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CAROLINA KALE WITH BLACK-EYED PEAS AND SPICY BUFFALO BACON

SERVES 4 - 6 as a main meal or 8 - 12 as a side

INGREDIENTS:

- 1 pound fresh chopped kale
- 1 12-ounce package SoyBoy Spicy Buffalo Bacon, cut crosswise into ½-inch pieces
- 3 - 4 Tbs. vegetable oil for sautéing bacon
- 1 medium onion, peeled, quartered and thinly chopped
- 1 - 2 Tbs. vegetable oil for sautéing onion
- 2 cloves garlic, minced
- 1 small- to medium-sized yam, peeled and cut into ½-inch cubes
- 1 15-ounce can diced tomatoes
- 1 15-ounce can black-eyed peas
- 1 - 2 cups vegetable broth

PROCEDURE:

Add 2 - 3 Tbs vegetable oil to a large, heavy-bottomed nonstick pan on medium high heat, add the sliced bacon, and cook to brown and crisp up, stirring occasionally and adding more oil as needed.

Remove that pan from the heat. Place another large, deep, heavy-bottomed pan on medium high heat, add a splash of vegetable oil, and sauté the onion, stirring occasionally, to soften.

While you're keeping your eye on the onion, peel and carefully cut one small-to medium-sized yam into ½-inch cubes.

Once the onion is soft, add the garlic and cook that for 30 seconds or so, and then add 1 15-ounce can diced tomatoes and 1 15-ounce can of black-eyed peas, add the diced yam, add 1 - 1½ cups of vegetable broth, and bring it up to a simmer.

Add the kale in batches, adding more as it wilts down until it's all in the pot. Continue to cook everything along at a steady simmer, adding a little more broth if you need to, until the yam is cooked through.

Fold in the spicy bacon, season to taste, and serve.

HINTS:

Serve with rice as a main meal or family style as a side dish.

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