**Jamaican-Style Steamed Cabbage**

**Serves 12**  
**Prep time:** 15 minutes  
**Cook time:** 15 minutes

**INGREDIENTS**
- 1 head cabbage  
- 1 tablespoon coconut or vegetable oil  
- 4 carrots, sliced or shredded  
- 1 onion, chopped  
- 3 cloves of garlic, minced (or 1 teaspoon garlic powder)  
- 1 sweet bell pepper, chopped  
- 3 sprigs fresh thyme (or 1 teaspoon dry)  
- 1 teaspoon salt (or to taste)  
- 1/4 cup coconut cream or butter  
- 1 Scotch Bonnet pepper, or 1/2 teaspoon crushed red pepper flakes (or to taste)  
- Optional: For protein, add shrimp, salted cod or butter beans

**DIRECTIONS**
1. Remove outer leaves of cabbage; cut into four, and thinly shred  
3. Sauté cabbage, carrot, onion, garlic and bell pepper; cover.  
4. Let cook for 10 minutes; stir.  
5. Add thyme, salt, coconut cream and hot pepper; stir and taste.  
6. Cover and allow to cook for about minutes stirring occasionally; adjust seasoning if desired.  
7. Serve hot with steamed rice to complete the meal.

Adapted from HealthierSteps.com

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**Greater Cleveland Food Bank**

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