



## 5 Southern Greens Recipes With a Twist That Will Make You Want to SHOUT!

### Vegan Style

Chef Rene Johnson  
[www.Blackberrysoul.net](http://www.Blackberrysoul.net)







## Hello I'm Chef Rene Johnson

 [@blackberrysoulrene](https://www.instagram.com/blackberrysoulrene)

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 [@chefrenejohnson](https://www.youtube.com/chefrenejohnson)

### INTRODUCTION

Before I start sharing some of THE BEST southern greens recipes that you have ever tasted, **Made With a Twist, That Will Make You Want to Shout!** I want you to be ready for me to take you into the world of vegan soul food and be prepared for an food experience that you never expected.

### ABOUT ME

Hi my name is Chef Rene Johnson I am the owner and founder one of the most successful vegan and traditional soul food catering companies in the Bay Area. Specializing in serving vegan soul food served in a elegant style. I am happy to say we have been doing this for over 12 years, by taking my Grandmother's recipes removing all the meat and dairy while keeping all the SOUL and flavor.

### MY KUDDLES

- Cookbook Author of From My Heart to Your Table Vegan and Traditional Cookbook and From Collard to Cobblers Ecookbook
- YouTube Chef Influencer of Chef Rene Johnson - Sharing vegan and soul food recipes and cooking tips
- Owner and Operator of Blackberry Soul Fine Catering for over 12 years - Clients include Governor Gavin Newson, Representative Nancy Pelosi, Google, SaleForce, YouTube, Clorox, Farmers Insurance.
- TV Media Personality featured on Forbes, KTLA, Well and Good, Ebony Magazine, Upscale Magazine, WREG Memphis Tennessee, News 12 Connecticut, Southern Kitchen and more.

*Chef Rene Johnson*

# 1. Vegan Southern Style Mustard Greens

**The Twist!** No pork shank, no smoked turkey, no meat. Mustard greens are the greens family hidden gems. Mustard greens, are not to be taken lightly when it comes to their light peppery bold flavor. **The Shout!** You will see when you taste them!

## INGREDIENTS

- 4 lbs. mustard greens
- 1/4 cup olive oil
- 4 cups water
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 1/2 cup leeks
- 1/2 cup fresh fennel
- 1 garlic clove minced
- 1 - 1/2 teaspoon salt
- 1 - teaspoon pepper
- 1 - teaspoon smoked paprika
- 1 - teaspoon chili powder
- 1 - teaspoon granulated garlic
- 1 - teaspoon granulated onion
- 1/2 teaspoon red chili flakes

## EQUIPMENT

- Large heavy - bottomed pot
- Cutting board
- Knife
- Stirring Spoon



Prep Time:  
20 mins



Cook:  
45 mins



Ready In:  
1 hour



Serves:  
4-6 people

## DIRECTIONS

Step 1: In large heavy-bottomed pot, add 4 water. Add chopped mustard greens, making sure you have at least 2 inches of water above greens and they are fully submerged.

Step 2: Add garlic and all dry spices, salt, pepper, smoked paprika, chili powder, granulated garlic, granulated onion. Cook for 30 minutes on medium high, uncovered. Until greens are tender. Greens should be cooking on at a medium boil.

Step 3: All of the the fresh vegetable, onion, bell pepper, leeks, and fennel cook on medium for 15 minutes. Cooking again at a medium boil.

Step 4: Taste for salt preference.





⌚ Prep Time: 20 mins | 
 🔥 Cook: 45 mins | 
 🕒 Ready In: 1 hour | 
 🍴 Serves: 4-6 people

## 2.Vegan Collard Greens with Chopped Tomatoes

**Ready for the twist?** It is the fresh tomatoes and the leeks. I promise once you add these bad boys to your greens. **It is going to make you want to shout!**

### INGREDIENTS

- 6 to 7 bunches collard greens
- 1/2 cup olive oil - divided in 1/4 cups
- 1 medium chopped onion
- 1 medium chopped bell pepper
- 1 1/2 cups thinly sliced fresh leeks
- 1 tablespoon minced garlic
- 3 medium red chopped tomatoes
- 2 teaspoons salt - divided
- 1 1/2 teaspoon pepper
- 1 teaspoon smoked paprika
- 1 teaspoon smoked turmeric
- 1 teaspoon granulated garlic
- 1 teaspoon granulated onion

### DIRECTIONS

Step 1: Wash, clean and thinly slice collard greens (See picture below) Place in large heavy pot. Add water, 1/4 cup oil, 1 teaspoon salt and 1 teaspoon pepper and cook on high.

Step 2: In large skillet add 1/4 cup olive oil, onions, leeks, bell peppers, tomatoes, garlic, 1 teaspoon salt, 1/2 teaspoon pepper and the remaining spices, sauté 3 to 5 minutes till vegetables are tender, set aside.

Step 3: Add vegetable mixture to greens pot, cooking for 45 minutes to 1 hour till greens are tender. Salt to taste.

### EQUIPMENT

- Large heavy-bottomed pot
- Cutting board
- Knife
- Stirring spoon

**SERVING SUGGESTIONS: DON'T FORGET YOUR CORNBREAD!**



### 3. All the "Soul" Vegan Southern Cabbage

**The Twist!** The secret to this wonderful recipe is the fresh thyme and the coconut oil, the Caribbean vibe takes this recipe over the TOP! **Now you have the twist, and it is going to make you want to shout!**

Prep Time: 20mins

Cook: 5-7]mins

Ready In: 15 mins

Serves: 4-6 people



#### INGREDIENTS

- 1 large head of cabbage, chopped chunky
- 1 medium diced onion
- 1 tablespoon minced garlic
- 1/4 cup coconut oil
- 2 sliced carrots
- 1 medium green bell pepper thinly sliced
- 5 to 6 stems fresh thyme
- 2 teaspoons sea salt
- 1 teaspoon granulated onion
- 1 teaspoon granulated garlic
- 1 teaspoon chili powder
- 1 teaspoon sugar

#### DIRECTIONS

Step 1: In large skillet, add oil heat on medium high heat.

Step 2: Add onion, carrots, bell pepper, cabbage and thyme in skillet..

Step 3: Stir well till well blended. Add top to lid to skillet, that's why it is called "smothered"

Step 4: Add dry seasonings, cook 3 to 5 minutes. Salt to taste.

#### EQUIPMENT

- 1 large skillet
- Cutting board
- Knife
- Stirring spoon

Note: Cabbage will be tender but still a little chunky which means it is perfect!



## 4. The Best Ever Kale Recipe

**The Twist!** The twist is the fresh squeeze lemon, right before you serve it, the cardamon is a hidden gem of flavor, the smoked paprika brings the "soul "into this recipe. **When you take your first bite, be ready to shout! OMG - I can't believe KALE tastes this good!**

Prep Time: 10 mins

Cook: 15 mins

Ready In: 30mins

Serves: 4-6 people



### INGREDIENTS

- 4 bunches Kale chopped
- ¼ cup of olive oil
- 1 ½ teaspoon minced ginger
- 2 teaspoon minced garlic
- 1 large white onion chopped
- 1 teaspoon smoked paprika
- ½ teaspoon cardamom spice
- 1 teaspoon coriander/Cumin
- 1-2 Fresh Chili pepper or ½ teaspoon cayenne pepper or more
- 1 fresh lemon

### EQUIPMENT

- Skillet
- Knife and cutting board
- Stirring spoon

### DIRECTIONS

Step 1: In a large skillet, add oil, garlic, ginger, chili pepper, cumin, cardamom, paprika, sauté for about 30 seconds or more, be careful not to let the ingredients burn.

Step 2: Then add onions, mix with the spices. Sauté for about 3-5.

Step 3: Throw in chopped kale, cayenne pepper. Continue cooking for another 7-10 minutes until flavors have blend and greens are cooked, according to preference. Adjust seasonings –Salt and pepper, turn off the heat.

Step 4: Right before serving squeeze fresh lemon juice on top of kale dish. Here's the twist! Now you are going to want to shout!



## 5. Kale and Kidney Beans a Match Made in Heaven

**Now this is the Twist!** Kale and kidney beans are a game changer when served together. This recipe is simple to make and full of fabulous savory flavors and textures. **The Shout! Don't forget the hot sauce!**

Prep Time: 10 mins

Cook: 7 mins

Ready In: 15 mins

Serves: 4-people



### INGREDIENTS

- 3 tablespoons olive oil
- 6 cups kale chopped
- 2 garlic cloves minced
- 1 cup red kidney beans rinsed
- 4 to 5 medium size fresh chopped sage leaves or 1 teaspoon of dry
- 1 ½ teaspoon salt
- 1 teaspoon sweet paprika
- black pepper to taste
- ½ cup chopped onions

### DIRECTIONS

Step 1: Add 3 tablespoons olive oil in medium size skillet, heat over medium-high heat, add kale cook for 5 to 7 minutes while stirring occasionally.

Step 2: To the pan add garlic and sage. Sauté over medium heat for 7 minutes while stirring occasionally. Then add in the beans, then season with salt and pepper. Stir and cook until thoroughly heated.

Step 3: Portion into bowls and top with scallions, cilantro, and avocado and hot sauce if you prefer.

### EQUIPMENT

- Skillet
- Knife and cutting board
- Stirring spoon

**NOTE: THIS DISH CAN BE SERVED HOT OR COLD**





# Tips and Tricks When Cooking Greens

Just some great things to know about greens



## 1 Wash and clean your greens in salt water.

Soak your greens in a sink full of cold salt water, making sure your greens are fully emerged under water. Put your hands in the water and whisking your greens around in the sink like they are in a washing machine. For collard greens it softens the leaves and helps cook out some of the bitterness. For all greens it is the best way to remove all surface dirt. 1 heaping teaspoon is a great "rule of thumb". Do this process two to three times. You don't want gritty greens.

## 2 Use fresh savory ingredients.

Greens are rich in flavors, vitamins, nutrients, and color, by adding fresh onions, fresh leeks, fresh fennel will make a huge difference in flavors, especially when cooking vegan soul food.

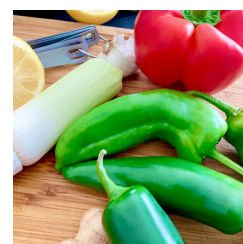


## 3 Feel free to add a little heat.

A little bit of heat with a little bit of salt, will make your family and friends tummies very happy. Something as simple as adding a few red pepper flakes, or if you feel daring drop a whole habanero pepper in the pot while it cooks, will give them something to talk about. My family loves "spicy" that's what my grandchildren call it.

## 4 Color is your friend - Red and green are your BFF!

Red and green bell peppers bring the sweet to your greens. The sweet flavors from these peppers, paired with the heat from above makes are the perfect **twist**, that will for sure have your family **shouting**!



## 5 Herbs and spices keeps everything it right!

Herbs and spices! Herbs such as fresh sage, parsley, fresh thyme, elevate the rich flavors of greens, especially when you eliminate the protein. Spices - Turmeric, curry, cardamom, berre spices gives your greens a flavor punch, and you don't need to use a bunch!



# There's More

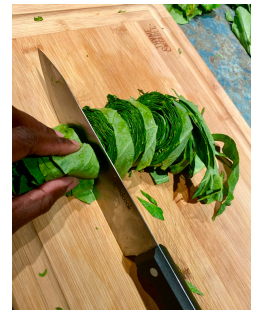
How could something so delicious be soooooo good for you?

## 1 Storing Your Greens

Greens are so good the first day; but they truly make the best leftovers ever. allow your greens to cool to room temperature and then place them in a tightly sealed container and store for up to 3 to 4 days. Your greens freezer excellent. They will last in the freezer for up to 6 months.

## 2 Prepping Greens

Remove the stems if you like, or keep them they are rich in fiber. Next roll them like you are rolling a sleeping bag, slice them in approximately 1 inch width. Next add them into their salt bath to remove all the dirt. - See number 1 above



## Pot Licker and Hot Water Cornbread - The Twist and the Shout!

My Grandmother is from the south and she brought all of South the South with her when came to California. She taught me the meaning of "Pot Licker" which is the juice of the greens. In the south, they use a piece of cornbread to sopp up the juice from the greens. I am shraing my link to my **YouTube Channel Chef Rene Johnson**, where you can see me make my **Grandmother's Hotwater Cornbread Recipe** from scratch.



CLICK HERE





**Thank you** for downloading my 5 vegan greens recipes.

Over the last few months, I've been building my cooking class business online! It's been an exciting adventure to say the least. I truly believe that the virtual space is making it possible for me to serve more people doing what I love: sharing with the world that vegan and soul food go together.

Be on the lookout for information on how to sign up for my online cooking classes coming soon.

**Disclaimer:** Customers concerned with food allergies need to be aware of any risk Chef Rene Johnson will not assume any liability for adverse reactions to recipes or items one may come in contact with while preparing her recipes.

While these recipes may have healthy benefits these recipes are in know way subsutute for medical advice or medical attention. Please consult your physican for all illness and diease diagnosis. - Chef Rene Johnson

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