



## SOUTHERN SMOKED VEGETARIAN TURNIP GREENS



### INGREDIENTS

- 4 cups fresh turnip leaves
- 1/4 cup fresh red bell pepper
- 3/4 cup turnip root
- 1/3 cup sweet onion
- 1 cup vegetable stock (low sodium)
- 1/4 tsp ground black pepper
- 1/4 tsp garlic powder
- 1 tsp apple cider vinegar
- 1 tsp liquid smoke

### DIRECTIONS

1. Chop turnip leaves and cut turnip root into 1/4-inch cubes
2. Dice red bell pepper and sweet onion
3. Place vegetables in large 4-quart pot with vegetable stock
4. Add ground black pepper, garlic powder, apple cider vinegar and liquid smoke to vegetable mix
5. Cook for 1 hour on the stovetop on Low-Medium heat or cook for 10 minutes in a pressure cooker on high

Turnips are low in calories and abundant in vitamins and minerals - including potassium which reduces the risk for high blood pressure and high blood sugar.