

Simple Slow Cooked Collards

DIRECTIONS

Harvest: Collards (can also substitute with any hearty green, such as chard or kale)

12 servings

Supplies:

- Large mixing bowl
- Pot or skillet with lid

Ingredients

- Olive oil or avocado oil
- Two medium yellow onions, diced
- Eight cloves of garlic, sliced
- 2-3 cups vegetable broth or water
- 20 cups collard greens (approx 3 large bunches!)
- Salt, to taste (use smoked salt for that ‘meaty’ flavor)
- Black pepper or chili flakes, to taste

Directions

- Place enough oil in a large skillet to coat the bottom. Add the onions on medium heat and saute until translucent and tender. Then, add the garlic. Stir and cook until onion and garlic are fragrant, about 2-3 minutes. Add in the greens and stir so that the aromatics coat them. Add as many greens as will fit in the pot and add the rest after they have wilted if you don’t have enough room. Add in vegetable broth or water and season with salt and pepper. Season broth with smoked salt and red pepper flakes. Bring everything to a slow simmer but keep the pot from boiling.
- Simmer for about one hour, allowing the greens to soften into the broth and checking them after 30 minutes for doneness. The longer you simmer them, the softer they will get. Add in more salt or seasonings as desired.
- Use a slotted spoon or tongs to remove the greens from the pot (you can discard the excess water) and serve warm.

Notes

You might think you are starting with way too many greens, but they cook down a lot! If you want that smoky flavor that typically comes from slow cooked collards that are made with meat, add in some smoked salt or smoked paprika.

Pro tips: Use collards anywhere you would chard or kale. To enjoy them raw, you can slice thinly and use in salad. You can also cut larger pieces and massage them gently with salt and oil to make them softer. Whole collard leaves make a great substitute for a spring roll wrapper, a cabbage roll, or a whole wheat wrap!