



# Slow Cooked Kale

(ADAPTED FROM SUZANNE GOIN, BON APPETIT)



**Yield:** Makes 1 ½ cups

## Ingredients

- 1 lb kale (~2 bunches), center ribs and stems removed
- ¼ cup + 2 tbsp olive oil
- ½ sprig rosemary
- 1 cup yellow onion, sliced (~1 medium sized onion)
- 2 garlic cloves, thinly sliced
- salt and pepper to taste

## Optional

dried chili

## Instructions

Bring a large pot of salted water to a boil over high heat. Working in 2 batches, blanch kale for 2 minutes per batch. Drain, let cool and squeeze out excess water with your hands. Coarsely chop; set aside.

Heat a large pot over medium heat for 2 minutes. Add 1/4 cup oil, rosemary sprig, and chile. Let sizzle, shaking pan often, for about 1 minute. Reduce heat to medium-low; add onion. Season with ½ teaspoon salt and a pinch of pepper. Cook for 2 minutes, stirring often; stir in garlic. Cook, stirring often, until onion is soft and starting to brown, 5-7 minutes.

Add remaining 2 tablespoons oil and kale; stir to coat. Season with ¼ teaspoon salt, reduce heat to medium-low, and cook, stirring often, until kale turns almost black and is slightly crisp at edges, about 30 minutes. Let cool. Discard rosemary and chile.

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## Description

Slow cooking the kale creates a milder and less bitter taste and a softer texture. The rosemary and onion add flavors reminiscent of pot roast or stew. This recipe is a great starting place to try kale in a new and exciting way!



## Farmers Market Finds

- Kale
- Fresh Rosemary
- Fresh Garlic
- Onion



## Grocery Store Grabs

- Olive Oil
- Salt & Pepper
- Dried Chili (optional)

## Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at [pldl.org/biblio-bistro](http://pldl.org/biblio-bistro).

## Substitutes

Could use swiss chard, spinach or cabbage in place of kale.

Could use white or red onion in place of yellow onion.

## Pairs with

This hearty side dish would be complemented with a traditional beef or pork roast, or stewed lentils. A pork loin would also be a delicious option. Roasted root vegetables or a rice pilaf would be a welcome (and tasty) addition to this dish as well.