

EVERYTHING HERBAL

by Cheryl Jabz

BUBBIE'S BACON COLLARD GREENS

*Tender greens simmered with smoky bacon,
onion, garlic and herbs.*



❖ SERVES 6-8 • PREP 20 MIN • COOK 55 MIN ❖

❖ INGREDIENTS ❖

- 2 large bunches collard greens (about 2 pounds)
- 6 slices thick-cut bacon, chopped
- 1 large yellow onion, chopped
- 3 cloves garlic, minced
- 4 cups chicken broth (low sodium)
- 1 tbsp apple cider vinegar
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 1/2 tsp black pepper
- 1/2 tsp salt (or to taste)
- Pinch of red pepper flakes (optional)

❖ DIRECTIONS ❖

- 1 Wash the collard greens well. Remove the tough center stems, stack the leaves, roll them tightly and slice into bite-size strips.
- 2 In a large pot or Dutch oven, cook the chopped bacon over medium heat until crisp. Remove with a slotted spoon and set aside, leaving the drippings in the pot.
- 3 Add the chopped onion to the pot and sauté in the bacon drippings until soft and translucent, about 5 minutes. Add the minced garlic and cook for 1 more minute.
- 4 Add the collard greens to the pot and stir to coat with the onion and garlic. Pour in the chicken broth and add vinegar, smoked paprika, thyme, black pepper, salt and red pepper flakes if using.
- 5 Bring to a boil, then reduce heat to low. Cover and simmer for 40-45 minutes, stirring occasionally, until the greens are tender.
- 6 Return the cooked bacon to the pot and stir. Taste and adjust seasoning if needed. Serve warm.

TIPS FROM CHERYL ❖

For extra depth, simmer low and slow so the flavors meld together. Add a splash more vinegar at the end to brighten the greens!

BENEFITS OF COLLARD GREENS ❖

-  **NUTRIENT-RICH** – Excellent source of vitamins A, C & K, calcium, and folate to support overall wellness.
-  **HEART HEALTH** – High in fiber and antioxidants that may support healthy cholesterol and heart function.
-  **DIGESTIVE SUPPORT** – Fiber helps promote healthy digestion and regularity.
-  **STRONG BONES** – Rich in vitamin K and calcium which help support bone strength.

*God's Good Gifts
from the Earth
for Our Health &
Healing*

Genesis 1:29

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