Stewed Greens
Serves 4

1 T butter
1 T garlic, chopped
2 t cider vinegar
2 t chipotle peppers canned in adobo sauce, minced
2 t spicy brown mustard
1 t soy sauce
1 T Worcestershire sauce
1/4 c water
8 c—slightly packed greens such as collards, mustard, or turnip greens rinsed, stemmed and chopped.

Heat butter in a pot and add garlic when melted. Sauté garlic until slightly brown. Add all remaining ingredients, cover and heat at medium for 5 minutes stirring every two minutes. Reduced heat to medium-low and continue to cook an additional 15 minutes. Serve.

Nutrition information per serving (about 1/2 cup): 45 calories, 3g fat, 1g protein, 3g carbohydrate, 180mg sodium, 1g dietary fiber. Good source of vitamin A and C.