



BRAISED COLLARDS AND CABBAGE



Ingredients

- 1/2 green cabbage, outer leaves removed, cleaned, and sliced
- 1/2 onion, chopped
- 1 red bell pepper, diced
- 1/2 tsp fresh cracked black pepper
- 1 tsp salt
- 2 garlic cloves, minced (*freshly minced preferred*)
- 1 bunch collard greens, cleaned, stems removed, and chopped
- 1/2 tsp hot sauce (*sriracha*)
- 4 fl oz low-sodium vegetable broth

Preparation Time	10-15 minutes
Cooking Time	25-30 minutes
Total Time	35-45 minutes
Level of Difficulty	Easy

Estimated Nutrition

Estimated nutrition for the whole recipe (*without optional ingredients*):

- **Calories:** 110-140
- **Protein:** 5-6 g
- **Fat:** 0-2 g
- **Carbohydrates:** 22-28 g

Step 2: Add the Vegetables

- **1 bunch** collard greens, cleaned, stems removed, and chopped
- **1/2** green cabbage, outer leaves removed, cleaned, and sliced
- **1** red bell pepper, diced

Add the chopped collard greens, sliced cabbage, and diced red bell pepper to the pan.

Cook for 3 to 4 minutes, stirring occasionally, until the collard greens and cabbage are wilted.

Step 3: Simmer with Vegetable Broth

- **4 fl oz** low-sodium vegetable broth

Pour in the low-sodium vegetable broth and add a bit more black pepper if desired.

Bring the mixture to a gentle simmer.

Step 4: Steam the Greens

Reduce the heat to low, cover the pan, and let the collard greens and cabbage steam for 5 to 10 minutes, or until they are tender.

I like to check the tenderness at the 7-minute mark to keep a bit of bite in the greens.

Step 5: Finish and Serve

- **1/2 tsp** hot sauce (sriracha)

Uncover the pan and stir in the hot sauce.

Cook for an additional 3 minutes to allow the sauce to reduce slightly, then adjust seasoning as needed before serving.
