

Slow Cooker Creamed Kale

adapted from Jennifer Olvera at Serious Eats

2 bunches kale (about 1 3/4 pounds), stems removed

1/2 stick unsalted butter

1 small onion, minced

2 cloves garlic, minced

4 tablespoons flour

2 cups milk (can add some half and half or cream)

1 cup chicken stock

1/2 cup finely grated hard Italian style cheese

Kosher salt and freshly ground black pepper

1/4 teaspoon freshly grated nutmeg

Pinch crushed red pepper

1/2 teaspoon freshly grated lemon zest

Cut kale into ribbons and place in the bowl of a large slow cooker.

Melt butter in a medium saucepan over medium heat. Add onions and cook, stirring occasionally, until almost tender, about 4 minutes. Add garlic and continue cooking until fully softened, about 2 minutes longer. Stir in flour and cook for 1 minute. Whisk in milk, heavy cream, and stock and bring to a simmer. Cook, stirring, until slightly thickened, about 2 minutes. Stir in cheese, 1/2 teaspoon of salt, 1/2 teaspoon pepper, nutmeg, and crushed red pepper. Simmer for 1 minute and pour over kale.

Cover and cook on low setting for 2 hours, stirring occasionally and adding stock as necessary if the bottom threatens to burn. Stir in lemon zest and adjust seasoning before serving.

Alternatively, you could do this on the stove/oven but cooking times would vary.