**Southern-Style Kale Greens**

***Ingredients:***

* 3 c Water
* 2 Bunches of Kale Greens
* ¼ c Chik N’ Seasoning
* **1/8** c Vegetable Oil
* ½ Green Bell Pepper (chopped)
* 1 **med** Onion (whole or chopped)
* 1 **sm** Jalapeno (opt)

***Directions:***

* 1. Make stock with water and seasoning and sample the liquid for taste.
  2. Place greens in stock and cook until tender.

***Did you know?***

*Kale is considered a super-food because it has over 45 different flavonoids!!*