



Not Your Grandma's Southern Collard Greens (Frozen)

Q-316-00

Vegetables

G4G Color Code

Green

Sodium Code

High

Time

20 min.

Yield

100 Portions

Each Portion

¾ cup (6 oz)

Pan Size and Number

Stockpot

Nutrition Facts

Calories	84
Carbohydrates	10 g
Sugars*	2 g
Protein	3 g
Fat	4 g
Saturated Fat	0.4 g
Cholesterol	0 mg
Sodium	456 mg
Calcium	211 mg
Fiber	3.6 g

Ingredients

Item	Measure	Weight	Approx issue
OIL, CANOLA	1-¾ cup	12 oz	
ONION, YELLOW, DICED, ½-INCH	3-½ qt	3 lb 10 oz	4 lb
CARROT, PEELED, DICED, ½-INCH	1-¾ qt	2 lb 5 oz	2 lb 13 oz
GARLIC, PREMINCED, IN WATER	¾ cup	5 oz	
COLLARD GREENS, CHOPPED, FROZEN	6 gal + 3 qt	20 lb 5 oz	
WATER	1 gal + 3 qt	14 lb 2oz	
TOMATOES, DICED, CANNED	1-¾ qt	3 lb 7oz	
PEPPER, CHIPOTLE IN ADOBO SAUCE, CANNED, CHOPPED	½ cup	7 oz	
SALT	⅓ cup	3-½ oz	
VINEGAR, APPLE CIDER	1 cup	7 oz	

Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. In a large stock pot, heat oil on medium/medium high heat. Add onions and carrots and sauté for 5-7 minutes. Add garlic and sauté for an additional 1 minute.
3. Add frozen collard greens, water, tomatoes, chipotle peppers, and salt. Stir to combine and bring to a boil.
4. Turn heat down to a simmer and cover. Simmer for 10-15 minutes, until greens are fully cooked.
5. Stir in apple cider vinegar and mix thoroughly. Remove from heat. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds.
6. Serve immediately or CP: Hold for hot service at 135°F (57°C).

Recipe Notes

1. In step 3, a tilt skillet or steam-jacketed kettle may also be used for larger portions.
2. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.