

Wagner Farms Recipes:

Ron's Greens and Sausage Dish: Is a vegetable dish combined with beet greens and potatoes, onions, carrots, fresh beets, broccoli, cauliflower and Chicken sausage. Giving you the best balanced meal possible.

Ingredients:

Sausage: we like using chicken sausage from Joe's Jerky in Sherrill... you can use what ever type you wish. Par-boil and brown then sliced.

Presteam: steam together for about 15minutes.

Carrot slices

Beets sliced

Chopped:

Broccoli

Cauliflower

Spanish Onion

Red Onion

Portabella Mushroom tops sliced

Potatoes cubes or slices

Rinse and drain: Beet greens , then chop into sections about 2" long. Leaves and stems together.

General Tsao's sauce

Directions:

Sausage: Start by par-boiling chicken sausage until cooked, once cooked, pan fry to brown and cool while preparing the next several parts:

Steam the beets, carrots together in a steamer for 15 minutes.

In a large pan:

Start by preheating a large 10" -12" frying pan add enough oil of your liking to coat the bottom and items as added to the mix. We prefer vegetable oil.

Add all ingredients except the beet greens into pan and cover with a lid, stir every 5 minutes or so as needed allow to steam and become soft while the beets and carrots are steaming in a steamer by them selves. After the needed time for the steamed carrots and beets add them into the pan and continue to fry for several minutes uncovered. Finally add the beet greens to the top of the pan and cover, allow to steam together for about 5 minutes, add General Tsao's sauce and stir together and allow to cook uncovered for 5 minute longer.

Take sausage and slice into 3/4" slices, plate greens and place sausage on top

Enjoy!