

# Collard Green Enchiladas

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/green-vegetable-recipe-for-thanksgiving-dinner>

## Ingredients:

- olive oil or Sunflower
- greens spinach or leaves from radishes, kohlrabi, or broccoli
- garlic scapes or Spring Onions
- 1 teaspoon salt
- 1 pound ground beef or sausage, browned
- 1 cup beans cooked
- 1 quart tomato sauce 4 cups, 2 pints
- 2 cups veggies shredded, grated or julienned, : zucchini, kohlrabi, radishes, carrots, daikons, kale
- grated cheese your preference

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 80 milligrams
4. Fat: 30 grams
5. Fiber: 10 grams
6. Protein: 28 grams
7. SaturatedFat: 10 grams
8. Sodium: 1730 milligrams
9. Sugar: 25 grams
10. TransFat: 1 grams

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