The study examined the benefit-cost analysis of indigenous vegetables found in Enugu state, Nigeria, the socio-economic characteristics of the respondents were identified, as well as the available indigenous vegetables found in the area. Also, the benefit-cost ratios of these vegetables were determined from those who engaged in their exploitation/cultivation. Data were collected through the use of interview schedule from 100 hundred rural women and analyzed using percentage and benefit-cost ratio analysis. The results showed that majority (77%) of the women were married and had no formal education. The prevalent indigenous vegetables found in the area were Amaranthus cruentus “inine”, Telferia occidentalis “ugu”, Talinum triangulare “ngbolodi”, Vernonia amygdalina “onugbu”, Gongronema latifolium “utazi”, and Curcurbita pepo “ugboguru”. The benefit-cost ratio for Telferia occidentalis “ugu” was 2.17:1 and Vernonia amygdalina “onugbu” was 2.04: 1. This means that for every one naira spent on the cultivation/exploitation of these vegetables, N1.17 kobo and N1.04 kobo were realized respectively. The study concluded that the cultivation/exploitation of some of the identified indigenous vegetables possess the capacity to act as income generating sources for rural women and recommended the need to promote the utilization of these indigenous vegetables as sources of income for poor rural households alongside their nutritive values.