

# Quick Caribbean Greens Skillet (convenience version)

Serves: 4

	Ingredients	Instructions
Heat	2 cups convenience brown rice (e.g., leftover, frozen, or packaged instant or microwaveable)	<b>Preparation Alert</b> Start cooking rice when necessary so it is done in about 20 minutes.
Apply Heat	2 cups chopped onions, frozen or pre-cut 1 Tbsp. olive oil + 1 tsp. extra 2-3 tsp. jarred garlic	<b>Fry Aromatics</b> Place onions in a large heavy-bottomed skillet (or soup pot) and heat over medium heat, stirring occasionally, until most of moisture is evaporated. Then stir in 1 Tbsp. oil and fry about 5-7 minutes, until just beginning to brown, stirring a couple times to prevent burning.  Reduce heat to low, do the hole-in-the-middle trick with the 1 tsp. oil and add garlic. Cook 2-3 minutes and stir into onions.
Mix and Apply Heat	2-4 Tbsp. canned diced mild (medium or hot) chilies, to taste 1 10-oz. pkg. chopped frozen collard greens or 3-4 cups refrigerated pre-washed and cut greens 1 28-oz. can Muir Glen Fire Roasted (or regular) Diced Tomatoes, with their juices 1 15-oz can black-eyed peas, with their juices (or 1 1/2 cups cooked frozen peas + 1/2 cup cooking liquid) 1-2 cup high-quality broth, to reach desired thickness 1/2 to 2 tsp. Caribbean flavored hot sauce, to taste 1/4 to 1/2 tsp. sea salt	<b>Mix in Remaining Ingredients and Simmer</b> Stir chiles, greens, tomatoes, peas broth, hot sauce and salt into onion mixture to combine everything thoroughly. Cover pan, bring to a boil over high heat, then reduce to low and simmer 10 to 15 minutes, until greens are tender and flavors are melded, adding more broth as necessary for desired consistency.
Accessorize	Fresh lime juice	<b>To Serve</b> Taste and adjust seasonings, adding more salt and/or hot sauce, as desired. Serve skillet in bowls alongside a scoop of rice, topped with a few squeezes of lime juice and more hot sauce, as desired.

## Serving Suggestions

Corn on the cob or roasted cauliflower both make good accompaniments.

## Cooking without Really Cooking

The brown rice offers a great example of this healthy meal making approach.

Cooking your own brown rice is the cheapest, most nutritious and most environmentally friendly option. But if you don't have time or don't feel comfortable cooking rice, don't think twice about using a convenience option.

## Add-In Option: Bacon

For a little extra protein and surefire flavor, fry a couple strips of bacon and then saute the aromatics in the rendered fat instead of olive oil. Cool and chop the bacon into small pieces, then stir into the finished dish. Turkey bacon can also be used, but it doesn't produce any fat so you will need to use olive oil to fry it and the onions and garlic.

## Green Belly Hot Sauce



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# Quick Caribbean Greens Skillet

## Shopping List and Notes

- **2 cups convenience brown rice**

Notes: Leftover brown rice is the cheapest, most nutritious and most environmentally friendly option. But if you're short on time or don't feel comfortable cooking brown rice, there are many convenience options these days: microwave-able bowls, boil-in-a-bag pouches, instant brown rice in a box and even frozen brown rice. Take some time to poke around the rice and frozen sections to find an option that works for you—but be sure to 1) get a plain, unflavored version so it doesn't conflict with the flavor of the dish; and 2) make sure to get whole grain brown rice, not nutritionally deficient white rice.

- **2 cups chopped onions**, frozen or pre-cut from the refrigerated produce section

- **2-3 tsp. jarred garlic**

Notes: Jars of chopped garlic can be found in the produce section or with condiments. Ask your grocer if you can't locate them. You may also find jars of peeled garlic that you can quickly chop up during class.

- **2-4 Tbsp. canned diced chiles** (mild, medium or hot, to taste)

Notes: These have additives like citric acid but at least the organic version at King Soopers had only one additive. Always try to get the fewest.

- **1 10-oz. pkg. chopped frozen collard greens or 3-4 cups refrigerated pre-washed/cut from produce aisle**

Substitution: It would be great if you can experiment with collard greens to get more variety into your diet, but if you can't find collards, frozen chopped spinach or pre-washed spinach can be substituted. Fresh spinach will just have to be added nearer the end of the cooking time so it doesn't get overcooked.

- **1 28-oz. can Muir Glen Fire Roasted (or regular) Diced Tomatoes**

Notes: I always recommend Muir Glen because its flavor quality has always been good, which is key to a flavorful dish

- **1 15-oz can black-eyed peas**

Notes: Surprisingly, I could not find canned peas at King Soopers and had to get them at Natural Grocers, which had the Eden brand that I like. King Soopers did have frozen black eyed peas, however and these make a nice and easy substitute as long as you can boil them for 45 to 60 minutes the night or morning before class.

- **1-2 cup high-quality broth**

Notes: As with all packaged foods, it's important to **READ the INGREDIENTS**. In this case, try to find a broth with the fewest additives possible. Imagine Foods makes a tasty vegetable broth with no additives. Pacific Foods Organic Chicken Bone Broth is the only commercial chicken broth I've found without added flavors and colors. (That's why I make my own bone broth for free!) If you find another option, let me know.

- **½ to 2 tsp. Caribbean flavored hot sauce**

Notes: We will be using Green Belly's green, cilantro-based hot sauce because it has so much flavor besides just heat. Green Belly also makes a red sauce that can also work nicely. Of course you can also use another hot sauce, but I encourage you to try one of these options. I've been trying them in different dishes and am very pleased with the flavor they add. They are available at King Soopers and maybe Natural Grocers, too.

- **1-2 limes**

### In the Pantry

- 2 Tbsp. olive oil
- Sea salt

## Convenient Rice Options



# Quick Caribbean Greens Skillet (convenience version)

## Mise en Place List

### Ingredients

Get out all the ingredients called for in the recipe, noting these pre-prep notes:

- **Brown Rice** Read the instructions for the convenience rice you have and be prepared to start preparing it so it will be ready when the skillet is done cooking. It will take us about 25-30 minutes to make the skillet. I will be making a pot of brown rice the day before and will have it in a glass microwave dish so I can heat right at the end of class.
- **Black-Eyed Peas** If you are using frozen peas, read the cooking instructions and have them cooked before class starts, It will generally take 45-60 minutes to boil them.
- **Cans and Packages** Open all cans and packages before class

### Equipment

- Large heavy-bottomed skillet or shallow soup pot with a lid
- Measuring spoons—1 Tbsp., 1 tsp., ½ tsp., ¼ tsp.
- Measuring cups—1 cup
- Spatula (metal or plastic)
- Large mixing spoon
- Citrus juicer (if desired)
- Small cutting board
- Paring knife
- Tasting bowl and spoon

Note how simple the kitchen set up is because we are using convenience ingredients. We don't even need a chefs knife!

**Soup Pot with Lid**



**Large Skillet with Lid**

# Quick Caribbean Greens Skillet (fresh version)

Ingredients	Instructions
2 cups cooked brown rice	<b>Preparation Alert</b> Be sure to prepare in advance, perhaps for another meal.
1 Tbsp. olive oil + 1 tsp. extra 1 med. yellow onion, diced to ½" 4-6 cloves garlic, minced	<b>Saute Aromatics</b> In a large, heavy-bottomed saute pan (or soup pot), heat 1 Tbsp. oil until hot but not smoking. Add onion and saute about 5-7 minutes, until just beginning to brown, stirring a couple times to prevent burning.  Reduce heat to low, do the hole-in-the-middle trick with 1 tsp. oil and cook garlic 2-3 minutes. Stir into onions.
2-4 Tbsp. fresh chopped chiles (e.g., Anaheim or jalpenos) 1 bunch collard greens, stems removed and chiffonaded about ½" thick and 2" long (reserve stems for another use) 4 medium tomatoes, diced to about ¾" 1½ cups cooked black-eyed peas from frozen or dried 1-2 cup high-quality broth (or liquid from cooking peas), to reach desired thickness ½ to 2 tsp. Caribbean flavored hot sauce, to taste ¼ to ½ tsp. sea salt	<b>Mix in Remaining Ingredients and Simmer</b> Stir chiles, greens, tomatoes, peas broth, hot sauce and salt into onion mixture to combine everything thoroughly. Cover pan, bring to a boil over high heat, then reduce to low and simmer 10 to 15 minutes, until greens are tender and flavors are melded.
Fresh lime juice	<b>To Serve</b> Taste and adjust seasonings, adding more salt and/or hot sauce, as desired. If necessary, heat rice in microwave. Serve skillet in bowls alongside a scoop of rice, topped with a few squeezes of lime juice and more hot sauce, as desired.

## Serving Suggestions

Corn on the cob or roasted cauliflower both make good accompaniments.

## Add-In Option: Bacon

For a little extra protein and surefire flavor, fry a couple strips of bacon and then saute the aromatics in the rendered fat instead of olive oil. Cool and chop the bacon into small pieces, then stir into the finished dish. Turkey bacon can also be used, but it doesn't produce any fat so you will need to use olive oil to fry it and the onions and garlic.

## Hot Sauce



Serves: 4

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