

Southern Collard Green Potato Stew

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/vgan-southern-collard-green-recipe>

Ingredients:

- 1 1/3 cups yellow onions small dice, 1 large yellow onion
- 1/2 cup celery small dice, 3 celery ribs
- 1 cup green bell peppers diced
- 1 tablespoon minced garlic
- 4 cups red skinned potatoes diced, unpeeled, small dice
- 1 petite diced tomatoes – [14 oz. can]
- 1 cup vegetable broth
- 3 cups water or broth
- 1 1/2 teaspoons liquid smoke
- 1 black-eyed peas – [15 oz. can], drained and rinsed
- 8 cups collard greens chopped *
- 1 1/4 teaspoons garlic powder
- 1 1/4 teaspoons onion powder
- 2 tablespoons onion flakes dried minced
- 1 1/2 teaspoons thyme leaves dried crushed, *, +/-
- 2 bay leaves
- 1 1/2 teaspoons smoked paprika
- 1/2 teaspoon sweet paprika
- 1 teaspoon dried oregano
- 1/4 teaspoon dried dill weed
- 1 teaspoon sea salt +/- *
- 1/8 teaspoon black pepper
- 2 tablespoons hot sauce
- 1/4 teaspoon cayenne pepper
- apple cider vinegar Splash
- hot sauce
- freshly chopped parsley

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 37 grams
3. Fiber: 8 grams
4. Protein: 6 grams
5. Sodium: 1000 milligrams
6. Sugar: 6 grams

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