

Kale and Sausage on the Stovetop

This is a great recipe to use as a main dish or on top of your next pile of grits (or cheese grits).

Ingredients:

1 pound ground bulk sausage
(your favorite)
2 bunches kale, about 1 pound before
stems are removed
Salt and pepper to taste (probably
not necessary if sausage is flavorful)
Noodles, rice, grits, or corn tortillas



Cooking Instructions:

Heat a wide, deep heavy pan (such as a Dutch oven) over medium-high heat and add sausage. Chop up the sausage using a wooden spoon or other tool, until it is in small pieces. If the meat is releasing a lot of steam but not much fat, add 2 tablespoons olive oil. Keep the heat high so at least a little bit of the sausage has a chance to crisp. Remove to a plate with a slotted spoon. As the sausage cooks, trim any hard stems from the kale and discard. Rinse the leaves with cold water and shake dry. Place several leaves in a stack and cut across them to create ribbons. Repeat with remaining leaves. Add them to the sausage pan as they fit, stirring as the kale wilts and adding more. Add ½ cup of water and the sausage. Cook, stirring 5 or 10 minutes until kale is cooked the way you like it. There should be little if any water left in the pan. Serve over noodles, rice or grits or wrapped in warm corn tortillas. The sausage/kale mixture freezes well.

Serves 6.

-- Sarah Fritschner, Kentucky Food Writer