



Kenyan Style Kale and Tomatoes 4-6 servings

INGREDIENTS

- 2 tsp canola oil
- 1 yellow onions, chopped
- 3 ripe but firm tomatoes, chopped
- 2 bunches kale or collard greens (about 1 pound total), ribs removed, leaves thinly sliced
- 2 TBSP lemon juice
- 1/4 tsp fine sea salt
- 1/4 tsp black pepper

DIRECTIONS

1. Heat oil in a large pot over medium heat. Add onion and cook, stir-ring often, until softened and onion is golden brown, 7 to 8 minutes.
2. Add tomatoes and cook until collapsed and juicy, about 10 minutes more.
3. Add kale, 1/2 cup water, lemon juice, salt and pepper, toss once or twice, cover and simmer, stirring occasionally, until kale is tender, 10 to 15 minutes. Spoon into bowls and serve.



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