



BON VEGAN APPETIT
HOMEMADE • SAVORY • COMFORT

www.marcusefford.com

1- (833) 8**VEGAN0** (883-4260)

Vegan Meal Prep Plan Cookbook

6oz per serve - 5ppl

Vegan Organic Braised Collard Greens

Ingredients

2 tablespoons vegan butter
1 cup organic onion (medium diced)
8 clove organic garlic (diagonally-cut brunoise: sides measuring approximately 1/8" or 3mm)
2 quarts Chef Marcus' vegan stock * see recipe below *
8 - 12 fresh organic bay leaves
1/2 teaspoon himalayan pink salt (to taste)
1/2 teaspoon organic black pepper (to taste)
1 1/2 teaspoon garlic powder
1 teaspoon liquid smoke
2 - 3 pounds fresh organic Collard Greens (chopped & prefer)
2 pinch red pepper flakes
---- Chef Marcus' Vegan Stock---
4 - 5 quarts clean water
1 pk fresh organic bay leaves
1 pk fresh organic thyme
6 tablespoons himalayan pink salt
4 whole organic onions (cut in half)
8 whole organic carrots (cut in threes)
1 whole organic celery (cut in half)
2 whole organic garlic (mashed with chef knife side)
6lbs collard greens (chopped)

Homemade * Savory * Comfort * Organic * Local Farms * Clean Eating * All-Natural * NON-GMO * eco-friendly

Food Distributors: Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

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Directions

1. **Stock:** add everything together and bring to a boil for 30 minutes.
2. **Reduce heat ; let simmer for 20 minutes.**
3. **Warm vegan butter on medium-heat in a large heavy-bottomed soup pot.**
4. **Add the onions and garlic; sautee on medium-low until the onions get soft.**
5. **Next add the stock, bay leaves, spices, and liquid smoke. Bring that to a boil for 20 minutes.**
6. **Add the chopped collard greens and a sprinkle of garlic powder, and stir well. Reduce the heat to low, and cover the greens. Cook until tender, about 25 - 35 minutes, or longer depending on your preference.**
7. **Turn off the flame, and let it sit for 15 minutes.**
8. **Serve it to your family and/or friends.**