

Southern Collards

Swick

Makes 4 Cups | Active Time: 30 minutes | Total Time: 45 minutes

Step 1: Prepare the Collards

- 2 pounds of collard greens

Sort and wash the collards.

Strip the leaves from the stalks and cut them into thin strips.

Step 2: Steam the Collards

Steam the greens until slightly wilted, about 5 minutes.

Transfer to a strainer or colander to drain and cool.

Step 3: Sauté the Ingredients

- 2 tablespoons of olive oil
- 2 small red onions (or 1 large onion), finely chopped
- 2 garlic cloves, crushed
- 1 red bell pepper, seeded and diced
- 2/3 cup of vegetable broth or water
- 1 tablespoon vegetarian base (optional)
- Liquid Smoke or Bacon seasoning (optional)
- Crushed red pepper (optional)
- 1 tablespoon apple cider vinegar (optional)

Heat the olive oil in a large skillet or saucepan set to medium-high heat.

Saute the onions until lightly browned, about 6-7 minutes.

Add bell peppers, garlic, and red pepper flakes (if using) then sauté for 1-2 minutes. Add greens, and stir to combine for about 1 minute.

Add broth and apple cider vinegar (and base, and Liquid Smoke, if using). Stir well.

Reduce heat to low, then cover and cook for 15 minutes or until your desired tenderness.