



Gomen (Ethiopian Collard Greens)

Ingredients:

- 2 tablespoons avocado oil
- 1 onion, chopped
- 5 cloves garlic
- 1 teaspoon ginger
- 1 teaspoon turmeric
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cardamom
- 1 teaspoon salt
- 5 Tomatoes, chopped
- 1 pound collard greens, stem removed and finely chopped

Directions:

1. Heat oil in a large saucepan over medium heat. Add onion and cook until soft, about 3 minutes.
2. Stir in garlic, ginger, turmeric, paprika, cardamom, and salt. Cook until fragrant, about 1 minute.
3. Add tomatoes and cook for another minute, stirring periodically.
4. Add collard greens and constantly stir until the greens have wilted.
5. Cover the saucepan, reduce heat to simmer for about 10 minutes.

Recipe Notes

- For Ethiopian greens, you may use any greens you want. Beet greens, spinach, kale, and chard all are great options.
- Chop the greens as finely as possible.
- Serve it with rice, injera, or whole-grain bread.
- Add chicken, lentils or beans for protein



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Recipe adapted from:
<https://healthiersteps.com/gomen-ethiopian-collard-greens/#recipe>