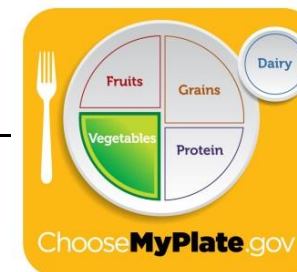


Collard Greens (Vegetarian)



Recipe Source: Chef Bill Knapp
 Recipe Group: VEGETABLES

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: 1 cup

050385 OIL, VEGETABLE..... 004696 MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT,W/ AD.... 011282 ONIONS,RAW..... 002031 PEPPER,RED OR CAYENNE..... 011215 GARLIC,RAW..... 900586 COLLARD GREENS,RAW..... 990079 SOUP, STOCK, VEG, ,W/O MSG..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	1 CUP 4 OZ 3 3/4 LB 2 TBSP 1/4 CUP 10 LB, washed, chopped 2 GAL 8 LB	1) Rinse collards under cool running water in colander to remove as much sand as possible. Dry in salad spinner. 2) In a large stockpot, heat the oil and butter. 3) Add the onions and sauté until translucent. 4) Add the pepper flakes, garlic, tomatoes, and collards and sauté for an additional minute. 5) Carefully add the vegetable stock and bring to a boil. 6) Reduce the heat to a simmer and cover. Cook the collards until tender; about 40 minutes. CCP: Heat to 135° F or higher.
002030 PEPPER,BLACK.....	2 TBSP, ground	7) Drain the collards. Season with salt and pepper. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1 cup)

Calories	136 kcal	Cholesterol	0.00 mg	Protein	3.90 g	Calcium	169.39 mg	45.74%	Calories from Total Fat
Total Fat	6.89 g	Sodium	89.34 mg	Vitamin A	603.08 RE	Iron	0.85 mg	7.45%	Calories from Saturated Fat
Saturated Fat	1.12 g	Carbohydrates	17.37 g	Vitamin A	7757.39 IU	Water ¹	*326.75* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.86 g	Vitamin C	51.15 mg	Ash ¹	*3.47* g	51.25%	Calories from Carbohydrates
								11.52%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Notes

Production Notes:

Pick out large stems from collards and discard. Onions should have a medium dice.

Garlic should be minced.

Tomatoes should be seeded and chopped.

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