

Tempeh & Collard Greens



Sirve:

4 servings

Pieza:

Saladmaster Food Processor
4.5 Qt. Mini Braiser Pan with Cover (Limited Edition)

Valora: ★★★★★

Contribuido por:

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Descripción de la Receta:

Collard greens are mild tasting dark leafy greens that are high in calcium. They are also a popular side dish in Southern cooking, usually cooked with bacon or pork for added flavor. This vegan version is flavored with tempeh, a traditionally fermented soy product, onions, garlic and shitake mushrooms

3 ounces
tempeh bacon strips, cut into 1-inch pieces
(85 g)
1 medium
red onion, sliced, use Cone #4
4 cloves
4 cloves garlic, peeled and sliced into thin slices
1 cup
shiitake mushrooms, stems removed and sliced, use Cone #4
(70 g)
1 bunch
collard greens, ribs removed, sliced into thin strips
1 cup
vegetable stock
(240 mL)
2 tablespoons
apple cider vinegar
(30 mL)
1-2 pinches
crushed red pepper
½ teaspoon
natural salt
(3 g)

Preparación :

Preparation:

1. Preheat pan over medium-high heat. When several drops of water sprinkled in pan skitter and dissipate, approximately 5 - 7 minutes, add onions and garlic. Sauté for 4 - 5 minutes until onions and garlic are lightly browned.
2. Add mushrooms and tempeh. Sauté for 2 - 3 minutes, being careful not to break tempeh apart; it will start to stick slightly to the pan.
3. Pour stock and apple cider vinegar in pan to deglaze, stirring to loosen any stuck bits on the bottom of the pan.
4. Add greens and crushed red pepper. Stir to combine and place cover on pan.
5. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 20 - 30 minutes until collard greens are cooked to your desired consistency.

Consejos:

- Serve collard greens as is or on top of mashed potatoes or with a baked sweet potato.
- Substitute tempeh for turkey bacon or pork bacon.

Información nutricional por ración

Calorías: 77
Grasa Total: 2g
Grasa 0g
Saturada:
Colesterol: 0mg
Sodio: 662mg
Carbohidratos: 10g
Fibra 4g
Dietética:
Azúcar: 2g
Proteína: 6g