

Sautéed Kale with Peppers

Ingredients

2 lbs kale, uncooked
1 T red wine vinegar
1 T balsamic vinegar
2 pks dry vegetable soup mix
1 medium red onion, sliced rings
2 t Chef Elliott's Soul Shaking seasoning
2 sm peppers, diced (your heat level preference)
Olive oil

Directions

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.