

# SUKUMA WIKI COLLARD GREENS

Thanks to Doug Horgan, *BOWA*



## INGREDIENTS

- 1 bunch of collard greens
- 1 tablespoon olive oil
- 1 medium or large onion sliced into rounds and then cut into half
- 1 large tomato cored and chopped
- Salt and pepper to taste



## NOTE FROM THE CHEF

In the olden days, I lived in Kenya and we had this several times a week.



## PREPARATION

1. Wash and trim collard greens from the toughest part of the stem. Chop into bite-size pieces.
2. Heat oil to medium heat in large frying pan.
3. Add onions and cook for about 10 minutes, stirring occasionally to make sure nothing is burning.
4. Add collards and cook for 5 to 7 minutes, still stirring as needed.
5. Add the tomatoes and cook for approximately 7 to 10 more minutes until it thickens as tomatoes break down.
6. Turn off heat and add salt and pepper to taste.