

Braised Asian Kale in the Slow Cooker

Prep: 10 min Cook: 2 hrs 30 mins Total: 2 hrs 40 min Servings: 4

1½ cups chicken broth
3 cloves garlic, minced
1 tablespoon soy sauce
1 tablespoon minced lemongrass
½ teaspoon ground ginger
6 cups tightly packed kale, stems removed
1 tablespoon rice vinegar, or more to taste (Optional)



Directions

Prepare kale by washing and cutting off the tough stems. Combine broth, garlic, soy sauce, lemongrass, and ginger in a slow cooker. Heat on High until flavors combine, about 30 minutes. Add kale and stir to coat. Reduce heat to Low and cook for approximately 2 hours. Finish with a splash of rice vinegar before serving.

Nutrition Facts

Per Serving:

65 calories; protein 5g; carbohydrates 11.9g; fat 0.9g; cholesterol 1.5mg; sodium 311.5mg.

[Full Nutrition](#)