

“Southern-style” Collard Greens

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CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 4-6

Prep: 10 minutes | **Cook:** 40 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 large onion, diced
- 1 teaspoon red pepper flakes
- 1 clove garlic, minced
- 1 pound collard greens, chopped
- 3 cups vegetable stock or water
- 2 tomatoes, diced
- Salt and pepper to taste

DIRECTIONS

1. In a large pot over medium heat, heat oil and butter. Sauté the onions until slightly softened, about 2 minutes.
2. Add red pepper flakes and garlic and cook for an additional minute.
3. Add vegetable stock, cover and bring to a simmer. Cook until greens are tender, about 40 minutes.
4. Add tomatoes and season with salt and pepper to taste.



Nutrition Information

Serving size: 1/6 of recipe

Calories	75
Total fat	5 g
Saturated fat	1.6 g
Cholesterol	5 mg
Sodium	491 mg
Carbohydrates	8 g
Fiber	3 g
Sugars	2 g
Protein	2 g

Recipe source: Sunny Anderson via
the Food Network