

Simple Kale Pan Fry

1 bunch Kale
3-5 Cloves Garlic
Oil
Water
Meat (optional)

1. Cook meat thoroughly in a large skillet or pot. Set aside meat but retain grease in the pan.
2. Chop kale and garlic to preferred sizes. Add chopped garlic to the same pan you cooked the meat in, and cook on medium heat, stirring for 10 seconds. Add kale and stir for about a minute, until wilted and bright green. Add water and simmer, partially covered, until just tender, 6 to 10 minutes. When complete, toss with your meat and serve.

