



HOME OF *American Rights*

*Supplies List for History in the Kitchen, October 17, 2020*

*Cooked Greens:*

- 4 c. of mixed greens such as collard, mustard, turnip, or beet greens
- 2 Tbsp. of diced salt pork (If you prefer a vegetarian dish, you may substitute oil and a vegetable bullion cube.)
- 1 cup water
- Salt and pepper to taste

*Peanut Butter:*

- 2 c. roasted whole peanuts
- 3 tsp. peanut oil
- Salt to taste
- A blender, immersion blender, food processor, or mortar and pestle. While more historically accurate, the mortar and pestle take a lot longer to use.