

Jamaican Steamed Callaloo

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Ingredients

- 1 lb callaloo
- 2 medium onions or scallion
- Sprig of Thyme
- 2 cloves garlic
- 1 large sweet pepper
- 3 medium tomatoes
- Salt to taste
- Black pepper to taste
- 2 tblsp. coconut oil

Directions

1. Wash and chop callaloo, onions, garlic, green peppers and tomatoes
2. Sauté the onion, peppers tomatoes and seasoning in medium pan/wok for 3 mins.
3. Add chopped callaloo, mix and cover to steam on low heat for 5-10 mins – stir after 3 mins.
4. Check at 5 mins – if cooked to your satisfaction serve – if not leave for another 3 mins and serve.