

Ye'abesha Gomen (Ethiopian Collard Greens)



Ethiopian Collard Greens aka Ye'abasha Gomen- Braised collard greens and kale seasoned with aromatics; Quick, easy and tasty.

Course	Sides
Cuisine	African
Prep Time	10 minutes
Cook Time	20 minutes
Total Time	30 minutes
Servings	4
Calories	111kcal
Author	Immaculate Bites

Ingredients

- 10 ounce Collard Greens/Kale chopped
- 3 or more tablespoons Niter Ethiopian Spiced Butter or cooking oil
- 1 1/2 teaspoon minced ginger
- 2 teaspoon minced garlic
- 1 large white onion chopped
- 1 teaspoon smoke paprika
- 1/2 teaspoon cardamom spice
- 1 teaspoon coriander/Cumin
- 1-2 Fresh Chili pepper or 1/2 teaspoon cayenne pepper or more
- 1 fresh lemon

Instructions

1. In a large skillet, add oil, spiced butter, garlic, ginger, chili pepper, cumin, cardamom, paprika, sauté for about 30 seconds or more, be careful not to let the ingredients burn.
2. Then add onions, mix with the spices. Sauté for about 3-5
3. Throw in chopped collards, cayenne pepper, lemon juice, Continue cooking for another 7-10 minutes until flavors have blend and greens are cooked, according to preference. Adjust seasonings –Salt and pepper, turn off the heat.
4. Remove from the heat and let it cool. SERVE WITH [DORO WAT](#)

Nutrition

Calories: 111kcal | Carbohydrates: 10g | Protein: 3g | Fat: 7g | Sodium: 15mg | Potassium: 248mg | Fiber: 4g | Sugar: 2g | Vitamin A: 3905IU | Vitamin C: 41.8mg | Calcium: 185mg | Iron: 1mg