

Sautéed Vegan Bitter Melon Recipe

Ingredients

- 2 bitter melons
- 2-4 tbsp. vegetable oil
- 2 small purple onions
- Salt and pepper, to taste
- Pinch of chili powder
- 2 cloves garlic

Steps

1. Prepare the bitter melons by peeling off the bumping exterior skin. Once peeled, slice into pieces about ¼-½ inch thick, then use your fingers to poke out the seeds in the middle, leaving you with O-shaped pieces. Dice your onions, and mince your garlic.
2. Heat a medium-sized skillet with the oil (I use the whole quarter cup, and the result is delicious although certainly oily. Use less if desired). Add the bitter melon and sauté for 2-3 minutes before adding the onion, salt, pepper, and chili powder. Reduce the heat to medium-low and cover with a lid, stirring occasionally, for 20 minutes until the onions are slightly caramelized. Add the garlic and cook for another 5-10 minutes. Once done, serve warm as a side dish or over rice.

