

## Smothered Beet Greens



Our beets will usually be sold with the greens on them. These greens make a great dish on their own. I find beet greens to be sweeter than mustard or collard and more tender. I cook them the same way as other greens, smothered with onions and some type of smoky meat like sausage or ham. The prep time is quick, and they will be tender when cooked for 30 minutes. In these pictures, I am using the greens from six beets. I sell beets in three per bunch just so the rubber band doesn't break off the leaves. You can also include the beet roots themselves but cooking time will probably need to be increased to get them tender. I usually roast my beets using the air fryer (see recipe for roasted vegetables). Greens cook down in a hurry so make sure you start out with a lot of them!

### Ingredients

Greens from 6 beets  
½ medium onion chopped  
1/4 pound of ham or 1 link smoked sausage  
¼ cup apple cider vinegar  
Chicken stock (~1/3 32 oz. box)  
Olive oil  
Salt

The amount of each ingredient is not critical. I scale this recipe up and down depending on how many people I need to serve. I would say the greens from six beets will cook down to provide a side dish for six people but the number of leaves per beet can vary. I normally eat 3+ servings per sitting.

1) Chop onion and ham (or sausage).



2) Add a bit of olive oil to a large pot and cook down onions and ham until brown on medium heat adding chicken stock as needed for moisture.



3) Rinse beet greens and chop coarsely. I usually don't include the end stems when trying to cook quicker as they take more time to cook than greens. I don't pull the stems out of the middle of leaves like I do for mustard or collard greens.



- 4) Add chopped greens to pot along with chicken stock, apple cider vinegar and a few pinches of salt. The greens will initially fill the pot but will cook down quickly. Cover pot and cook on medium low heat. Stir occasionally and add water as needed to keep greens moist. I cook beet greens about 30 minutes. You don't have to be too concerned about overcooking them. The contrast of the deep red and green makes this an attractive side dish that tastes great.

