

**Sautéed Kale with Peppers**  
**By Chef Elliott Farmer, Farmer's Gourmet Catering**



**Ingredients**

2 lbs. kale, uncooked  
1 Tbsp red wine vinegar  
1 Tbsp balsamic vinegar  
2 pks dry vegetable soup mix  
1 medium red onion, sliced rings  
2 tsp Chef Elliott's Soul Shaking seasoning  
2 small peppers, diced (your heat level preference)  
Olive oil

**Instructions**

Pick and wash kale in salted cool water.  
Heat Dutch oven/pot with olive oil to coat bottom on medium heat.  
Add kale and other ingredients. Sauté until mixed well.  
Cover and let simmer on low heat for 15 minutes.