

Smoked Turnip Greens

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking Time: 1-1/2 hours

Serves: 6 plus

CChints: Greens provide fiber and vitamins for a healthy addition to your meal planning. You can buy prewashed, cut and bagged greens in the produce section of your supermarket. Each serving contains 3 grams of fiber.



3 cups water

14 ounce can beef broth

1 to 1-1/2 pounds smoked turkey wings or drumstick, remove part of the skin

2 teaspoons brown sugar

1 tablespoon apple cider vinegar

1/8 teaspoon cayenne pepper or ground red pepper or 1/2 teaspoon chili powder,
optional heat levels

1/2 teaspoon salt and a dash of black pepper

16 ounce bag of prewashed and cut, ready to cook Turnip Greens

Pour water into a large pot. Add the broth and turkey to the pot and bring the water to a boil. The pot of water will boil quicker if you cover the pot. Make sure the liquid covers the meat. When it comes to a boil, reduce the heat to medium-low and simmer for 20 minutes.

Add all the other ingredients to the pot in the order listed. The greens will wilt as they start to cook so you can add a little at a first and wait a minute, stir and add more until you've put in the entire bag.

The pot will be really full, reduce the heat to medium-low. Cover and cook until tender, about 45 minutes to 1 hour. Stir at least 2 times bringing the greens from the bottom of the pan to the top. Pull the meat out and it should fall off the bone. Break up the meat and return it to the pot. Serve using a slotted spoon to drain off the excess juice.

Great with meat or chicken.