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# *Southern Kale*

**Prep Time:** 10 mins

**Cook Time:** 40 mins

**Total Time:** 50 mins

## **Ingredients**

- ❖ 2 teaspoon oil, olive, extra virgin
- ❖ 2 teaspoon garlic, minced
- ❖ 2 ounce(s) pancetta, or country ham or prosciutto, diced (about 1/2 cup)
- ❖ 15 cup(s) kale, stemmed, torn, and rinsed (1-2 bunches)
- ❖ 2 cup(s) water
- ❖ 1/4 teaspoon pepper, red, crushed

## **Preparation**

1. Heat oil in a wide deep skillet over medium-high heat. Add garlic, stir, and immediately add ham (or pancetta or prosciutto).
2. Add kale by the handful, stirring to make room for more leaves. When all the kale has been added, add water and crushed red pepper; stir to combine. Bring to a simmer, cover and cook, stirring occasionally, for 15 minutes.
3. Uncover and continue to simmer, stirring occasionally, until most of the water has evaporated and the kale is tender, 10 to 15 minutes more. Serve warm.

