute. Next add the diced potatoes, stirring constantly to coat the potatoes with the spices. Then add all the remaining ingredients except the collard greens, bay leaves stir well to combine. Add the bay leaves and collard greens. Try to press the potatoes down under the liquid. Don't worry if the collards stick out of the liquid somewhat, they will soften and fall into the liquid as it cooks.
- Bring the mixture to a boil, then immediately lower to a simmer, cover with a lid. Simmer for approximately 20 minutes or until the potatoes are tender.
- Once the potatoes are tender, remove the lid, pull out the bay leaves and discard. Taste test the flavors and add any additional seasoning at this time, stir to combine, allow a few minutes for the flavors to marry. Serve topped with chopped parsley, a splash of apple cider vinegar and/or some hot sauce.



*Thank you for supporting local!*