



Pressure Cooker Kale Greens

Jacob · 28/09/2024



Prep Time

27 mins

Difficult

Medium

Servings

4

Description

This is a recipe for kale greens made in a pressure cooker with turkey bacon I make this with a 6quart electric pressure cooker If you eat red meat feel free to substitute the turkey bacon with the real thing If you want less salt cut back on the bouillon

Ingredients

- - 2 tablespoons olive oil - 6 ounces turkey bacon
- diced - 1 onion
- chopped - 3 celery ribs with leaves
- chopped - ½ teaspoon red pepper flakes
- or to taste - 4 cloves garlic
- minced - 1 pound kale
- cut into 1-inch pieces - 2 (16 ounce) cartons chicken broth - 2 tablespoons balsamic vinegar - 3 cubes chicken bouillon - 1 tablespoon white sugar - 1 teaspoon ground black pepper - salt to taste - 1 dash hot pepper sauce
- or to taste

Instructions

1. Heat olive oil in a pressure cooker over medium heat. Stir in turkey bacon
2. onion
3. celery
4. and red pepper flakes; cook until turkey bacon is browned and onion is translucent
5. about 8 minutes. Stir in garlic; cook until fragrant
6. about 3 minutes more. Add kale gradually; cook and stir until just wilted
7. about 1 minute. Stir in chicken broth
8. balsamic vinegar
9. bouillon cubes
10. sugar
11. and pepper. Cover pressure cooker with lid and cook kale according to manufacturer's instructions
12. about 10 minutes. Remove from heat and release pressure through natural release method. Open the pressure cooker carefully; stir in salt and hot pepper sauce. Cook's Note Increase kale amount to 1 1/2 pounds or as much as will fit into your pressure cooker for this recipe
13. if desired.